



# PORTLAND JACL NEWSLETTER

Portland JACL – Supporting Civil Rights Since 1928



• DECEMBER 2024 | VOLUME 30 ISSUE 12 •

## Board Member MESSAGE

By Spencer Uemura

In early October, I had the privilege of gathering with 120 other Nikkei in Little Tokyo for the Kintsugi Conference, hosted by the advocacy group Tsuru for Solidarity. Named after the Japanese practice of repairing broken pottery with gold lacquer, the conference aimed to create a space for community connection and healing.

Much like the JACL, which seeks to use our community's history of trauma to advocate for the rights of others, the conference followed a similar flow. We delved into the generational impacts of trauma on Japanese Americans, explored paths to healing, and discussed the importance of Japanese American engagement in advocacy for other communities today.

Trauma is defined as the lasting emotional and physiological response to distressing events, and it can fracture one's sense of self, trust, and hope. In my work with therapy clients, I often see how trauma contributes to mental health challenges like depression and anxiety. These effects aren't limited to the individual but are passed down intergenerationally. Dr. Donna Nagata, a Japanese American psychologist and researcher, shared her findings about the impacts of intergenerational trauma on Nisei, Sansei, and Yonsei in our community. Prominent themes included family silence about incarceration, pressures to assimilate, and the impact of compounding cultural loss.

*Continued on Pg. 2*

## COMMUNITY CALENDAR

**December 8**

**Wreath pick-up**

Epworth United Methodist Church | 11am-2pm

**December 10**

**Mochi Orders Due to  
Oregon Buddhist Temple**

**December 14**

**JACL Holiday Party**

Oregon Buddhist Temple | 5pm

**December 15**

**Mochi Order Pick-Up at  
Oregon Buddhist Temple | 3-430pm**

**December 25**

**Christmas**

**Continued from Pg. 1**

Even today, younger generations experience the effects of assimilation and ongoing stigma around emotional health.

Healing from this trauma can take many forms. As a therapist, I'm partial to the benefits of therapy, but meaningful healing can also happen outside of professional support. At the conference, we participated in daily Healing Circles, where we shared and listened in small groups, processing the emotional impacts of the day's sessions and receiving kind support from group members. These small group connections were a reminder of the power of community, especially for those of us living further from concentrated Nikkei populations.

As 2024 winds down, I reflect on the past year and the one to come. The possible impacts of a Trump presidency create uncertainty and fear for many of us, raising questions about how we and others around us may be impacted. My experience at the Kintsugi Conference reminded

me that support, healing, and change happen within community—and that we need each other, especially in difficult times. Even though aspects of our community were broken through wartime trauma, our continued commitment to each other is the gold lacquer that demonstrates our value as a community. That even in the face of malevolent forces larger than ourselves, we continue to find ways to come together just as our ancestors did. By this, our annual JA community gatherings become more than social events; they are opportunities to affirm our connections and feel the healing of shared company.

May we continue to be medicine for each other, to affirm that we belong to each other, and to find strength in a community that acknowledges and heals from its wounds.

To learn more about Tsuru for Solidarity and their work to end detention sites and support immigrant and refugee communities facing racism and xenophobia, please visit: [tsuruforsolidarity.org](https://tsuruforsolidarity.org).

**Omiyage Holiday Shop**

Japanese American Museum of Oregon  
411 NW Flanders St, Portland  
Nov 29-Dec 22

Special double discount for Friends of JAMO on opening weekend

Open during regular museum hours  
(W-Sa 10am-4pm, Su 11am-4pm)

Visit JAMO's museum store during the holidays with an expanded selection of even more edible treats, jewelry, fashion, home accessories, cards, origami creations, art objects, books, and curated vintage items.

<https://jamo.org/omiyage-holiday-store/>

# ❖ Thank You from Portland JACL! ❖

Portland JACL would like to thank everyone listed below for their generous donations during the past year (November 9, 2023 to November 12, 2023) to our programs which include Day of Remembrance, the Nikkei Community Picnic, our ongoing efforts for civil rights advocacy, Unite People (youth program), 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, in alphabetical order by last name.

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Lynn Nakamoto & Jocelyn White  
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Ken & Tomoko Ono  
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Oregon Hiroshima Club  
Oregon Nisei Veterans  
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Jenny Yamada  
Jean & Ralph Yamamoto  
Dean Yamamoto  
Cathlyn Yarne  
Sharon Yasui Carrell  
Robert Yoneda  
Minnie Young  
Asia Young  
Robert & Teresa Zimmerman



### Osechi Ryori Sale

Support the Japanese American Museum of Oregon and enjoy traditional Japanese New Year's foods (osechi ryori) prepared by Nikkei community chefs, displayed in a three-tiered lacquer box (jubako). The traditional foods will include nishime, kazunoko, makisushi, chirashi, and more.

#### Cost:

\$230 with jubako/\$195 if you provide your own

#### Order Deadline:

Dec 20 or whenever they are sold out

#### Pickup Date:

Dec 31

#### More Details can be found at

<https://jamo.org/osechi-2024/>



## Japanese American Museum of Oregon Free First Sundays

December Sponsored in Honor of Linda Yogi

Free admission all day.

Fold and decorate a paper daruma to remind you of your New Year's goals.

Sunday,  
December 1



### Free First Sunday

Sponsored in Honor of Linda Yogi  
At the Japanese American Museum  
of Oregon

Sunday, December 1  
11am-4pm

Come by for free admission and all-ages origami activity. As 2024 is coming to a close, people are starting to reflect on the year and set intentions for 2025. Come make an origami Daruma doll to remind you of your goals as we head into the new year.



## ❖ Photo Corner ❖



The second annual Centenarian Luncheon was held on October 26, 2024 at the Doubletree Hilton Hotel in Lloyd Center. Consul General Yuzo Yoshioka presented the honorees with certificates of congratulations and appreciations to all those who were 95 years and older. The final photo has the committee members who organized the event. *Photos by Rich Iwasaki*



### Portland JACL's Holiday Pot Luck

December 14 @ 5pm  
Oregon Buddhist Temple

Join Santa and Mrs. Claus  
for conversation, cookies  
and fun. Bring some food  
to share.



## 2025 MINORU YASUI STUDENT CONTEST

### HUMAN RIGHTS ACTIVISM THAT INSPIRES

**2025 Prompt:** In the legacy and spirit of Minoru Yasui's lifelong fight for justice and equality, what is an example of human rights activism that inspires you? Is there an individual, collective, organization, and/or community that has acted bravely and courageously? What human rights problem did they speak out about, or situation did they correct? And in doing so, how did they bring about positive change or give voice to their community?

**SUBMISSIONS OPEN**  
Mid-November, 2024

**DEADLINE**  
Mar. 1, 2025

*Our Theme Book with curriculum resources will be posted in November on our website.*

### AWARDS

#### Senior Division

9th – 12th grade

1st place: \$1000

2nd place: \$500

#### Junior Division

5th – 8th grade.

1st place: \$500

2nd place: \$250

#### Educator Engagement Award

\$500

**Contact:** [studentcontest@minoruyasuilegacy.org](mailto:studentcontest@minoruyasuilegacy.org)

**Website:** [minoruyasuilegacy.org/student-contest](http://minoruyasuilegacy.org/student-contest)





## Ikoi no Kai - DECEMBER 2024

1333 SE 28th Ave / 503-238-0775

MON	TUES		THURS	FRI
<b>2</b> <b>Grilled Chicken</b> w/ Mushroom Sauce きのこダレ焼き鳥 11:30am Chair Yoga 12:30pm Mahjong	<b>3</b> <b>Sweet &amp; Sour</b> <b>Pork</b> 酢豚 11am Blood Pressure 12:45pm Sing-along	<b>4</b>	<b>5</b> <b>Loco Moco</b> ロコモコ 11am Blood Pressure 10:30am Ukulele	<b>6</b> <b>*Kakiage Udon</b> かき揚げ丼 11:30am Taichi
<b>9</b> <b>Ebi Fry</b> Panko Fried Shrimp 海老フライ 12:30pm Mahjong	<b>10</b> <b>Nikujiyaga</b> Beef & Potato Stew 肉じゃが 11:30 Taichi 12:45pm Sing-along	<b>11</b> X	<b>12</b> <b>Okonomiyaki</b> Savory Pancake お好み焼き 10:30am Ukulele	<b>13</b> <b>Crispy Krab Fry</b> 蟹フライ 10-11:30am Shigin 12:30pm Bingo
<b>16</b> <b>Holiday Meal</b> *Reservations Required ホリデー食事 12:30pm Mahjong	<b>17</b> <b>Clam Chowder</b> クラムチャウダー Reiki 11am Blood Pressure 12:45pm Sing-along	<b>18</b> X	<b>19</b> <b>Birthday Sushi</b> お誕生日寿司 (suggested donation \$12) *Reservations required 11am Blood Pressure	<b>20</b> <b>Fried Saimin</b> <b>&amp; Gyoza</b> 細麺と餃子
<b>23</b> CLOSED	<b>24</b> CLOSED	<b>25</b> X	<b>26</b> CLOSED	<b>27</b> CLOSED
<b>30</b> CLOSED	<b>31</b> CLOSED	X	<b>2</b> CLOSED	<b>3</b> CLOSED

Chefs: Naomi Molstrom-M Kyoko Adcock-Tu Justin Sato -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

\* vegetarian option available on that day - please reserve two days in advance



**PORTLAND JACL**  
PO BOX 86310  
PORTLAND, OR 97286

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## ❖ Time to Renew the Paper Newsletter ❖

Please fill out the form below if you would like to continue receiving the newsletter by postal mail. We are asking for a suggested donation of \$25 for those that can afford it for 2025. By changing to mostly on-line newsletters we have been able to save a significant amount of our costs. We have gotten feedback that many of you feel that our newsletter is a valuable service for our community.

**Return the following information to the:**

**Portland Chapter JACL**  
**PO Box 86310, Portland, OR 97286**

**or email [marleen@pdxjacl.org](mailto:marleen@pdxjacl.org).**

**Thank you for your support!**

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