Acknowledging Our Supporters
Thank you very much!

Amy Hanamoto
Betty Tsugawa
Chikako Nakandakari
Diana Jang
Donna Lee
Emiko Ogawa
Emiko Tom
Elvie Oeyang
Fusako Hatia
Grace Lim
Grace & Kenneth Nita
Hajime Tada
Hatton & Won
Hiro Matsunaga
Hisako “Peko” Yamaguchi & Kincho Singing Group
Ikuko Satoda
Jack Dairiki
Jaris Ishimoto
Japan Center Garage Corp.
Japanese American Religious Federation
Jean Nakashima
John & Arlene Driscoll
Johnny Nagano
Julie Takahashi
June Prinashoph
Kaeko Inori
Katsuhiro Yamabata
Kirk Miyake
Lauren Kusumoto
Linda Loule
Linda Yamane
Margaret Hanada
Mayumi Wada
MBIA Foundation
Michael Mizugara
Noriko Kashibawara
Paul Chan
RM & MK Murakami
Roger Oyama
Ruby Kasebaba
Sachiko & Misa Kato
Sara Matsuzaki
Shizuko Ikeda
Shizuho Ikeda
Sara Shintani
Stephen & Andrew Katayama
Sumi Suda
Sumiko Nakamura
Sumiko & Mike Brennem
Suzanne Yamada
Sunny Otaka
Takako Kaifu
Yoko Asano
Diana Jang
Emiko Ogawa
Ikuko Satoda
Maha Cruz
Naoko Jones

August 2017

Contents:
Page 1
- Topics of Interest
- Animal of the Month

Page 2~3
- Up-Coming Highlights
- Events and Activities
- Meetings with Senior Staff

Page 4
- Employee of the Month
- Acknowledging Our Supporters

Employee of the Month
Nena Galang
July 2017

FLY ME TO THE MOON !!! The bus ride was just down to San Carlos, and who knew that there was such a neat museum there! Lee, our docent and a former pilot, was so enthusiastic and knowledgeable! Did you know… that in 1869 the “Avitor” was the first aircraft to have an engine? It chugged along at 5 miles an hour and was launched in Tanforan. The “Gull” was the first to have curved wings (1883)… and, in 1910, William Randolph Hearst offered a prize of a $50,000 (approximately $1,500,000 today) to the first aviator to fly across the United States in fewer than 30 days... there was no winner. But C. Perry Rogers completed it in 47 days, crashing 17 times, and using 3 railroads cars loaded with spare parts! AND, in 1903, Orville and Wilber Wright engineered the first craft that could 1) carry a person, 2) had an engine, 3) could be steered, and most importantly 4) FLY! It was a lot of information, but now we know !!! Lee’s presentation was fantastic and thoroughly enjoyable. This may have been our “best trip” yet!

In 1962, Mr. Ken Shimahara arrived in the U.S. and earned a doctorate in Anthropology at Boston University. He then continued to establish a teaching career at Rutgers’s University which spanned over the next 35 years! On July 20th, Professor Shimahara presented to the residents of Kokoro his researched topic of “Migrant Workers in New Jersey”. Through his active research, Professor Shimahara worked closely with the migrant workers keeping in time with their daily schedules. The workers were recruited from such areas as Florida, Texas, and Mexico to harvest spring and summer vegetables. They were provided with very modest dwellings and started their work as early as 5am in the fields - these workers endured trying conditions to support their families. Professor Shimaraha is a published author of over 13 books in both English and in the Japanese language.

Presentation by Ken Shimahara, PhD

Thank you Professor Shimahara for the time taken to impart your knowledge and to share that part of your life with us!
Reverend Ronald Kobata from the Buddhist Church of San Francisco officiated our Hatsubon Service. It was noted that “Bon” is originally from the ancient Sanskrit word “Urabana”, which later became “Urbon”. A fun interpretation, this can also mean the upside-down/back-side of a serving tray. However, “Right-Side Up” enables us to share with others, which can be spirited into “selfless giving” supporting the fulfillment of “being”. Let’s all take time to remember those who have sacrificed and offer “thanks” during this time of Obon.

Get Ready for Flu Season!

Flu season is fast approaching. While it may seem far off now, it will be here before you know it, so be prepared. Here are some tips.

- Get your flu shot (Kokoro will offer a Flu Shot Clinic or see your doctor).
- Consult with your physician to see if the pneumonia shot is suggested.
- Practice good habits by covering coughs, washing hands, avoiding those who are sick.
- If you are sick, stay home to recover.
- Please say something if you don’t feel well.

Influenza (flu) is a contagious respiratory illness and can be mild to severe. Older people and folks with certain conditions are at higher risk for serious flu complications. Fortunately, these steps can help prevent the spread of the flu.

The first Total Solar Eclipse since 1979

On Monday, August 21st, all of North America will be treated to an eclipse of the sun. This occurrence is when the moon, following its orbit, will pass between the earth and sun covering the sun’s disk. You will need to be in the “Path of Totality” to witness the full eclipse. This path stretches from North Carolina to Oregon. We, in San Francisco, will experience a partial eclipse. This means that by 10:20 AM, the sky will have grown darker as the moon partially covers the sun. You must have special glasses to view the eclipse - otherwise you will damage your eyes!!!

The next total solar eclipse in North America will be April 2024 !!!