Board Members Message by Connie Masuoka

Where were you on Sunday, August 19th? If you love good old fashion summer fun Nikkei style you would have been at the 21st annual Nikkei Community Picnic. It was a perfectly fabulous day. With around 350-400 people in attendance Portland Taiko opened the picnic with a rousing performance and a chance to try your hand at playing taiko. We had great food from Oaks Park Special Fried Chicken to ice cold watermelon and lots of tasty rice balls, salads, and desserts in between. And what is a picnic without Bingo? We had mega-Bingo called by Schafer Durgan, Past President of Unite People who did a fantastic job. In addition, there were raffle prizes galore, top prize of $100 went to Masamichi Nitani. And if you weren’t lucky enough to win a prize there was a special take home gift for you.

The Nikkei Community Picnic is one of the highlights of the year and is made possible through the generosity of many. The picnic would not be possible without the sponsorship of the Japanese American organizations, churches and temples. The Portland JACL, the Hiroshima Club, Nikkei Jin Kai (JAS), Daihonzan Henjyoji, Veledas, Nikkei Fujin Kai, Johrei Fellowship, Oregon Buddhist

(continued on next page)
Board Members Message Continued

Temple, Portland Taiko, Oregon Nikkei Endowment, Oregon Nisei Veterans, Nichiren Temple, and Iko no Kai all help to sponsor this event. And in addition, there are many monetary and prize donations from community businesses and individuals. We would like to thank, Rich Iwasaki, Kurtis Inouye, Richard Hedlund, Riverview Abbey, Ota Tofu, Koida Nursery, George Hoashi, Yoji Matsushima, Chip and Setsy Larouche, Nobi Masuoka, Hiroshi’s Anzen, Osakaya Restaurant, Ichidai Restaurant, Ron Ikata, Terry Kawamoto, and Dr. Jim and Amy Tsugawa.

I would especially like to recognize the volunteers who make the picnic run smoothly they are ones who make this event special. They include; Ken and Katie Kawazoe, George Hoashi, Kay Endo, Nobi Masuoka, Kaneko Wagar, Tsuyako Monas, Chip and Setsy Larouche, Susan Leedham, Rich Iwasaki, Lynn Longfellow, Heidi Tolentino, Marleen Wallingford, Sadako Oda, Martha Matsushima and the members and family of Unite People.

If you have read this far some of you are probably thinking this is nice but why is the community picnic the topic of the Board members message? Well it’s because I know that even though we had a wonderful time and lots of people came, you were not there and what is a community picnic without you? The most important benefit of being a member of Portland JACL, Nikkei Jin Kai (JAS) or any of the other community organizations is to be engaged. Your participation at the picnic provides you the opportunity to meet old friends, make new friends, and create memories for yourself, your children or grandchildren. Make a difference and come help us build and grow our Nikkei community. If picnics are not your style check the Community Calendar of the front page for upcoming events or join us at one of our board meetings.

The meetings are on the third Thursday of every month at the Oregon Buddhist Temple Annex at 6 pm.

Please mark your calendars and be sure to join us Sunday, August 18, 2013 for the 22nd Annual Nikkei Community Picnic. We look forward to seeing you there.
Out of the Shadows: Remembering Hiroshima and Nagasaki
August 6, Japanese American Historical Plaza

By Marleen Wallingford

On August 6, 1942, the ultra-secret Manhattan Project unleashed the first atomic bomb on Hiroshima and a few days later the second bomb was dropped on Nagasaki. In a flash, over a 100,000 people were vaporized instantly. Many more died later of burns, radiation sickness and other related injuries. The creation of this modern super weapon marked the end of the Second World War and the beginning of the nuclear age. Nuclear energy was promoted as a safe, alternative energy source. Nuclear power plants were built throughout the world including Hanford where keynote speaker, Washington’s poet laureate, Kathleen Flenniken grew up. To her, atomic energy, meant progress and being modern. It meant good paying jobs. The families who lived and worked close to Hanford had been assured by the government that it was safe. Classified documents released under pressure by groups like the Physician’s for Social Responsibility found that unsafe levels of radioactive materials were released into the air, water and soil; primarily from the site’s routine operations. Those who lived downwind from Hanford or who used the Columbia River downstream from Hanford were all exposed to elevated doses of radiation, which have caused increased incidents of cancer, especially thyroid, and birth defects. Ms. Flenniken worked at Hanford as an engineer just out of college. She began to write poetry about her experiences and feelings after she came to realize the danger that nuclear waste posed to human life. Her poems describe her dear childhood friend, Caroline and her proud Hanford worker father who died of radiation induced cancer.

Portland has been commemorating the awful destruction of Hiroshima and Nagasaki for 50 years. This year it included a citywide event called the "Shadow Project.” With the support of the Regional Arts and Culture Council, human figures were outlined on the sidewalks. These figures represent the thousands of individuals who died leaving only the outline of their body on the street.

The event emcee was Ronault “Polo” Catalani a civil rights lawyer who works for the City of Portland in the Office of Equity and Human Rights. Rev. Dr. Lowell Greathouse of the United Methodist Church gave the invocation. Other speakers included recent high school graduate, Ailish Duff, winner of the Oregon PSR 2012 Greenfield Peace Writing Contest and Sean Tenney of Oregon PSR who talked about what we as individuals could do to work towards the elimination of the use of nuclear power. Sahomi Tachibana’s Japanese dance troupe performed a dance that memorialized those that had died. The dancers included: Yoshiko Kamata, Akemi Kanegae, Angela Kanegae, Kellie Takahashi, Tara Tamaribuchi Gibbs and Joy Yuzuriha along with taiko drums by Wynn Kiyama. A song of hope was sung by Grant High School graduate Saori Erickson and an interpretive dance performance was given by Chisao Hata with music by Yukiko Vossen on koto and Peter Zisa on guitar.


Photo © 2012 Marleen Wallingford

Sahomi Tachibana’s dance troupe performance
Portland JACL in the Community

Bill Nakamura received his CGM from Chip Larouche on July 29, 2012 at the Chinese Village Restaurant, Portland, OR.

L to R: Setsy Larouche, George Kajiwara, Lynn Longfellow and Ron Iwasaki. George was presented his CGM on Aug 9, 2012 at an Ikoi No Kai event on August 6, 2012, Portland, OR.
Portland JACL in the Community

Performing artist Chisao Hata (left), accompanied by Peter Zisa, guitar and Yukiko Vossen, koto (right) performs at Remembering Hiroshima and Nagasaki, Japanese American Historical Plaza, Tom McCall Waterfront Park, Portland, Oregon. The event on August 6, 2012 commemorated the 67th anniversary of the nuclear bombings of Hiroshima and Nagasaki, Japan.

Visitors participate in the Bon odori dances during Obonfest 2012, Oregon Buddhist Temple, Portland, Oregon

Unite People at the 2012 JACL National Convention held July 5-8, Bellevue, WA

Schafer Durgan (right) calls out a Bingo game number with assistance from Kay Endo (left), while Susan Leedham (back) helps distribute game prizes during the 2012 Nikkei Community Picnic, South Grove, Oaks Park, Portland, Oregon
Achieving the Right Fit

By Sharon Takahashi

We have some exciting news to share at Ikoi No Kai. The Ikoi No Kai committee offered the job of site manager to interim site manager Loen Dozono and she accepted! Loen has been a volunteer at the site before she volunteered to be interim manager in October 2010 and has been doing a fabulous job. She was instrumental in crafting the grant won from Spirit Mountain Community Fund in 2011 and has been steering us in some new waters with new activities and directions. We are pleased that she is willing to keep moving us into a new era. What a great fit for us!

We serve meals on Mondays, Tuesdays, Thursdays and Fridays. The chefs, volunteers and clientele have created a friendly atmosphere where regulars and “newbies” get to know each other. It is not an individual effort. When we have news of passings (and we have had a few in the last year), of health challenges (also numerous), of milestones (grandbabies, special anniversaries, birthdays), comfort and joy are shared. As we age and our support circles shrink, or our ability to get around declines, that social circle really buoy us up. It is a big plus. Some of our patrons use the Tri-Met Lift Program to get here and since rates have risen, we are using some Spirit Mountain funds to offset the rate hike. We think it’s a fitting expenditure for our clients.

In an earlier column I mentioned the passing of Fred “Guido” Caramella and how the regulars comforted his companion and great friend, Doris Cordi. Doris and Guido had shared a bond living in close proximity, enjoying the same interests, and being each other’s social support. Doris continued to come as a single, and as her health failed this year, she said she came because she had fond memories of Guido and the times they spent together here, and she would continue as long as she was able. In May she said she couldn’t do it anymore. On June 15, Doris passed away and though we were sad, we think they are smiling together again. Lunches at Ikoi No Kai were a great fit for them.

We have benefited from many skills and talents among our volunteers. Jay Onchi and Gary Onchi (Jim Onchi’s grandson and son) undertook the stripping and waxing of the basement floor, including kitchen and office for the cost of materials only. It sparkles and shines so – one could even see reflections. They were assisted by Gordy Kondo, Don Matsuda, Robert Dozono and Johnny Uyeda. We really appreciated the expertise they lent to the project.

Bear with me, Harry Potter fans, as I give our thank you to he/she who shall be nameless. We are sad to hear that July ends your many years of helping in our lunch program. You’ve been there through thick and thin, with ideas, encouragement, exercises and training new volunteers. We are going to miss you and hope that your free hours will have you thinking fondly of us at Ikoi No Kai, too. Thanks from all of us!

A serious note… Thank you to Kay Endo and the Japanese Ancestral Society for coordinating the Memorial Day Service to honor those resting at Rose City Cemetery and Lone Fir Cemetery this year. Ron Iwasaki served as the emcee for the day. Fran Palk, Al Abe and Ken Ono have been working on cleaning up grave sites of those whose relatives have moved or are no longer able to maintain them. They have secured a plot map meticulously done by Robert Sumamoto (now deceased) several decades ago. It has been a perfect fit for their interest, passion and elbow grease. They have more work planned if you would like to join them.

A fun note… Some Portland area golfers will head to Ontario, Oregon to take part in the Northwest Nikkei Golf Tournament during Labor Day weekend. This Nikkei event is billed as the 78th in the literature sent out by the Snake River Golf Club. Communities supporting other communities presents a wonderful teachable moment. Veteran golfers will bring back memories and stories and the younger golfers will learn a little more about Nikkei sportsmanship.

A thankful note… A great big thank you is extended to Connie Masuoka and her picnic committee of many from all of us. When generations come together to eat, laugh and converse, we all walk away richer.

OREGON NIKKEI ENDOWMENT

2012 Annual Banquet - Honoring Alice E. Sumida and Masako (Massie) Hinatsu

September 16, 2012, Noon
Multnomah Athletic Club
$80 per person
RSVP by September 5, 2012

Keynote address by:
Ellen Rosenblum
Attorney General, State of Oregon

To register or for more information, contact O.N.E.
(503) 224-1458
info@oregonnikkei.org
www.oregonnikkei.org
Clark Center Loaves & Fishes September 2012 Menu
2740 SE Powell Blvd., Portland OR

Monday 3 - Closed for Labor Day Holiday
Tuesday 4 - Turkey pot roast or Chinese chicken salad
Wednesday 5 - Southeast Asian fried rice or beef patty w/ gravy
Thursday 6 - Spaghetti w/ meat sauce or open face turkey sandwich
Friday 7 - Breaded tilapia w/ meat sauce or Swedish meatballs

Monday 10 - Ginger chicken or veggie chili
Tuesday 11 - Meatloaf w/ gravy or veggie pizza
Wednesday 12 - Thai pork stew w/ egg or shrimp salad
Thursday 13 - Chicken provence or tuna salad sandwich
Friday 14 - Baked fish w/ spicy Asian sauce or chicken fajita

Monday 17 - Braised beef short ribs or chicken fried steak
Tuesday 18 - Cheese ravioli or taco salad
Wednesday 19 - Chicken breast w/ Asian honey sauce or bean & rice burrito
Thursday 20 - Veggie stir fry w/ egg or open face seafood sandwich
Friday 21 - Yoji-san’s chicken curry or broccoli quiche w/ tomato slices

Monday 24 - Hawaiian sweet & sour meatballs or turkey, cranberry, cream cheese sandwich
Tuesday 25 - BBQ chicken or fish sandwich
Wednesday 26 - Meat loaf or tortellini w/ creamy tomato sauce
Thursday 27 - Chicken enchilada casserole or Greek salad
Friday 28 - Baked fish w/ tartar sauce or Greek salad
Ikoi no Kai at Epworth
1333 SE 28th Ave, Portland

**Monday 3 - Closed for Labor Day Holiday**
**Tuesday 4 - Tonkatsu (pork cutlet)**
**Wednesday 5 - Closed**
**Thursday 6 - Hiyashi chuka (cold ramen)**
**Friday 7 - Oven baked chicken**

**Monday 10 - Bibimbop (Korean beef & veggies)**
**Tuesday 11 - Chicken & summer veggies**
**Wednesday 12 - Closed**
**Thursday 13 - Sweet & sour meatballs**
**Friday 14 - Cod fish fry**

**Monday 17 - Thai chicken curry**
**Tuesday 18 - Oyako**

**Monday 19 - Closed**
**Tuesday 20 - Keiro no hi**
**Wednesday 21 - Stuffed pork tenderloin**

**Monday 24 - Dim sum plate**
**Tuesday 25 - Birthday sushi**
**Wednesday 26 - Closed**
**Thursday 27 - Buta dofu (pork in miso sauce)**
**Friday 28 - Orange peel chicken**

Ikoi no Kai September 2012 Menu Notes:
- Only the entrée is listed. Each day’s menu includes a salad or side dish and dessert
- Sept. 6 - Health consultation w/ Dr. Tosh Inahara, bring list of medications
- Sept. 20 - Keiro no Hi Special Bento: Reservations required, $6.50, $8.00
- Sept. 27 - Flu Shots: Bring medical card & identification

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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.