

JANUARY 2023 VOLUME 29 ISSUE 01 •



by Marleen Wallingford

The Portland JACL should be proud that our chapter is the largest of all of the local chapters throughout the nation. Not only have we worked hard to provide community building activities like the summer picnic at Oaks Park, Tiger Tiger at Fernhill Park, Mochitsuki and our annual Day of Remembrance Event, we have continued our civic engagement work.

Our focus this year was to understand anti-Blackness in our community and to support reparations for Black Americans. We held our first book club and discussed Ibram Kendi's book, "How to be an Anti-racist." We showed Jon Osaki's film,"Reparation" and donated to support Black and Brown Americans.

We worked hard on getting our members to vote this during this mid-term election. We sent out voting reminder cards and called our members to encourage them to vote. We are proud that 89% of our Portland JACL members voted which far surpasses the percentage of Oregonians who have voted in the past. (In 2020, 78.5% of eligible Oregon voters voted).

We have also supported the Portland Police getting out of the Joint Terrorism Task Force in which the FBI works with local law enforcement. This was established to be

COMMUNITY CALENDAR

January 1 New Year's Day

January 5, 1993 FBI releases first report of hate crimes

> January 16 Martin Luther King Day

January 19 JASO's Shinnenkai Ecotrust | 6 - 9 pm

January 19 Portland JACL Board Meeting Virtual | 6:30 - 8:30 pm

> January 22 Lunar New Year

January 26, 1992 American with Disabilities Act goes into effect

January 28 Portland JACL New Year's Celebration Oregon Buddhist Temple | 1 - 4 pm

February 19 "No No Girl" Plus interview with director and artists Lincoln Performance Hall at PSU | 1:30 - 4:30 pm

Continued on Pg. 2

Continued from Pg. 1

the first line of defense against international and domestic terrorism. However as a local chapter, we were concerned about the FBI's history of civil rights abuses which includes surveillance of First Amendment activity such as protests by peaceful activists or attending the local mosque using the justification of national security threat. Under Oregon law, police are not allowed to engage in this kind of activity without a reason to believe that criminal activity is occurring.

The Japanese American community was subject to this surveillance in the 30's and 40's which led to the immediate arrest of Issei community leaders within days of the attack on Pearl Harbor. All of this was done under the guise of national security but we were targeted because of our race. We do not want to happen to any other community. During that precarious time in our history, we had almost no allies. We are not going to stand by and not support our fellow Americans who are subjected to unlawful surveillance or questioning.

The rise in anti-Asian hate is in our community as well. This past summer a family from Japan was brutally attacked by a white man who beat the father more than 50 times on the head and also hit the five-yearold daughter. He was caught soon after but because of changes in the law was soon released. This resulted in a call for the legislature to change the law when it is a hate crime. Thanks to Oregon Rises Above Hate who were able to quickly gatherer the Asian American community to respond to this horrible incident and give our support to the family. Thanks to John Kodachi our former president who spent countless hours researching the incident and reviewing Oregon law and was able to give our response. This incident was so traumatic for the family but it also created fear and uneasiness among ourselves. Earlier in the year, we gave self-defense and personal awareness classes. Many members told us of bias incidents which left them feeling uneasy.

We supported queer and trans Asian Americans with our zoom event, "Coming Out, Coming Home." In the spring, we also showed the film, "Manzanar Diverted," which explained how our incarceration in became entangled with Indigenous dispossession as well as water rights.

We would also like to hear from you. What kinds of activities and advocacy are you interested in? Please send your ideas to any one of our hard working board members.

Many hands make light work. Help us support our community. Help us create a fair and just world where we all can have equal opportunity.

Kokoro Corner

Deep Breaths into the New Year By Spencer Uemura

あけましておめでとうございます! Akemashite Omedetou gozaimasu! Happy New Year to all of our members. I hope your holiday season had plenty of coziness and quality time with friends and family.

While the holidays and New Year can be a time of joy for many, it can also be a difficult time for many others, filled with the stress of travel or hosting, or a reminder of holidays spent



missing beloved family who have passed away. A natural response to this is to find ourselves gradually overcome with worries or sadness, possibly dwelling on things that have happened in the past, or have yet to happen in the future.

To cope with this, I encourage my therapy clients to engage in mindful practices that draw the attention of the mind and body to the present moment, instead of the past or future. There are many ways to develop mindfulness, an active and open attention to the present, but one of my favorites is through breathing. By regulating and focusing on our breathing, our minds get a break from dwelling on distressing thoughts, and our bodies can begin to relax.

I teach a simple exercise called "4-7-8 breathing", which goes as follows:

• Close your eyes (if you'd like) and relax your body.

- For 4 seconds, inhale deeply through the nose, letting the belly expand.
- For 7 seconds, hold the air in your lungs.
- For 8 seconds, exhale slowly through pursed lips (as if blowing out a candle).
- Repeat as desired.

A few rounds of 4-7-8 breathing is often all that's needed to help us center and refocus ourselves when stress or emotions start to cause distress. And because there are no tools required, this breathing technique can be practiced nearly anywhere, and adapted to your needs and physical ability.

May we breathe deeply so we can welcome all the New Year will offer!

Questions? Feel free to email me at Spencer@pdxjacl.org



Support the Puyallup JACL



The Remembrance Gallery will highlight and honor all those who were incarcerated on the then Puyallup Fairgrounds. It will educate all about the wartime incarceration experience of Japanese Americans.

The Puyallup Valley Chapter is creating a remembrance to honor the 7,600 individuals of Japanese descent who were imprisoned during WWII, on the Puyallup Fairgrounds called Camp Harmony. These people came from Alaska, Seattle and rural areas of Pierce County and were incarcerated in the only detention center in Washington State.

For donation options, please visit: https:// www.puyallupvalleyjacl.org/about-4.

For more information about the inclusion and correction of names, please visit: https:// www.puyallupvalleyjacl.org/puyallupassembly-center-names

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PORTLAND JACL SCREENING



ABOUT THE FILM

Before being uprooted and forcibly removed, many Japanese American families resorted to burying belongings in their backyards thinking- **one day they'd be back**.

No No Girl is a generational, Japanese American story that intersects ideas of identity, family, duty and the traumas of war and relocation. Almost a century removed from WWII and the incarceration of her ancestors, one young daughter will take it upon herself to shine a light on their past and uncover the mysteries that have been haunting their family.

February 19, 2023 | 1:30 pm Lincoln Recital Hall @ PSU

Free and open to the public To reserve, RSVP Marleen@pdxjacl.org



our story

At the core of No No Girl are the Hasegawa's- a family of sansei and yonsei Japanese Americans. We were able to gather a cast of enormously talented individuals, most of whom had ancestors who were in the concentration camps. It's a quintessential story of a uniquely American struggle; told by those who are from it.

MESSAGE FROM THE DIRECTOR

Thank you for considering hosting our film in Portland at the JACL. We are all so excited to continue to share this movie with you all and the communities up north.

No No Girl has been screening for two months (as of October) and nothing could have prepared me for how much people would connect with this film and it's core family. After screenings and Q&A's, people always approach me with the stories of their own histories and how much they lost during the camps. Seeing a Japanese American family on film, talking about the camps, has been cathartic in so many ways. I made this film as a representation of my life growing up Japanese American and what my family has had to go through but to see the community share and express their own experiences- it has been enormously rewarding for all of us. We've realized so much that as Japanese Americans, this is not one families trauma but all of ours. I can't wait to share No No Girl and to hear all the incredible stories from your community.

GOODMANP14@GMAIL.COM



Volunteers Needed



Looking for volunteers in:

Web + Social Media Newsletter Development Membership

Just a couple of hours each month could help support our mission of community, culture, and civil rights.

Email us at contact@pdxjacl.org

Help JACL Grow!

Portland JACL is an entirely volunteer run organization and we could always use more help towards our mission and operations. We wouldn't exist without the board members and volunteers that generously give their time and energy towards community, culture and civil rights.

Our board is looking for people that have a few hours each month to assist with existing projects or can help us with new ones. There are committees for advocacy, finance, and the newsletter, which are open and encouraged for member participation. We also could use more help with specific tasks such as updating our website, social media posts, compiling the annual calendar, developing newsletter content, sponsor development, and membership outreach. Volunteering with Portland JACL is a great way to give back or to get engaged with the local Nikkei community.



🔹 Multnomah County Library Reads Ruth Ozeki 🐤

Everybody Reads 2023 celebrates Ruth Ozeki's A Tale for the Time Being

Let's read, reflect and learn together. Everybody Reads is a community-wide project that promotes shared reading and discussion around a single book.

About the book

Ruth Ozeki's award-winning novel A Tale for the Time Being tells the story of two strangers whose lives become connected across time and an ocean.

Ruth is a novelist living on an island off the coast of British Columbia. While beachcombing, she comes upon a Hello Kitty lunchbox washed ashore, detritus from a tsunami in Japan. Inside, she discovers the diary of 16-year-old Nao Yasutani of Tokyo.

Ruth becomes absorbed by the drama of Nao's life and her unknown fate.

In Tokyo, Nao is the target of her classmates' bullying, and she struggles with a pervasive sense of loneliness. Increasingly, her thoughts turn to suicide, but she doesn't want to leave the world until she has written the story of her beloved great-grandmother, a Buddhist nun who is over a century old.

Through these intersecting stories, Ozeki explores ideas of time, quantum physics, mythology and connection.

About the author

Ruth Ozeki is a novelist, filmmaker and Zen Buddhist priest. Her books have garnered international acclaim for the way they integrate issues of science, technology, religion, environmental politics and global pop culture into unique hybrid narrative forms. She has written four novels and one work of nonfiction. A Tale for the Time Being won the L.A. Times Book Prize and has been published in over 30 countries.

More recently Ruth Ozeki won the 2022 Women's Prize for Fiction with her fourth novel, *The Book of Form and Emptiness*.

Upcoming Events

Saturday, January 14, 2023

• 3:30 pm Understanding Zen in A Tale for the Time Being at Offsite

Saturday, January 21, 2023

 2:00 pm Surviving Japanese American Incarceration: A Conversation & Book Discussionat Offsite

Saturday, January 28, 2023

• 2:30 pm Origami for Time Beings: Make a Folded Book at U.S. Bank Room - Central Library

Saturday, February 04, 2023

- 12:00 pm Felted Sushi for teens at Online
- 2:30 pm Bonsai Demonstration at Offsite

Tuesday, February 07, 2023

• 6:00 pm Discuss A Tale for the Time Being at Offsite

Wednesday, February 15, 2023

• 6:00 pm Bystander Intervention to Stop Anti-Asian American and Xenophobic Harassment at Online

Saturday, February 18, 2023

• 2:30 pm 《不存在的女孩》 / Discuss A Tale for the Time Being at Woodstock Meeting Room



Photo Corner



The Portland JACL Board celebrates Lynn Fuchigami Park's retirement from the Japanese American Museum. We are so grateful for her hard work and dedication. Through her tireless efforts, the Portland Community has a beautiful museum that tells our story.



JACL District Governor Sheldon Arakai joined the Portland JACL Board in celebrating the holidays. We are also joined by our youngest visitor to Santa, Hiromi, daughter of Board member Spencer Uemura.



We are making holiday decorations at the Portland JACL Holiday Party.



Fran Palk and Janice Okamoto are enjoying each other's company.





• COMMUNITY NEW YEAR'S CELEBRATION • Welcome the year of the rabbit with Portland Jacl



MOCHI-POUNDING DEMO Mochi-Making Class & Samples https://tinyurl.com/jacl-mochi

SATURDAY, JANUARY 28TH 1-4PM Oregon Buddhist temple







Ikoi no Kai - JANUARY 2023 1333 SE 28th Ave / 503-238-0775

MON	TUES		THURS	FRI
2	3		5	6
CLOSED	CLOSED		Sukiyaki	Oden
		X	11am Blood Pressure	Japanese Dashi
			10:45am Move On Class	Based Stew
			12:45 pm Needle Crafts	
9	10		12	13
Tonkatsu				
Fried Pork Cutlet	Mapo Tofu		Happosai	Korean Fried
Knife Sharpening	Pork	X	Combination Stir Fry	Chicken
11:15am Chair Yoga			11:15am Aikido Stress	
12:30pm Mahjong	12:45pm Sing a Long			Bingo
16	17		19	20
			Honey Walnut	
Chicken Nabe	Kakiage Udon	X	Shrimp	Unagi Donburi
Chcken Hot Pot	(Vegetarian)		11am Blood Pressure	Glazed Eel Rice Bowl
	11am Blood Pressure		10:45am Move On Class	
12:30pm Mahjong	12:45pm Sing a Long		12:45 pm Needle Crafts	Ohana Lunch
23	24		26	27
			New Year's	
Grilled Salmon	Nikujaga	X	Osechi	Oyakodon
w/ Miso Mayo	Beef and Potato Stew		reservations required	Chicken and Egg
& Mushroom			(\$15)	Rice Bowl
12:30pm Mahjong	12:45pm Sing a Long			
30	31			
Birthday Sushi	Chicken w/	X		
	Black Bean Sauce			
12:30pm Mahjong	12:45pm Sing a Long			

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

New Lunch Prices: \$8 for seniors 65+ / \$10 for adults under 65 / \$5 kids

Reservations preferred / Indoor Dining Limited

* 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



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Current Board Members

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

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