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3-29-2021

## UMaine Office for Diversity and Inclusion Women's History Month Wrap-Up and Welcome Spring! Email

University of Maine Office for Diversity and Inclusion

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Matthew Revitt <[matthew.revitt@maine.edu](mailto:matthew.revitt@maine.edu)>

## Women's History Month Wrap-Up and Welcome Spring!

1 message

UMaine Office for Diversity and Inclusion <[robert.jackson@maine.edu](mailto:robert.jackson@maine.edu)>  
Reply-To: UMaine Office for Diversity and Inclusion <[robert.jackson@maine.edu](mailto:robert.jackson@maine.edu)>  
To: [matthew.revitt@maine.edu](mailto:matthew.revitt@maine.edu)

Mon, Mar 29, 2021 at 3:47 PM



There's really no such thing as a slow day when it comes to diversity/equity/inclusion work, but this week feels like the confluence of several important events and conversations in our world.

-Today marks the first day of the trial of Derek Chauvin, the former Minneapolis police officer charged with murdering George Floyd in an act that outraged millions and sparked a new wave of protests over the treatment of Black Americans at the hands of law enforcement and a renewed energy behind the Black Lives Matter movement.

-This week marks Pesach for our Jewish friends and neighbors. Pesach, or Passover as it is known in English, commemorates the Hebrews' liberation from slavery in Egypt and the "passing over" of the forces of destruction, or the sparing of the firstborn of the Israelites, when the Lord "smote the land of Egypt" on the eve of the Exodus. Passover begins with the 15th and ends with the 21st (or, outside of Israel and among Reform Jews, the 22nd) day of the month of Nisan (March or April). On these seven (or eight) days, all leaven, whether in bread or other mixture, is prohibited, and only unleavened bread, called matzo, may be eaten. The matzo symbolizes both the Hebrews' suffering while in bondage and the haste with which they left Egypt in the course of the Exodus. Passover is also sometimes called the Festival of Unleavened Bread. Passover is celebrated from Sunday, March 28 to Sunday, April 4 in 2021.

-On Friday, March 26th, Tennessee became the third state this month to enact measures to prevent transgender girls from participating in girls' sports. The bill requires students to prove their sex assigned at birth in order to participate in middle and high school sports. Similar efforts have been enacted in Arkansas and Mississippi this month. This year, dozens of bills have been introduced in state legislatures that would erode or limit trans girls' ability to participate in girls' sports in middle and/or high school. There were just 2 introduced in all of 2019.

-America continues to struggle with the effects of white supremacy on the way we talk about the 6 Asian-American women killed in Atlanta on March 16th. The [model minority myth](#), the [perpetual foreigner stereotype](#), and rising stereotypes and conspiracy theories about COVID-19 and its origins all prevent us from seeing our Asian and Asian-American neighbors authentically. [Hollaback is offering several trainings](#) this week to help folks learn to be better bystanders and to recognize and intervene when they witness anti-Asian harassment and discrimination themselves. We encourage you to join us in signing up for these sessions when you are able.

-These final days of Women's History Month 2021 allow us to reflect on the work still ahead of us in achieving true and lasting economic, political, and social justice for women. [Equal pay](#), reproductive justice, and trans rights are all battles that will continue on beyond March 31st, and we hope you will join us in committing to these efforts even after it is no longer WHM.

As always, we must continue to show up not just for our own communities, but for all those who continue to be pushed to the fringes and oppressed by the systems of white supremacy, patriarchy, and heteronormativity. The work doesn't stop when we ourselves are liberated, but when every last one of us is. As always, the Office for Diversity and Inclusion is here to help inform and guide your efforts to dismantle and replace the harmful systems and policies that maintain generational and institutional inequality wherever you work and live.

All the best,

Rob Jackson  
Office for Diversity and Inclusion

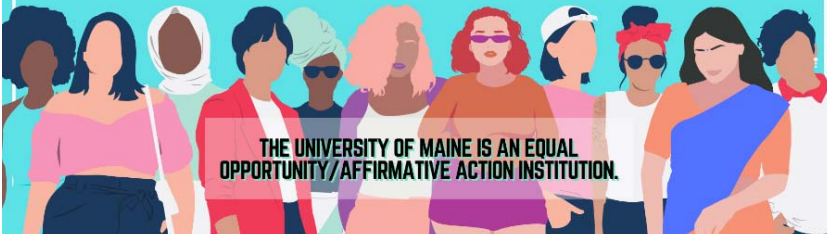
robert.jackson@maine.edu

# WOMEN'S HISTORY MONTH 2021

LINKS FOR ALL EVENTS CAN BE FOUND AT [BIT.LY/WHMUMAINE](https://bit.ly/WHMUMAINE)

**THE UNIVERSITY OF MAINE**  
Student Life  
*Office for Diversity and Inclusion*

<b>THURSDAY, MARCH 11TH</b> <b>1:30-2:30 PM</b> LGBTQ+ Women in Music Zoom with Liz! Hosted by the Rainbow Resource Center	<b>WEEK OF MARCH 22-26TH</b> <b>1:30-2:30 PM</b> Empowering Women Empower Women! Stop by the RRC (224 Mem. Union) anytime to write affirmations for women you admire!
<b>TUESDAY, MARCH 16TH</b> <b>7:00 PM</b> Trivia Night Hosted by the Intersectional Feminist Resource Center	<b>FRIDAY, MARCH 26TH</b> <b>4:00 PM</b> Cuisine Culture from Home Hosted by the Multicultural Student Center & Int'l Student Association
<b>THURSDAY, MARCH 18TH</b> <b>8:00 PM</b> 'The Death and Life of Marsha P. Johnson' Watch Party Hosted by the Rainbow Resource Center	<b>TUESDAY, MARCH 30TH</b> <b>2:30 PM</b> Women's Health and Safety: What You Should Know Before You Graduate Hosted by the Multicultural Student Center



THE UNIVERSITY OF MAINE IS AN EQUAL  
OPPORTUNITY/AFFIRMATIVE ACTION INSTITUTION.

## Resources to Do the Work

For those seeking to better understand and take action regarding the experiences and struggles of Asian and Asian-American folks, we encourage you to start with the resources listed below. They are largely created and/or organized by members of the community themselves, and can be a great starting point in understanding what the AAPI community needs from us as we seek to dismantle the systems that operate against them.

We ask that you make the time to review some of these articles and stories. It is not easy work to push back against oppression, racism and white supremacy, but we firmly believe it is work worth doing.

[Hate Is A Virus Community Action Fund](#)

[Hollaback! Bystander Intervention Training](#)

[Asian Americans Advancing Justice Hate Crime/Incident Tracker](#)

[Coronavirus: Countering Biased Responses from the Morningside Center for Teaching Social Responsibility](#)

<https://anti-asianviolenceresources.carrd.co>

**Book Recommendations (from [Hate Is A Virus](#))**

*Minor Feelings* by Cathy Park Hong

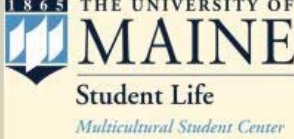
*America Is In The Heart* by Carlos Bulosan

*No-No Boy* by John Okada

*Freedom Dreams* by Robin D.G. Kelley

*Asian Settler Colonialism* by Candace Fujikane

*The Making of Asian America* by Erika Lee



*Solidarity  
Meeting*

*A safe space to find solidarity!  
A place to share and support each other  
as students of color at Umaine*

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**10 SPOTS AVAILABLE FOR EACH  
MEETING  
IF INTERESTED DONT HESITATE TO  
EMAIL  
[Antonio.Rocha@maine.edu](mailto:Antonio.Rocha@maine.edu)**

Meetings will be held bi-weekly on  
Wednesdays at 2pm from February 10th

Students need to be physically in the US to attend.  
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action institution



**NO  
MAN'S  
LAND™**  
FILM FESTIVAL



## An All-Woman Adventure Film Festival

**FREE SHOWING\***  
**April 9, 2021**  
**Outdoors on the Mall**  
**At The University of Maine**

**Seating begins at 6:30 p.m.**  
**Show starts at 7:30 p.m.**

\*Free showing, optional \$5 donation.

*All donations go to the UMaine  
Recreation and Sports Diversity  
and Inclusion Fund*



Scan here to donate

**WHAT TO BRING**

- Maine Card
- Blanket(s)
- Chair
- Clothing Layers



**WOMEN'S CLIMBING DAY**

Open to Female identifying  
individuals and allies

Come to Maine Bound from  
10:00 a.m. - 12:00 p.m.

**April 10, 2021**

- Lawn Games
- Bonfire



umaine.edu/mainebound | facebook.com/mainebound | (207) 581-1794  
5795 Maine Bound Adventure Center | 46 Sebago Road, UMaine, Orono, 04469  
The University of Maine (name of campus) is an equal opportunity/affirmative action institution.

BEGINS APRIL 5, 2021

# EXHIBITION

TOGETHER IN DIVERSITY

What does demonstrating equity in a diverse  
world look like to you?



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# SUBMISSION GUIDE

## APPLY

Sign up at the link below, there you will specify your art form. Please only submit your own work under your name.

Whichever form you choose please submit a printable version to us.  
Poems, painting, comics, etc.

## DEADLINE

April 8th is the deadline!

We will announce the top 3 community favorites and post them onto our Bulletin Board.

## POSTINGS

Your art will be posted on our social medias with your provided description along with any tag information.

Follow us here: @UmaineMSC



1865 THE UNIVERSITY OF  
**MAINE**  
Student Life  
*Office for Diversity and Inclusion*

# REGISTER NOW

Questions? Contact  
Daijah.Wesson@maine.edu



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[Women in the U.S. who work full-time, year-round are typically paid only 82 cents](#) for every dollar paid to their male counterparts. This gap in earnings translates into \$10,157 less per year in median earnings, leaving women and their families shortchanged. Although enforcement of the Equal Pay Act and civil rights laws, as well as other progress for women, including increased access to reproductive health care, have helped narrow the gender wage gap over time, addressing the significant pay disparities that remain is critical for the economic security of women and their families.



Our neighbors and elected leaders on Orono town council are seeking input on the best ways to implement policy and

structural change to allow for the town to address inequity within town policy and procedure. Our neighbors in Bangor have recently assembled an advisory committee, and town leadership here in Orono would like input on what kind of group or committee might be most helpful in providing feedback and insight from a diversity, equity, and inclusion perspective here in Orono.

If you would like to be part of this conversation (all members of the Orono/University community are welcome, including students, staff, and faculty), please reach out to council member Meg Gardner ([mgardner@orono.org](mailto:mgardner@orono.org)) or Staff Associate for Diversity and Inclusion Rob Jackson ([robert.jackson@maine.edu](mailto:robert.jackson@maine.edu)) to be included. We welcome all voices with suggestions and input, but want to be particularly mindful to engage with marginalized folks specifically, including BIPOC, immigrants/new Mainers, LGBTQ+ folks, and our neighbors with disabilities.

By taking part in these conversations, you are not bound to any kind of ongoing commitment to this work, and you are free to engage as much or as little as your energy, interest, and comfort will allow. Please feel free to share this call for input with other members of the broader Orono community who may be interested as well!



## THE 5 D'S OF BYSTANDER INTERVENTION

The Five D's are different methods you can use to support someone who's being harassed, emphasize that harassment is not okay, and demonstrate to people in your life that they too have the power to make the community safer.

Click the image above or [this link](#) to download a free bystander guide from Hollaback. Each day for five days, you'll receive a new tactic in your e-mail inbox.

**#STOP  
ASIAN  
HATE**



Honors College Student Ambassadors

# IT'S PERSONAL




**HELP DONATE TO THOSE IN NEED!  
SUPPORT THE BLACK BEAR EXCHANGE!**

**COMPETITION STARTS IN MARCH**

COLLECTING PERSONAL CARE ITEMS SUCH AS...  
Shampoo, Conditioner, Deodorant, Soap, Toothpaste,  
Floss, Lotion, Feminine Hygiene Products, and more

**FOR MORE INFORMATION EMAIL [bailey.west@maine.edu](mailto:bailey.west@maine.edu)  
OR [kathleen.tims@maine.edu](mailto:kathleen.tims@maine.edu)**

Made with PosterMyWall.com

 THE UNIVERSITY OF  
**MAINE**  
Student Life  
*Multicultural Student Center*


**Not sure what you need to know  
for your 20+ ?**

***Women's  
Health and safety***


*Things you should know before  
you graduate*

**Tuesday, March 30th @  
2:30pm  
via Zoom!**

**Zoom Link:**

  
*SCAN ME*

**Zoom Link:**  
[https://maine.zoom.us/j/87921341116?  
pwd=VjVWRUpbTnZsTVczT3puNTFUcz  
NRUT09](https://maine.zoom.us/j/87921341116?pwd=VjVWRUpbTnZsTVczT3puNTFUczNRUT09)



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action institution

# BLACK STUDENT UNION

EVERY  
THURSDAY  
5PM EST



**THE UNIVERSITY OF MAINE**  
Student Life  
Multicultural Student Center

# DIVERSITY WEEK 2021

**BEGINS APRIL 5, 2021**

EXHIBITION TOGETHER IN DIVERSITY

**SUBMISSION GUIDE**

**APPLY**  
Sign up at the link below, there you will specify your art form. Please only submit your own work under your name.

Whichever form you choose please submit a printable version to us: poems, painting, comics, etc.

**DEADLINE**  
April 8th is the deadline!  
We will announce the top 3 community favorites and post them onto our Bulletin Board.

**POSTINGS**  
Your art will be posted on our social medias with your provided description along with any tag information.  
Follow us here: @UmaineMSC

**REGISTER NOW**

Questions? Contact  
paula.watson@maine.edu

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**NO MAN'S LAND FILM FESTIVAL**  
FRIDAY, APRIL 9TH  
6:30PM- SEATING  
BEGINS 7:30PM  
- FILMS BEGIN

Join the IFRC and Maine Bound in viewing adventure films centering women's experiences in sports and the outdoors.

**"The University of Maine is an equal opportunity/affirmative action institution"**

The Asian Student Association is seeking new members! Our current meeting time is **every other week Fridays at 6pm-7pm** and we meet via Zoom. Check out some of the fun things we've been doing and reach out to our leaders Kelly and Anna at [gianyi.xiao@maine.edu](mailto:gianyi.xiao@maine.edu), or [anna.bishop@maine.edu](mailto:anna.bishop@maine.edu) for more information or if you'd like the Zoom link for our meetings!

#### Follow Us:

Facebook: <https://www.facebook.com/UMaineASA/>

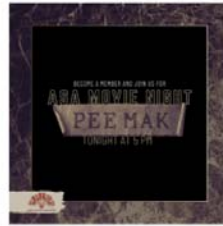
Website: <https://umaine.edu/shac/asian-student-association/>

Instagram: @asa\_umaine



## This year we have...

- Hosted Asian Movie Nights
- Played online games together (Among Us, scribbly, kahoot, Scattergories)
- Provided our members with Asian snacks delivered based on COVID guidelines
- Regularly scheduled zoom general member meetings



The University of Maine presents a new online mental health tool for all students:

## SILVERCLOUD



A new online mental health tool is now available for the well-being of the UMaine community, free of charge. SilverCloud is an online platform that is available to all University of Maine System students at no cost. It offers self-guided programs for anxiety, depression, stress, and resilience. Based on cognitive behavioral therapy principles, the self-guided program is available anytime, on any device.

Aimed at providing treatment for mild or moderate issues, SilverCloud allows individuals to confidentially manage symptoms using the program's interactive content and skill-building tools. The website provides an overview of options and a brief quiz to help you find the right program for you to get started. Once you've selected a program, you can explore more topics on the sign-up page.

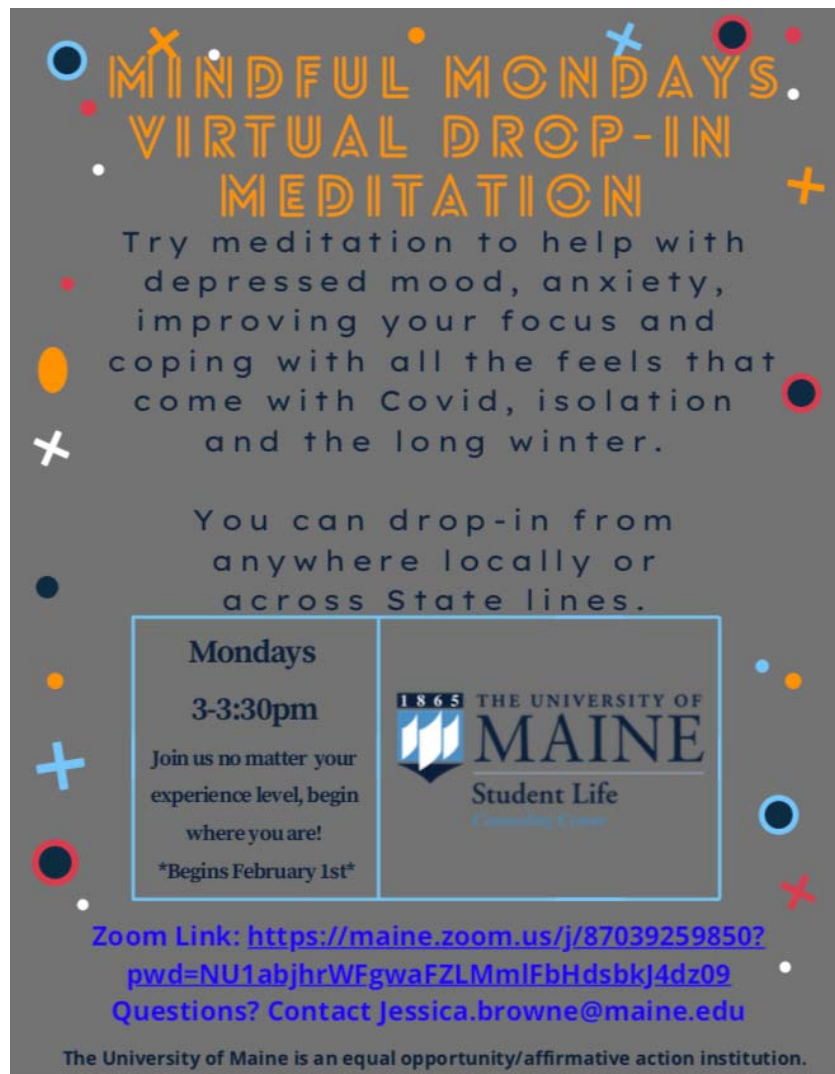
Please note, this tool is not meant to replicate individual therapy, rather it is designed to be a self-help tool to assist you in learning more about managing your mental health. If you are interested in therapy services, please contact the Counseling Center at 207-581-1392. Remember to take care of yourself and your mental health!

For more information, read about Silvercloud on the Counseling Center's website:  
<https://umaine.edu/counseling/silvercloud-sign-up/>

To get started, sign up here: <https://umainesystem.silvercloudhealth.com/signup/>








**MINDFUL MONDAYS**  
**VIRTUAL DROP-IN**  
**MEDITATION**

Try meditation to help with  
depressed mood, anxiety,  
improving your focus and  
coping with all the feels that  
come with Covid, isolation  
and the long winter.

You can drop-in from  
anywhere locally or  
across State lines.

<b>Mondays</b> <b>3-3:30pm</b> Join us no matter your experience level, begin where you are! *Begins February 1st*	 <b>THE UNIVERSITY OF MAINE</b> Student Life Counseling Center
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Zoom Link: <https://maine.zoom.us/j/87039259850?pwd=NU1abjhrWFgwaFZLMmIFbHdsbkj4dz09>  
Questions? Contact [Jessica.browne@maine.edu](mailto:Jessica.browne@maine.edu)

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