



PORTLAND JACL NEWSLETTER

Portland JACL – Supporting Civil Rights Since 1928



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Board Member MESSAGE

The Gift of a Small Community

by Marleen Wallingford



After my uncle completed his medical residency at what was then known as the University of Oregon Medical School, he and my aunt decided to leave Portland and he would take a job as the chief pathologist in the local hospital in Roseburg. This was a move away from family and friends in the Portland area and a place where there were very few Asians or any other non-white people. Roseburg was known as the Timber Capital of the Northwest and had an active KKK in the 1920s. Still to this day, there are very few non-white people who live in this community. My uncle and aunt raised their three children in Roseburg. Their two oldest children went to college and moved away but their youngest, Alan stayed home. After my uncle passed away,

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COMMUNITY CALENDAR

October 4

No No Boy Album Release

Mission Street Theater | 8pm

October 8

Cultural Celebration

Epworth United Methodist Church | 11am-3pm

October 13

Nobi's Night Out

220 Building (220 NW 2nd Ave) | 6pm-9pm

October 16

Portland JACL Board meeting on Zoom

630pm

October 22

Oregon Buddhist Temple Fall Bazaar

12-3pm

October 28

Lecture by Mayumi Tsutakawa

220 Building (220 NW 2nd Ave) | 2pm

October 28

Recognizing Our Centenarians

TBD | 11:30 am

October 31

Halloween

November 6

Kishi Bashi presents his song ilm: Omoiyari

Revolution Hall | 730pm



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and my aunt could have moved back to Portland, she decided to stay in Roseburg because Alan was very connected to the Roseburg community. He had struggled in school. As an adult, he lived at home and worked in a job that provided supervision and support. He wasn't able to cook for himself and needed help with his finances. My aunt worried as she approached 80 who would take care of him if she wasn't around. As it turned out, she didn't need to worry.

My aunt passed away in 2017 when my cousin was 54. His siblings considered having him move in with them but realized that he could live in an independent senior living community which could provide his meals and basic housekeeping services. It was the perfect solution for him because although he needed some supervision, Alan was independent in many ways. He

attended all of the Roseburg High School athletic events. He could be found at his favorite tavern listening to music and dancing. He learned how to use the CB radio and became known in the community as the "Roseburg Indian" and "Big Al." He knew everyone in town. He was at all of the community events like the state fair. In fact the whole community knew him and embraced him. Over 150 were at his celebration of life and many more connected over social media who lived out of town and could not attend. Many people had fond memories of him and could remember attending school with him beginning in kindergarten. Alan had friends from his Cub Scout days and he was a big Roseburg High School Football fan. He was everybody's friend.

My uncle and aunt's decision to move away to a small community in Oregon before Alan was born turned out to be the best decision they made for the wonderful quality of life they were able to give their son. Everyone knew him and looked out for him and if there was anyone around who wanted to take advantage of his guileless nature, he had friends who supported him. He had a lot of love to give and people loved him in return. My aunt and uncle provided that foundation of love and support for their son to thrive. Alan died too early at age 59.



Here I am with my Aunt Yoko and my cousin, Big Al.

❖ No-No Boy: Empire Electric ❖



Album Release Celebration

Featuring music, storytelling and multimedia history presentations.

Where: McMenamins Mission Theater

When: Wednesday, October 4, 2023 7pm doors, 8pm show

Join us for this very special music-meets-history presentation! Performing as No-No Boy, Julian Saporiti's music draws on years of research on Asian American history, and examines narratives of imperialism, identity, and spirituality. Along with his musical performances, Julian will be telling stories about his work and art with visual presentations on the stage's big screen.

No No Boy: Sounds contain histories and prophecies. If you listen closely, there are winding tales to be found in a string brushed by a handmade bow, worlds to be uncovered in the trill of a bird about to take flight, and truths to be reckoned with in the grain of an unknown voice. This is the revelation at the core of Empire Electric, the third album by No-No Boy, and its songs that examine narratives of imperialism, identity, and spirituality. It tells stories rooted in years of research and relationship-building, made vibrant and profound through a rich congregation of instrumental, environmental, and electronically manipulated sounds from Asia and America. Every single sound, from the gracious swell of a pedal steel to the warbling pluck of a koto, becomes a part of the poetic recasting of shared post-colonial trauma and the startling joys that can be wrung out of that hardship.

Storytelling has always been at the root of Julian Saporiti's music as No-No Boy. The project developed as the central component of Saporiti's PhD at Brown University, drawing on years of fieldwork and research on Asian American history to write folk songs with uncommon empathy and remarkable protagonists: prisoners at Japanese American internment camps who started a jazz band, Vietnamese musicians turned on to rock 'n' roll by American troops, a Cambodian American painter who painted only the most beautiful landscapes of his war-torn home. Along the way he started to draw on his own family's history, including his mother's escape from Vietnam during the war. His 2021 album 1975 was called "a remarkably powerful and moving album," by Folk Alley and "gentle, catchy and accessible folk songs that feel instantly familiar," by NPR - a contrast that gets to the heart of Saporiti's

songwriting.

After the completion of his PhD and the release of 1975, Saporiti found himself at an impasse. "My thinking had gotten incredibly deep," he says, "as deep as we can train ourselves to get, really. But it was so narrow. I was working on the belief that there was one very small path to walk down and I had to take every footstep in that direction." Seeking refuge from a bleak future of academic posturing, Saporiti, along with his wife and collaborator Emilia Halvorsen Saporiti, decamped to Blue Cliff, a monastery in New York state founded by celebrated Vietnamese Buddhist teacher and writer Thích Nhất Hạnh. There, they recalibrated. Sitting and breathing opened up a calm space for Saporiti to begin to reapproach many of the stories he'd collected as a part of his research with a new perspective, one rooted in raw honesty and a rejection of perfectionism. "The calcified mask of the intellectual professional began to crack open," he writes in Empire Electric's liner notes.

Empire Electric is abundant with substantive storytelling. Saporiti's knack for melody and the directness with which he sings make the picture whole. Without pretension and preachiness, listeners are drawn into the world of real people and their struggles while also being uplifted by melodies that tug the heart and ears in several directions at once. With the sincerity of a folk singer and a master producer's ear for minutia, Saporiti probes the edges of pain for joy, using history and its remembered landscapes as a way to understand the ground on which we now stand. Sings the little monk, "Pro-tip for a good heart, be where your feet are now."

Changing the Future of Dementia Prevention and Care



By Kexin Yu, PhD, MSW

Brain Health and You

How do we know who we are? Memory and thinking shape one's sense of identity. For example, I know that I am a daughter, an immigrant to the US, a foodie, and a tennis player. But what if my memories get blurred, and I lose the awareness of who I am? Some might say that's their biggest fear about getting older – having dementia.

Dementia is an general term. There are many types of dementia, with Alzheimer's disease being the most common type of dementia. There are other types of dementia, such as Lewy Body dementia, frontotemporal lobe dementia, and vascular dementia. If you

notice signs of memory change, please talk to a your clinician, such as your doctor or nurse practitioner. Early intervention can help both you and your family address memory and function changes.

Asian American Representation in Dementia Research Matters

Dementia prevention, identification and care can be affected by cultural and social factors. One's access to information, diagnosis, and healthcare resources can differ based on their social economic status, language, lifestyle, and cultural beliefs. Racial/ethnic minority older adults often have delayed or no diagnosis for their cognitive concerns and receive inadequate treatment for dementia. Additionally, individuals from minoritized groups are not well-represented in dementia research.

Asian American representation in dementia research matters. It is difficult to identify effective treatments for Asian Americans if there aren't enough of us to test possible therapies.

We have been working to increase the representation of Asian Americans in dementia research by encouraging people to sign up for a local research registry named Alzheimer's Comprehensive Treatment Network of Oregon and Washington (ACTNOW). ACTNOW is a research registry managed by the Layton Aging and Alzheimer's Disease Center at OHSU. Our staff can match you to a dementia prevention research study or clinical trial.

You don't have to be diagnosed with dementia or have a memory concern to join. All adults ages 18 and older from Oregon and southwest Washington are invited to join ACTNOW.

Activity	Receive emails about new scientific discoveries about dementia	Be Contacted for Other Research Opportunities
Research Volunteer	Yes	Yes
Member	Yes	No

How to Sign up or to Learn More?

You have the choice to join ACTNOW either as a research volunteer or a member. If you sign up as a member, you will receive email communications from the OHSU Layton Center about new scientific discoveries about dementia, but you will not be contacted for research opportunities.

If you sign up as a research volunteer and meet the eligibility criteria for certain research studies, you will be invited to become a participant. Both research volunteers and members complete a survey annually to update their information. Chart above shows the difference between being a research volunteer vs. member.

Examples of studies that recruit from ACTNOW include participating in interviews, engaging in online conversations, installing technology platforms at home to monitor your health, and getting support for taking care of family members with dementia. Agreeing to join ACTNOW does not automatically enroll you in other studies. You can decline research invitations.

To learn more about details about the study, please visit <https://www.ohsu.edu/brain-institute/actnow-join-research-aging-and-alzheimers> or scan the QR code in this article. You can read the study consent form and potentially sign up by completing an online survey on this website.

If you decide that you no longer would like to be an ACTNOW member or would like to update your contact information, please let us

know by emailing actnow@ohsu.edu.

It takes us all to change the future of dementia prevention and care. Through participating in research studies, you can help the next generation, including those in your family. We hope you can consider join ACTNOW today.

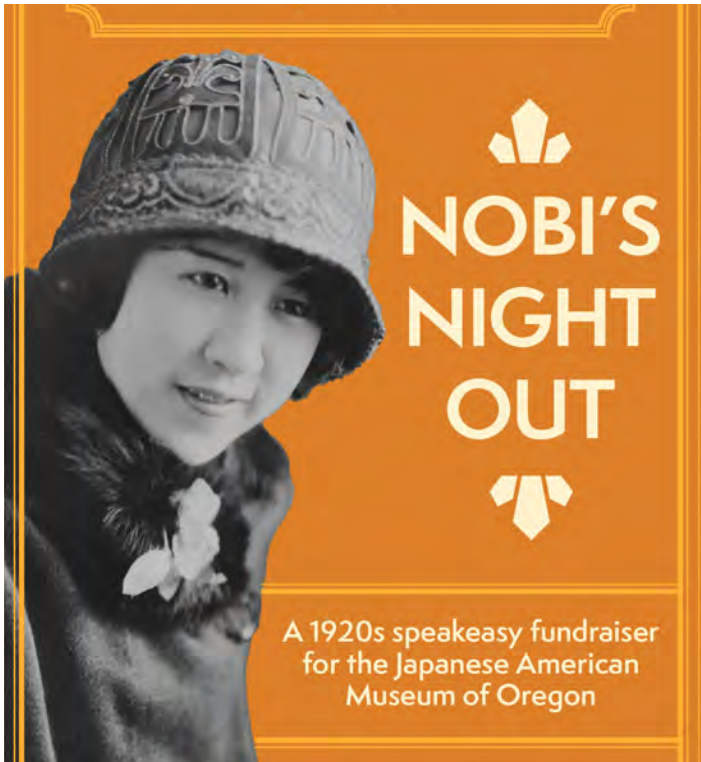
About the Author

Kexin Yu is a postdoctoral scholar at Oregon Health & Science University Department of Neurology and the Layton Aging and Alzheimer's Disease Research Center. She is passionate about improving older adults' quality of life through developing effective dementia prevention strategies.

If you have any questions about this article or about the ACTNOW study, feel free to contact me by email at yukex@ohsu.edu or by phone at **(503)494-6629**.



Support Japanese American Museum of Oregon



Nobi's Night Out in Nihonmachi

A 1920s Fundraiser for the Japanese American Museum of Oregon

Friday, October 13, 6-9pm
220 Building: 220 NW 2nd Ave

\$100 per person

Tickets: <https://jamo.org/nobi>

Join the Japanese American Museum of Oregon for this fundraiser in honor of beloved Community Auntie Nobi Masuoka. Imagine that you're at an old-fashioned speakeasy in Nihonmachi—try your hand at gambling and games for a good cause while enjoying tasty bites and era-inspired refreshments. Each ticket gives you access to the party, appetizers and heavy hors d'oeuvres, and tokens to use at the casino tables and trade in for raffle tickets with many chances to win prizes. 1920s fashions are encouraged; see the event page for inspiration.



Exhibition Event: Lecture by Mayumi Tsutakawa

Arts writer and daughter of the artist

Saturday, October 28, 2pm
220 Building: 220 NW 2nd Ave, 1st floor

Register Here: <https://jamo.org/event/george-tsutakawa-lecture/>

A Sense of Place: The Art of George Tsutakawa, a survey of the influential Seattle artist's career, is on view now through December at the Japanese American Museum of Oregon. At the end of October, we will be treated to a presentation by the artist's daughter, writer Mayumi Tsutakawa, who will be talking about her father's life, art, and legacy.

❖ Kishi Bashi Presents His Song Film: Omoiyari ❖



Revolution Hall
November 6, 2023 7:30 PM
(Doors Open: 6:30 PM)

The event will be the screening of the documentary film, 'Omoiyari', followed by a conversation and live set by Kishi Bashi performing the album in its entirety.

In "A Song Film by Kishi Bashi: "Omoiyari" acclaimed Japanese American musician Kishi Bashi embarks on a transformative journey to confront his heritage and reconcile the painful history of Japanese American incarceration during World War II. Inspired by the rising tide of discrimination against marginalized communities, Kishi Bashi delves into the untold stories of incarceration survivors, composing an album titled "Omoiyari" that captures their experiences. "Omoiyari" is Kishi Bashi's fourth

album following the acclaimed 151a (2012), Light (2014), and Sonderlust (2016), which have garnered serious acclaim from outlets including NPR Music, The Wall Street Journal and The Guardian, and his most important yet. Through breathtaking performances and intimate interviews, Kishi Bashi's music becomes a catalyst for healing and social change, urging audiences to embrace empathy, understanding, and love in the face of prejudice and discrimination."

❖ Photo Corner ❖



Jeff Matsumoto, President of Portland JACL, presented the "Keeper of the Culture" Award to Yumi Torimaru on September 2, 2023 at the annual Ridgefield Multiculture Festival, in Ridgefield, Washington. Photo by: Setsy Larouch



Setsy Larouche, Connie Masuoka, Jeff Matsumoto manned the PDX JACL Booth at the annual Ridgefield Multicultural Festival on September 2, 2020 in Ridgefield, WA.



Portland JACL members, Marleen Wallingford, Connie Masuoka and Jeff Matsumoto enjoy the tabling event front of the local ice cream store.



Our community was excited to come out to Oaks Park and enjoy our community picnic. We managed to eat 400 pieces of chicken. There was so much food to eat and the kids were excited to be able to get ride bracelets.



Remembering Homer Yasui

December 28, 1924 ~ July 25, 2023



The Portland community is profoundly saddened by the passing of Homer Yasui, one of our honored elders and proverbial pillar in the community. His legacy includes being one of the founding members of the organization that evolved to become today's Japanese American Museum of Oregon. As a past president of Portland JACL, his active contributions and support

of the Nikkei community made him a sought-after speaker and panelist for events centered around the Japanese American story. All of us will miss his impressive knowledge of Nikkei history, along with his clear and concise presentations. Despite his extensive knowledge, he remained humble, never assuming he knew all the answers. Instead, he engaged others with pointed inquiries, always seeking to clarify his own understanding. To listen to his presentations meant always learning something new, and was not unlike attending history class taught by a resident expert. We will greatly miss Homer, who was a cherished friend, colleague, historian and community leader to many of us here in Portland.



OREGON BUDDHIST TEMPLE

3720 SE 34th Ave, Portland, OR 97202

For more information or to make an online order see

<https://www.oregonbuddhisttemple.com/fallbazaar>



		Number of Orders	\$ Amount	Pre-orders must be received by Friday, October 13. Please return this order form with your check to the Oregon Buddhist Temple or place your order online Order pick-up Sunday, October 22, 2023 noon to 3:00 pm at the Oregon Buddhist Temple Thank you for your order
Bento (Chow Mein, Mar Far Chicken, sushi, vegetables)	\$20			
Chow Mein	\$10			
Chow Mein, vegetarian	\$10			
Mar Far Chicken	\$10			
Chirashi Sushi	\$10			
Chirashi Sushi, vegan	\$10			
TOTAL				
NAME			PHONE	
EMAIL				



Iko no Kai - OCTOBER 2023

1333 SE 28th Ave / 503-238-0775

MON	TUES		THURS	FRI
2 Sukiyaki <i>11:30am Chair Yoga</i> <i>12:30pm Mahjong</i>	3 Mapo Tofu <i>Kinfe Sharpening</i> <i>12:45pm Sing a Long</i>	X	5 Happosai Combination Stir Fry <i>10:45 Move On Class</i>	6 Chicken Adobo
9 Mapo Harusame Vermicelli Noodles <i>12:30pm Mahjong</i>	10 Pork Meatballs w/ Sweet & Sour Sauce <i>11am Blood Pressure</i> <i>12:45pm Sing a Long</i>	X	12 Cod Fry <i>11am Blood Pressure</i> <i>11:30am Aikido Stress Relief</i>	13 Pork Shabu Shabu <i>Bingo</i>
16 Croquette <i>12:30pm Mahjong</i>	17 Shrimp Singapore Noodles <i>*vegetarian option available</i> <i>12:45pm Sing a Long</i>	X	19 Okonomiyaki <i>10:45 Move On Class</i>	20 Garlic Chicken <i>Ohana Lunch</i>
23 Shio Saba Mackerel <i>12:30pm Mahjong</i>	24 Shumai <i>11am Blood Pressure</i> <i>12:45pm Sing a Long</i>	X	26 Chicken Meatball Oden <i>11am Blood Pressure</i> <i>11:30am Aikido Stress Relief</i>	27 Pork & Seafood Ankake Tofu
30 Chicken Katsu Curry <i>12:30pm Mahjong</i>	31 Birthday Sushi <i>*Reservations required</i> <i>12:45pm Sing a Long</i>	X		

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

Suggested Lunch Donation: \$9 for seniors 65+ / \$11 for adults under 65 / \$ 6 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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A Special Invitation: **Luncheon to celebrate the life of Centenarians**

A special invitation for Luncheon to celebrate the life of Centenarians of the Greater Portland Area on October 28th at 11:30am.

Honored guests are those who are 95 and older. The location is TBD.

Price is \$30 per person/ \$50 for couple for the buffet of chicken, salmon, veggies, salad, etc.

To RSVP, contact:

Terry Nishikawa: 971-263-2230 or terry4900@gmail.com

Sharon Takahashi: stakahashi509@gmail.com

Please RSVP by October 19th

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