



Japanese American Citizens League Mile Hi Chapter Notes

Volume 1, Issue 3

June 2010

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A Community Affair

Please come join the Mile Hi JACL and various other community organizations that will be coming together for a large community potluck picnic to celebrate Independence Day! This is a very exciting event that is sure to bring out various individuals and organizations of the Asian American and Pacific Islander community of Colorado.

This inaugural potluck picnic will be held on **Saturday, June 26th from 11 am—3 pm at Clement Park, Shelter G.** Although this is the same day as Sakura Matsuri (the Cherry Blossom Festival), since it is earlier in the day, there is plenty of time to get back in time for the bon-odori at 7 pm. Mile Hi JACL is one of the contributing organizations for this event so we hope that many of you will be able to come out for this wonderful celebration.

Other contributing organizations include: OCA Colorado, NAAAP Colorado, Asian Pacific Development Center, Confucius Institute at Community College of Denver, Asian Chamber of Commerce, Shamrock Foods, Filipino American Community of Colorado, and Denver Kunming Sister Cities.



These organizations will be providing hamburgers, hotdogs, and water. However, please also bring your favorite dish to share with others.

Other organizations that will be participating in the event include: Philippine American Society of Colorado, Korean American Coalition Colorado Chapter, Asian Roundtable of Colorado, Aurora Asian Pacific Community Partnership, Asian American Journalists Association, Indian Association of Colorado, and Asian Pacific American Law Student Association.

If you are able to join us for this event, please RSVP to:

sharedhumanity@gmail.com or
720.663.1622

President's Message



The summer is an exciting time filled with many festivals including the Cherry Blossom Festival, Colorado Dragon Boat Festival, and Boulder Asian Pacific Alliance Festival. Our chapter is looking forward to participate

in all of these events and hope that it will serve as an opportunity to not only support our community but to also connect with other individuals and organizations. If you or anyone you know, especially students who may be on summer break, is interested in partaking in these events with the JACL, please contact us for further details on how to volunteer with us.

In addition to our participation in these local festivals, our chapter will also partake in the community potluck and picnic that is taking place on Saturday, June 26th from 11 am—3 pm at Clement Park, Shelter G. This is sure to be a great event for everyone.

Another significant event that is taking place this summer is the Japanese American Citizens League's annual National Convention. Five of our members will be attending this convention from June 30—July 4 in Chicago to represent the Mile Hi JACL Chapter. Our representatives will include: Suzy Shimasaki (President), Jin Tsuchiya (1st Vice President), Pat Hayashi (Secretary), Frank and Toshiko Sakamoto (Advisors).

We are all very excited for what will be an eventful summer and hope that many of you can join us for these festivities.

39th Annual Sakura Matsuri (Cherry Blossom Festival) - June 26 & 27

Japan comes to Denver for the 39th annual Cherry Blossom Festival! A celebration of Japanese American heritage, the event features live music, dance, cultural demonstrations, family activities, arts and crafts, an assortment of food, and a Japanese beer garden.

Saturday, June 26 11am-6pm
Sunday, June 27 11am-4pm

Sakura Square at 19th and Lawrence Street

Free admission

Featuring live entertainment, taiko drums, bonsai, ikebana and much more! The colorful "Obon odori," or cultural dance in remembrance of the ancestors, will take place from 7 pm on Saturday evening on Lawrence Street in front of the Denver Buddhist Temple.

For more information, including an entertainment schedule, please visit <http://www.tsdbt.org/cherryblossom/> or call 303-380-8972.



UPCOMING EVENTS

Mile Hi JACL Meeting

Thursday, July 8th
7:00 p.m.
JAC Office
Sakura Square (2nd Fl)

Consul General of Japan Charity Golf Tournament

July 19, 2010
Meridian Golf Club

CO Dragon Boat Festival

July 24-25, 2010
Sloan's Lake Park

National Association of Asian American Profes- sionals Convention

August 12-15, 2010
San Francisco, CA

Boulder Asian Pacific Alliance Festival

August 14 & 15, 2010
Pearl Street Mall
Boulder, CO

64th Annual Community Memorial Day Service

On May 31st, the Nisei Veterans' Heritage Foundation and the Mile Hi Japanese American Citizens League hosted the 64th annual Community Memorial Day Service at the Fairmount Cemetery. The guest speaker for the event was Paul Maruyama from the Japanese American Society of Sothern Colorado who gave a great talk on the vast experiences of our war heroes. Though very serious about nature of his talk, Maruyama added some humor when talking about the remarkable efforts of the 442nd Infantry, commenting that "the Germans were undoubtedly stunned by the ferocious shouts of 'banzai' coming from their American enemies." In addition to recognizing honorable individuals who were present such as Joe Sakato, as well as those who lay at rest, Maruyama also took a moment to recognize John Noguchi who passed away earlier this year.

Maruyama fondly remembered Noguchi as he stated that "we owe him a great debt of gratitude, particularly for this service today since he was one of the founders of the Nisei Post and current Nisei Foundation."

Maruyama's keynote was followed by a beautiful tribute by Reverend Paul Murphy-Geiss from the Simpson United Methodist Church as well as a tribute from Reverend Kanya Okamoto from the Tri-State Denver Buddhist Temple. The MCs for the event were Brian Matsumoto and Dan Aiba who read the names of our lost war heroes and recognized the twenty community organizations that participated in the event by offering a floral tribute.

As the service came to and end with a benediction from Reverence Paul Murphy-Geiss followed by a moment of silence, many of the younger generation who were attending the service for the first time reflected on Maruyama's concluding remarks: "It is now up to you of the younger generation, the sansei, the yonsei, and even the gosei, to ensure that the hard work of John Noguchi and other pioneers of Nisei Post 185 continue on into the future so that the courageous Nisei Veterans, to whom all Americans, particularly Japanese Americans, owe so much are honored each Memorial Day."

Paul Maruyama will also be signing copies of his book, *Escape from Manchuria*, during Sakura Matsuri at Pacific Mercantile from 11 am—Noon and from 2 PM—4 PM on June 26h and 27th.



Special thanks to the members of the Memorial Day Service Planning Committee!



Do you have an event or project that you would like to share with our community? Would you like to submit an article for the Mile Hi Chapter Notes? Please help us keep our community informed by submitting events, notices, recognitions, and articles to include in future newsletters. Information can be submitted to Bruce Tawara: RisingSunDen@msn.com

Learn How to Play Taiko with Mirai Daiko!

Mirai Daiko is a professional Japanese Drum ensemble based out of Arvada, CO. The all-women group consists of second, third, and fourth generation Japanese Americans and members of the group include: Keiko and Courtney Ozaki, Shannon Umetani, Erika Tanaka, Sarah Anderson, and June Kurobane.

Keiko, Shannon, and Courtney were taught by One World Taiko's founding members, Gary Tsujimoto and Nancy Ozaki and founded Mirai Daiko in 2002. As members of One World Taiko, they performed across the country in venues such as Epcot Center in Orlando, Florida, at the International Taiko Festival in Berkeley, California, and were invited to perform at the North American Taiko Conference, Taiko Jam, in Seattle, Washington.

Mirai Daiko combines powerful beats with exciting movements. As the name Mirai (which means 'the future' in Japanese) indicates, this young group strives to engage audiences with a new and unique taiko experience.

Check out these great events:



Taiko Classes for Kids

Starting Monday, June 21st, 2010—Mirai Daiko will be teaching a series of 8 classes at Swallow Hill Music School on Mondays from 10:30 AM to 11:30 AM for students ages 7-12 years old.

All Ages Taiko Workshop

On Saturday, July 10th, 2010—Mirai Daiko will host an all-ages workshop at Swallow Hill Music School from 11:30 AM to 1:00 PM.

Upcoming Performances

- Sakura Matsuri: Sunday, June 27 from 11 AM at the Denver Buddhist Temple
- Colorado Dragon Boat Festival: Saturday, July 24 from 2:30 PM at Sloans Lake Park
- Mirai Daiko LIVE! Odaiko Show: Saturday, August 7 from 3 PM at the Curious Theater

Visit www.miraidaiko.com to learn more about this incredible group!

Burmese Community Mentorship Program

As some of you know, Colorado has seen a recent influx of Burmese refugees. Many of these refugees have faced various obstacles around housing, employment, legal issues, education, etc.

Come learn about the rewarding opportunity to engage in a unique multi-cultural experience while serving as a cultural mentor for local Burmese refugees. Volunteering as a cultural mentor is about being a friend to a displaced newcomer. Training and ongoing support is provided for interested individuals.

Mentors can greatly improve the lives of refugees by teaching basic life skills and providing assistance in various aspects of cultural adjustment. Such activities can include practicing English, shopping, accessing public transportation, driving to doctor's appointments, tutoring children, and exploring the neighborhood parks and stores.

Volunteers can mentor refugees as individuals or through a team approach where groups of 4-5 are paired with a refugee family.

Attending this meeting does not obligate you to volunteer.

The orientation session will be held on Monday, June 28th at the Denver Police Department, District 3 Headquarters (1625 S. University Blvd.). The orientation session will take place from 6:30—8:30 PM with networking from 6:00—6:30.

If you have any questions or would like to learn more about this opportunity, please contact Suzy Shimasaki at MileHi-JACL@gmail.com.

Kimiko Side: Minoru Yasui Community Volunteer Award Recipient

We are pleased to announce that Kimiko Side will receive the Minoru Yasui Community Volunteer Award, **Thursday, July 22 at 5:30 P.M. at the Denver Marriott Tech Center Hotel**. This prestigious award will be presented by Judge Kerry Hada. She will also receive a cash award of \$2,000 designated to the nonprofit of her choice along with a Proclamation from Mayor Hickenlooper.

This is a public ceremony, presented by the Minoru Yasui Community Volunteer Award Committee and hosted by the Hotel.

As a worthy recipient of the Award, we hope you will join us in congratulating Kimiko and join her at the presentation ceremony.

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

Word of the week: *narau* (na-ra-oo) - to learn

Simple present: *Watashi-wa nihongo-o naraitai desu.* (I want to learn Japanese.)

Present continuous: *Watashi-wa nihongo-o narate imasu.* (I am learning Japanese.)

Simple past: *Watashi-wa nihongo-o naraimashita.* (I learned Japanese.)

Past continuous: *Watashi-wa nihongo-o narate imashita* (I was learning Japanese.)

Simple future: *Watashi-wa nihongo-o naraimasu.* (I will learn Japanese.)

Japanese American Community Graduation Program

On June 12th 2010, the Japanese community and family members celebrated the graduating class of 2010. These young adults represent the future of the Denver Metro Japanese community and the fresh faces of our culture to the rest of society. Times have been difficult for young people and the social pressures are tremendous. Through the media we have all watched violence in the schools, pressure to succeed, various forms of bias, economic stress within the families and more turmoil. It is a wonder and a testament to the character of these young people to have survived and succeeded. Some young people may achieve more recognition than others but it is important that we support each individual to become happy and adjusted adults. Our lives are not as easy or as glamorous as television and it is important for our citizens to understand that it is each day that we value with our families and community that is significant. Let us all applaud this phase of their achievement and be proud of this group.

The 2010 recipient of the JACL scholarship award is Ryan Higaki of Green Mountain High School in Lakewood, Colorado. Ryan is the son of Jacki and Henry Higaki. Ryan is truly an outstanding representative of his school and the community. These are the characteristics and ideals that JACL wishes to promote and reward within the Japanese American Community and the Denver Metro area. Ryan has maintained a 4.05 grade point average ranking him in the top 5% of his graduating class and distinguishing himself as a Boettcher Scholarship nominee. Ryan still found time to participate in school clubs, school sports (tennis, track, baseball & basketball), volunteer time to Japanese community activities, and achieve black belt status in the martial art of Taekwondo. Great job Ryan.

Thank you to the JACGP Committee members that helped make this year's banquet a success.

Michael Nakamura - Co-Chairperson
Gary Yamashita - Co-Chairperson
Steve Hiratsuka-Treasurer

| | |
|-------------------|----------------------|
| Lorraine Hisamoto | Glenn Asakawa |
| Janice Ogawa | Courtney Ozaki |
| Cindy Kondo | June Kurobane |
| Mike Shibata | Jaclyn Nakamura |
| D'Ann Masaki | Christopher Nakamura |
| Carrol Tsutsui | Jonathon Ida |
| Jolie Noguchi | Andy Hamano |
| Gail Ida | Mary Lee |
| Carolyn Takeshita | Bruce Tawara |
| Joni Sakaguchi | Aileen Okimoto |
| Kathy Kuge | Kathryn Ida |
| Carrie Furusho | David Tashiro |
| Alan Noguchi | Charmaine Palmer |
| Pam Shinto | Donna Noguchi |
| Joanne Knight | Jamie Chikuma |
| Jason Takaki | Erin Valenciano |
| Kia Silverman | Ann Nakamura |
| Kathy Namura | Kathryn Ida |
| | Ron Taoka |



From left to right: Marilyn Hirabayashi, David Ogawa, Jan Ogawa, David Sakaguchi, Joni Sakaguchi, Kellye Tamura, Lorraine Hisamoto, Carrie Furusho, Dr. Lane Hirabayashi, Mr. Carl Iwasaki, Mickey Takeshita, Carolyn Takeshita, Mike Shibata, Andy Hamano, Mike Nakamura, Gary Yamashita (Not pictured – Dean Tsutsui; Not seen – Gail Ida)

Japanese American Community Graduation Program (cont.)

All students graduating 2010

Joseph Aragon

Fossil Ridge High School
Joe Aragon & Judy Tashiro Aragon

Amanda Natsumi Ardito

Broomfield High School
Haruko Ardito & Vincent Ardito

Ian Ryoichi Berve

Mountain Range High School
Debra Omoto Berve & Wayne Berve

Kayla Bryant

home schooled
Sharon Bryant & Jonathan Bryant

Shaun Bryant

home schooled
Sharon Bryant & Jonathan Bryant

Hunter Chase

Alexander Dawson
Patricia Sato & Michael Chase

Alex Dutro-Maeda

Fairview High School
Elizabeth Dutro & Daryl Maeda

William Alexander Hajime Fitzsimons

D'Evelyn
Carol Fitzsimons & Owen Fitzsimons

Jennifer Fukui

Laura Fukui & Bill Fukui

Kyle Furuta

Becky Furuta & Dennis Furuta

Jessica Garcia

Stefanie Takahashi & Ken Takahashi

Daisuke Harada

Denver Center for International Studies
JoAnne Grant Harfada & Ryuichi Harada

Ryan Higaki

Green Mountain High School
Jacki Higaki & Henry Higaki

Jonathan Hirokawa

Lesli Hirokawa & Jay Hirokawa

Geremey Hishinuma Jr.

Stacy Hishinuma & Dean Hishinuma

Lilli Hokama

Littleton High School
Susan Hokama & Jon Hokama

Taylor Kitayama

Fairview High School
Ann Kitayama & Dennis Kitayama

Ben Kiyotake

Littleton High School
Cynthia Kiyotake & Myron Kiyotake

Andrew Matsushita

Holy Family High School
Teresa Matsushita & Nobuo Matsushita

Lauren Miyazawa

Chaparral
Naomi Miyazawa & Eric Miyazawa



Kay Mochizuki

Hiromi Mochizuki & Shu Mochizuki

Shannon Nishi

Smoky Hill High School
Annemarie Nishi & Dean Nishi

Alyssa Noguchi

Denver School of the Arts
Jolie Noguchi & Carl Noguchi

Lindsay Okada

New Milford High School
Lance Okada

Devin Omoto

Mountain Range High School
Terri Omoto & Glenn Omoto

Michelle Angela Mieko Opsina

Thunder Ridge High School
Stacey Umemoto & Dave Opsina

Natalie Sagara

Littleton High School
Nancy Sagara & Martin Sagara

Mark Takeo Sakaguchi

Horizon High School
Joni Sakaguchi & David Sakaguchi

Kelsey Shibao

Brighton High School
Pam Shibao

Natasha Shigeta-Yount

Pomona
Kathryn Shigeta-Yount & Randy Shigeta-Yount

Jarek Springs

Prairie View High School
Cindy Okada & Derick Okada

Emma Steinebrey

Rebecca Steinebrey

Kailey Claire Stewart

Denver School of the Arts
Merrily Stewart & Douglas Stewart

Marissa Keiko Takahashi

Alameda Senior High School
Leann Takahashi & Terry Takahashi

Brian Tamura

Fairview High School
Naomi Tamura & Doug Tamura

Sarah Tamura

Leslie Tamura & Leonard Tamura

Sarina Tamura

Grandview High School
Yumiko Asano & Sam Tamura

Nicholas Seki Tully

Cherry Creek High School
Cyd Tsutsui-Tully & Mark Tully

Patrick Satoru Tully

Cherry Creek High School
Cyd Tsutsui-Tully & Mark Tully

Tiffany Rina Ursich

Smoky Hill High School

Katrina Ayako Yoshida

Bear Creek High School
Jeannine Yoshida & Tomoharu Yoshida

Hannah Kiyota Zeiler

Erie High School
Susan Zeiler & Emil Zeiler

Baseball in Japan

Michael Palmer is a Professor of Finance for the Leeds School of Business / University of Colorado at Boulder and had served as a Visiting Professor for the Center for International Education at the Kansai Gaidai University in Japan this spring. He has generously provided some insight for the community in Denver about his discoveries while working in Japan.

Baseball is clearly the most popular team sport in Japan (sumo is not a team sport). The first baseball game in Japan was played in 1873 (note the first baseball game in the U.S. was played in 1846). In 1934, the first professional team, the Nihon Baseball Club, was organized in Japan. Today there are 14 teams divided into two leagues -- The Central League and the Pacific League. Each year, the two pennant winners of each league meet in the Japan Series (similar to our World Series).

Like our baseball teams in the United States, baseball teams in Japan have nicknames, but unlike teams in the States, where we call our teams by their cities or states (e.g., the Colorado Rockies) in Japan baseball teams are called by their corporate owners. For example the Giants, who play in Tokyo, are owned by the Yomiuri media conglomerate that publishes the daily newspaper, the Yomiuri Shimbun; thus they are called the Yomiuri Giants. And our local baseball team in Osaka, the Tigers, is owned by the Hanshin Railway Company and hence its name, the Hanshin Tigers.

The Hanshin Tigers baseball club is the second oldest pro baseball franchise in Japan, founded on December 10, 1935. Today it is also one of the most popular.



The year 1985 is still fondly remembered by all Hanshin Tiger fans. Not only did the club win the Japan Series for the first time (and so far the only time), but their first baseman Randy Bass won the Triple Crown award and the Japan Series MVP award as well - in the process elevating himself to God-like status in the Kansai region of Japan.

When the Hanshin Tigers won that Japan Series, the fans went delirious. Among other things, they hijacked a train in Tokyo, and at Dotonbori, one of the entertainment districts in Osaka, people started jumping into the river. The story goes that as the crowd yelled their way through the Hanshin Tiger roster, someone who looked like each one of the players jumped into the river. Apparently nobody looked like Randy Bass, so someone thought the life-sized statue of Colonel Sanders outside the local KFC would do because he had a beard and clearly he wasn't Japanese.

So, Colonel Sanders found himself at the bottom of the river and from that moment on the Hanshin Tigers had to deal with the "Curse of the Colonel," which according to local folklore, claimed that the Hanshin Tigers would never win the Japan Series again until he was recovered from the river. Search as they may, the Colonel was not to be found until March 11, 2009 – during which time the Hanshin Tigers failed to return to the Japan Series. So this season, with the return of the Colonel and the lifting of the curse, Hanshin Tiger fans are full of hope and optimism.

Hanshin Stadium was built in 1924 and is now the oldest ballpark in Japan. With a capacity of 55,000 fans, the dimensions of the stadium are similar to many U.S. ball parks – 403 feet to straight away center and 317 down each line. The outfield is natural grass and the infield, all dirt – black dirt which some in Osaka refer to as magical dirt. There is no dome and no fancy graphics on the scoreboard. It is just an old stadium full of charm and personality.

You can't drive your car to the stadium because there is no stadium parking. You get there by taking the Hanshin Train (no coincidence here) from the Umeda Station in Osaka. The Hanshin Railway Company runs express trains from Umeda to the stadium on game days, and while it's crowded, it's also quick, about 20 minutes.

Baseball in Japan

The first thing a first time spectator notices are the fans, decked out in full Hanshin Tigers regalia, gathered outside the stadium in very noisy clusters. As you enter the stadium you are greeted by a plaque commemorating the day in 1934, when 75,000 fans crammed into this stadium to see Babe Ruth and other American baseball stars who were touring Japan.

Baseball in Japan is played the same as in the United States and the skill level of many Japanese players is very comparable to what you would see in the States. In addition, each professional team is allowed to have 4 foreign players on their 25-man roster. Most of these, as you might guess are American ball players.

However, after comparing the skill level, this is where all similarities to the American baseball experience ends. To begin, Hanshin Tiger fans are more like American college football fans. They cheer throughout the game – and I do mean throughout the entire game. Almost everyone brings small plastic Hanshin Tiger bats to the game and with these engages in organized bat banging and chanting. My favorite chant was “Kato Ba Se”(English translation: hit the ball). Large flags are waved in the outfield between innings. The noise and excitement is constant and, I might add, contagious. I must admit, I enjoyed banging those little bats as much as the next fan.

And the food? Forget the hotdogs. At Hanshin Stadium the specialty is curry rice with fried pork (“pork katsu with curry”) – very delicious I might add.

The seventh inning stretch is peculiar to the Hanshin Stadium. No “Take Me Out to the Ballgame” songs. However, as the bottom of the seventh inning approaches, every fan starts to blow up these enormous balloons (they can be purchased, along with the plastic baseball bats, at the Tiger Shop outside the Stadium). By the time the bottom of the seventh inning is about ready to start, every fan is holding up at least one large balloon (some have three and four – but my lung capacity stopped at one). Then, with a signal from the public address announcer, all at once thousands and thousands of balloons are released into the air. The sight and sound is amazing.



When the game ended, and the Tigers had prevailed (4 to 3 in case anyone is interested), more balloons are released. Then the entire Hanshin Tiger team lined up along first base and tipped their caps to the fans.

Well the fun didn't stop there. For the next 15 minutes or so, the fans banged their bats and sang the Hanshin Tiger fight song – “The Wind of Mount Rokko.” I don't know the Japanese, but I have been told that the English goes something like this:

*“Dashing swiftly through the wind blowin' from Rokko
Like the big sun soaring in the clear blue sky
Mighty spirit of the youth shows the victor's grace
The name that shines in glory "Hanshin Tigers"
Oh! Oh! Oh! Oh! Hanshin Tigers
Hooray, Hooray, Hooray, Hooray!”*

*Powerful hits and skillful pitch achieved a thousand times
Trained with every discipline here at Koshien
Crowned with constant victory glorious, matchless feat
Always proud, invincible "Hanshin Tigers"
Oh! Oh! Oh! Oh! Hanshin Tigers
Hooray, Hooray, Hooray, Hooray!”*

Outside the stadium the cheering, bat banging, singing (and now add some free form “dancing”) continued. It is like the fourth of July, Mardi Gras and Carnival all rolled into one. No one wants to leave, but finally the ball park security guards start gently directing fans back to the crowded Hanshin Train.

Michael Palmer
Professor of Finance
Leeds School of Business
University of Colorado at Boulder
Boulder, Colorado 80309

Professional's Page: Tom Migaki



I recently had the opportunity to visit with Tom Migaki. He is devoted to the Japanese community here in Denver and gives much of his time to help the Japanese and Asian communities in the metro area. I would like to introduce you to this person and acknowledge his efforts.

Tom Migaki is a family man and treasures his time with his Wife Shelly and Daughter, JoAnne. Tom claims his mentor in volunteering to have been former Mayor Welling Webb. Tom's personal philosophy for volunteering is to give time and resources (including serving as a resource to people of the JACL) and to assist others and ensure the future for the next generation (s). Professionally, Tom currently serves as Grants Manager for the Budget and Management Department for the City and County of Denver. He previously served as Manager of the Department of General Services from 1999 to 2003 and was a Cabinet Member to former

Mayor Wellington Webb. His previous experience with the City and County of Denver also includes assignments in the Motor Vehicle Division, Office of the Auditor, and Stapleton International Airport. He received his MBA Degree in Accounting and Finance from Regis University, a BS in Business Administration from the University of Northern Colorado and is a licensed CPA and Real Estate Broker. He is active in public sector boards and community boards including, Past President and Board Member of the Mile-Hi Chapter of the Japanese American Citizens League, Treasurer and Board Member, of the Mountain Plains District Council of the Japanese American Citizens League, 2005 Japanese American Leadership Delegate to Japan, Participated in the Japanese American Leaders and Consuls General of Japan meetings, Member and past Chair to the Asian Education Advisory Council of the Denver Public Schools, Board Member and past Chair of the Denver Employee Retirement Plan, past Board Member and former President of the Asian Chamber of Commerce, Board Member of the Japanese Association of Colorado and Board member of the Japan America Society of Colorado. He attended Harvard University's John F. Kennedy School of Government Program for Senior Executives in State and Local Government.

Kimura Chiropractic

Dr. Paul Kimura has been helpful in minimizing the aches and pains that I have developed after many years of traumatizing my body from sports, martial arts, etc. I would like to introduce you to his practice if you have the need. Dr. Paul is also a member and contributor to the Denver Buddhist Temple.

In 1952, Dr. H. J. Kimura graduated from the University of Healing Arts in Denver, Colorado with a Doctorate degree in Chiropractic. Since then, he has devoted the past 57 years developing his own unique method of treatment from the knowledge and experience he has gained from his practice. In 1991, his nephew, Dr. Paul Kimura graduated from the Palmer College of Chiropractic-West and joined his practice to study his method of treatment. Their practice is located in Centennial Colorado.

Through the years, we subject our bodies to many stresses, strains, insults and injuries. This in turn causes the body to compensate by creating trigger points, muscle spasms and tension in order to create structural balance so that we can carry on in life. This compensation goes unnoticed until the body can no longer tolerate these stresses and we begin to feel symptoms such as aches, pains and even numbness. By the time we notice these symptoms, our body has already been adapting for months or even years. Often the pain you feel is not where the problem is originating from. Most treatment methods focus on the area of pain and often treat in that vicinity. This may feel good at that time but the symptoms usually return. Our treatment focuses on correcting these muscle imbalances throughout the body utilizing soft tissue manipulation and trigger point therapy. The basic premise of this manipulative therapy is to achieve a harmonious structural balance.

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



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

Imperial Valley Gathering

By: Alley E. Watada

Imperial Valley is a +500,000 acre farm ground in southern California below the Salton Sea. The Japanese people migrated to the valley starting in 1904. As farming by the Japanese people prospered, Japanese merchants set up shops along the railroad tracks where the produce was marketed. Population of people of Japanese ancestry had increased sufficiently to support both Buddhist Temples and Japanese Christian Churches. EO 9066 forced people of Japanese ancestry out the area and some returned after WWII.

A Pioneer Museum was established in Imperial, CA to restore the history of the valley, and it includes the Japanese American Gallery project, which is chaired by Tim Asamen. Tim and his committee are continually updating items in the Japanese American Gallery and are considering a gathering this fall or early next year for the public to see the new renovation. The gathering will be either a modest reception at the museum **or** a full-blown reunion; this is dependent on how many people are interested in attending the event.

If you are possibly interested in attending the event, inform Tim Asamen, P.O. Box 428, Westmorland, CA 92281 or timasamen@yahoo.com. He would like to have the number of people in each party, your postal mailing address, email address, and telephone number.

Aya Medrud

I became familiar with the JACL group a couple years ago and I have been impressed by the dedication and sacrifice by members in behalf of the Japanese American experience here in Denver. Among those members, I had the privilege of meeting and getting to know Aya Medrud. I spent some time in Aya's home along with her Husband, Nelder, and although I am saddened to report that Aya has incurred some limited mobility due to a form of Parkinson's Disease, Aya and Her Husband demonstrated traditional graciousness.

Aya was born in the Seattle, Washington area and was interred into the Heart Mountain Relocation Camp along with her Mother and siblings. Her Father was placed into another facility separated from the Family. Aya, at her Father's request, became responsible for the family and probably led to her independent thinking and sense of responsibility. Upon release from the relocation camps, the family moved to the New York area. Aya's Father perceived that the lower number of Japanese in the New York area made it a safer transition for the family.

In her early adult years, Aya ventured to Japan. It was the period after the Second World War and Japan was in shambles. While in Japan, Aya met and married Nelder. After returning to the United States as a military wife, Aya studied at various universities; New York, California, and Alaska were a few that I could recall. Aya completed her degree and became a middle school teacher in Social Studies and Art. Her love of art was evident and I gazed at various pictures displayed in her lovely Boulder home.

Aya has spent many years contributing to the JACL organization in various capacities and donning a multitude of responsibilities. Many of her peers demonstrate great respect for her continued dedication and contributions. Her greatest accomplishment appears to be in a commitment that she undertook a decade ago at the behest of the then Denver Mayor's Office of Wellington Webb. Aya has also received a Lifetime Achievement Award by the Boulder Chamber of Commerce. Aya represents a sense of dedication and love of community that we should all acknowledge gratefully. Thank you Aya and Nelder.