Life in LAMORINDA

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Shigeko Ide, Japanese Heritage in Lamorinda



Shigeko Ide, Ikebana teacher by one of her creations

Photo Sophie Braccini

n her Lafayette home, Shigeko Ide teaches an Ikeway. On December 7th, many American families will remembana class in the purest Japanese ber a sad anniversary: The 1941 style (Ikenobo style). The anbombing of Pearl Harbor by the cient art of flower arranging Imperial Japanese Navy. The attack was a shock to the nation keeps her going in spite of the difficult times life has sent her and America formally declared

So You Want to Buy a Bike?

war against Japan the next day. But for Ide, whose family is of Japanese decent, this anniversary has quite a different mean-

Two months after Pearl Harbor, on February 19, 1942, President Franklin D. Roosevelt issued Executive Order 9066 that marked the beginning of the banishment of all Japanese-Americans living on the West coast of the United States. Some 120,000 ethnic Japanese were held in internment camps for the duration of the war, 2/3 of them were Americans born of Japanese ancestry. At the time, 1/16 of Japanese blood was enough to send anyone living on the West Coast to a detention camp. The exiled included orphans as young as 3 months, the elderly, the sick, and the blind. There, in one of the nine camps that were hastily built in deserts or swamps, they fought to rebuild a community.

Among them was Shigeko Ide. The soft-spoken 86 year old, wife of the late Harry Ide of Harry's nursery (now Mt. Diablo Nursery and Garden), was sent to Rohwer internment camp in southeastern Arkansas with her new husband in 1942. Ide says she has vivid memories of this experience, but no bitterness.

Ide was born in Stockton in 1921 of Japanese parents who came to the USA in 1916 thinking "the streets of America are paved in gold." Her parents ran a Japanese grocery store. After she finished high school, she went to work for the DMV in Sacramento; her school counselor had warned her that because of racism, finding a job in the private sector was difficult for Asian-looking Americans.

Around that time, her parents introduced her to Harry Ide, another young American of Japanese decent. Shigeko remembers that for Harry, it was love at first sight; as for her, she would have liked to pursue her career a bit longer. Three months after their marriage, Pearl Harbor happened and they had a few days to sell all their belongings before being shipped away. Shigeko's parents were lucky enough to be able to store some of their belongings in a neighbor's basement. At the time of deportation, with not much time to sell all their life's possessions, many Japanese were easy pray to unscrupulous Americans.

... continued on page 8

Christopher Kolm

rides with Lamorinda

Taleo Racing Team

Cycling Club/Synergy-

they are doing fit you to your

bike. Bike fit includes position

of the feet on the pedals, angle of

the knees during pedaling mo-

tion, angle of your hips, shoul-

ders and elbows in the three

normal positions on the handle-

bars among other measurements.

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and mechanisms and some even come with a bell. It also is good for your health and gets you out of the house and onto trails and roads for some adventure. Expe-

an eight year old and for those with a technical bent, it has gears riences that are muted in a car like the changes in season, the differences in temperature between Moraga Road and Pinehurst, and of course the speed of the flats, the struggle up hills and the thrill of downhills, are very real and immediate on a bicycle. To get an experience of a "jour-

By Christopher Kolm

his time of year, many par-

ents and kids have thoughts

of what they will give and get

this holiday season. Visions of a

gleaming new bike under the tree

dance in the imagination of kids

and adults alike. Receiving a

bike meets all sorts of criteria for

holiday gift giving; it's big,

shiny, it represents freedom for

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ney" in a car, you have to travel

for a day, on a bike it takes an

can be daunting. It used to be easier. There were two or three kinds of bikes with simple to understand sizes and a choice between three or ten speeds. Some of the new bikes have very creative frame geometry, full suspensions and you have to choose between carbon, titanium, aluminum, steel and hybrid frames. And there's center vs. side pull brakes; full, front and no suspension, comfort fit vs. racing fit; special clip-on shoes with cleats; and ten different kinds of seats. WAIT – I just wanted to buy a bike and have some fun on the trails around Lamorinda.

First question to ask yourself before buying a bike is, "what kind of riding will be done and where"? When you've figured this out, go to a local bike shop and describe what you want to do on the bike. Sales folks at the shop should be able to turn your idea into a couple of choices and price ranges. If you're riding with kids younger than eight, you are probably going to be riding on the Lafayette-Moraga Trail on the weekends and so for yourself,

that high-end Trek Madone. Get something that is immediately comfortable to sit on and has tires wider than a half inch. Similar rules for buying bikes for kids. Younger riders won't ride bikes where they have to rock back and forth to touch their toes. If you're buying a bike as a gift, according to Matt Sharp of Sharp Bicycles in Lafayette, the most important piece of information to bring into the store with you is the height of the person who will be riding it.

you might want to hold off on

If you are interested in riding in a group that meets on the weekends and rides 40 or more miles, you might want to get a lighter bike with 20-30 gears where the shifters are integrated with the brake levers on the handlebars. The reason the handlebars are curved down is to keep the rider out of the wind. This position takes some getting used to and a "bike fit" is necessary. The longer you plan to ride in a leaning forward position on a bike, the more important it is to have someone who knows what

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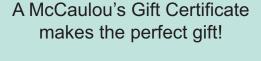
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