

MAY NEWSLETTER

This Month's Celebrations

Asian American and Pacific Islander Heritage Month,
Mental Health Awareness Month, Military Appreciation
Month, Jewish American Heritage Month, Haitian
Heritage Month,

1st May Day (International Worker's Day)

3rd Orthodox Good Friday

5th Cinco de Mayo

5th Orthodox Easter

5th Public Service Recognition Week (May 5- May 11)

5th Yom Hashoah (Jewish) (April 5 - April 6)

13th Yom HaAtzmaut (Jewish) (April 13 - April 14)

14th Global Accessibility Awareness Day (GAAD)

19th Pentecost (Christian)

21st World Day for Cultural Diversity

22nd Declaration of the Bab (Baha'i) (April 22 - April
23)

23rd Wesak/Buddha Day/Visakha Puja (Buddhist)

25th Lag B'Omer (Jewish) (May 25 - May 26)

27th Ascension of Baha'U'llah (Baha'i) (May 27 - May
28)

27th Memorial Day

If You Want to Know What
We Are - Carlos Bulosan

...If you want to know what
we are who grow
powerful and deathless in
countless counterparts,
each part pregnant with
hope, each hope supreme,
each supremacy classless,
each classlessness
nourished by unlimited
splendor of comradeship;
We are multitudes the
world over, millions
everywhere;...

We are the vision and the
star, the quietus of pain;
we are the terminals of
inquisition, the hiatuses
of a new crusade; we are
the subterranean subways
of suffering; we are the will
of dignities;
we are the living testament
of a flowering race.
If you want to know what
we are
WE ARE REVOLUTION!

OFFICE OF EQUITY & INCLUSION

Spotlight on: Asian American Pacific Islander Heritage Month



In 1992 Congress established May as Asian American and Pacific Islander (AAPI) Heritage Month.(1) The term encompasses over 50 countries and 100 languages, a large group with incredibly diverse cultures. AAPI month is celebrated in May to highlight both the arrival of the first immigrants from Japan (May 7, 1843) and the completion of the transcontinental railroad (May 10, 1869), built by a large number of Chinese immigrants.(2)

The term “Asian American Pacific Islander” does not begin to capture the history, culture, and diversity in the region. “Asian American” was used by activists Emma Gee and Yuji Ichioka in 1968 as a “unifying political identity.” (3) In the 1980s, the US Census Bureau utilized the term “Asian and Pacific Islander” (API), changed in 2000 to “Asian Americans” and “Native Hawaiians and Other Pacific Islanders” (NHOPI). (4) Attempts at capturing the diversity in the region in one general term will likely fail. As the Asian Pacific Institute on Gender-Based Violence (APIGBV) states “...our communities use various names to describe themselves; these groupings are ultimately political and part of a dynamic, continuing process of self-determination and self-identification.”(5)

All heritage months invite us to celebrate resilience, joy, hope, and strength as we learn about the oppression faced by various communities. Seattle Center’s Festál celebrations, for example, highlight the richness of the Asian Pacific Community in our area, representing over “26 ethnic communities with over 67 unique languages and dialects.”(6)The art exhibit “Have you Eaten” explores the layers of the Asian diaspora, fostering solidarity, understanding, and dialogue between diverse communities. (7)

The month also reminds us of the racism, challenges, and obstacles facing the community. Racial violence, unfortunately, is not new. Racist attacks increased with the COVID-19 pandemic, including on online platforms. (8)

We can act by supporting organizations combating racism, raising awareness about the issue, and increasing our competencies in bystander intervention. (9)

It is through learning about the strength of the community that we grow. The scars from the Japanese incarceration camps in the United States, for example, still pulsate strongly even in our area. During those dark times, the game of baseball, played in incarceration camps, provided hope, joy, and a sense of normalcy. Today, the Manzanar field in California is under restoration by volunteers to allow teams from California’s Japanese American baseball leagues to play this fall – “it is a way to piece together my history,” describes one of the volunteers. Games will be played with 1940s uniforms and equipment in a tribute to the will of past generations: “in this former place of sadness and pain, we’re going to do something joyful and hopeful.” (10) Join us at the Diversity & Equity Center to learn about the incredible history of these games by watching “Baseball Behind Barbed Wires.”

1Asian American, Native Hawaiian and Pacific Islander Heritage Month (census.gov)

2 Asian American and Pacific Islander Heritage and History in the U.S. | NEH-Edsitement. The Chinese Transcontinental Railroad Workers | Asian Americans | PBS LearningMedia

3Asian American and Pacific Islander Heritage and History in the U.S. | NEH-Edsitement.

4 Census Data & API Identities - Asian Pacific Institute on Gender Based Violence Website (api-gbv.org)

5 Census Data & API Identities - Asian Pacific Institute on Gender Based Violence Website (api-gbv.org).

6 Asian Pacific Islander Heritage Month Celebration (seattlecenter.com).

7. About – Have You Eaten: an AAPI Group Art Exhibit (Copy).

8 . How Anti-Asian Activity Online Set the Stage for Real-World Violence - The New York Times (nytimes.com)

9https://righttobe.org/trainings/bystander-intervention-to-stop-anti-asian-american-and-xenophobic-harassment/?gad_source=1&gclid=CjwKCAjwT-OwBhBnEiwAgwzrUI8-k-5pjVewMx7li2_uabQIKEDR3DDGSCJB.

10Japanese-American baseball players will bring the game back to a WWII camp : NPR

Mental Health Awareness Month



By Bryan Fauth - Director of Accessibility and Student Support Services

Mental Health Awareness month gives us an opportunity to reflect on how Mental Health is stigmatized in society.

Mental Health is something that impacts all of us. Anyone can struggle with Mental Health at some point. The impact may vary but it is something we'll all likely encounter at some point. There are countless entities and ideas that actively promote this stigma: Cultural norms, media, treatment costs, institutionalization, capitalism, etc.

These stigmas impact many on a daily basis. They make us feel that our experiences don't matter. They make us feel that we lack ability to cope. They don't give us room to heal. They make us feel ashamed and that we don't have a place in society. As a community, we can help with de-stigmatizing these associations by being aware that they exist and they create biases. We can have an open dialogue which encourages pro-active conversations without the fear of judgement. We can stay away from ableist terminology. We can promote seeking help and accessing resources. There is more that we can do and I hope the resources below provide you with helpful insight on the importance of destigmatizing mental health.

[NAMI - Fighting Mental Health Stigmas](#)
[5 Ways to Reduce Mental Health Stigma](#)
[Mayo Clinic - Stigma of Mental Health](#)

Global Accessibility Awareness day



By Bryan Fauth - Director of Accessibility and Student Support Services

GAAD is a day to bring awareness to digital access for the more than one billion individuals with disabilities. Building accessible digital content supports full participation from everyone within our community.

Activities

Go Mouseless For An Hour

Unplug your mouse and only use your keyboard alone (tab/shift tab, arrow keys, enter and spacebar) to navigate and interact with your favorite websites and applications. If you use a touchpad, trackpad, or similar input method, disable it and use the keyboard instead.

- Is there a visible focus indicator (i.e., do you know where you are) at all times as you navigate each screen using the tab and shift tab keys?
- Are you able to interact with every element that receives focus using the keyboard alone?
- If there is any element that provides functionality if you hover over it with your mouse, such as revealing a tooltip or a set of actions, can you display this strictly using the keyboard alone?

Surf The Web With A Screen Reader For An Hour

- Windows has a built-in screen reader called Narrator. Take a bit of time beforehand to learn some of Narrator's documented basic keystrokes.
- Mac users, you have a built-in screen reader called VoiceOver on your systems. Take some time to visit the site referenced to familiarize yourself with how to turn on VoiceOver and some of the basic keystrokes.

Enlarge Your Fonts

If someone has a vision difference, they may need to be able to enlarge text and other content. To experience what that can be like, use your browser and resize the text to 200 percent.

- Does it work?
- Is there any loss of content or functionality?
- Did all the elements resize?

Want The Full Experience?

Open a screen reader (Narrator or Voiceover) and then unplug your mouse and turn off the monitor. Then spend some time on sites you visit often, using only the keyboard to get around (tab/shift, arrows, enter, and spacebar).

Military Appreciation Month



In 1999, the Senate introduced a resolution designating May as “National Military Appreciation Month.” The resolution recognizes the commitment and sacrifices made by members of the armed forces.* The resolution calls for, among other things, the acknowledgment of “the contributions of the many individuals who have served in the United States Armed Forces” since its inception.*

May celebrates various dates associated with the Military, including VE Day (May 8), Military Spouse Appreciation Day (May 10), and Memorial Day (May 27). There are many ways to recognize and celebrate the members of our Military. Writing letters is one of them. Operation Gratitude, for example, uses letters in their care packages mailed to veterans and active members of the military.**

Cascadia College is proud to support our student veterans with a host of services, including advising and VA educational benefits for veterans and their families. Learning from and with veterans is a privilege - thank you to all the veterans among us!

*Text - S.Res.33 - 106th Congress (1999-2000): A resolution designating May 1999 as "National Military Appreciation Month". | [Congress.gov](https://www.congress.gov) | Library of Congress

** Homepage - Operation Gratitude

At the D&E Center:

Wellness Fest:
Breaking down
stereotypes
Thursday, May 2, ARC,
12-3pm

BASEBALL BEHIND BARBED WIRE: TUESDAY, MAY 7, CC1-002, 1:15-3:15PM,

The documentary “rhythmically paints the story of Japanese American incarceration during World War II through the lens of baseball, America's beloved pastime, with interviews and art by former incarcerated, animation, and archival film and photos. Despite being stripped of civil rights and confined from 1942-45, Japanese Americans embraced baseball to assert their citizenship and loyalty amid guard towers and barbed wire.”
(GoodDocs)

Spring fest

Tastes of Spring: Tuesday, May 21, Mobius, 12-2PM. Have you tried Sakura Cake? Join us to sample dishes from around the world.

In collaboration with Accessibility & Student Services: Mental Health Awareness Panel: Wednesday, May 15, CC1-0021-2:30PM. Join us for a conversation with community partners to discuss mental health resources and de-stigmatizing society's incorrect notions on what mental health is.

(FREE) COMMUNITY CONNECTIONS

2024 SPRING MARKET — Wing Luke
Museum

About Us — Wing Luke Museum(free admission a Seattle Library pass) with a Seattle library cardThe Wing Luke Museum is an art and history museum in Seattle, Washington, United States, which focuses on the culture, art and history of Asian Americans, Native Hawaiians, and Pacific Islanders. It is located in Seattle's Chinatown-International District. Established in 1967, the museum is a Smithsonian Institution affiliate and the only pan-Asian Pacific American community-based museum in the United States.

Guma' Gela': Part Land, Part Sea, All Ancestry Exhibit — Wing Luke
Museum

Asian Pacific Islander Heritage Month Celebration (seattlecenter.com)

Have You Eaten: An AAPI Exhibit

Support for AA & NH/PI Communities in Seattle | Visit Seattle

Resources to Support Asian, Asian American and Pacific Islander
Communities | United Way of King County (uwkc.org)

The Smithsonian Asian Pacific American Center is a migratory museum that brings history, art and culture to you through innovative community-focused experiences. Emerging Storytellers - Our Stories (si.edu).

Bravespace - Smithsonian Asian Pacific American Center; ; compilation of original songs, sounds, and meditations created by Asian American Women and non-binary artists and musicians. Smithsonian Asian Pacific American Center