

## COMMUNITY CALENDAR

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### "APANO Rolling Tides 2016"

Oct 1, 8:30am-4:30pm (convention), 6-8pm (banquet), Warner Pacific College, McGuire Auditorium (2219 SE 68th Ave, Portland). Attend "APANO Rolling Tides 2016," the Asian Pacific American Network of Oregon's (APANO) Statewide Convention. The event features workshops, networking, cultural performances, and more. The evening banquet requires a separate ticket. For info or to register, call (971) 340-4861 or visit <www.apano.org>.

### "Quake Up"

Oct 1, 9am-1:30pm, Beaverton Farmers Market (SW Hall Blvd between SW Third St & SW Fifth St, Beaverton, Ore.). Attend "Quake Up," a free hands-on educational event showcasing earthquake awareness and preparation, including gas shut off, seismic retrofitting of homes, water storage, pets, and more. The event helps families and individuals in urban and rural areas prepare for a large earthquake with exhibits for kids and adults, information booths, giveaways, and more. In addition, experts give talks during the event in Wesley Hall at the Beaverton First United Methodist Church (12555 SW Fourth St), which is located near the market. For info, call (503) 846-6288 or visit <www.co.washington.or.us/CAO/CPO/quake-up-2016.cfm>.

### NeighborWalks 2016

Oct 1, 10am-noon, Little Big Burger (3747 N Mississippi Ave, Portland). Take a tour of the Albina neighborhood as part of NeighborWalks 2016. The two-hour walk — which is 1.7 miles (and 3,400 steps) — takes a special tour of the hidden history of Albina with Know Your City. Attendees also learn about the area's public art, historic buildings, green spaces, and more. Participants should meet on the sidewalk near Little Big Burger. For info, call 1-866-554-5360 or visit <http://states.aarp.org/neighborwalks2016>.

### Sunday Parkways: Sellwood/Milwaukie

Oct 2, 11am-4pm, Sellwood Park (SE Seventh Ave & Miller St, Portland), Westmoreland Park (SE McLoughlin Blvd & SE Bybee Blvd, Portland), Water Tower Park (9890 SE 40th Ave, Milwaukie, Ore.), Milwaukie Farmers Market (SE Main St & SE Harrison St, Milwaukie, Ore.). Walk and bike through southeast Portland and Milwaukie neighborhoods and parks without motor traffic during a Sunday Parkways event. Entertainment and activities take place in the parks and along the eight-mile, two-way route, which has no start or finish. For info, call (503) 823-7599 or visit <www.portlandsundayparkways.org>.

### A Personal Matter

Oct 2, 4pm, Gerding Theater at the Armory (128 NW 11th Ave, Portland). Attend a free screening of *A Personal Matter* with Jeanne Sakata. For info, call (503) 445-3700 or visit <www.pcs.org>.

### "You and Your Racist Brain: The Neuroscience of Prejudice"

Oct 3, 6pm (doors), 7pm (talk), Revolution Hall (1300 SE Stark St, Portland). Attend "You and Your Racist Brain: The Neuroscience of Prejudice," a "Science on Tap" talk presented by Larry Sherman, Ph.D., a professor of neuroscience at Oregon Health & Science University, that explores how our brains react to people who are "different" and possible ways to overcome the automatic prejudice that contributes to racism in our society. For info, call (503) 258-7652 or visit <www.viaproductions.org>.

### "Do You Know Bruce?"

Opens Oct 4 (Tue-Sun), 10am-5pm, Wing Luke Museum of the Asian Pacific American Experience (719 S King St, Seattle). Learn about Bruce Lee — including his multifaceted approach to life — at "Do You Know Bruce?" Part three of the display — "Day in the Life of Bruce Lee: Do You Know Bruce?" — explores what it took to become "Bruce Lee." Attendees get a glimpse of how Lee approached every day — from his personal habits, routines, and workout strategies to his written and visual art, reading, and time with family and friends — in the final segment of the three-year exhibit. For info, call (206) 623-5124, or visit <www.wingluke.org> or <www.doyouknowbruce.com>.

### "Lost & Gone: Oregon's Vanished Structures"

Oct 4, 6:30-7:45pm, Forest Grove City Library (2114 Pacific Ave, Forest Grove, Ore.). Attend "Lost & Gone: Oregon's Vanished Structures," a talk by historian and archivist Richard Engeman held as part of the "Celebrating 40 Years with Washington County Cooperative Library Services" series. For info, call (503) 992-3337 or visit <www.wcls.org>.

### "Take a Walk in Her Shoes"

Oct 5, 8-9am, Sentinel Hotel (614 SW 11th Ave, Portland). Attend "Take a Walk in Her Shoes," the annual fall fundraiser for Dress for Success Oregon, a local, anti-poverty nonprofit organization that empowers women to achieve economic independence. The event includes a keynote address and a panel discussion focusing on concrete ways employers can create a space to help women who are struggling. For info, call (503) 249-7300 or visit <oregon.dressforsuccess.org>.

### "Visions & Vigilance"

Oct 9, 10am-noon, Gerding Theater at the Armory, Ellyn Bye Studio (128 NW 11th Ave, Portland). Attend "Visions & Vigilance," a free civil-rights discussion building on the actions of Presidential Medal of Freedom recipient Minoru "Min" Yasui (1916-1986), whose leadership brought diverse and disparate communities together to tackle critical civil- and human-rights issues. For info, call (503) 445-3700 or visit <www.pcs.org>.

# Teenage boy's dreams of sushi become reality

Griffin Shobe's dreams of sushi recently became reality when Make-A-Wish Oregon granted his wish to eat sushi at Sukiya-bashi Jiro in Tokyo, Japan. The restaurant — the first of its kind to be awarded a Michelin three-star review — was made famous by the 2011 film *Jiro Dreams of Sushi*, a documentary about the then-85-year-old Jiro Ono, a world-renowned sushi chef who spends his days at his 10-seat sushi-only restaurant in a Tokyo subway station.

Shobe, 13, of Portland, loves sushi and has seen the documentary many times. However, when he was first diagnosed with acute lymphoblastic leukemia, his doctors placed him on a very restrictive diet, which meant no sushi. So when Make-A-Wish Oregon asked for his one true wish, he said he wanted to eat sushi.

His wish came true during the summer when Griffin, his parents, and two siblings flew to Japan for an experience of a lifetime.

"This wish gave him something to look forward to when he was feeling ill," said his mom, Robin Shobe. "Griffin has been through so much with his illness — so much physical pain and suffering. I think [this wish



**DREAMS OF SUSHI.** Griffin Shobe's (left photo, right, and right photo, foreground) dreams of sushi recently became reality when Make-A-Wish Oregon granted his wish to eat sushi at Sukiya-bashi Jiro in Tokyo, Japan. The restaurant — the first of its kind to be awarded a Michelin three-star review — was made famous by the 2011 film *Jiro Dreams of Sushi*, a documentary about the then-85-year-old Jiro Ono (left photo, left), a world-renowned sushi chef. Griffin's wish came true during the summer when he and his family flew to Japan for an experience of a lifetime. (Photos courtesy of Make-A-Wish Oregon)

experience] will replace the painful memories with great memories of the trip."

Make-A-Wish grants the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength, and joy. The Oregon chapter is one of 62

Make-A-Wish chapters in the United States. In the past fiscal year, Make-A-Wish Oregon granted a record 224 wishes to kids with life-threatening medical conditions in Oregon and Clark County, Washington. To learn more, visit <www.oregon.wish.org>.

## Beaverton celebrates "National Welcoming Week" in September

The city of Beaverton is celebrating "National Welcoming Week" this month with a variety of events and activities to recognize immigrant contributions to the community.

Beaverton joined the Welcoming Cities & Counties Initiative in April 2015. The initiative emphasizes the importance of engaging both foreign-born and long-time residents in an effort to strengthen relationships, cross-cultural understanding, and collective economic vitality. In Beaverton, where one in five residents is born outside of the United States and 27 percent of residents speak a language other than English at home, the city has made it a priority to support integration of immigrants and refugees.

"These celebrations are part of a powerful and growing movement in our country and around the world," said David Lubell, founder and executive director of Welcoming America. "Communities recognize that they are more vibrant and prosperous when everyone feels welcomed and can fully participate."

This year, the city of Beaverton offered immigrant integration mini-grants for small, community-driven projects designed to bring together immigrant and non-immigrant communities. The grants were awarded to five organizations — Spice of Africa, Micro Enterprise Services of Oregon, Formosa Association of Student Cultural Ambassadors, the Vose Neighborhood Association Committee (NAC)/Islamic Center of Portland, and the Beaverton Symphony Orchestra — that are hosting events during Welcoming Week.

The celebration kicked off last week with a cooking class, an Aztec dance workshop, and the Broadway Street Festival. More events, which are free and open to the public, take place this week.

On September 19 from 7:00 to 8:00pm, Helen Ying presents "The Untold Story: Chinese-American History in Oregon," at the Beaverton City Library, located at 12375 S.W. Fifth Street. Ying speaks about the history of the Chinese community in Pendleton, Oregon, including the story of the underground city, where people retreated to escape discrimination. The event is hosted by the library as part of the Oregon Historical Society's 2016 Chinese Oregon Speaker Series.

Also held at the Beaverton City Library is a Naturalization information session. Scheduled for September 20 from 11:00am to 2:00pm, the event offers an overview of the process to become a U.S. citizen, the test, and the rights and responsibilities of citizenship. Participants also learn about free resources and are able to practice a mock naturalization interview.

A tea and cookie social with immigrant entrepreneurs is offered by Micro Enterprise Services of Oregon on Friday, September 23 from 2:00 to 5:00pm at Beaverton City Hall, located at 12725 S.W. Millikan Way. The social features music and food and an opportunity to get to know small businesses in the Beaverton community and the entrepreneurs who created them. It also includes small gift items available for purchase.

"National Welcoming Week" continues with "Learning about Taiwan from the Art of Tea" on Saturday, September 24 from 1:00 to 3:00pm at the Beaverton City Library, hosted by the Formosa Association of Student Cultural Ambassadors. The event features Taiwanese tea history, a tea ceremony, mashed Hakka tea preparation, and samples of bubble tea.

Also held on Saturday is an open house at the Islamic Center of Portland, 6940 S.W. Hall Boulevard, from 3:00

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## Department of Consumer & Business Services



### Workers' Compensation Board (WCB): What It Is and What It Does

A worker who disputes the outcome of his or her workers' compensation claim for a work-related injury or illness may request a hearing before the Hearings Division of the Workers' Compensation Board. WCB offers mediation to workers and employers/insurers as an alternative to hearings. If both parties agree to mediation, they may schedule by calling (503) 934-0104. Workers who don't speak English may use interpreter services provided by WCB, for hearings and mediations. These services can be arranged by calling (503) 378-3308.

For questions about the hearing process, or the Oregon's workers' compensation system, call the Injured Worker Ombudsman, 1-800-927-1271.

www.wcb.oregon.gov