• DECEMBER 2024 | VOLUME 30 ISSUE 12 •



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.

### **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.



### 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.

Gopal Allada Linda Angst Anonymous Samuel Asai Paul Ase Alicia Bigelow ND

Alicia Bigelow ND Shannon Bromenschenkel

Waka Brown
Carol Brunner
Michael Cady Russell
Jessica Cheyne
Carlo Cicconetti
Nancy Clayton
Kara Coffey
Teri Colemere

Harold & Takako Dixon Robert & Noriko Dozono Dick & Judy Elliott Susan Endecott Kay Endo Thomas Fujii Grant Fujii

Frank & Janet Fujitani Ray Fukunaga

Kathleen Gagnon-Witter
Joyce Gee

Neil Gibson Lynn Grannan Gresham Trout

Gresham Troutdale JACL

Kenye Hara
Marcia Hara
Michelle Hardaway
Betty Jean Harry
Elizabeth Hart Whelan
Etsuko Harvey

Chisao Hata Henjyoji Shingon Buddhist Temple

Julie Hirai Mae Hirata

Patricia Hiromura-Gilman Gary Hongo DMD Bruce & Diane Hori

Jill Hrycyk

Lincoln Hirata

Sarah Hunsberger Ismoon Hunter-Morton Maryann Ikata Robert & Racheal Inouye

Kurtis Inouye Mike Irinaga

Dr. Shoun & Grace Ishikawa

Ron Iwasaki Rich Iwasaki Yoko Iwasaki

Japanese Ancestral Society

**JASO** 

Erika Jennings
Fude Kagawa
Nancy & Yoshio Kajitsu
Ryoko Kakishita
Janet Kakishita
Lisa Kakishita DMD
Robert Kaneko
Curtis Kato
Dale Kawata
K.Y. Kawazoe
Sachi Kobayashi
Vanessa Koenig
Peter Koida

Laurence Kominz & Toshimi

Tanaka

Michiko Kornhauser Weston Koyama Tiffany Koyama Lane

Karen Kulvi Sharon Kuroda Tim Lane

Chip & Setsy Larouche

Chris Lee Emi Lee

Susan & Chris Leedham

David Lin Mariko Locke Mitzi Loftus Laura Maeda Marjorie Maletzky Connie Masuoka Christine & Jerold Matsui Jean Matsumoto

Jeff Matsumoto Martha & Yoji Matsushima

Moof Mayeda Bill McCormack

Jean & Richard Miyahira

Taka Mizote Malli Moran Eileen Moriwaki Jim Nagae Jinah Nakaji Scott Nakamoto

Lynn Nakamoto & Jocelyn White

Nichiren Buddhist Temple

Nichiren Budan Nikkei Fujinkai Heidi Nishida Paul Nist Ken Nitta Kenji Nobori Debbie Nozaki M Ohara Jere Okada Susan Okada

Janice Okamoto

Cherie Okano Yokota

Ken & Tomoko Ono
Oregon Buddhist Temple
Oregon Hiroshima Club
Oregon Nisei Veterans
Jennifer Owens
Hatsumi Park
Matthew Park DMD
Eugenie Powell
Larry Richardson
Alexandra Roth
Katherine Rozes

Chika Saeki
Carolyn Saiget
Naomi Sakamoto
Justin & Tamarah Sato
Wendy & Mark Schaures
Aimee & Alexander Scribner

Hiroko Setera

Amanda Shannahan

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Katie Tamiyasu

Paul & Laura Tamura Linda Tamura & Michael Lee

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Jan Watt Amanda Weber-Welch Ron Werner Carolyn Woody

Javan Wygal Jenny Yamada Jean & Ralph Yamamoto

Duane Watari

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:

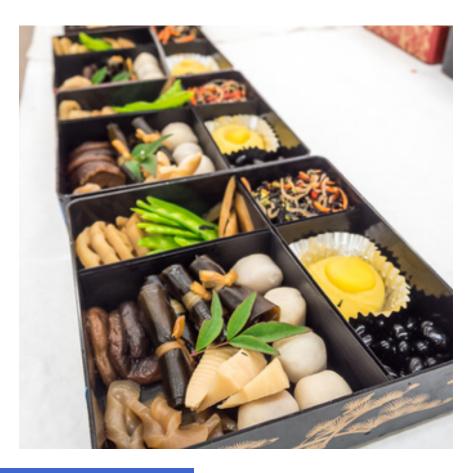
Dec 20 or whenever they are sold out

### 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 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.

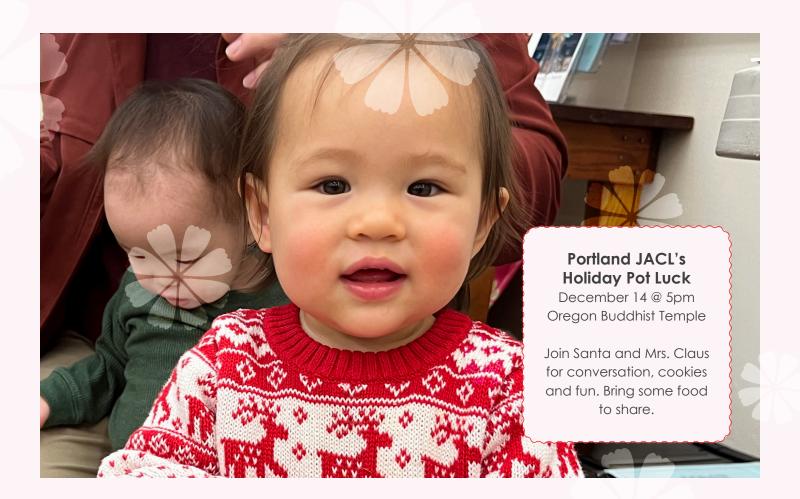
# Photo Corner







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* 



## **2025 MINORU YASUI STUDENT CONTEST**

### **HUMAN RIGHTS ACTIVISM THAT INSPIRES**

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?

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

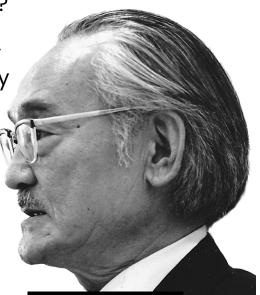
Educator Engagement Award

\$500

**Contact:** studentcontest@minoruyasuilegacy.org **Website:** minoruyasuilegacy.org/student-contest

**SUBMISSIONS OPEN** Mid-November, 2024

**DEADLINE** Mar. 1, 2025





## Ikoi no Kai - DECEMBER 2024

1333 SE 28th Ave / 503-238-0775

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

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



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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.

Thank you for your support!

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	