



PORTLAND JACL NEWSLETTER

Portland JACL - Supporting Civil Rights Since 1928



• DECEMBER 2021 | VOLUME 27 ISSUE 10 •

Board Member MESSAGE

The Importance of Self-Care

By Sachi Kaneko

2021 is ending and the New Year is just around the corner. As a country, we had some notable events in the last year: the inauguration of a new President, our first female, Black and Asian American Vice-President, the conclusion of George Floyd's murder trial, the permit for the keystone pipeline was revoked, the Paris Treaty signed, and the transgender ban in the military reversed. What a full year!

Despite everything that was done, I think for many of us in the social justice community it can continue to feel like not enough. There is so much that needs our attention. We stand in the midst of a global pandemic which disproportionality affects marginalized communities and communities of color. With the heat wave here in Portland, Oregon, we saw the direct effect of global warming and the way it hurt communities without access to air conditioning. We are still struggling for our government to recognize the importance of HR 40 and continue to battle the systemic racism that was embedded in the founding of our country. As concerned citizens, all of the things that need our attention can feel overwhelming. So, for the last month of the year, in this season of giving, I encourage our community to find space to give to themselves in the form of radical self-love.

This can sound like a convoluted term. Why...

Continued on Pg. 2

COMMUNITY CALENDAR

December 5

Donation drive for Brown Hope
Epworth United Methodist Church
11am - 2pm

December 6

In 1865, the 13th Amendment to the constitution was ratified which made slavery illegal except as punishment for a crime.

December 10

**UN passes
Universal Declaration of Human Rights**

December 25

Christmas

December 31

New Year's Eve

Edited by Chong Sim (simc0186@gmail.com)

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...the "radical" in front of "self-love?" Why is this important when there is so much happening in the world? In Bell Hooks' book, "All About Love," she quotes Erich Fromm and his definition of love- "'the will to extend one's self for the purpose of nurturing one's own or another's spiritual growth.'" I believe this is the meaning of radical love, and when directed towards oneself, it becomes radical self-love.

It's true, there is a lot going in the world that requires direct action, learning and work. Ignoring this is a privilege and I would never encourage someone to ignore the social issues in our world. However, I would argue that social justice is not just about action and protests, but is also about showing up in our families, friendships and communities with boundaries, compassion, a forgiving nature and support. It is about allyship. And I think that making time for radical self-love and self-care can only enhance our

ability to show up for others and our allyship.

There is a famous phrase, "you can't give from an empty cup" that I believe holds true here.

As I've gotten older, I've started to develop a "sense," or an inner compass, that reminds me of my values. It guides my behavior and helps me make important decisions in my life. The better rested I am, the more I make time for myself, whether it is in meditation, some form of prayer, drinking tea, or taking a walk, the more I can be a better daughter, partner, community member and friend.

Thank you so much for being a part of my community this past year. It's been a privilege to serve as one of your board members. I hope the end of the year is filled with laughter, lots of community and ample nourishment.

良いお年を!

**Current
Board Members**

Co-President
Chris Lee

Co-President
Amanda Shannahan

Vice President
Jeff Matsumoto

Treasurer
Jillian Toda-Currie

Secretary
Heidi Tolentino

Membership Chair
Setsy Larouche

Board Members:
Sachi Kaneko
Lynn Fuchigami Parks
Connie Masuoka
Marleen Wallingford
Jenny Yamada
Spencer Uemura

If you would like to contact the Board, their email address is **First Name@pdxjacl.org**

Join us in coming together as a community and spending time discussing and reflecting on Kendi's book



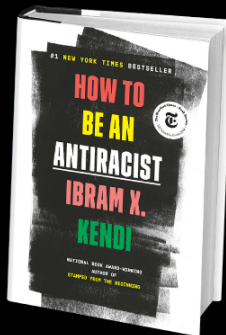
PORTLAND JAPANESE
AMERICAN CITIZENS LEAGUE

BOOK CLUB

HOW TO BE AN ANTIRACIST

BY IBRAM X. KENDI

"Ibram X. Kendi's concept of anti-racism re-energizes and reshapes the conversation about racial justice in America..."



Virtual Meetings on Tuesdays
from 6:30-7:30 pm

January 25th

Chapters 1 - 4: Definitions: Dueling
Consciousness, Power & Biology

February 22nd

Chapters 5 - 8: Ethnicity, Body,
Culture & Behavior

March 29th

Chapters 9 - 12: Color, White, Black
& Class

April 26th

Chapters 13 - 16: Space, Gender,
Sexuality & Failure

May 24th

Chapters 17 & 18: Success, Survival
& Wrap-Up

Learn more, register for the zoom link and
request a free copy of 'How to be an
Antiracist' at:

<https://tinyurl.com/PDXJACLBookClub>

Questions? Email contact@pdxjacl.org

❖ In Memory Of Holly Yasui ❖

December 29, 1953 – October 31, 2021



Born in Denver on December 29, 1953, Holly was the youngest daughter of Minoru and True Yasui. A filmmaker, playwright, writer, and warrior for justice, she earned degrees from the University of Colorado and the University of Wisconsin.

Holly made her home in San Miguel de Allende, Mexico. She worked and volunteered for various educational and community organizations in Mexico and for Tsuru for Solidarity, a movement to shut down detention facilities in the U.S.

Holly dedicated many years to sharing and preserving her father's legacy of activism that began when he challenged the curfew against Japanese Americans during World War II. She wrote articles, essays, and book chapters on the

subject, and documented his life through her play "Unvanquished" and the film "Never Give Up: Minoru Yasui and the Fight for Justice."

It was Holly's idea to start the Minoru Yasui Tribute Committee in 2013, which successfully nominated Min for a Presidential Medal of Freedom. She later decided to transform the committee into the Minoru Yasui Legacy Project to defend civil rights and advance social justice.

Holly succumbed to COVID-19 on October 31, 2021. She is survived by her partner, Gerardo Armenta Ojeda, her sisters Iris and Laurie, and many friends and relatives. You may donate to the Minoru Yasui Legacy Project in her name at <https://www.minoruyasuilegacy.org/>, or to the Japanese American Museum of Oregon with the notation "for MYLP in honor of Holly Yasui."



PORTLAND JACL



DONATION DRIVE

IN PARTNERSHIP WITH
BROWN HOPE'S
SOLIDARITY SQUAD

- We are collecting donations of LAUNDRY DETERGENT and other household cleaning supplies (dish soap, all-purpose cleaner, Clorox wipes, etc.)
- All items will be distributed to Portland families at Brown Hope's upcoming holiday event

THREE WAYS TO DONATE!

1. Venmo a donation to @pdxjacl so that we can purchase supplies
2. Drop off donations at Epworth United Methodist Church on Dec 5 from 11-2 pm
3. Mail a check by Dec. 7 to Portland JACL at PO Box 86310, Portland, OR 97286



QUESTIONS? EMAIL
CONTACT@PDXJACL.ORG
OR CALL/TEXT AMANDA
AT (360) 936-9212

BOARD MEMBER VOTING BALLOT

Here is the slate for new Board Members for the 2022-23 term. The following have been submitted for consideration by the Portland JACL Nominating Committee:

- ☐ Jeff Matsumoto- President
- ☐ Christopher Lee - Vice President
- ☐ Heidi Tolentino - Secretary
- ☐ Jillian Toda-Currie- Treasurer
- ☐ Setsy Larouche - Membership

Board Members at Large:

- ☐ Maki Doolittle
 - ☐ Sachi Kaneko
 - ☐ Weston Koyama
 - ☐ Connie Masuoka
 - ☐ Amanda Shannahan
 - ☐ Spencer Uemura
 - ☐ Marleen Ikeda Wallingford
 - ☐ Jenny Yamada
 - ☐
-

Please vote for the slate as presented, or write-in suggested officers and Board Members. Please send your completed ballot choices to jacl@pdxjacl.org or to PO Box 86310 Portland, OR 97286 - no later than 12/30/2021. You may also vote online at: <https://www.pdxjacl.org/election-2021>.



Ikoi no Kai - DECEMBER 2021

1333 SE 28th Ave / 503-238-0775

MON	TUES	THURS		FRI
		1 X	2 Oden Japanese Stew 11 am - Blood Pressure	3 Yaki Niku Grilled Beef
6 Tori Nabe Chicken Soup	7 Pad Thai w/ Coconut Shrimp	8 X	9 Okonomiyaki	10 Fried Chicken
13 Birthday Sushi	14 Clam Chowder w/ Rice Salad 11 am - Blood Pressure	15 X	16 Mapo Curry 11 am - Blood Pressure	17 Miso Pork
20 CLOSED	21 CLOSED	22 X	23 CLOSED	24 CLOSED
27 CLOSED	28 CLOSED	29 X	30 CLOSED	31 CLOSED

Cooks: Naomi Molstrom-M Kyoko Adcock-Tu Rieko Shimada-Th/F

New Lunch Prices: \$8 for seniors 65+ / \$9 for under 65 / \$ 5 kids

Reservations preferred / Walk-ins welcome! / Indoor Dining Limited to 30 guests

*** For reservations please call and leave a message or email:**

(ph) 503-238-0775 (email) ikoinokai7@gmail.com

Seating at 11:30 am with lunch served promptly at noon

**** vaccination card and signed COVID waiver will be required in order to dine indoors**

❖ Thank You from Portland JACL! ❖

Portland JACL would like to thank everyone listed below for their generous donations during the past year (through November 8, 2021) to our programs which include Day of Remembrance, the Nikkei Community Picnic, our ongoing programs for civil rights advocacy, our youth program and scholarships, monthly newsletters, annual calendar, the Minidoka Swing Band, and the Pacific Citizen Holiday Issue advertising. Domo Arigato Gozaimashita! Please note that all donations of \$100 dollars or more are acknowledged by receipt. All others are acknowledged here in our newsletter. acknowledged in our newsletter unless the donor requests a mailed acknowledgement which we are very pleased to provide.

Toshi Abe
Byron Akita
Florence Akiyama
Amazon Smile Program
Linda Anderson
Anonymous
Alan & Misao Aoki
Samuel Asai
Paul Ase
James & Lois Azumano
Sabrina Biffer
Carol Brunner
Donald Butler
Don Butler
Janice Choy-Weber
Sherry Dudley
Tara Dunlop
Susan Endecott
Kay Endo
Lynn Fuchigami Parks
Thomas Fujii
Janet Fujitani
Lynn Geis
Linda Guerber
Etsuko Harvey
Mariah Hasegawa
Wendy Hasuie
Mae Hirata
Ace Hiromura
Bruce and Diane Hori
Cheryl Horwitz
Alina Hyde
Ronald & Maryann Ikata
Toshio Inahara
Robert & Racheal Inouye
Chris & Susan Ishida
Sumie Ishida
Shoun & Grace Ishikawa
Christi Iwasaki
Yoko & Rich Iwasaki
Yoshie Kagawa
Fude Kagawa

Mark & Janet Kakishita
Dana Kakishita
Heidi & Kirby Kanada
Robert Kaneko
Sachi Kaneko
Valerie Katagiri
Curtis Kato
Dale Kawata
Michael Kawata
K.Y. Kawazoe
Alce Kida
Ken & Betty Kinoshita
Traci & Wynn Kiyama
Peter Koida
Jerry Koike
Michiko Kornhauser
Bob & Susan Kurimoto
Mark & Eileen Lamphere
Chip & Setsy Larouche
Michael Lee
Dennis Lee
Chris Lee
Susan and Chris Leedham
David Lin
Robert Malae
Mary Yamaguchi Fund
(SW WA Community Grant)
Connie Masuoka
Kenneth & Nobuko Matheson
Jerold & Christine Matsui
Jean Matsumoto
Jeff Matsumoto
Yoji Matsushima
Dale & Sandra Minami
Taro Miura
Richard Miyahira
Taka Mizote
Elena Moon Park
Malli Moran
Matthew Mroczek

James Nagae
Betty Nakamura
Peter & Lois Nakamura
Frank Nakata
Mark Namba
Jerry Namba
Richard Nishimoto
Ken Nitta
Kenji Nobori
Carver Oblander
Ronald Oda
Ken Ogawa
M. Ohara
Barbara Ohashi
Susan Okada
Etsuko & Herbert Osaki
Frances Palk
Hatsumi Park
Jonathan Payne
Amy Peterson
Patricia Ralston Ellis
Larry Richardson
Carolyn Saiget
Henry & Lolita Sakamoto
June Schumann
Patricia & Jack Semura
Jo Ann & Michael Shannahan
Amanda Shannahan
Jo Shannahan
Ann Shintani
Chris Shiraishi
State Farm (via Mariko Locke)
Sarah Stevenson
Lunarcats Studios
Michelle Sugahiro
Bill & Ida Sugahiro
William Sugahiro
Alice Sumida Trust
Matti & Hiroko Suzuki
Sharon & Wayne

Takahashi
Jean Takasumi
Kirk Tambara
Katie Tamiyasu
Linda Tamura
Laura & Paul Tamura
Linda Tanaka
Sandra Tashima
Gary Terusaki
Jillian Toda-Currie
Heidi & Patrick Tolentino
Lewis Tomita
Thomas Tone
James & Amy Tsugawa
Henry & Atami Ueno
Uwajimaya
Marleen Wallingford
Del & Beti Ann Wantroba
Dale Watanabe
Alice Watanabe
May Watari
Elaine Werner
Carolyn Woody
Bertina Wright
Russell Yamada
Jenny Yamada
Dean & Yumiko Yamamoto
Skip Yamamoto
Jean Yamamoto
Judith Yamauchi
Cathy Yarne
Homer Yasui
Sharon Yasui Carrell
Cherie Yokota
Jenna Yokoyama
Robert & Susan Yoneda
Elaine & Todd Yuzuriha
Robert Zimmerman



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Time to Renew the Paper Edition of the Newsletter

It has been a year since the Portland JACL newsletter has been sent primarily through an email link. There are still many members who enjoy getting the paper copy of the newsletter instead of reading the issue on-line. We are asking for a suggested donation of \$25 for those that can afford it for 2022. Please fill out the form below if you do not already receive the newsletter by postal mail and would like to. There are a few of you who have already donated money when you renewed your Portland JACL membership. Those funds will be applied to next year's issues. By changing to mostly on-line newsletters, we have been able to save a significant amount of our costs. We still feel it is valuable service for our community to continue to have a regular newsletter and we hope you agree.

Name of JACL Member		Preferred Phone	
		Circle One: (Home / Cell)	
Current Address			
Street Address			
Street Address (Line 2)			
City	State	Zip Code	
New Address (if changing)			
Street Address			
Street Address (Line 2)			
City	State	Zip Code	

Please return this form to Portland Chapter JACL, PO Box 86310, Portland, OR 97286
A suggested donation of \$25 per year will help us cover costs.