



Seattle Hiroshima Club

シアトル広島県人会

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Nami (Tsukasa) Namekata
 President, 2020-2022
 Seattle Hiroshima Club

President's Message

I hope that all club members and families are safe and well, and are fully vaccinated to defend yourself and others from coronavirus. If you and your family have not received vaccine yet, please contact your doctor or visit [Washington State Coronavirus Response \(COVID-19\)](https://coronavirus.wa.gov/) <https://coronavirus.wa.gov/> and click "Vaccine locator" to find a place and get an appointment. Vaccination is so important to control this vicious virus and get back to our normal life.

Scholarship Committee Chair Ms. Andrea Mano reported three recipients of 2021 college scholarships: Miss Kaylee Yokoyama at Roosevelt High School, Mr. Miki Kusunose at Newport High School, and Miss Lea Hidaka at Mercer Island High School. They had high scores in all aspects of high school life: high grade point average, extra-curricular activities, and volunteering in community. Please enjoy reading their essays.

As we did last year, we would like to recognize and honor the 2021 high school and college graduates whose parents and/or grandparents are the club members. The club will present each graduate with a small gift. Please submit the application form included in this newsletter.

Our long-time friend and club member Mrs. Chieko Kubota passed away peacefully in February this year. Please see her life story. We all miss her.

Recently I have obtained new information on how to prevent cancer and other chronic diseases which has not been known in the United States and European nations. The book describing its scientific basis was written by Dr. Hiroshi Maeda. Because it is not available in English, I summarized it in this newsletter hoping that our club members and others can learn Dr. Maeda's method and can achieve optimum health.

Because of the pandemic, our club's activities are continuously affected. Both annual golf tournament and picnic are cancelled. Seattle Betsuin Buddhist Temple notified me of conducting the annual atomic bomb victims' memorial service through pre-recorded video in Temple's website on Sunday, August 8th as we did last year. You can participate in this special service by visiting www.SeattleBetsuin.com.

My wife Keiko and I had a chance to visit the tulip garden in Mt. Vernon on April 16 after we were fully vaccinated. I'd like to share the pictures below taken at the garden. Feel free to see more by searching [Tulip Festival La Conner Washington](#)

Let's hope to get back to our normal life soon and to get together for chatting and dining!



Hiroshima Club Scholarships

By Andrea Mano

The Scholarship Committee is pleased to introduce three outstanding seniors. Each will be awarded a \$3,000 scholarship for their post-secondary education. All three students have achieved a 3.9 or higher GPA in rigorous coursework, while participating in many extra-curricular activities. They have volunteered and shown leadership in many different ways. The three are:

Lea Hidaka

Miki Kusunose

Kaylee Yokoyama

Please join us in congratulating these outstanding students! Following is information about each, along with their essay, and an acknowledgement from them.

Lea Hidaka

Lea Hidaka is a Senior at Mercer Island High School, and is the daughter of Mark Hidaka and Dina Jeppesen, and the granddaughter to Janet Inahara. Lea plays the trumpet in Mercer Island High's marching band and during her Freshman year, she also played in jazz band. Lea's extra-curricular school activities include playing badminton and participating in the National Art Honor Society (NAHS), both for three years. She is currently serving as President of NAHS. Lea has done project work as a volunteer with Nisei Vets Committee and Foundation and for a children's workshop for the Mercer Island Visual Arts League. She has also volunteered as a tutor, at a preschool and at an assisted living organization. Lea hopes to pursue a degree in Communication Design. She hopes to continue to learn French and begin to learn Japanese, as well as explore design careers and continue drawing.



A message from Lea

I am honored to be a chosen recipient of the Seattle Hiroshima Club Scholarship and I am grateful for the generosity of the organization in funding scholarships for students who are in pursuit of higher education. I am still undecided on what institution I am planning to attend, however, I am very excited to take the next step in my education. Thank you to the scholarship committee for taking the time to review my application. I admire the Club's service towards celebrating and educating others on Hiroshima Prefecture and I hope to continue to learn more about my own ancestry.

Thank you!

Lea

What Hiroshima Means to me - By Lea Hidaka

My middle name comes from my great-grandmother or GG, as we used to call her. She came to America from Hiroshima when she was 17 years old. What I remember most about my GG was her strict daily regimen. Every morning, she would get up at 5 am where she filled her day with gardening, taking her grandson for a walk, or helping family and friends. As she grew older, I used to visit her with my Mom and brother at the nursing home.

Lea's article is continued on Page 3

L. Hidaka continued from Page 2

We would go on walks, pushing her wheelchair around the neighborhood. She even let me paint her nails pink once in a while. This was the GG I had come to know.

However, she faced unimaginable struggles during her younger years. Living in Hiroshima, her mother often cried because her family was so poor that they barely had enough money to get by. Even in America, her life also seemed to be plagued by misfortune: the Great Depression, racism during WWII, the internment camps, and even an apartment fire where she jumped out the window and had broken her leg in the fall. Yet, to her family, friends, and others who knew her, she was never the person looking for pity. Instead, she was the type who weeded her own yard, then her neighbor's, then the pastor's. One time, my mom recounted to me how she used to watch her circle the basement of her house doing arm exercises. She never asked for help and was still climbing ladders and mowing her lawn at the age of 90. People always marveled at her strength, both physically and mentally. She lived until she was 103 years old.

In my freshman year of high school, my family took a trip to Japan where I visited Hiroshima for a day, my GG's old home prefecture. The day we visited, the weather was the most beautiful out of the whole trip. The sun was high in the sky, everything about the city was glittering, peaceful and new—it was hard to think of the horrors that took place there. It was a

place where the shadows of people had been burned onto the cement and the city was leveled to the ground. Seeing the A-Bomb dome showed how little remained in the history of the city and I remember how numb I felt walking through the Hiroshima Peace Memorial Museum, viewing the remains of the destruction. I read the first-hand accounts of survivors of the atomic bomb whose husbands, wives, children, and friends had died. While the Memorial recounted the events of the war, they also shared a message of hope and peace and called for the banning of nuclear weapons.

The restoration of Hiroshima reminds me of my great-grandmother. She too faced horrors and hardships where it can be easy to lose hope for the future. However, like Hiroshima, nothing could stop her from rebuilding from the foundation up, becoming stronger and going forward so that she could best serve the community.

Especially this year, hate crimes and violence have risen and elders in the community are especially susceptible to being targeted. To fight against a long history of minority discrimination, I realize how important it is to learn from past failures and tragedies and to deal with the current ones. To me, Hiroshima means the importance of resilience and learning from the past to build towards a more peaceful and brighter future.

Kaylee Yokoyama

Kaylee Yokoyama is a Senior at Roosevelt High School, and is the daughter of Jeff and Shelley Yokoyama, and granddaughter to Fusae Yokoyama and Takeo Yoshihara. Kaylee is a gymnast with Roosevelt High's team, and participates in National Honor Society and American Sign Language Club. She has volunteered with Vacation Bible School at Blaine Memorial United Methodist Church, at Asian American summer camp, with University Food Bank and NW Hospital. She has earned recognition for being a dedicated bible school counselor as well as for Devotional and scripture writing. Kaylee has participated in Benaroya Research for life threatening allergies. Kaylee hopes to become an allergist. She was born with severe life-threatening allergies to some foods and wants to use her experience to gain a college education toward helping others with similar medical conditions.

More information on Kaylee is continued on Page 4



A message from Kaylee

I am sincerely honored to have been selected as the recipient of the Seattle Hiroshima Club Scholarship. Thank you for your scholarship, which will allow me to pursue my education at the University of Washington. In hopes of becoming an allergist, I plan to major in biology. I would like to help others with life threatening allergies.

I value receiving this scholarship and exploring my connection to my Hiroshima lineage. I am looking forward to furthering my engagement and connection with my Hiroshima heritage in college. Thank you for your support and generosity.

Sincerely,
Kaylee

What Does Hiroshima Mean to Me? – by Kaylee Yokoyama

“I don’t resent the United States for what happened, I just hope younger generations remember our history and learn from the past.” These are the words of my grandmother Fusae Yokoyama speaking about the bombing of Hiroshima, in World War II. In my freshman year of high school, my grandmother came to my history class to share about her internment during the war. My grandmother also shared about our family history in Hiroshima, Japan. Every time we have a family gathering, I make time to discuss our history with my grandmother. It was through these conversations that I became more connected to my identity as an Asian American. Most of my relatives who survived the Hiroshima bombings do not discuss it. My great grandparents often did not want to reflect on the past, in hopes of moving forward. It was a cultural tendency for my great grandparents to guard their words and not dwell on any ill feelings. My family in Hiroshima survived the aftermath of the bombing through courage and resilience.

My grandmother told me about how my great grandfather came to America when he was only 17 years old. He was unable to speak English and would carry a dictionary around with him pointing to objects to communicate. My great grandfather would ask people about the meaning of English words and eventually, he learned to speak English. It was very difficult for him to adjust to America and he faced many challenges including racism. My grandmother would tell me stories of people reluctant to help their family. It was a challenging time for her family after World War II. There were very few support services for Japanese families. Today there are several churches that support families that arrive from other countries.

I have been an active participant at Blaine Memorial United Methodist Church since I was three years old. My faith has been an essential part of my identity. Church has been a place for me to become involved in the Asian American community. For the past six years, I have participated in church camp as a co-facilitator. I enjoy the curriculum which includes social justice programs where we explore current social justice issues and identify how we can contribute to different social movements. In attending church camp I have learned to explore my Asian identity, form life-long friendships, and explore how I am called to action in the world.

I partake in many community service activities: volunteering at UW Medical Center – Northwest Hospital, food drives for Asian Counseling and Referral Services, University District Food Bank, cleaning and preparing classrooms for Kimball Elementary School, and collecting clothing items for those in need. I am able to turn my values into actions. As a Japanese American, I have found that I am able to form life-long service to my community with energy and compassion. Hiroshima is an important part of my family history. I have learned that my family survived a devastating event. We all experience setbacks in our lives and it is important to learn from them. The strength and resilience of my Hiroshima ancestry inspires me to pursue a career in medicine as an allergy doctor.

Miki Kusunose

Miki Kusunose is a Senior at Newport High School, and is the son of Taro and Nami Kusunose, and grandson to Rieko Kuroda. Miki has earned the Washington State Seal of Bi-literacy in Japanese. Miki has served as President of DECA club and Editor/Business Manager for Newport's school newspaper. He created a group tutoring company in his 11th grade, which was incorporated into a nonprofit in August 2020. As a volunteer with The Washington Bus, Miki served on their Youth Endorsement Council and was chosen to represent them at Seattle Rep Civic Theater Panel. Miki plays violin in Newport High's audition-in chamber orchestra, was chosen for Washington State Music Education Association (WMEA) All-State orchestra and placed 4th at WMEA's Solo Ensemble state competition. Miki hopes to pursue an undergraduate degree in Political Economy/Political Science, then potentially attend law school. He hopes to contribute to the field of policymaking. If he does not pursue law, Miki would like to conduct research at economic policy centers.



A message from Miki

I am honored to have received the Seattle Hiroshima Club Scholarship for 2021. Thank you for your generosity and support as I move into the next chapter of my life at college. This contribution will go a long way in supporting my education, and I hope to commit my time and energy to continue supporting the Japanese American community.

Hiroshima - more specifically, Kirikushi on Etajima - holds an important place in my heart. As my grandmother's hometown, I often visit Kirikushi to meet my relatives. It is a testament to my enduring connection to Japan and my heritage. To

receive a scholarship from Seattle residents from Hiroshima brings me joy and excitement. This extra support will help me focus on my studies and pursue my passions to the fullest extent. Thank you again for your generosity.

Sincerely,
Miki

Miki at Hiroshima Elementary



What Hiroshima Means to Me – by Miki Kusunose

When I first set foot on Kirikushi, Hiroshima—my grandmother's hometown—to attend the local school for a month, I was nervous. Timidly, I questioned whether I could assimilate with the students—whether I'd fit in as an outsider.

Indeed, I seemed to carry an air of exoticism as an American at first. My classmates prodded me with endless questions on the States. I read things out loud and wrote classmates' names in English. But I soon recognized the beauty in the interplay of question-and-answer. It was, in a sense, an exchange of culture. As classmates asked me about my life, I learned more about theirs.

The girl sitting next to me wasn't just a stranger, but *Sakuragi-san*, who helped me navigate the school building. The boy across the room wasn't just an acquaintance, but *Hiraki-kun*, whom I then played soccer with nearly every day. Soon enough, *Kirikushi Shogakou* wasn't just any elementary school, but a space to connect to not only my peers, but also my heritage as a Japanese American.

I continue to treasure these memories of Hiroshima as a reminder to myself that Hiroshima will always be a home to me, no matter how far or foreign.

“Eating vegetable soup becomes powerful cancer prevention.”

By Tsukasa Namekata

Recently I have received a book “最強の野菜スープ” Most Powerful Vegetable Soup” from Professor Emeritus Dr. Kunio Aoki at Nagoya University School of Medicine who has been my mentor and research adviser. If you read Japanese, you can find valuable information on this book from the link below.

[最強の野菜スープ \(抗がん剤の世界的権威が直伝!\) | 前田 浩 | 本 | 通販 | Amazon](#)

The author is Professor Emeritus Dr. Hiroshi Maeda at Kumamoto University School of Medicine. Born in 1938, Dr. Maeda has devoted his entire life to the development of medicine to cure and prevent cancer. He is known for his discovery of EPR effect and was a Nobel Prize candidate in 2016. He has published more than 450 papers in reputed journals ([Hiroshi Maeda \(chemist\) - Wikipedia](#)). I have the honor of summarizing how important his book is in terms of prevention of cancer and other chronic diseases with his permission. I believe that our club members and others can benefit from the information provided by Dr. Maeda.



Dr. Hiroshi Maeda

Free radicals (or reactive oxygen species) are linked to cancer, aging-related chronic diseases, allergic illness, Alzheimer's disease and many other illnesses. They are produced by ultraviolet rays, ionizing radiation, chemicals, oxygen, tobacco smoke, food additives, and inflammation caused by infection. Free radicals attack our cells and chromosomes. Although it is inevitable that free radicals are produced in our life process, we need a method to scavenge or decompose free radicals. In order to suppress highly reactive and toxic free radicals, Dr. Maeda strongly recommends eating vegetable soup every day because vegetables contain a large amount of antioxidants or radical scavengers which eliminate toxic free radicals. Thus, eating vegetables leads to possible prevention of cancer and other chronic diseases. (For information on free radicals, please visit the link: [Free Radicals: Definition, Cause, and Role in Cancer \(verywellhealth.com\)](#) .)

Dr. Maeda further explains that our body cannot effectively use antioxidants by eating salad, because salad is raw vegetables and antioxidants are stored within the cells enclosed by hard cell walls. On the other hand, vegetable soup is cooked with heat which breaks cell wall and allow antioxidants to enter our body to prevent cancer. As a result, consuming raw vegetable or salad is not the best source of antioxidants. Vegetable contains a large amount of Phyto chemicals, powerful antioxidants originated from plants. However, we cannot consume enough Phyto chemicals by eating raw vegetable or salad. Most Phyto chemicals are inside of the cell which is protected by hard dietary fibers or cellulose. That cell wall is so hard that it cannot be broken even when we chew with strong teeth. There is a simple method to break this strongly built plant cell. That is, it is to make vegetable soup. By cooking for 10-20 minutes, plant cells explode and essential ingredients or Phyto chemicals melt into soup. It is important to understand that we must eat vegetable soup instead of salad to decompose free radicals every day and thereby prevent cancer and other chronic diseases.

It has been often said in TV cooking programs that “it is the best to eat vegetable by raw or salad” because vitamin C is destroyed by heating. Thus, it has been believed that it is important to eat salad for taking vitamin C into our body. Such a claim can be applied only in an experiment in the lab. When an experiment is conducted by boiling water mixing with pure vitamin C (ascorbic acid) for 10-20 minutes, 90-100% of vitamin C is oxidized and dissolved without nutritional value. However, it is different when vegetable is boiled and becomes soup. Most of vitamin C remains because it coexists with various antioxidants such as vitamin E and polyphenols, most vitamin C is not destroyed with high heat and remains in soup. Sixty percent of vitamin C remains

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even after potatoes were boiled for 30 minutes in experiment. It is emphasized that you can absorb most antioxidants and vitamins including vitamin C from soup.

Additionally, Dr. Hiroshi Maeda made the following important comments.

- It is recommended to eat 2 cups or more of vegetable soup every day. By adding tofu, fish or meat to vegetable soup, you can intake much protein. Eating vegetable soup is recommended for everyone. When a child or an adult has diarrhea, you can prevent dehydration and provide enough nutrition by feeding vegetable potage with small amount of salt.
- Drink coffee and tea (especially green tea) every day which contains high levels of antioxidants.
- Use cooking oil or vegetable oil (olive oil, sesame oil, corn oil, soy oil, peanut oil, etc.) is made by pressing and squeezing seeds of plant containing a lot of antioxidants. Most colorless cooking oil at stores was purified by removing residues containing high concentration of antioxidants. Such oil can be easily oxidated by heating and sun light and produce free radicals. When you use such oil, reusing oil is not recommended.
- People who started eating vegetable soup after reading Dr. Maeda's book said that "constipation is cured" and "conditions of atopic dermatitis such as dry skin and itching were improved" because much nutrition and antioxidant was taken into body from vegetable soup.

It is very easy to make vegetable soup as shown in pictures.
There are two types of soup: (1) soup leaving shape of vegetables (goro-goro soup); and (2) potage or cream soup by smashing after cooking. You can choose either type. When you eat "goro-goro soup", please make sure to drink liquid part which contains rich vitamins and antioxidants. Potage soup is recommended for babys, young children, elderly persons, sick persons, and cancer survivors under chemotherapy.

It is very easy to make vegetable soup.

Cut vegetables.

野菜スープは超簡単！
 野菜を切って

水で
Water

Cook until becoming soft
 煮るだけ！

Goro-goro soup
 ごろごろスープ
 出来上がり
It is done!

Potage soup
 ポタージュスープ

Copied from page 22 of "最強の野菜スープ Most Powerful Vegetable Soup" with permission from Dr. Hiroshi Maeda

「野菜スープを毎日食することは強力ながん予防になる」 行方 令 (Tsukasa Namekata)

最近、私が尊敬し、師としてご指導を賜っている名古屋大学医学部名誉教授青木國雄先生から「[最強の野菜スープ](#)」という本を戴きました。下のリンクをクリックすると本の紹介や出版元が分かります。著者は熊本大学医学部名誉教授前田 浩先生で、がんの治療薬と予防法の研究を一生の仕事として専念してこられた先生です。2016年には新しいがん治療薬開発の業績が認められノーベル賞候補になっておりました。

[最強の野菜スープ（抗がん剤の世界的権威が直伝!） | 前田 浩 | 本 | 通販 | Amazon](#)

前田浩先生の許可を得て以下にこの本が何故がん予防に大切であることを引用します。

がんをはじめ、老化や生活習慣病、アレルギー性疾患、アルツハイマーなど、多くの病気の原因となるのは、「[活性酸素](#)」という物質であり、活性酸素は紫外線や放射線、化学物質、呼吸で取り入れた酸素やたばこ、食品添加物、さらにより強くは、感染などによる炎症などに起因して発生し、私たちの細胞や遺伝子を攻撃します。人間が生きていくうえで、活性酸素が生じるのはやむをえないことですが、私たちを脅かす活性酸素を撃退し、その毒力を消去する食品成分があります。活性酸素の毒力を抑えるには、野菜スープを食べることがおすすめです。野菜には活性酸素を消去する『抗酸化物質』が多量に含まれています。野菜をたくさん食べて抗酸化物質を取り込んでおけば、活性酸素を撃退して、がんやその他の病気も予防が可能になります。

サラダは生であるため抗酸化物質が細胞から外に出ないので、体は吸収できません。その点、野菜を加熱して作る野菜スープを摂ることがベストで、より効率良くがん予防になります。生野菜がよいという信仰は、アメリカのサラダ食の普及とともに日本やフランスに広まりました。戦後のアメリカ文化の流行とともに食事の定番となったのがサラダなのです。野菜にはファイトケミカル（強力な植物由来の抗酸化作用で活性酸素を消去するがん予防の主役となる成分）が豊富に含まれていますが、野菜を生で食べても効果的に体に取り入れることが出来ません。ファイトケミカルの多くは、野菜の細胞の中にあります。細胞を包む細胞壁はセルロースなどの硬い植物性の食物繊維でできており（これをdietary fiberと云っていますが）、少々噛んだくらいでは壊れない頑丈な構造になっています。体内に入っても消化できずファイトケミカルを取り出して利用することはできません。頑丈な細胞壁をこわす簡単な方法は野菜を加熱してスープにすることです。多くの場合、10～20分もすると細胞が破裂して細胞内の有効成分であるファイトケミカルの8割がたはスープに溶け出します。がんをはじめとする万病の元・活性酸素を消去し、病気を予防するためには、生野菜ではなく、野菜スープを食べるのが一番いいということです。

昔から料理番組などではよく「野菜は生が一番」といわれ、「野菜を加熱するとビタミンCは壊れてしまう。ビタミンCをとるには過熱を避け、生野菜のサラダをたべることがたいせつ」と信じられていました。しかし、これはあくまでも実験室での話です。実験で、ビタミンC（アスコルビン酸）を溶かした水を10～20分沸騰させると、90～100%のビタミンCが酸化して分解し、栄養価がなくなります。ビタミンC単体では、加熱に弱いのは確かです。ところが、野菜を加熱してスープにした場合には違ってきます。ビタミンCは、ビタミンEやポリフェノールなどのさまざまな抗酸化物と共存しているので、加熱しても分解されず、大半が残っています。ジャガイモでさえ、30分沸騰水で煮ても、ビタミンCは60%残っています。野菜まるごとでは、まったく違った答えになるのです。ただし、野菜スープのビタミンCはスープに溶け出しているの、スープを飲むようにしてください。

また、前田浩先生は病気予防と健康増進のために以下のような重要なコメントもしております。

毎日野菜スープを計量カップ2杯またはそれ以上食べることによって体内の活性酸素を排除し、がんや生活習慣病を予防できます。野菜スープには豆腐、魚、肉などを加えることによってタンパク質も摂取できます。野菜スープは誰にでもお勧めできます。特に子供が下痢をした時には塩を少々加えたポタージュ風の野菜スープを飲ませて脱水を防ぎ栄養補給することが大切です。これは大人に対しても同様です。

コーヒーやお茶（特に緑茶）には抗酸化物が含まれているので、毎日飲むようにして下さい。

食用油は植物の種子を絞って作られますが、種子にはDNAを守るために沢山の抗酸化物が詰まっており、搾りたての油は多量の抗酸化物を含み、緑色や黄色に濁っています。ところが、搾りたての食用油が濁っているのは不純物が入っていると見なして濾過してしまい、活性酸素を消去する抗酸化物までも排除してしまっています。市販されている食用油は透明で綺麗そうですが抗酸化物がないので加熱したり紫外線にあたると簡単に酸化して活性酸素が発生します。すなわち、このように酸化した油を使って調理した食べ物は強力な活性酸素によってがんの原因になりうるということです。もし市販の食用油を使うとしたら、一度使った油は廃棄し古い油は使わないことです。

多くの野菜スープを食べ始めた人から便秘が治ったとか、アトピー性皮膚炎が軽減し、肌が乾燥したり、かゆくなったりすることがなくなったというコメントが寄せられました。これは生野菜でなく野菜をスープにして食べることによってより多くの栄養素と抗酸化物が腸から体内に吸収され皮膚にも効果が現れたためです。

Chieko Kubota

By Steven K Kubota and Judy S. Kubota Farmer

Thank you, Seattle Hiroshima Club for allowing us to tell this story about Chieko Kubota. Chieko was born on March 31, 1930 in Hiroshima Japan. She belonged to a large family with two brothers and two sisters. The family owns a home with a store in front in the Asaminami Ward. The Yasu River flows in front; such a beautiful place to call home.

Chieko experienced the bombing of Hiroshima and received some burns on her arms and hands. Every other year, physicians from The Hiroshima Prefectural Medical Association would come to the Pacific Medical Center to exam Hibakusha, Atomic Bomb Survivors. She really appreciated the specialized care she received.



Chieko Kubota

March 31, 1930 - February 12, 2021

After the war, she married dad, Akira Joe (442nd Infantry) and moved to Seattle in 1957. She attended Edison Technical School. Dad went to Chicago to learn how to repair televisions. Upon returning, they opened a repair shop on Pine St. called Seattle Electronics. After about three years, dad went to work for Philco and Chieko raised her two kids along with grandma Yone. Chieko became a stay at home mom, always there for us, having oyatsu snacks ready for us after school, attending school concerts, learning needlepoint, knitting hats, scarfs, blankets, and making futons for all of us the old fashioned way, with lots of love put into each piece.



Chieko never learned how to drive, but she sure enjoyed her car rides, like going to The Puyallup Fair, visiting old friends in Orting, or to Buddhist Church gatherings at local city parks or bazaars. She has been to every state west of Illinois, with numerous trips to Montana and the southwestern states, all in the family Ford station wagon. In her younger days, she enjoyed fishing, camping, making pottery, and accompanying dad on his obsession with rock hounding trips all over the western states.

She prepared traditional Japanese dishes for the family. Chieko worked at Uwajimaya for 17 years in the seafood department and made many friends. She sure knew her cuts of seafood. She

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C. Kubota continued from Page 9

worked hard to send her two kids, Steven and Judy to the University of Washington, to get a better education than she had.

During retirement, they both traveled to Japan often, the World War 2 battlefields in Italy with side trips to Austria and Switzerland. I believe Zermatt was her favorite city in the world and seeing the Matterhorn was a dream come true for a girl from Hiroshima. She's been there twice. Whenever a TV show came on about Switzerland, she would always say, "I've been there" or "I rode that red train." (Glacier Express) to the summit of the Matterhorn.

Chieko would also help raise her two granddaughters, Kimiko and Midori until their dad, Tim would come pick them up after work. Kimiko has graduated from the U.W. and Midori is currently studying to be an accountant. Chieko was very proud of her granddaughters.

Some of her favorite trips around Washington were trips to Rialto Beach to search for unusual rocks, Mount Rainier for the picnic and beautiful wildflowers, Vantage, and any state park. Every year she worked her vegetable garden, growing green beans, and tomatoes and loved growing and eating Kabocha. She grew Chrysanthemum flowers to remind her of Japan. She watched all of the Seattle Mariners' games and played her solitaire game every day on her iPad. Well, that's our mom.

Gassho,

Steven Kubota

Judy S Kubota Farmer



Featured Stories

By Curtis Nakayama

Fellow members, we hope you enjoyed this article of Chieko Kubota. Most of you also have an article in your head about yourself, your ancestors, other family members and friends. The articles can be about coming to America, living in America or Japan. We encourage you write an article for future newsletters to inform the members of your story.

2021 Hiroshima Club Golf Tournament

By Russ Akiyama

Although the Covid 19 issues seem to be resolving itself with the advent of the vaccines, the Hiroshima Club Golf Tournament Committee has decided that it would be best to again postpone this year's tournament. We apologize for any inconvenience but the committee felt that it would be better to be safe for just a bit longer. We are looking forward to planning the 2022 tournament. We will give everyone advance notice of the tournament and are hoping that you can join us next year. Please continue to be safe and healthy. Thank you.

Announcement of graduation honorarium

By Andrea Mano

The Seattle Hiroshima Club will be giving honorariums to all 2021 high school and college graduates. The amount will depend on the number of applicants. If you are or will be eligible please complete the following application. Applicants have to be a current member of the Seattle Hiroshima Club or your parents or grandparents have to be current members of the Club.

Seattle Hiroshima Club Honorarium Grant Application For High School or College graduates in 2021

Name _____

Address _____

Phone # _____ email _____

School attended _____

Seattle Hiroshima Club Member _____

The Seattle Hiroshima Club will be distributing honorariums for 2021 graduates of high school or college. The amount will depend on the number of applicants. The graduate must be a member of the Seattle Hiroshima Club or a child or grandchild of a current member.

Please return this application to:

Seattle Hiroshima Club

P. O. Box 94083

Seattle, WA 98124-9483

Seattle Hiroshima Club Donation Form

(シアトル広島県人会献金依頼フォーム)

Seattle Hiroshima Club is a non-profit organization and operates based on annual membership fees and donations. Please remit membership dues for 2021. We appreciate any additional donations to help cover our club's activities. Thank you!

Check your amount:

☐ Membership Dues \$10 per person x _____ = _____

☐ Donation

_____ \$20 _____ \$30 _____ \$50 _____ \$100 _____ \$200 _____ \$500 \$ _____

List all members: _____

Address: _____

E-mail: _____ Phone _____

Comments:

Please send a check to:

Seattle Hiroshima Club Treasurer

PO Box 94083

Seattle, WA 98124-9483



Seattle Hiroshima Club 2020 - 2022 Officers

Tsukasa Namekata namekata@comcast.net	President	Kimie Kuramoto	Japanese Recording Secretary
Curtis Nakayama	1 st Vice President	Dale Kaku	Treasurer
Beth Kawahara	2 nd Vice President	Dale Kaku	Investments
Russell Akiyama	Recording Secretary	Raymond Kusumi	Auditor
Shizu Kaku	Corresponding Secretary	George Shimizu	Auditor

Seattle Hiroshima Club | PO Box 94083 | Seattle, WA 98124-9483

Seattle Hiroshima Club Donations

December 2020 - June 2021

Akira, Don	Kato, Marcia	Namekata, Keiko
Akira, Gaylen	Kato, Michael	Namekata, Tsukasa
Akira, Karen iwamura	Kato, Rosie	Nayematsu, Ethel
Akiyama, Joyce	Kawahara, Beth	Nishi-Wong, Leanne
Akiyama, Russell	Kawahara, Bill	Nomura, Lewis
Cornwall, Saul Tran	Kawahara, Ritsuko	Okimoto, Shizuye
Deguchi, Jean	Kawahara, Yasunori	Olson, John
Dodobara, Douglas	Komoto, Katie	Palmer, F. Frances
Dodobara, Keiko	Kuramoto, Kimie	Ramos, Aaron
Fujii, Aiko	Kuramoto, Tom	Shigihara, Gwen
Fujimoto, Alfred	Kurihara, Justice	Shimbo, May
Fujimoto, Jane	Kurihara, Justin	Shimizu, George
Fujita, Florence	Kuwahara, Kinue	Stice, Sandra Nayematsu
Gartrelle, Maargaret	Mano, Andrea	Takemura, Naomi
Guion, Ann	Mano, George	Takemura, Yoshiaki
Guion, Eric	Mano, George	Taketa, Sonoe
Guion, Kate	Mano, Irene	Tanaka, Ana
Guion, Roxanne Yasuda	Mano, Irene	Tanaka, Brayden
Hayashi, Toshiko	Matsumoto, Janet	Tanaka, David
Hirata, Michi	Miyauchi, Lynn	Tanaka, Lori
Hoida, Junko	Murakami, Martha	Tazuma, Miyoko
Hoida, Takeshi	Nakagawa, Masaye	Teshima, Carole
Inahara, Janet	Nakamura, Judith	Tsue, T. Ted
Ishii, Linda	Nakamura, Yoshio	Yamaski, Fujie
Iwata, Ray	Nakanishi, Kiyoko	Yoritsune, Charlene
Jacobs, Loraine	Nakano, Terry	Yuki, Sachiko
Kakiuchi, George	Nakata, Kathy	Zumoto, Donna
Kakiuchi, Kayoko	Nakayama, Charlene	Zumoto, Jim
Kaku, Dale	Nakayama, Curtis	Zumoto, Tomi
Kaku, Shizue	Nakayama, Julie	
Kano, Miyeko	Nakayama, Karen	