



# GATEWAY



February 2018 - - Vol. LIII No. 2



*Presenting the 2018 West Covina Higashi Honganji Buddhist Temple Board of Directors*

## *Responding to the September 11th Attacks on New York City*

**Phillip Underwood**  
WCBT Member

If you know that I am a retired LAFD Captain and that I responded to the September 11th, 2001 attacks in New York City, then you'd probably assume that I went as part of the Urban Search and Rescue Team to search for and possibly recover survivors...and you'd be wrong. The team that I responded with wasn't charged with helping with rescues, but was committed to helping the rescuers themselves, or as we called it "helping the helpers." Let me explain.

Emergency responders, police, fire and medical, respond to any and every type of incident that you can imagine; from a simple smell of smoke or an automobile accident (aka a 'fender bender') to severe injuries and death, mass casualties, trains,

planes, hostages and anything else you can possibly think of, up to and including the death of a member of your own crew. And as a result, the rescuers themselves are often left with emotions and memories from incidents that may detrimentally affect the rescuers themselves. It's called Post Traumatic Stress Disorder, PTSD, and the consequences can last for decades.

In the mid-1980s a PhD by the name of Jeff Mitchell developed a concept called Critical Incident Stress Debriefing (later called Critical Incident Stress Management or CISM for short). The idea behind the concept was "who helps the helpers?" When you are exposed to unimaginable injuries or suffering in the course of

your work, how do you process and react to that as a human being? Do you drink it away, or use drugs, or yell at your kids, or cheat on your spouse or make a big purchase that you can't really afford but just have to have? Maybe you do all three. In 1985 Dr. Mitchell made a presentation to the LAFD and the concept was quickly embraced. I was 1 of about 4-dozen members, uniformed and civilian, selected to undergo the training that would allow us to assist in listening to and counseling uniformed members following so-called Critical Incidents.

Critical Incidents include, but are not limited to, the death of a child, death of another professional,

*Please see 9.11, con't on page 6*



# T H E G A T E W A Y

## DHARMA SCHOOL NEWS

February brings longer days and the start of tiny buds promising to bloom. The Dharma School Staff hopes to see more of you students during the three Sundays that we will meet. We look forward to see our little «buds»!

Some of our activities will include one that celebrates the new year--the year of the dog. Another will be a Daruma lesson and activity. On February 25, we will be remembering our pets that have passed away last year. Please bring a drawing or some other remembrance of your beloved animals so that we may honor them.

Please let the Dharma School staff know if any of you will be going to the SLO family retreat. There will be fun activities for those youngsters who will be able to attend. It's always a great experience for all.

Gassho,  
Claire Hansen



Thank you to Toban B chair, Merry Hiroshima for organizing the Ho-Onko dinner, and the Mochitsuki breakfast and lunch. Special thanks to Haruko Mayeda for cooking the fried gohan and salad for lunch, Reiko Ikehara-Nelson and Denise Underwood for the chicken, Hiroko Takemoto for her help with the Udon, Sachi and Teri Ezaki, Richard and Merry Hiroshima, Frank Tanji, Lynn Gross, and Mei-Ling Chen for donations. We cordially invite other members to join our Toban B. We thank the other tobans for giving us a hand. We sure needed it.

Sincerely,  
Karen Ezaki



## Buddhism Quiz

**Happy New Year! Since 2018 is the Year of the Dog, we have a Trivia Quiz to test your knowledge of Man's Best Friend.**

**Difficulty Level: Requires a lot of thought**

1. What trick is the most commonly taught to dogs?
2. Which musical group sang the song *Joy To The World*?
3. How many species of domestic dogs are there?
4. A normal adult dog has how many teeth?
5. What was the name of Walt Disney's family dog?
6. What is the most popular breed of dog in the world by registered owners?
7. True or False. Dogs can only see in black and white.
8. Sir Winston Churchill's favorite dog Rufus was what breed of dog?

Answers:

1. To sit
2. Three Dog Night
3. One (canis familiaris)
4. 42
5. Lady
6. Labrador Retriever
7. False
8. Poodle





# T H E G A T E W A Y

## T E M P L E N E W S

### The Study Class

The Study Class will meet on February 13 and 27 at 10:00 a.m.. Discussions will be based on selected topics that vary from week to week. The class usually meets on the second and fourth Tuesday of every month. For more information, please contact Rev. Miyoshi at (213) 219-6140.

### Family Retreat

Our annual Family Retreat will be held this year on February 17-18, at the beautiful San Luis Obispo Buddhist Temple. Rev. Jon Turner, from Orange County Buddhist Church, will be our guest lecturer and speak on "Diversity and Me." This year's retreat will be open to other Higashi temples and friends.

Join us for another great weekend with stimulating discussions, quality time with sangha friends, access to the beach and as always, too much food, all set in the serene and scenic setting of the Central Coast. The fee for adults is \$35 (discounted fees for children) and includes meals and available temple lodging.

### Pet Memorial Service

A special service will be held on February 25 at 10:00 a.m. to remember our animal friends. Everyone who has lost a pet is invited to pay tribute to them on this special day.

### Cherry Blossom Festival

The 2018 West Covina Cherry Blossom Festival will be on Saturday, March 17, from 12 noon – 6:00 p.m. This year the festival

will move to a new location at the Plaza West Covina, 112 Plaza Dr. Although the Temple will NOT be selling anything this year ESGVJCC will need help setting up and breaking down after the festival. Please come out to support the Center.

### Spring Ohigan Service

Spring Ohigan will be observed on March 18 at 4:30 p.m. We will have a special guest speaker so please join us for this special service and stay for the complimentary otoki dinner following the service.

### Oldies Dance LIX (59)

"Oldies LIX (59)!! Superfine" will be held on Saturday, March 24. It's our 59th Oldies with our favorite Steve Kikuchi & High Resolution providing our favorite hits from the 60's, 70's and 80's. We will begin the dance at 7:30 p.m. and end at 11:30 p.m. with lots of dancing and fun in between. The earlier hours will make it easier for the members who come to help clean-up after the dance. With a few more helping hands, the clean-up will go faster and everyone will be able to go home earlier.

Presale tickets are \$20 or \$25 at the door. For info and song requests, call Joanie at (626) 300-8947 or Lillian at (626) 780-9866. Your Toban chairs will contact you about work shifts and assignments. Plan to come by the center about 6 p.m. to help with the set-up. Donations are welcome for raffle prizes and drinks. Sign-up sheets for drinks will be at our Sunday service.

## GATEWAY Staff

*Layout & Editing:* Rev. Nobuko Miyoshi, Hisako Koga, Claudia Haraguchi, Richard Kagawa

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*Circulation:* Rev. Fred Brenion, Joy Kitaura

*West Covina Buddhist Temple Mission Statement:*

In the spirit of universal brotherhood, West Covina Buddhist Temple provides the opportunity for all to listen to and share the Teachings of the Buddha in order that we may awaken to our true selves, living our lives fully and dynamically.

*The Temple's mailing address is:*

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(626) 689-1040

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*E-Mail:* [wcbt.livingdharma@gmail.com](mailto:wcbt.livingdharma@gmail.com)



## FEBRUARY

Sumiye Arnheim, Edith Ariza, Yoshitaka Ena, Paul Konno, Jacob Gutierrez, Michael Jitosho, Hisako Koga, Luke Takeshi Shimomura, Evan Okamura, Joanie Martinez, Deanna Ormseth, Sophia Saucedo, Jose Godoy, Kiyoko Nakakihara, Matthew Woo, Glenn Tomita, Ryan Shimomura, Judy Tawatari, Connie Hamachi, Amanda Jean Underwood





# T H E G A T E W A Y

## Welcoming the New Year with Food & more Food!



*Clockwise from top left:*

*Rev. Miyoshi prepared her delicious family recipe ozoni for the New Years morning service.*

*Toban C would like to give a shout out "Arigato" to Hiroko Takemoto for expertly slicing and plating the tuna and yellowtail hamachi for our Shotsuki Sashimi Sunday otoki. She also helped with the zenzai dessert and it wasn't even her toban!*

*Rev. Miyoshi shared with Dick Koga (and the Sangha) the dry, full-bodied, palate exploding sake made by Japan's oldest sake brewery.*

*The new 2018 Board of Directors were installed at the Eitaikyo and General Meeting and was followed by a delicious Eitaikyo bento lunch.*

*Rev. Miyoshi gives a teary-eyed farewell hug to the outgoing treasurer, Frank Tanji.*

*Michael Jitosho gave New Year greetings at the New Years Day Service.*





## T H E G A T E W A Y

*To All Past And Current WCBT Members,  
Families and Friends*

*SAVE THE DATE!*  
*SANGHA REUNION/FUN DAY*

*Join us for an afternoon  
Full of Fun, Food and Good Times!*



*Sunday, April 29, 2018,  
11:30 a.m. – 3:00 p.m.  
West Covina Buddhist Temple (Social Hall)  
1203 West Puente Ave.,  
West Covina, CA*

*\*More information coming regarding food  
and the format of the event*





# T H E G A T E W A Y

## 9.11, con't from pg. 1

catastrophic injury or death (such as severe burns, or decapitation) or multiple deaths (such as cars, trains, or airplanes). Some of the team's responses are automatic and others are requests made by concerned officers. One of the main benefits of CISM is that there are no reports of what was specifically discussed, unless there's talk of a member hurting himself or herself or someone else. That person would then be referred to a specialist for follow up. It's difficult to sum up the types of things that a team can respond to but on Sept. 12, 2001, the day following the Trade Center attacks we were approved by FEMA to respond to the ultimate incident.

Our team of about 40 members consisted of trained uniformed and civilian department members, department clergy (Christian and Muslim), an overhead staff, and our director, Dr. Robert Scott. We also took 2 interpreters; LAFD uniformed members who were born and raised in New York. This proved very valuable be-

cause the emergency responders from New York had rejected the concept of CISM in the 1980's. We were told that, to them, counseling was "sissy stuff." Their leaders thought that a "real man" didn't need counseling or lectures, they just needed to do whatever made them feel good, whatever that was. Our interpreters helped us talk New York talk.

So on Saturday Sept. 15<sup>th</sup>, we took off from LAX and during the next 12 days we took teams of about 5 or 6 members to ground zero for shifts of about 6 hours. Actually, the first people that we counseled were the members of the flight crew on our airline who were from New York and had been grounded since landing in LA on Tuesday, September 11<sup>th</sup>. They functioned pretty well during the flight to New York until we were over the city and we could all see the smoke pumping from the ruins at ground zero. That was when the flight crew lost it. As CISM first responders we did what we could to assist them deal with their emotions. At that point we realized just how far reaching and emotional this assignment was going to be.

My team consisted of 5 members, both uniformed and civilian: Captain I Howard Kaplan, Paramedic II Stacey Gerlich, Inspector II Aquil Basheer, Administrative Asst. Gwen Duyao, and myself Captain II Phillip Underwood. We visited the ground zero site 6 times, once for familiarization and 5 times to provide support and assistance. Our shortest shift was about 5 hours and the longest was almost 12 hours and a shift could begin any hour of the day or night.

It quickly became very clear that we weren't going to be embraced by the FDNY. They ignored our efforts to connect as soon as they became aware of our purpose for being there. I guess a 4' X 8' plywood sign saying "Critical Stress Debriefing" was the wrong approach. We needed to come



*Area near South Tower. The flag is where President Bush made his bullhorn speech on September 14<sup>th</sup>.*

up with a better method to get the crews to talk to us. We found it during a meal break.

Adjacent to the World Trade Center on the Hudson River is a small marina that can accommodate several tour boats and private and police watercraft. One of the tour boats, the Spirit of New York, a triple-decker, was being used to serve hot meals for the workers on the "pile". The meals were being prepared by gourmet and celebrity chef's 24 hours a day. During our meal break on our 3<sup>rd</sup> shift, 2 FDNY members noticed us because of our uniform jackets. A brief conversation followed, and as the saying goes, a little light bulb turned on inside my head.

From that point on our tactic (we called it picking their pockets) became to just sit in the dining area of the tour boat, as though we were eating, with our LAFD insignias showing. After ordering their food, a search and rescue crew would come in, be seated, wait to be served, and absolutely devour everything on their plates. Up to that point no

*Please see 9.11, con't on pg. 7*



*The remains of the South Tower*



# T H E G A T E W A Y

9.11, con't from pg. 6

effort would be made by them or us to communicate, but as soon as they finished eating, they would acknowledge our presence and ask why we had come to New York. We'd answer with the question, "if this had happened in Los Angeles, wouldn't you come to help us"? They'd say "absolutely" and the conversation would begin. We'd take the tact and ask something like, "So when the first building came down, and you knew your brothers were inside, what did you think"? Or, "when you first arrived at ground zero and saw the devastation, how'd you deal with that? Then we'd shut up and for the next 10 or 15 minutes they'd express feelings about the worst event in any of our lives and we'd listen and quietly steer the conversation to keep them expressing themselves about feelings and not about hatred or revenge. Then just as quickly as they sat down they'd be up and out to get back to work and we'd wait on the next group to sit down. We'd do this over and over again.

On the day before we returned to Los Angeles our entire group took a cruise on the Hudson River and dur-

ing that 90-minute excursion we had a chance to visit our own feelings. That outing was one of the quietest boat rides I've ever been on. We all were trying to make peace with the week and a half that we'd just gone through.

Personally, the only feeling that I had was more of a question. I knew and liked who I was before September 11<sup>th</sup> and was concerned that, even with my knowledge of CISM, I might not be the same person I was before the attacks. I was afraid of who I might become, knowing that I had lived with out of control emotions for several years after my mother had died when I was 15. I definitely have changed as a result of September 11<sup>th</sup>, 2001 but I was able to learn from the training I had and after all this time I'm at peace with the person that I am. I think I'm more tolerant with people that behave badly (unless they are doing it on purpose to harm others). And I can't judge others' unless I judge myself as well. Unknowingly, I guess that all led me to wander into WCBT four years ago.

(「9.11」9ページからの続き)

気持ちを吐き出すのをひたすら聞き続けました。彼らは10分から15分の間話し続け、また仕事に戻って行きました。私たちのチームはそれを繰り返しました。

ロサンゼルスに戻る前日、チームはハドソン川の遊覧船に乗りました。90分の遊覧は、ここで経験したことやその時抱いた感情と改めて向き合う時間でした。私の中にはたくさんの問いがありました。9.11の衝撃と今回の任務が私にどれほどの影響を与えるのか、全く想像できませんでした。CISMの知識をもっている、感情をコントロールできなくなり、今までとは別人のようになってしまっているのではないかという不安もありました。実際に15歳で母を亡くした時、母の死を受け止めきれずにその後の数年間苦しんだ経験もあります。

確かに9.11とその時に経験したことは私を変えたと思います。大きく変わったことは、その経験から学ぶことができたということです。また、以前と比べて人に優しくできるようになったような気がします。また、人を判断する前に自分を振り返るよう努めるようになったのかなとも思います。そしてなにより、この経験が4年前に私がこのお寺を訪れる遠因となってくれたと思えるのです。



CISM team 1  
Final visit to Ground Zero

**Our deepest condolences**  
to the family and relatives of...

*Mrs. Mary Yoshiko Kato (81)*  
*January 5, 2018*

*Namu Amida Butsu*





# T H E G A T E W A Y



Quote of the Month  
Our job on earth isn't to  
criticize, reject, or judge.  
Our purpose is to offer  
a helping hand,  
compassion, and mercy.  
We are to do unto others  
as we hope  
they would do unto us.  
-Dana Arcuri





# T H E G A T E W A Y

## 9.11

### アンダーウッド・フィリップ

私が元消防士で2001年9月11日にニューヨークで起きた同時多発テロの現場で任務にあたっていたと聞くと、被害者の救出活動に携わっていたと思う人が多いでしょう。けれども、私のチームが行っていたのは救出活動ではなく、救命チームのサポートでした。

救急救命士や警察官、消防士や医療関係者はときに壮絶な現場に遭遇し、そこで業務を遂行しなければなりません。また死と隣り合わせの仕事でもあります。ですので、そうした職業に携わる人の中にはPTSD（心的外傷後ストレス障害）に長年苦しむ人もいます。

1980年代半ばによくそうした人々のサポートの必要性が認識され、具体的なカウンセリング法が提唱されました。ロサンゼルス消防庁はこのプログラムを取り入れ、私はそのトレーニングを受けました。

2001年9月12日、私のチームはFEMA（米連邦緊急事態管理局）から許可をもらい、現地でそのサポートプログラムに取り組むことになったのです。

私のチームは40名のメンバーで構成されていて、官民混合のチームでした。キリスト教とイスラム教の聖職者もメンバーでした。また、任務を遂行するにあたってはニューヨーク育ちの通訳者も2名随行しました。ニューヨークの救急救命チームのメンバーはCISM（緊急事態ストレスマネジメント）のコンセプトに否定的でした。カウンセリングやレクチャーは情けない男がするもので、自分には必要ないという空気だっ

たのです。通訳は現地の言葉でそうした彼らと会話をする事で、私たちとの橋渡しとなってくれました。

9月15日から12日間滞在し、5～6人の小チームに分かれてシフト制を取りました。最初にカウンセリングを行ったのは、私たちが乗ったロサンゼルス発の飛行機の乗務員でした。ニューヨーク出身の彼らは、その飛行機に搭乗し、初めて故郷の現状を目の当たりにしたのです。飛行機がニューヨークの上空に至るまで気丈に業務をこなしていた彼らでしたが、グラウンドゼロの惨状と煙に包まれたニューヨークを目にした時、衝撃で正気を失いました。彼らに対応しながら、これからの任務の難しさを痛感したものです。

私のチームは5名で編成されていました。シフトは短い時で5時間、長い時には12時間にも及び、それは昼夜問わずでした。

現場に入っただけで私たちがニューヨークの消防士たちから歓迎されていないことを肌で感じました。私たちがここに来た目的がわかるとすぐに彼らは徹底的に私たちを無視しました。私たちが掲げていた“緊急事態ストレス・ディブリーフィング”のサインがむしろ私たちの活動の妨げになっていることに気づきました。彼らと話をするために別の方法を見つけなければなりません。そのきっかけは食事の時間にありました。

ハドソン川沿いの世界貿易センターは小さなマリーナに隣接していました。そこに停泊していた観光船の一隻が、救助活動に携わる人々の食事場所として開放されていたのです。一流シェフが24時間体制で温かい食事を提供していました。

私たちはFDNYのメンバーに混じって食事を取りました。食事を食

べ終わる頃になって、ようやくかれらは私たちのLAFDのユニフォームに気づいたようでした。どうしてニューヨークに来たのかと聞かれた私は「もし、ロサンゼルスで同じことが起こったら、君たちもやっぱり助けに来てくれるんじゃないか」と答えました。そして「もちろんだ」という答えを聞き、会話の糸口を見つけた私は、努めて何気ないそぶりで「そういえば、最初のビルが倒壊した時、君の兄弟がそこにいると知っていたそうだね。その時どう思ったのかい？」や、あるいは「最初にグラウンドゼロの惨状を目にした時の気持ちは？」というふうに尋ねました。そのあとは彼らが自分の

（「9.11」7ページに続く）

## お寺ニュース

### 2月・3月日本語祥月法要 法話会

2月の法話会並びに祥月法要は来る2月1日（木曜日）午後7時より、また3月の法話会は3月1日（木）同じく午後7時よりお勤めします。どうぞご家族、ご友人お誘い合わせの上、お参り下さいますようご案内申し上げます。

### お寺家族リトリート

来る2月17日（土）～18日（日）に家族リトリートをサンルイス・オビスポ仏教会にて開催いたします。参加費は35ドル、宿泊費はお寺に宿泊される場合は無料です（近隣のモーターにも宿泊可能ですが、別途宿泊費がかかります）。日常の喧噪を離れ、仏法に耳を傾ける絶好の機会です。是非お誘い合わせの上ご参加下さい。詳しくは見義信香開教使までお問い合わせ下さい。

East San Gabriel Valley  
Japanese Community Center, Inc.

West Covina Buddhist Temple  
1203 W. Puente Avenue, West Covina, CA 91790  
P.O. Box 1616, West Covina, CA 91793

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# GATEWAY

February 2018 - - Vol. LIII No. 2

## February

- 1 7:00 pm Howakai Japanese Service
- 4 8:30 am Board Meeting
- 4 10:00 am Shotsuki Service
- 11 10:00 am Sunday Service
- 13 10:00 am Study Class
- 17-18 WCBT Family Retreat
- 25 10:00 am Pet Memorial Service
- 27 10:00 am Study Class

## March

- 1 7:00 pm Howakai Japanese Service
- 4 8:30 am Board Meeting
- 4 10:00 am Shotsuki Service
- 10 9:30 am Dharma Seeds Retreat
- 11 10:00 am Sunday Service
- 13 10:00 am Study Class
- 17 12:00 pm Center Cherry Blossom Festival
- 18 4:30 pm Spring Ohigan Service
- 24 7:30 pm Oldies Dance

## 2018年2月行事予定

- 1日 午後7時 法話会
- 4日 午前8時半 理事会
- 4日 午前10時 祥月法要
- 11日 午前10時 日曜礼拝
- 17日-18日 家族リトリート
- 25日 午前10時 ペット追悼法要

## 3月行事予定

- 1日 午後7時 法話会
- 4日 午前8時半 理事会
- 4日 午前10時 祥月法要
- 11日 午前10時 日曜礼拝
- 17日 正午 センター桜祭り
- 18日 午後4時半 春季彼岸法要
- 24日 午後7時半 オールディーズダンス

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私たちはいつの間にか、  
多数を正義として  
ひとりを見失ってしまいました  
祖父江文宏『悲しみに身を添わせて』