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and Asian American Vice-President, the conclusion of George Floyd’s murder trial, the permit for the keystone pipeline was revoked, the Paris Treaty signed, and the transgender ban in the military reversed.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 the 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
Continued from Pg. 1

...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

“Irbram 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.”

DONATION DRIVE

- 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 @pdxjaclo 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@PDXJAACL.ORG OR CALL/TEXT AMANDA AT (360) 936-9212

IN PARTNERSHIP WITH BROWN HOPE’S SOLIDARITY SQUAD
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 Shannahahan
☐ 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**

<table>
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<tr>
<th>MON</th>
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<td><strong>Oden</strong>&lt;br&gt;Japanese Stew</td>
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<td><strong>Tori Nabe</strong>&lt;br&gt;Chicken Soup</td>
<td><strong>Pad Thai</strong>&lt;br&gt;w/ Coconut Shrimp</td>
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<td><strong>Okonomiyaki</strong></td>
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<td><strong>Birthday Sushi</strong>&lt;br&gt;Chicken Soup</td>
<td><strong>Clam Chowder</strong>&lt;br&gt;w/ Rice Salad</td>
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<td><strong>Mapo Curry</strong></td>
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**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 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 Dudrey  
Tara Dunlop  
Susan Endecott  
Kay Endo  
Lynn Fuchigami Parks  
Thomas Fujii  
Janet Fujitani  
Lynn Geis  
Linda Guerber  
Etsuko Harvey  
Mariah Hasegawa  
Wendy Hasuike  
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  
Yoshide 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  
Shannah  
Amanda Shannah  
Jo Shannah  
Ann Shintani  
Chris Shiraishi  
State Farm (via Mariko Locke)  
Sarah Stevenson  
Lunarcit Studios  
Michelle Sugahiro  
Bill & Ida Sugahiro  
William Sugahiro  
Alice Sumida Trust  
Matt & 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 Yuzurina  
Robert Zimmerman
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 online. 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.

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<th>New Address (if changing)</th>
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<td>Street Address (Line 2)</td>
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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.