



PORTLAND JACL NEWSLETTER

Founded in 1928, Portland JACL is one of the most respected civil rights organizations in the country.

JUNE 2017 • VOLUME 23, ISSUE 11

COMMUNITY CALENDAR

Now thru Feb 28, 2018

Righting a Wrong: Japanese Americans and World War II
National Museum of American History
Washington DC

February 5 - July 16

Yellow Terror
Art by Roger Shimomura
ONLC

June 15, 6:30 p.m.

Portland JACL Board Meeting
OBT Annex

June 19, 7 p.m.

JAS Board Meeting
Epworth

June 26, 7:30 p.m.

Hidden Histories Film Series
Hollywood Theatre

July 5 - 9

JACL National Convention
Washington, D.C.

July 30

Jerry Inouye Golf Tournament
Glendoveer East GC

August 5

OBON Festival
Oregon Buddhist Temple

August 9

Hiroshima/Nagasaki Ceremony
JA Historical Plaza

August 20

Nikkei Community Picnic
Oaks Park

JAPANESE AMERICAN GRADUATION BANQUET 2017

by Elaine & Todd Yuzuriha and Marleen Wallingford

The 70th annual Japanese American Graduation Banquet honored the high school graduating class of 2017. The first recognition of Japanese American high school seniors occurred in 1948, just after the Japanese returned to the Portland community after their forced incarceration. Returning to a hostile environment created a close knit community where Japanese Americans looked to their community to find support. Our community has changed. We no longer live in Japantown. We no longer are excluded from school activities. We are proud of our cultural heritage and we want our children to understand that there is a larger Nikkei community who wants to help support their aspirations and education.

Elisa Dozono, a yonsei is a litigation and government affairs partner at Miller, Nash, and Graham & Dunn LLP. Prior to working as an attorney, she worked with the Port of Portland, former Portland Mayor Vera Katz, former Oregon Governor John Kitzhaber and on the Clinton/Gore '96 campaign. When she graduated from high school, she attended the Japanese American Banquet. Ms. Dozono encouraged the graduates to look beyond what they might imagine and to not be afraid to fail. When she graduated from high school, she had no idea what her career might be and where it would take her. We need to remember that life is a journey not a destination.

Pastor Anna Cho of the Epworth United Methodist Church gave the invocation

and closing benediction. Special guests were Consul General Kojiro Uchiyama and his lovely wife, Karen. The Graduate Response was given by Issabell Melz who was selected by the Scholarship Committee.

This year the Scholarship Committee headed by Linda Guerber of Nikkei Jin Kai gave 15 scholarships to students who showed academic excellence as well as participated in athletic and community service activities.

Kirt Achterman, Central Catholic High School, Shokookai Scholarship. Kirt is a member of the National Honor Society. He enjoys playing sports and has been a member on the varsity football team and went to the state championships in 2013 and 2014. He has been the captain of the rugby team and was the 7's 2017 State Champion. He has been a lifelong member of the Oregon Buddhist Temple.

Gabriel Baltzell, Jefferson High School, Mathew Masuoka Scholarship. Gabriel has been captain of his school's cross country and swim teams. He was the Distance Captain of the track and field team. He is a member of the National Honor Society and has taken advantage of the Middle College Program and has taken classes at Portland Community College. He has volunteered with Self-Enhancement, Inc., the Oregon Food Bank and the Nichiren Buddhist Temple's Spring Bazaar.

Continued page 2

BOARD MEMBER'S MESSAGE CONTINUED...

Jack Beuchler, Clackamas High School, Gresham-Troutdale Scholarship. Jack is the recipient of the University of Oregon Apex Scholarship. He is a member of the National Honor Society and has taken AP classes. He tutors high school and middle school students. He volunteers with the Holy Family Church Youth Group. Jack was recognized for his athletic accomplishments with the Oregon Nisei Vets Athletic Award. He was captain of his school's football team and earned 1st all-league honors, honorable mention all-state honors, and led his team to a league championship and the state semifinals. Jack has been a youth football assistant coach and has worked with third through 8th grade students.

Violet Dillard, Grant High School, Roger Okamoto Scholarship. Violet has attended the Portland Public School Japanese Magnet Program since kindergarten. She has volunteered with Key Club, Asian Club, Race Forward and Seitokai. Violet is interested in environmental justice.

Maya Hopper, Westview High School, Veleda Scholarship. Maya plays marimba and piano in her school's jazz band. She is taking AP classes and submitted her portfolio for AP Art. Maya has attended the Portland Japanese School and has volunteered with their festivals.

Coleman Lamb, Lakeridge High School, Satsuki Azumano Scholarship. Cole qualified for the State Championship in Parliamentary and Extemporaneous Debate. He is the first Japanese-American to be elected governor of Oregon Boy's State in 2016. He was selected by the Japan Foreign Ministry to study in Japan during the summer of 2015. He is a competitive fencer and has trained with the Japanese Olympic Team. Cole has taken AP classes and will graduate with close to a 4.0 gpa.

Noah Masog, Scappoose High School, Kyoko Yumibe Scholarship. Noah plays trombone with the symphonic and jazz bands and pit orchestra. He is Captain of the Winterhawks Varsity U-18 AA Hockey Team. He has volunteered with Oregon SOLV and the Portland Winterhawks Camp as a counselor. He is a member of the National Honor Society.

been a student at the Portland Japanese School for 13 years. She has participated in track and field, swimming and cross country. She is a member of Key Club and Portland Nigh Strike. She will earn her International Baccalaureate diploma this year and has been honored as a Southridge Scholar.

Rebekah Nishida, Westview High School, Hide Naito Scholarship. Rebekah is a member of the Japanese National Honor Society. She has played junior varsity and varsity lacrosse and has run cross country and played soccer. She has volunteered at the Sunshine Pantry, Kaiser Permanente, Ikoi No Kai and Common Ground Youth Group. She was also selected to participate in Japan's Ministry of Foreign Affairs Kakehashi Program.

Chris Okamoto, Hillcrest High School, Salt Lake City, Mable Shoji-Boggs Scholarship. Chris has participated in DECA and was a finalist at the state competition in sports and entertainment marketing. He is an AP Scholar with Distinction and has been active in the Youth Buddhist Association and a member of the National Honor Society. He is a varsity baseball player and plays on the All-Region 1st Team.

Lindsey Shibata, Sunset High School, Yoshiko Kennedy Scholarship. Lindsey is a member of the Key Club and Link Crew and volunteers as a tutor with the Japanese Honor Society. She was a vacation Bible school counselor and has volunteered at the Epworth United Church bazaar. Lindsey would like to pursue a career in neonatal nursing.

Genya Shimada, Camas High School, Tsuya and Kumaichi Minamoto Scholarship. Genya is an AP Scholar with Distinction. He has taken seven AP tests and scored three to five on all. He is a member of the MST Magnet Program and National Honor Society Member. He has played baseball and tennis with the Camas High School Athletic Program. Last summer he had a Hewlett-Packard internship where he used autocad to test validity of manufactured parts. He has attended the Portland Japanese School from kindergarten through 12th grade.

Michi Stoeller, Sherwood High School, Mary Naito Scholarship. Michi is a member of the National Honor Society and was recognized for Academic

Excellence by her school. She volunteers with Key Club. She was recognized with the Community Service Pin for her work in Girl Scouts. She volunteers at the Tualatin River National Wildlife Refuge. She is interested in studying the sciences.

Nathan Thompson, Westview High School, Nikkei Fujinkai Scholarship. He was one of the co-founders of his school's Japanese National Honor Society. He has run with the Varsity Track and Field team and was the sprints captain. He has also played junior varsity soccer. Nathan has been a member of DECA, Key Club and Content for Revival. He volunteered with the Sunrise Food Bank and Night Strike.

Sorrel Uchida, Cleveland High School, Art and Teri Iwasaki Scholarship. Sorrel is an International Baccalaureate Scholar with high marks. She has worked as a research assistant with Oregon Ballet Theater and as a jewelry making assistant at a local business. She is a member of the Sustainable Agricultural, Wellbeing and SAFER Clubs. She has run cross country and played varsity tennis. She has also volunteered with Hands On Portland.

The Buddhist Henjyoji Temple has established an Art Award given to a graduating high school senior who has pursued one of the Japanese cultural arts. This year's award was given to **Toshiko Chiba**, West Linn High School. He has been an active member of his school's jazz and symphonic bands as a percussionist. He began taking Taiko lessons as a youth and began performing with Portland Taiko four years ago.

The following students received the Mrs. Mark Sumida Awards:

Meguni Diffely, Wilson High School; **Nakaya Erickson**, Tigard High School; **Ryan, Horiuchi**, Central Catholic High School; **Kylee Kami-kawa**, Wilsonville High School; **Yuki Tanaka**, Sourthridge High School, **Jason Wong**, Central Catholic High School.

Mrs. Sumida has been a generous supporter of the Japanese American Graduation Banquet for many years.

Many thanks to the Japanese American Graduation Banquet Committee headed this year by Linda Grueber of the Japanese Ancestral Society. Eleven sponsoring organizations help organize and support the annual Japanese American Graduation Banquet: Buddhist Daihonzan Henjyoji Temple, Epworth United Methodist Church, the Gresham-Troutdale JACL, Japanese Ancestral Society, Nichiren Buddhist Temple, Nikkei Fujinkai, Oregon Buddhist Temple, Oregon Nisei Veterans, Inc., Portland Chapter JACL, Shokookai of Portland and the Veleda Club.

We had an outstanding group of graduates. We are proud of your accomplishments and the Nikkei community wants to support you as you move on to your next challenge.

The national JACL gives scholarships to college students, graduate students and also gives special performing arts scholarships. To find out more. go the National JACL web site at <http://tinyurl.com/JACL-Scholar> Over 30 scholarships are awarded annually. Students must be members of JACL to apply.

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JAPANESE ANCESTRAL SOCIETY OF PORTLAND

June 2017

Dear Golfers and Friends:

You are cordially invited to participate in the 17th Annual Jerry Inouye Memorial Golf Tournament to be held on Sunday, July 30, 2017 at Glendoveer Golf Course-East (14015 NE Glisan, 503.253.7507). While the JAS has hosted this event for over 25 years, the tournament was renamed in 2001 to honor and recognize Jerry for his many years of service in promoting this event. The shotgun start will begin at 8:30 a.m. with check-in at 7:30 a.m.

You must be a JAS member to participate. You can include your membership dues along with your entry fee.

A perpetual trophy will be awarded to the lowest net scorer among the men's "A" and "B" flights and also to the "ladies" flight. Prizes will be awarded for KP's on all par 3 holes, a longest drive hole, and low gross honors in each flight. In case of a tie, players score cards will be evaluated from the 18th hole backwards with the first low score winning. Everyone will ride a cart, and lunch will be served at Chinese Village following the tournament. If you have a golfing preference for your foursome, please let us know and list the names of each person of your group. If a foursome is requested, please make sure that a golfer(s) of a group is not duplicated in another foursome.

If you are not interested in golf but would like to donate to this annual event, please call Nancy Kajitsu at 503.665.4589. Due to course regulations, we must collect your entry fee by July 15, 2017 to reserve our tee times. No exceptions! **Entry fee is \$75, which includes golf, cart, and lunch.**

Best Regards from your Golf Committee

(Jacquelyn Alderman, Kay Endo, Pat Gilman, Ron Hiromura, Kurtis Inouye, Nancy Kajitsu, Carl Kato, Terry Kawamoto, Fred Kimura, Gordon Kondo, Bob Kurimoto, Chip & Setsy Larouche, Mike Luke, Don Matsuda, Merianne Nagae, Kurt Nakashima, Andrea Nitta, Ken Ogawa, John Ollerenshaw, Sharon Takahashi, Katie Tamiyasu, Lew Tomita, Henry Ueno, Jeff Yoshida and Shig Yuzuriha)

Please return this form and a check for \$75 (green fee) and your membership fee, unless you are already a JAS member, made payable to the Japanese Ancestral Society of Portland, **no later than July 15, 2017**

_____ I will play _____ I will stay for lunch _____ Single JAS membership (\$25)
_____ I will **not** play _____ I will **not** stay for lunch _____ Family JAS membership (\$40)
_____ I (We) will come for lunch only. (\$15 per attendee)

_____ Please accept my tax deductible donation of \$ _____

Golfer's Name _____ (circle) **Male** **Female**

Golfer's Phone # _____ USGA GHIN Number _____

USGA Handicap Index as of July 1, 2017 _____ or List last 5 golf scores (18 holes) _____

For golfers without established GHIN, maximum handicap allowed is 40 for women and 36 for men.

If playing with a group, please add names _____

Mail form to: JAS, c/o Sharon Takahashi, 7610 SW Cherry Drive, Tigard, OR 97223-8043.

2017 JA GRADUATION BANQUET...



Class of 2017 (Left to Right)

Top Row: Keli'i Clark, Cole Lambo, Noah Masog, Genya Shimada, Nathan Thompson, Jason Wong, Chris Okamoto, Ryan Horiuchi, Kirt Achterman, Jack Buechler, Gabriel Batzell

Second row: Megumi Diffely, Violet Dillard, Nakakya Erickson, Maya Hopper, Issabell Melz, Rebkah Nishida

Bottom row: Yuki Tanaka, Lindsey Shibata, Kylee Kamikawa, Michi Stoeller, Sorrel Uchida.

Not Pictured: Toshiki Chiba



Elisa Dozono delivers Keynote

Photos by Reflections
Photography. See gallery at

<http://tinyurl.com/JACLGraDPics>

Individual family photos available
for purchase. We thank Curtis
Suyematsu for his generosity in
providing this service.



Congratulations to Students by
Consul General Uchiyama



Noah and Violet show off
their icebreaker prizes



Elaine helps out our emcee
Todd Yuzuriha



Issabell Metz delivers
Graduate's Response

RETURN & REMEMBRANCE – 75 YEARS LATER...



There was a standing room only crowd of 700+ on May 6th to commemorate the 75th anniversary of the forced removal of all Americans of Japanese Ancestry to the site of the current Expo Center. Oregon Senator Ron Wyden greets Executive Director Lynn Fuchigami and President Marleen Wallingford of the presenting organizations below.



Left: Emcee David Ono watches a procession of almost 3700 family tags that represented all those incarcerated there 75 years ago. Below: Lawson Inada describes the injustice of that time as local actors demonstrate what it meant to only bring what you could carry.





The program was touching, moving, and the stories that were shared made it unquestionably clear

...NEVER AGAIN!



AROUND THE COMMUNITY...



Left: Portland JACL sponsors APANO's *Voices of Change* Event. Posing for us that evening are (L to R) Minh Nguyen, Quynh Nguyen, Jean Yamamoto, Marleen Wallingford, Wajdi Said, Susan Leedham, Ronault "Polo" Catalani, Setsy Larouche and Susheela Jayapal.

Below: Shig Imai (L) and Mark Namba (R), two MIS Gold Medal recipients, sit with their friend Cliff during a Commemoration of the Train of Tears in Hood River Oregon.



At a recent Muslim Educational Trust dedication, Laila Hajoo cuts the ribbon on a class room that she and Jim Kennedy are sponsoring there.



←The Portland Taiko Banquet is a "must go" event. Along with their Director, Wynn Kiyama are Carol Suzuki, State Rep Brian Clem, Sho Dozono, Consul General Kojiro Uchiyama and his wife Karen. Ace and Alice Hiromura → at *Return & Remembrance*



PORTLAND JACL
NEWSLETTER

OREGON BUDDHIST TEMPLE

COMMEMORATIVE LANTERN ORDER FORM TO CELEBRATE OBONFEST 2017

WHITE Lanterns

Commemorate the life of a loved one, remembering relatives, friends or even pets.



RED Lanterns

Honor a living person, organization or business.

RE-HANG a previously purchased lantern to continue this joyful remembrance.

Please use one form for each new lantern. This order form is also available on the OBT website.

Our Calligraphers would like the lantern order forms by: Monday, July 31, 2017.

Re-hanging lantern order deadline: Thursday, August 3, 2017.

WHITE COMMEMORATIVE LANTERN (\$25)

Deceased's Name (English) _____

Japanese Version (kanji/katakana) _____

Date of Passing: _____

RED COMMEMORATIVE LANTERN (\$25)

Name (English) _____

Japanese Version (kanji/katakana) _____

RE-HANGING Previously Purchased Lantern: **\$15 for the 1st order, \$10 Each additional lantern**

Name (English) _____

Name (English) _____

Name (English) _____

Name (English) _____

PURCHASER'S NAME _____

Email: _____ Phone: _____

Checks Payable to: **Oregon Buddhist Temple**

3720 SE 34th Avenue, Portland, OR 97202

Lanterns to be re-hung in 2018 can be stored at the temple OR purchased lanterns can be picked up Sunday following the ObonFest. Lanterns inactive for two years will be discarded.

Lanterns OBT Phone contact: 503-234-9456

Return & Remembrance: In Commemoration of the 75th Anniversary of EO9066
By Heidi Kimiko Tolentino

On May 6th, 2017, over seven hundred people returned to the Portland Expo Center to honor the Japanese men, women and children interned there 75 years before. As guests entered, they had the opportunity to experience the "Architecture of Internment" exhibit by Anne Galisky and Graham Street Productions. The exhibit examined Oregon's role in the decision to intern Japanese and Japanese Americans. The exhibit was a powerful way for guests to gain a greater understanding of the impact of Executive Order 9066 as they walked into the very space that was once used to incarcerate Portland's Japanese community.

The program began with upbeat songs played by the Minidoka Swing Band and award winning poet Lawson Inada presenting a piece called, "Nihonmachi". As actors in period outfits wandered the stage, Inada reminded the audience of thriving Japanese businesses in Old Japantown and actors greeted one another as they went about their day. Then suddenly, the music stopped. Inada's tone changed. "Hold it, hold it! What is this? Executive Order 9066? We have to leave everything behind? We can only take what we can carry?" Slowly, the actors, now solemn, picked up their suitcases, held the hands of their loved ones, and quietly walked down the center aisle, away from Nihonmachi. As they walked, Todd Yuzuriha of the Minidoka Swing Band played a haunting rendition of Taps. In the audience, eyes filled with tears as survivors remembered their own walks from Nihonmachi and others imagined their parents, grandparents and great-grandparents making that painful walk away from their homes, into the unknown.

Lynn Fuchigami, the Executive Director of the Oregon Nikkei Endowment and Marleen Wallingford, President of Portland JACL, welcomed the audience to Return and Remembrance. They reminded attendees that the day was in honor of all of the people affected by EO 9066, especially those that had to report to the Portland Assembly Center on May 6, 1942.

The Master of Ceremonies for the event, David Ono, the award winning anchor for ABC7 Eyewitness News in Los Angeles, opened with historical background. Ono pointed out that Portland was the first city to have all of its Japanese population report to an assembly center. To commemorate that life-altering event, he asked all of the Internees present to stand so they could be honored, and in that moment, the true impact of EO 9066 was apparent to all.

The first Internee to speak was George Nakata. Nakata grew up in Portland's Nihonmachi and came to the Portland Assembly Center as a young boy. As Nakata so eloquently put it, "3,676 - we came. Young and old, Issei, Nisei, Sansei. We came with only what we could carry and that wasn't much. We came with a tag. We committed no crime. We had no due process. We lost our homes, our friends, and our pets. We came."

Nakata took the audience back to December 1941 and recounted stories of Issei men who were incarcerated. He spoke of General DeWitt, who hated the Japanese and said many times, "A Jap is a Jap. Doesn't matter if he's a citizen or not." DeWitt called Portland the first, "Jap free city on the West Coast."

Nakata described the living conditions of the Assembly center when they arrived. It was a home of horse stalls and chicken coops and fly paper hung everywhere. They lived in 14x14 "rooms" with plywood walls. They slept on cots with canvas bags filled with hay for a mattress. When friends "visited", they had to talk through barbed wire. Nakata remembered lining up for everything; there were lines for eating, showering, using the bathroom. They had a newspaper, *The Evacuzette*, and that was where they got the facts. According to Nakata, there were rumors flying around about what would happen next. Minoru Yasui wrote for the *Evacuzette*; Nakata remembered Yasui as "our voice" both during Internment and as he continued the fight after camp.

Nakata was followed by Jim Tsugawa, who was also interned at the Portland Assembly Center as a boy. Tsugawa remembered following the older kids around camp and becoming their "mascot" as they used sports as an outlet for life behind barbed wire.

Oral history interviews by the Densho Project and the Oregon Nikkei Endowment collection were shown to give the

Continued from previous page

audience a broader view of life at the Assembly Center. Jean Matsumoto, Mabel Shojii Boggs, Alice E. Sumida, George Katagiri, Shizuko "Suzie" Sakai, Henry "Shig" Sakamoto, and Tsuguo "Ike" Ikeda were each featured. They spoke of the food, the recreation, the sickness that so many faced, the constant presence of armed guards and the difficult realization that being interned was wrong.

David Ono reminded the audience of ways that Internees survived such harsh conditions. Two of their distractions were music and dancing. There was a dance held right in the Assembly Center and young people gathered to try and gain some sense of normalcy while incarcerated. The Minidoka Swing Band performed two songs, "Sentimental Journey" and "Boogie Woogie Bugle Boy" in memory of the music played at the Assembly Center.

The keynote speaker, Dale Minami, was introduced by Peggy Nagae. Nagae worked alongside Dale Minami during the long fight to overturn the cases of Fred Korematsu, Gordon Hirabayashi and Minoru Yasui that upheld EO 9066. For Minami, his work was not just about winning in court, but about the public education that comes from civil rights cases. During the original cases of Korematsu, Hirabayashi and Yasui, government lawyers lied to the Supreme Court. People like General DeWitt falsified information to make it seem as though Japanese living in America perpetrated acts of sabotage and espionage against the US, when in fact, no such acts every occurred. The overturning of the original decisions in these cases brought light to what truly transpired.

Minami told stories of preparing for the retrying of these three cases, of how he convinced Min Yasui that the decision could be overturned, and his realization about how courageous these three individuals were to stand up to and speak out against EO 9066. He reminded the audience that descent does not make you non-patriotic. "We have a moral obligation to speak out for the rights of all people."

Weston Koyama, the first Minoru Yasui Fellow, followed Minami's keynote speech. Koyama spoke of the struggles of many Japanese American's to find their place in a society that often asks them, "Where are you from?" To find his own place, Koyama worked with the Oregon Nikkei Legacy Center to look into his family history. He found 100 letters that were written by his grandfather and grandmother while in camp; these letters gave him insight into their experiences during a tumultuous time. Through his research, he found that out of tragedy, great things can happen. After camp, people like Min Yasui continued to fight injustice and became inspirational for young law students like himself. Koyama's research into his past brought him to the realization that our people, Nikkei people, do not need to be defined by oppression, but rather by pride in our resiliency and hope for our future.

There were also prominent guests who came to honor the Internees. Senator Ron Wyden reminded the audience that he is fighting alongside the Japanese American community to make sure that atrocities like Internment never happen again. A representative from Senator Jeff Merkley's office read a letter from the senator in honor of the day. Tom Hughes, the President of Metro, read the formal apology to the Internees written by Governor Kate Brown. The proclamation resolved that what happened to the Japanese community will never happen again to anyone.

The program came to a close with the "Remember Us" Processional. Chisao Hata, a Portland artist, art teacher and performer, created a tag project in memory of all the Internees at the Portland Assembly Center. Hata was inspired by the African saying that as long as someone's name is mentioned, they will always be here. To remember the name of each Internee, Hata spent hundreds of hours on the project and held events throughout the city where community members wrote the names and family numbers of each Internee on a tag, similar to those given to Internees when they arrived at the Assembly Center. Each tag was tied to a rope and displayed as an art piece. The entire rope was carried down the aisle, accompanied by Unit Souzou, one of Portland's premier Taiko companies. The rope spanned the entire length of the stage as a reminder of the 3,676 people who were forcibly removed from their homes and interned in the very place where the audience sat.

As actor Heath Hyun Houghton read the final words that Minoru Yasui wrote in the *Evacuzette*, "Faith in Conviction", the rope stayed on stage as a reminder of each Internee. And with the resonance of the Taiko drums, the presence of those 3,676 men, women and children whose lives were forever altered on May 6, 1942, filled the space.



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IKOI NO KAI AT EPWORTH MENU FOR JUNE **1333 SE 28th Ave, Portland, 503-238-0775**

Thu. 1 - Fried Seafood/
daikon & Mushroom
Salad
Fri. 2- Korokke
Mon. 5- Miso Chicken &
Tofu
Tue. 6- Clam Chowder/
Somen Salad
Thu. 8 - Shrimp &
Tofu Gyoza/Yakisoba -
Hyakudokai Meeting
Fri. 9 - Chikuzen-ni/
Yakitori (Chicken & Veg)

Mon. 12 - Panko Shrimp/
Yakosoba
Tue. 13 - Flat Iron Steak &
Shiitake Sauce
Thu. 15 - Seafood Curry
and Dr. Ry Wang Study
Group on Asian Medicine
Fri. 16 - Maze Gohan
-Mixed, Seasoned Rice
Mon. 19 - Hoisin Pork/
Shrimp Salad Rolls

Tue. 20 - Lemongrass Pork
& Pad Thai
Thu. 22 - 3 Herb Cod &
Mushrooms
Fri. 23- Mar Far Chicken
Mon. 26 - Peruvian Chicken
& Artichoke Rice Salad
Tue. 27 - Birthday Sushi
Thu. 29 - Soba Noodle
Salad/Renkon Mochi and
Sing along with Reiko &
Jerry
Fri. 30 - Japanese Style
Stroganoff

Menu Notes:

- Meals include salad or soup and dessert
- Closed Wednesdays
- **Mondays, 12:30-2:**
Hanafuda and bridge
- **Mon-Tue-Fri, 11:30:**
Chair Exercises
- **Jun 6, 20 11:30:**
Blood pressure
- **Thursdays 11:30:**
Qi Gong w/Kathleen
- **Jun 13, 10:30:**
Fujinkai Board
- **Jun 19, Ohana Lunch**
Bunch

DocuMart
Copies & Printing

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.