When Your World Turns Upside Down

Board Members Message by Diane Akasaka

On Friday, March 11, 2011, the world for thousands in Japan turned upside-down.

I know many of you have read this article I’ve included. I felt it was worth printing, in hopes that we would learn from our neighbors to the East.

The following blog was written by a woman in Sendai, Japan. She eloquently speaks of the love that emerged from a challenging condition:

A Letter From Sendai –

Things here in Sendai have been rather surreal. But I am very blessed to have wonderful friends who are helping me a lot. Since my shack is even more worthy of that name, I am now staying at a friend’s home. We have supplies like water, food and a kerosene heater. We sleep lined up in one room, eat by candlelight, share stories. It is warm, friendly, and beautiful.

During the day we help each other clean up the mess in our homes. People sit in their cars, looking at news on their navigation screens, or line up to get drinking water when a source is open. If someone has water running in their home, they put out sign so people can come to fill up their jugs and buckets.

Utterly amazingly where I am there has been no looting, no pushing in lines. People leave their front door open, as it is safer when an earthquake strikes. People keep saying, “Oh, this is how it used to be in the old days when everyone helped one another”.

Quakes keep coming. Last night they struck about every 15 minutes. Sirens are constant and helicopters pass overhead often.

We got water for a few hours in our homes last night, and now it is for half a day. Electricity came on this afternoon. Gas has not yet come on. But all of this is by area. Some people have these things, others do not. No one has washed for several days. We feel grubby, but there are so much more important concerns than that for us now. I love this peeling away of non-essentials. Living fully on the level of instinct, or intuition, of caring, of what is needed for survival, not just of me, but of the entire group.

There are strange parallel universes happening. Houses a mess in some places, yet then a house with futons or laundry out drying in the sun. People lining up for water and food, and yet a few people out walking their dogs. All happening at the same time.

Other unexpected touches of beauty are first, the silence at night. No cars. No one out on the streets. And the heavens at night are scattered with stars. I usually can see about two, but now the whole sky is filled. The mountains of Sendai are solid and with the crisp air we can see them silhouetted
against the sky magnificently.
And the Japanese themselves are so wonderful. I come back to my shack to check on it each day, now to send this e-mail since the electricity is on, and I find food and water left in my entranceway. I have no idea from whom, but it is there. Old men in green hats go from door to door checking to see if everyone is OK. People talk to complete strangers asking if they need help. I see no signs of fear. Resignation, yes, but fear or panic, no.
They tell us we can expect aftershocks, and even other major quakes, for another month or more. And we are getting constant tremors, rolls, shaking, rumbling. I am blessed in that I live in a part of Sendai that is a bit elevated, a bit more solid than other parts. So, so far this area is better off than others. Last night my friend’s husband came in from the country, bringing food and water. Blessed again.
Somehow at this time I realize from direct experience that there is indeed an enormous Cosmic evolutionary step that is occurring all over the world right at this moment. And somehow as I experience the events happening now in Japan, I can feel my heart opening very wide. My brother asked me if I felt so small because of all that is happening. I don’t. Rather, I feel as part of something happening that much larger than myself. This wave of birthing (worldwide) is hard, and yet magnificent.
Thank you again for your care and Love of me.

Ten things to learn from Japan –

1. Calm – Not a single visual of chest-beating or wild grief. Sorrow itself has been elevated.

2. Dignity – Disciplined queues for water and groceries. Not a rough word or a crude gesture.

3. Ability – The incredible architects, for instance, buildings swayed but didn’t fall.

4. Grace – People bought only what they needed for the present, so everybody could get something.


6. Sacrifice – Fifty workers stayed back to pump sea water in the N-reactors. How will they ever be repaid?

7. Tenderness – Restaurants cut prices. An unguarded ATM is left alone. The strong cared for the weak.

8. Training – The old and the children, everyone knew exactly what to do. And they did just that.

9. The media – They showed magnificent restraint in the bulletins No silly reporters. Only calm reportage.

10. The conscience – When the power went off in a store, people put things back on the shelves & left quietly.

If only we, as human beings, could learn from Japan.

The Minidoka Pilgrimage

Sixty-nine years ago, almost 13,000 people of Japanese-ancestry, many of whom were American citizens, were removed from their homes and sent to a desolate “incarceration camp” near Twin Falls, Idaho. On June 30 - July 3, 2011 former internees, their families, and friends will make a pilgrimage - from Seattle, Portland and across the nation - to the former Minidoka Internment Camp in Idaho.

The former internees spent nearly 3 years incarcerated at Minidoka and other camps over 60 years ago. Today, the site continues to hold a mixture of memories and strong emotions - feelings of denial, distrust, shame, and joy. They will revisit the place and the memories amidst family, friends, supporters, and National Park Service officials. The intent is to honor the first generation of Japanese Americans who suffered most under institutionalized racist laws, to deliver the message of “Never Again,” and to pass on the legacy to anyone who will listen.

Today, most of the 33,000 acres that once made up Minidoka has been taken over by farms. However, in 2001, 73 acres along the North Side Canal, and near the entrance to Minidoka has been designated a National Monument.

The Seattle Chapter of the Japanese America Citizens League, the Nisei Veterans Committee, and the Friends of Minidoka invite former internees, their families and friends, and other interested persons to attend the 2010 Minidoka Pilgrimage from June 24 through (Continued on next page)
The Minidoka Pilgrimage Continued

June 27.

In Twin Falls, participants will have two chances to visit the grounds of the National Monument. On Saturday, there will be guided tours of what remains of the former site. On Sunday, a memorial service will be held at the National Monument to honor internees. Participants also have the opportunity to participate in workshops and forums during this time. Throughout the duration of the trip, there will be opportunities to share memories and stories with fellow participants.

If you would like information about travel from Portland to the Pilgrimage please contact Connie Masuoka at 503-318-5839 or cmasuoka@comcast.net

JACL National Executive Director to Step Down

Washington D.C. April 22, 2011 - At the National Board Meeting of the Japanese American Citizens League (JACL) held on April 15 in San Francisco, Floyd Mori announced his retirement from the position of National Executive Director for the JACL. Mori served as interim National Executive Director in late 2006 when ill health forced John Tateishi to leave the post. Mori was appointed as Tateishi’s replacement in January 2007. His plans are to leave before the end of the year.

Moving in 2005 from Utah where he was born and raised, Mori came out of semi-retirement as an International Business Consultant to become Director of Public Policy for the JACL in its Washington, D.C. office.

Expressing appreciation for the opportunity to serve in the JACL, Mori stated that it is time for him to step down in order to spend more time with his family and pursue personal interests. He has especially enjoyed the association with other civil rights and Asian American leaders and groups in the Washington, D.C. area and around the country. He has also appreciated working with members of Congress and the White House.

The JACL has gained more visibility and credibility on the national level in recent years. Mori was instrumental in starting a National JACL Gala in the nation’s capital. He served as chair of the National Council of Asian Pacific Americans (NCAPA), is on the Executive Committee of The Leadership Conference on Civil and Human Rights (LCCR), is a member of the Japanese American Veterans Association (JAVA) and OCA, and has been on many boards and committees.

Mori is credited with an aggressive outreach to the victims of Katrina and the BP oil spill as well as promoting relationships with communities impacted by the hysteria of 9-11. He has strengthened ties with Japan and spearheaded a successful partnership with Direct Relief International in raising funds for the victims of the devastating earthquake and tsunami in Japan. He has led a drive to collaborate and form partnerships with other organizations. He has also developed corporate relationships which have been financially beneficial to the JACL.

Previously, Mori had served four years as National President of the JACL and four years as a vice president on the JACL national board. Having been involved with the JACL for most of his life, he also served for many years on a JACL chapter board. He has been a Mayor and city councilman of the City of Pleasanton, California, as well as a State Assemblyman and Director of the Office of International Trade for the State of California. He taught Economics at Chabot College in Hayward, California, and was involved in private business in Utah for many years.

The JACL is grateful to Floyd for his dedication and visionary leadership as National Executive Director of the JACL for the past five years. His remarkable experience in business, economics, and politics has greatly impacted the progress of the JACL’s advocacy work. The JACL wishes him luck in his retirement and future endeavors.
Vincent Chin was 27 years old when he was brutally killed in 1982 due to anti-Japanese sentiments. His killers went through the United States justice system but still got away with murder.

Join us for food, a film screening and a panel discussion to learn why his case is so important today, how it affects people of all diverse backgrounds, and what you can do to stop it from happening again.

Film screening of “Vincent Who?”
Followed by panel discussion featuring:
Wajdi Said, President and Co-Founder of Muslim Educational Trust
Joseph Santos-Lyons, APANO Coordinator
Hyeok Kim, White House Initiative on API Commissioner

Food catered by Art de Cuisine

Free & Open to the Public
Saturday, May 14, 2011, 2-4 pm, doors open at 1:30
University of Oregon, White Stag Building
70 NW Couch Street, Portland, OR
Memorial Tribute to Robbie Tsuboi

This May will mark the first year of the loss of a mentor, visionary, leader, and great friend to all, Robbie Tsuboi. In tribute to all Robbie has done for us the Minidoka Swing Band, Hula School Makani Kolonahe, Friends of Goose Hollow (Goosers), and Unite People will be having a memorial celebration on Sunday, May 15 at Epworth Methodist Church. The event will be about Robbie’s two favorite tenets, food, and fun. The event will begin with a potluck lunch (main dish will be provided side dishes are welcome) at 11:30 a.m.

Ikoi no Kai Highlights

So much is happening in the Oregon Japan Relief effort that it is difficult to pick out just a few notes without slighting so many—and for that I apologize.

The Pink Martini led concert on March 27 was sold out for both shows and those who were able to attend were elated. Saori Yuki visited Ikoi no Kai on the following Tuesday and our clients were overjoyed. She was able to “mix and mingle” and performed and posed with many of them for photos. The thoughts and payers continue for our Japan friends and relatives in many ways.

Many cranes were/are being folded to keep those suffering in Japan from feeling so alone. Jane Kawashima created a prototype and she and I made tsuru leis for the ladies of Epworth who were headed to a church convention in Seattle. We wanted them to be able to tell the story of what motivated this crane folding by Ikoi no Kai volunteers and visitors. Site director Loen Dozono had repeatedly stated that she wanted our participants to feel connected to those in the Earthquake zone and experience doing something that evidenced compassion. Over $5,000 has been collected at our meal site, from friends calling friends, sales of lapel pins, folding of cranes and donations.

Dishwasher/JAS Vice President Gordy Kondo chatted up some previous associates and managed to get some large pledges for Mercy Corps. We thank you all for your efforts! Mercy Corps has been lauded as one of the most reputable organizations which prides itself on using as much money as possible on the people who need it.

Convenience and safety created an interest in meal punch cards recently. If you are thinking of a gift for mom or dad and they are Ikoi no Kai regulars, we can do a card the occasion. We currently have a one meal a month punch card available.

Last month, as I sat with Frank and Ruth Nakata, we had a few extra meals and they purchased a couple to take to some folk they knew couldn’t come out to Ikoi no Kai. It was such a nice gesture as it also involved visiting to say hello. In our original founding documents, the program sought to do this for friends and neighbors. If you are dining with us and want to do this for someone you know, let us know. If we can accommodate your request, we certainly will.

May is the month of memories—let’s not just live with memories but make new ones.
A Time to Give Thanks
By Sharon Takahashi

When I was in grade school in Maui, we celebrated Memorial Day by sewing leis and taking them to the Veterans’ Cemetery in Makawao and placing them near the big monuments. It was a colorful display and we enjoyed adding to it and walking around the cemetery to see what others created and whose stones were “dressed”.

Years later, I attended the Memorial Day Service sponsored by the Japanese Ancestral Society at Rose City Cemetery on Memorial Day because I was an officer of a community organization and was on the agenda for the offering of incense. This ceremony had its start decades ago. With many wreaths from organizations and virtually every church represented in the religious incense offering, it showcased a strong community. I’m almost sure Todd Yuzurina blew taps (and he is still volunteering to do this today).

After the ceremony, a small group went to Lone Fir Cemetery to pay tribute to those Japanese forebears buried in an unmarked section toward the Belmont Street entrance (there was one there, once upon a time). Those stones showed wear and were not adorned as those at Rose City. Yet, the short service was very dignified and all were very respectful. After the service was concluded, I remembered Mrs. Chiyo Endo giving out veggie starts from the back of a little pick up truck. We were being rewarded for spending a few minutes with those who deserved so much more.

We pay tribute on Memorial Day to those who have brought us to where we are today, our ancestors, our soldiers, our community pioneers and our dreamers. Without these trailblazers, what kind of story would we have? Would we have any tales to tell our Caucasian, Chinese, Polish or Italian neighbors about who we are?

The world has been focusing on Japan and its stoic people since the earthquake, tsunami and nuclear disaster. We are descendants of a strong ethnic community and we need to connect with their spirit.

This year’s Memorial Day Service will be held on May 30 at Rose City Cemetery at 1:00 p.m. Come join us as we remember our forebears and honor their character. If you are inclined, join us as we trek to Lone Fir Cemetery to spend some precious moments with those who rest there. You will feel their strength.

Congressional Gold Medal (CGM)
By Setsy Larouche

The exact date for the award ceremony is still pending with the new Speaker of the House, but it will likely be held in November 2011. Nationwide, we have 356 veterans registered and 3,046 family members registered. For Oregon and SW Washington, we have 12 veterans registered to attend the ceremony in DC and 130 widows/nex of kin of KIA and family members registered. All eligible veterans have been notified of the free Honor Flight to Washington, DC. Historically, the Honor Flight has flown WWII veterans “plus one” to and from Washington, DC. Honor flight has committed to fly the veterans, but the “plus one” aspect of free flight is still being negotiated.

The US mint has provided medal designs and the National Veterans Network (NVN) agreed on the top preferences after inputs by veterans nationwide. A final input by veterans/organizations will be completed prior to minting. The final mint design decision will be made by the Secretary of Treasury.

Anyone can order the replica medals which will be a 3” bronze medal with a wooden case for $50. Currently, there is no limit on how many medals a family can order. In order to get a good estimate on how many we should reserve, please let me (Setsy) know by email: Larouche@msn.com or by telephone 503-698-4656 by June 3, 2011. This will help the US Mint get an idea how many to produce/mint.

Under the leadership of Christine Sato-Yamazaki, the NVN met in Seattle on April 15 and 16 with representatives from Hawaii, Washington, DC, Chicago, Los Angeles, Houston, Seattle and Portland. The meeting was held in NVC Memorial Hall. Yuzo Tokita and his committee did a wonderful job hosting the meeting and providing us with most delicious foods! The National Public Relations campaign for CGM will be launched on May 1 in connection with Asian Pacific Heritage Month.

The Blue Ribbon Committee is actively raising funds from corporations and foundations. This will help fund the huge celebration in DC to include but not limited to visiting the Tomb of the Unknown at Arlington National Cemetery; Memorial Service at the WWII Memorial; Wreath tribute at the Japanese American Memorial to Patriotism; and CGM Gala Dinner.

After the celebration in DC, we plan to host a luncheon here in Portland to honor our veterans and extend our celebratory congratulations! The next NVN planning meeting will be held in DC on July 22 & 23.
### Clark Center Loaves & Fishes May 2011 Menu

**2740 SE Powell Blvd., Portland OR**

| Monday 2 | Cheese ravioli or mushroom veggie burger |
| Tuesday 3 | Chicken spaghetti or taco salad |
| Wednesday 4 | Sasha’s chicken or spinach lasagna |
| Thursday 5 | Sasha’s spaghetti or greek salad |
| Friday 6 | Baked chicken w/ country gravy or trio salad |

| Monday 9 | BBQ chicken or tortellini w/ pesto sauce |
| Tuesday 10 | Meatloaf w/ gravy or chicken caesar salad |
| Wednesday 11 | Sasha’s cod w/ roasted potatoes or vegetable lasagna |
| Thursday 12 | Sasha’s yakitori or river house salad |
| Friday 13 | Baked fish w/ tartar or crisper summer salad |

| Monday 16 | Chicken w/ noodles or tomato basil veggie burger |
| Tuesday 17 | Turkey pot roast or chicken caesar |

| Wednesday 18 | Sasha’s roast pork tenderloin or vegetable pizza |
| Thursday 19 | Sasha’s cod on a bed of steamed spinach or tuna stuffed salad |
| Friday 20 | Sweet & sour chicken or river house salad |

| Monday 23 | Beef & macaroni casserole or breakfast casserole |
| Tuesday 24 | Sliced roast turkey w/ gravy or chinese chicken salad |
| Wednesday 25 | Sasha’s chicken noodle soup or vegetable pizza |
| Thursday 26 | Sasha’s paella w/ chicken sausage, shrimp & veggies or cobb salad |
| Friday 27 | Roast pork w/ gravy or shrimp louie salad |

| Monday 30 | Memorial Day, Closed |
| Tuesday 31 | Turkey dijon or chicken/white bean salad |

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### Comments from Oregon Nikkei Endowment (O.N.E.)

**Dates To Remember:**

- **Now through May 29, 2011**, at ONLC - “Taken: FBI” Stories and photos of Japanese taken into custody and detained without warrants on and after December 7, 1941.
- **May 12, 2011, 5 p.m.** - Book signing and reading by Dr. Priscilla Wegars from her book “Imprisoned in Paradise”, about the Kooskia, Idaho internment camp, at the Northwest Evaluation Association (NWEA) Building, 121 NW Everett, Portland, OR.
- **May 24, 2011, 5 p.m.** - Lecture by Dr. Greg Robinson on the Canadian reaction to internment at Northwest Evaluation Association (NWEA) 121 NW Everett. Free and open to the public.
- **June 18, 2011** - O.N.E. annual fundraising banquet at the Multnomah Athletic Club. Dr. and Mrs. Homer Yasui and Mr. Albert Abe will be honored for their long community support. Oregon Attorney General John Kroger will be the keynote speaker. www.oregonnikkei.org 503-224-1458

- **June 10 through December 31 2011** - Join us for kip fulbeck: part asian 100% hapa which features photographs, workshops and lectures and asks, “What are you?”

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### Unite People’s 2nd Annual Chili Feed - May 21, 2011 at 5:00 p.m.

Please come and support Unite People’s effort to raise money to for the members to attend the 2011 Civil rights symposium and Minidoka Pilgrimage in Twin Falls Idaho.

On Saturday, May 21 starting at 5:00 p.m. Unite People will be holding their second annual chili feed at Epworth Methodist Church, 1333 SE 28th, Portland. It will be an all you can eat chili dinner with all the fixings and a fabulous dessert auction. There will also be a fun raffle which you will have to come and see. The cost is $8 for adults, $4 for youth 13 and under, and kids 6 and under is free.
Ikoi No Kai at Epworth
1333 SE 28th Ave, Portland

Monday 2 - Chicken Parmesan & Pasta
Tuesday 3 - Tonkatsu (pork cutlet)
Wednesday 4 - Closed
Thursday 5 - Kodomo no Hi Bento
Friday 6 - Italian Sausage Lasagna
Monday 9 - Salmon
Tuesday 10 - Yakisoba
Wednesday 11 - Closed
Thursday 12 - Curry
Friday 13 - Chow Mein
Monday 16 - Panko Shrimp & Singapore Noodles
Tuesday 17 - Sweet & Sour Nikudango (meatballs)
Wednesday 18 - Closed
Thursday 19 - Shumai
Friday 20 - Lapchong Sticky Rice & Chicken
Monday 23 - Calamari
Tuesday 24 - Chicken Teriyaki
Wednesday 25 - Closed
Thursday 26 - Birthday Sushi
Friday 27 - House Special Ramen
Monday 30 - Memorial Day, Closed
Tuesday 31 - Niku Oboro Bento plate

Ikoi No Kai May 2011 Menu Notes:

May 5 - Kodomo no Hi (Children’s Day) Special Bento Plate: Sekihan (red rice for celebrations), chicken, & nishime (gobo, renkon).

Cooking Schedule:
Kashu Hamada - Tuesdays & Thursdays
Skip Yamamoto - May 6, 9, 20, 23, & 27
Sharon Ogata - May 2 & 16
Lil Okazaki - May 13

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Your Portland JACL Newsletter comes to you thanks to DocuMart on SW Main in Portland, who prints it at a greatly reduced cost. Please consider them for your printing needs: 503-228-6253.

A big thank you to Chris Onchi, as well, Chris has been printing our labels, making data entry changes, and assisting with the annual calendar for many years. Her business is Chris’ Mailing Service: 503-452-6864.