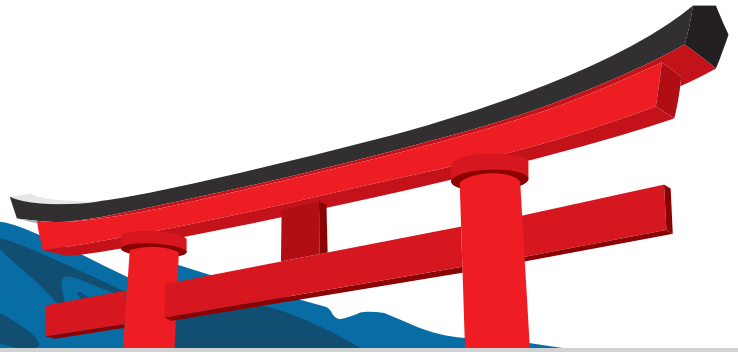




PORTLAND JACL NEWSLETTER

Portland JACL - Supporting Civil Rights Since 1928



• JULY 2026 | VOLUME 32 ISSUE 07 •

Board Member MESSAGE

Our Nikkei Heritage Persists Through Our Foods

By Justin Sato

Thank you to all the generations that came before me.

Many years ago, I was on a trip to visit my cousin to celebrate her graduation from medical school. I remember her taking us to her favorite Japanese restaurant in town; She said it was the best she found while in school. The place was popular, and we had to sit up on the counter, since we didn't have reservations. As my uncle, cousin, and I started eating, a lot of deep, natsukashī feelings flooded my mind. The flavors were very familiar as were names of the dishes. My uncle started up a conversation with the masutā, "Your food is excellent. It's just like our family's cooking."

My uncle had sorted out the thoughts still swirling in my head:

"What part of Japan are you from?", he asked.

The owner was from the same northern Tōhoku prefecture this side of my family hails from. It was the first time I had really considered how deeply ingrained (not just our Japanese-ness) our prefecture was in determining so much of how my family cooks and the colloquial style that was different than most of my Kantō and Kansai friends. They liked to make fun of the way I ended some of my sentences in -do instead of -dayo.

Continued on Pg. 2

COMMUNITY CALENDAR

July 3-5

Tule Lake Pilgrimage

July 9-12

Minidoka Pilgrimage

July 8

Ikoi No Kai and Hirugohan Group

Japanese Garden | 115-230pm

July 29-August 2

JACL Convention

Las Vegas

July 16

Book Club is Wine Club

Bill Naito, Portland's Audacious Champion

Japanese American Museum of Oregon | 6-7pm

July 13-29

Obon Dance Practice

Oregon Buddhist Temple | 7pm

(Monday & Wednesday)

August 1

Obonfest

Oregon Buddhist Temple | 2-9pm

August 16

Nikkei Community Picnic

Oaks Park | 12-5pm

Continued from Pg. 1

My uncle, cousin, and I had a short conversation about foods, family, heritage, and how strange it was to find a Japanese restaurant with some of the foods we had growing up, some foods that were not often found at other restaurants. Ever since then, I became interested in tracking down where we came from and to try to preserve the cooking styles of all four of my grandparents. I feel really lucky that our family kept track of where we came from and all of our old traditional dishes from our prefectures. Many

nikkei no longer speak Japanese or practice the old cultural activities, but nearly everyone has a special dish that has been passed down their family. This is one of the ways families were able to pass their heritage to the next generation.

In the Portland JACL prefecture club, we are exploring foods and cultures from various prefectures in Japan to try to reconnect nikkei with their heritage. If you're interested in learning more about your prefecture please come to the next meeting at the Nikkei picnic!

Book Club is Wine Club: Portland's Audacious Champion

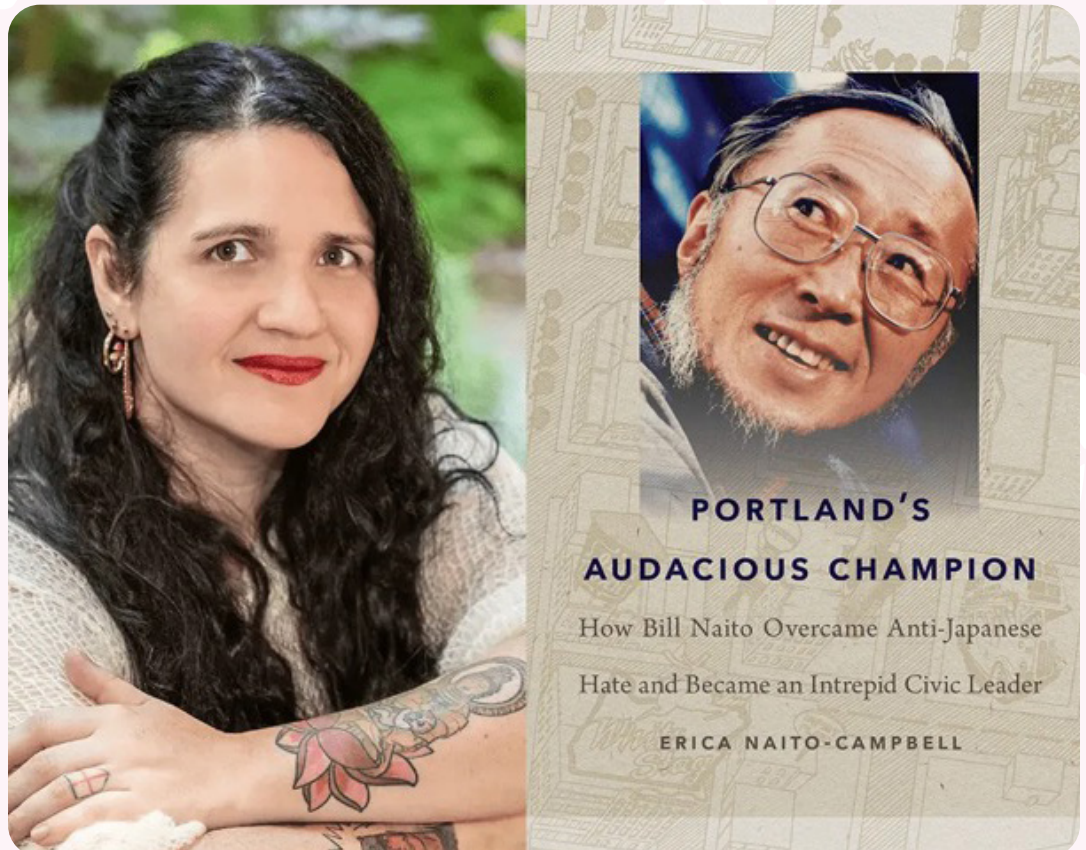
Thursday, July 16

5-6pm (Optional): Visit JAMO to view the Standing for Justice Exhibition

6-7pm: Book and Wine event at the JAMO Annex (431 NW Flanders St)

This is a 21+ only event.

Please join the Japanese American Museum of Oregon for a special book club discussion with Erica Naito-Campbell, author of Portland's Audacious Champion. We will hear from the author, have time to discuss this rich text together, and enjoy locally produced Willamette Valley wines from Et Fille. The museum will also be open before the book talk starts for those who would like to see the exhibition Standing for Justice: The Japanese Americans Shaping Oregon beforehand.



❖ Ikoï no Kai: 'A Place of Rest' ❖



Winston Szeto is a digital producer with OPB's Weekend Edition in Portland and main writer of OPB's First Look was awarded a Northwest Excellence in Journalism Award in Racial Equity Reporting!

❖ Photo Corner ❖



Nikkei Community Picnic is right around the corner! Come join us on Sunday (August 16th) at 12-5pm at Oak Park picnic area a day of delicious food, fun games, exciting prizes, and great company.



Todd Yuzuriha played taps at the Memorial Day Service at the Japanese American Cemetery. He has also made a beautiful video of the cemetery (Available at <https://www.youtube.com/watch?v=Aj8BlolqDgU>). Thank you Todd for these beautiful shots. He was also the photographer who took all of the pictures of the graduates and their families for there 2026 Japanese American Banquet. We really appreciate his work.



Portland Taiko presented People of the Drum in a joyous celebration of different drumming traditions around the world just outside the Arlene Schnitzer Vconcert Hall. They provided a rousing beginning to Oregon Symphony's special percussion concert held later that day.



L to R: Rich Iwasaki, Chip Larouche, Nick Akita are all Eagle Scouts attending the Memorial Day Service on May 25, 2026 at the Japanese Cemetery located at Rose City Cemetery. Nick's Eagle Scout project was installing the American flag at the Japanese Cemetery. Photo by: Lynn Fuchigami Parks



Chip Larouche, Setsy Larouche, Mike Irinaga, and Dr. Connie Masuoka attend the annual JASO membership meeting on June 4, 2026 at The Redd on Salmon Street in Southeast Portland.

日系コミュニティ・ピクニック

NIKKEI COMMUNITY PICNIC

SUNDAY, AUGUST 16, 2026

OAKS PARK - Dance Pavillion

(WHITE BUILDING INSIDE THE MAIN ENTRY)

There is a \$5 fee for parking payable on site

NOON TO 5PM

Food, Fun, Rides for the Kids; Prizes, Shoringi Kempo demonstration, and a performance by Portland Taiko

THE PICNIC IS SPONSORED BY ORGANIZATIONS, CHURCHES AND BUSINESSES OF THE NIKKEI COMMUNITY TO CELEBRATE OUR ETHNIC HERITAGE

We will provide at no cost:

- Main dish: Fried chicken and vegan entrée
- Water
- Eating utensils, plates, cups and napkins
- Watermelon and Shave Ice
- Games and prizes and ride bracelets for kids high school and younger (must pre-order)

Please bring a side dish to share. In order to ensure a variety we suggest that you bring a side dish that corresponds to the alphabetical grouping listed below:

A-Ki Salad or vegetable dish
Kl-Sa Rice or noodle dish
Sc-Z Dessert or Bread

主催方からの供給

焼き鳥
お茶、ソウダ、ビール
西瓜
遊芸と遊技の賞品
駐車場

持ち合わせ品

A-Ki サラダ
Kl-Sa ごはん
Sc-Z デザート

RSVP and reserve ride bracelets online at pdxjacl.org by August 10. Or call Connie at (971) 940-8520



Iko no Kai - JULY 2026

1333 SE 28th Ave / 503-238-0775

ikoinokai.org

MON	TUES		THURS	FRI
		X	2 Ahi Tuna Cakes ハワイ風 マグロハンバーグ	3 CLOSED
6 * Ume Shiso Chicken 梅じそチキン 11:30am Soroban 12:30pm Mahjong	7 Sweet & Sour Pork Meatballs 豚肉団子の甘酢あん 11am Blood Pressure 12:45pm Sing-along	X	9 * Naengmyeon Cold Korean Noodles 韓国風冷麺 9:30am / 10:30am Ukulele 11am Blood Pressure 11am Haiku	10 Chicken Karaage 唐揚げ 10-11:30am Shigin 12:30pm Bingo
13 Menchi Katsu Minced Meat Katsu メンチカツ 11:30am Chair Yoga 12:30pm Mahjong	14 Hiyashi Chuka Chilled Ramen Salad 冷やし中華 12:45pm Sing-along	X	16 * Lemongrass Tofu レモングラス豆腐	17 Shumai シュウマイ 10-11:30am Shigin
20 Chilled Pork Shabu Shabu Udon 豚肉の 冷しゃぶうどん 12:30pm Mahjong	21 Chicken w/ Black Bean Sauce 豆豉醬チキン 11am Blood Pressure 12:45pm Sing-along	X	23 * Lettuce Wraps 中華風レタス包み 9:30am / 10:30am Ukulele 11am Blood Pressure 11am Haiku	24 Stuffed Chicken Wings 手羽先の詰め物焼き 10-11:30am Shigin
27 Birthday Sushi お誕生日寿司 *Reservations required (suggested donation \$12) 12:30pm Mahjong	28 Yaki Udon 焼きうどん 10:40am-2pm Reiki 12:45pm Sing-along	X	30 * Somen Salad 素麺サラダ	31 Pork Teriyaki 豚肉の照り焼き 10-11:30am Shigin

Chefs: Naomi Molstrom-M Kyoko Adcock-Tu Justin Sato -Th/F

Suggested Lunch Donation: \$9 for seniors 65+ / \$12 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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Connor Wakayama
Marleen Wallingford
Board Members

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

Edited by Chong Sim (simc0186@gmail.com)