

The University of Maine

DigitalCommons@UMaine

Social Justice: Diversity, Equity, & Inclusion

Special Collections

3-22-2021

UMaine Office for Diversity and Inclusion Stop AAPI Hate. Reject White Supremacy Email

University of Maine Office for Diversity and Inclusion

Follow this and additional works at: https://digitalcommons.library.umaine.edu/social_justice



Part of the [Higher Education Commons](#), [Race and Ethnicity Commons](#), and the [United States History Commons](#)

Repository Citation

University of Maine Office for Diversity and Inclusion, "UMaine Office for Diversity and Inclusion Stop AAPI Hate. Reject White Supremacy Email" (2021). *Social Justice: Diversity, Equity, & Inclusion*. 228.
https://digitalcommons.library.umaine.edu/social_justice/228

This Newsletter is brought to you for free and open access by DigitalCommons@UMaine. It has been accepted for inclusion in Social Justice: Diversity, Equity, & Inclusion by an authorized administrator of DigitalCommons@UMaine. For more information, please contact um.library.technical.services@maine.edu.



Matthew Revitt <matthew.revitt@maine.edu>

Stop AAPI Hate. Reject White Supremacy.

1 message

UMaine Office for Diversity and Inclusion <robert.jackson@maine.edu>

Mon, Mar 22, 2021 at 3:38 PM

Reply-To: UMaine Office for Diversity and Inclusion <robert.jackson@maine.edu>

To: matthew.revitt@maine.edu



As some of you may know, a recent string of attacks on Asian-owned spas in Atlanta left 8 people dead, including 6 Asian women. The perpetrator is in custody, but this is just one in a long string of violent and discriminatory acts leveled against Asian folks in America, the frequency and violence of which has risen dramatically in the last year since COVID-19 first took hold.

This week, our newsletter highlights the experiences and stories of Asian and Asian American folks who have long suffered at the hands of white supremacy and racism. We join countless others around the world in shining a light on the systemic, methodical barriers placed before AAPI folks and commit to the hard work of tearing them down. We have included several resources designed to help white folks understand how they can use their privilege to protect and uplift our Asian and Asian-American neighbors and colleagues. We also seek to create space to mourn those lost to violence. Learn their names, say their names, and honor their memory by joining us in fighting white supremacy everywhere it exists.

Daoyou Feng, 44
Delaina Ashley Yaun, 33
Elcias R Hernandez-Ortiz, 30
Hyun Jung Grant, 51
Paul Andre Michels, 54
Soon Chung Park, 74
Suncha Kim, 69
Xiaojie Tan, 49
Yong Ae Yue, 63

As always, the Office for Diversity and Inclusion is here to support marginalized folks in the UMaine community. Please don't hesitate to reach out (robert.jackson@maine.edu or anila.karunakar@maine.edu) if we can be helpful in any way.

We see you. We stand with you. You belong here.



WOMEN'S HISTORY MONTH 2021

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



THURSDAY, MARCH 11TH
1:30-2:30 PM

LGBTQ+ Women in Music
Zoom with Liz!
Hosted by the
Rainbow Resource Center

WEEK OF MARCH 22-26TH
1:30-2:30 PM

Empowering Women
Empower Women!
Stop by the RRC
(224 Mem. Union) anytime to write
affirmations for women you admire!

TUESDAY, MARCH 16TH
7:00 PM

Trivia Night
Hosted by the Intersectional
Feminist Resource Center

FRIDAY, MARCH 26TH
4:00 PM

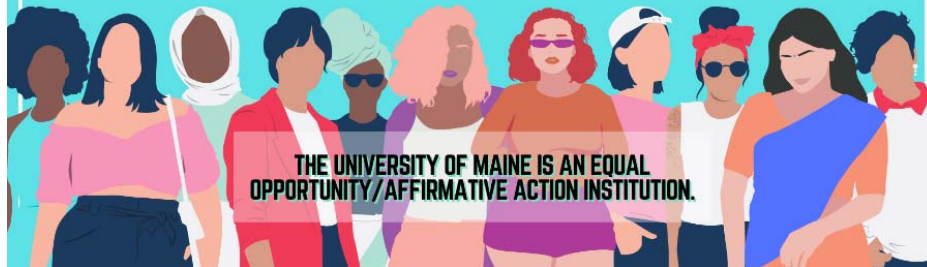
Cuisine Culture from Home
Hosted by the
Multicultural Student Center
& Int'l Student Association

THURSDAY, MARCH 18TH
8:00 PM

'The Death and Life of Marsha
P. Johnson' Watch Party
Hosted by the
Rainbow Resource Center

TUESDAY, MARCH 30TH
2:30 PM

Women's Health and Safety: What
You Should Know Before You Graduate
Hosted by the
Multicultural Student Center



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*

10 SPOTS AVAILABLE FOR EACH
MEETING
IF INTERESTED DONT HESITATE TO
EMAIL

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

Bystander Intervention

to stop anti-Asian/American and xenophobic harassment



ASIAN AMERICANS
ADVANCING
JUSTICE
AAJC

hollaback!

Bystander Intervention

to stop anti-Asian/American and xenophobic harassment

Wednesday, March 24th, 6:00 PM EST

Anti-Asian/American and xenophobic harassment are on the rise across the US -- and the world. In this virtual workshop hosted on zoom, and co-sponsored by Asian Americans Advancing Justice (AAJC) and Hollaback!, we'll learn how you can intervene effectively as a bystander without ever compromising your safety.

The one-hour, interactive training will teach you Hollaback!'s 5D's of bystander intervention methodology. We'll start by talking about the types of disrespect that Asian and Asian American folks are facing right now -- from microaggressions to violence -- using a tool we call the "spectrum of disrespect." You'll learn what to look for and the positive impact that bystander intervention has on individuals and communities. We'll talk through five strategies for intervention: distract, delegate, document, delay, and direct; and how to prioritize your own safety while intervening. We'll have time at the end for practice, and you'll leave feeling more confident intervening the next time you see Anti-Asian/American harassment online or in person.

Register by clicking the image above or at [this link](#).

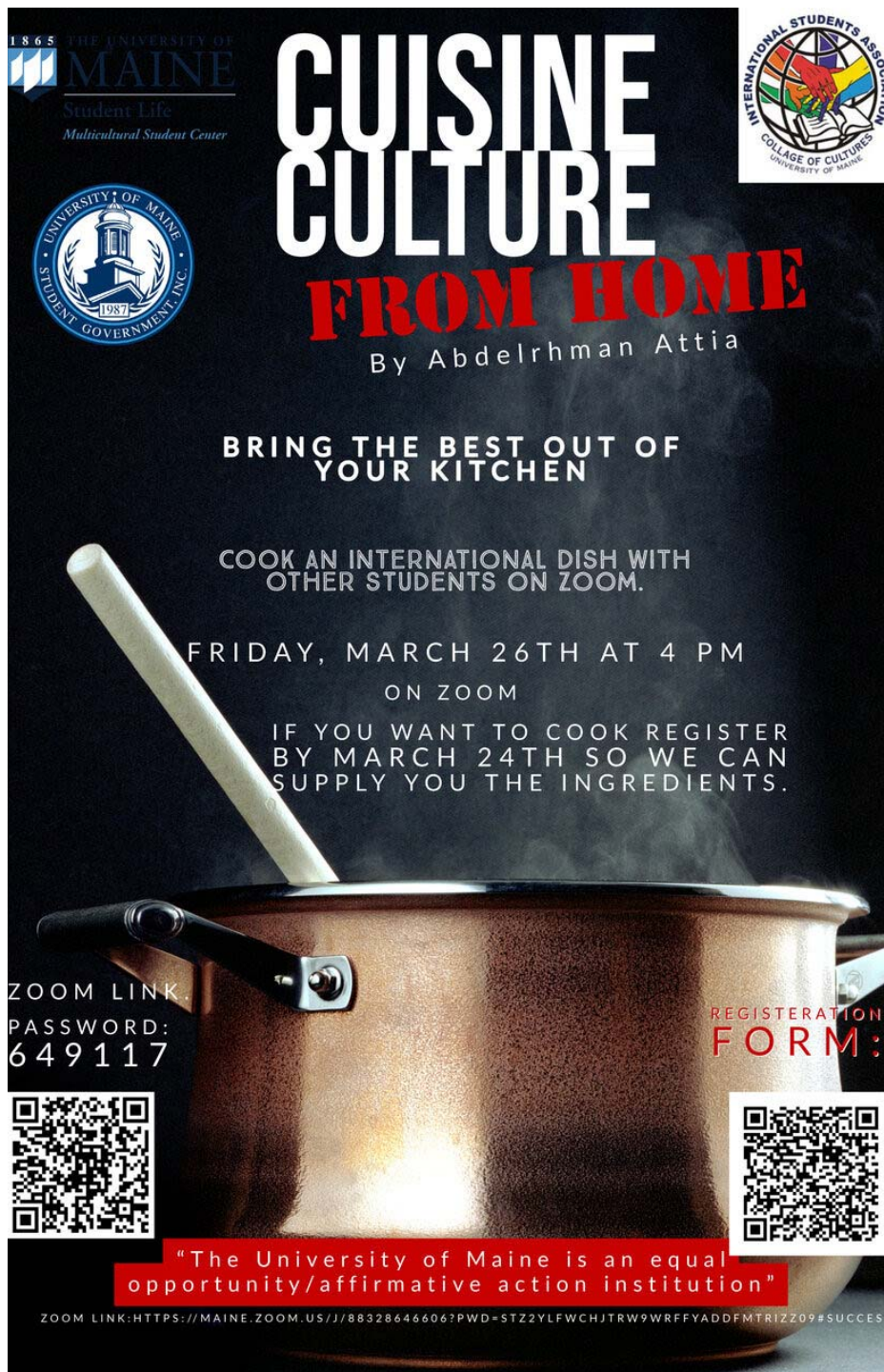
This training may not be ADA compliant.



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) or Staff Associate for Diversity and Inclusion Rob Jackson (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!



1865 THE UNIVERSITY OF MAINE
Student Life
Multicultural Student Center

CUISINE CULTURE
FROM HOME
By Abdelrhman Attia

BRING THE BEST OUT OF YOUR KITCHEN

COOK AN INTERNATIONAL DISH WITH OTHER STUDENTS ON ZOOM.

FRIDAY, MARCH 26TH AT 4 PM
ON ZOOM

IF YOU WANT TO COOK REGISTER BY MARCH 24TH SO WE CAN SUPPLY YOU THE INGREDIENTS.

ZOOM LINK:
PASSWORD:
649117

REGISTRATION FORM:



“The University of Maine is an equal opportunity/affirmative action institution”

ZOOM LINK: <https://maine.zoom.us/j/88328646606?pwd=STZ2YlFWCHJTRW9WRFFYADDfMTRlZD09#success>

1865 THE UNIVERSITY OF MAINE
Student Life
Multicultural Student Center

UNIVERSITY OF MAINE
STUDENT GOVERNMENT INC.
1987

INTERNATIONAL STUDENTS ASSOCIATION
COLLEGE OF CULTURES
UNIVERSITY OF MAINE



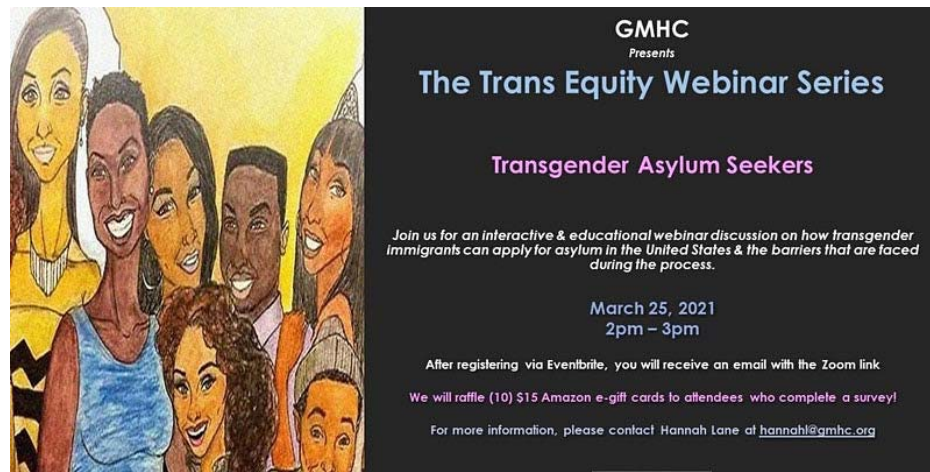


THE 5 D'S OF BYSTANDER INTERVENTION

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



Join [GMHC](#) for an [interactive & educational webinar discussion](#) on how transgender immigrants can apply for asylum in the United States & the barriers that are faced during the process.



"I Am Asian American" and the I Am Asian American Toolkit

The umbrella term 'Asian-American' often hides the great diversity of historical contexts, cultures and current-day issues faced by different peoples within its scope. Educators can help challenge the stereotype that all Asian peoples have the same language, culture or history by reflecting on their own assumptions and knowledge gaps and by including a variety of Asian-American voices throughout their curricula.

A free resource provided by Learning for Justice that can be accessed by clicking the map above or at [this link](#).

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
OR kathleen.tims@maine.edu**

Made with PosterMyWall.com

 THE UNIVERSITY OF
MAINE
Student Life
Multicultural Students 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:



Zoom Link:
[https://maine.zoom.us/j/87921341116?
pwd=VjVWRUpbTnZsTVczT3puNTFUcz
NRUTo9](https://maine.zoom.us/j/87921341116?pwd=VjVWRUpbTnZsTVczT3puNTFUczNRUTo9)

SCAN ME

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



BLACK STUDENT UNION

EVERY
THURSDAY
5PM EST



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 qianyixiao@maine.edu, or anna.bishop@maine.edu for more information or if you'd like the Zoom link for our meetings!

Follow Us:

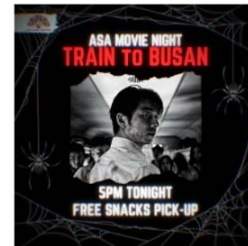
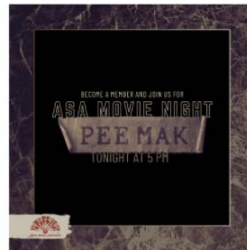
Facebook: <https://www.facebook.com/UMaineASA/>

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



Read [this article](#) from NBC News on the 'model minority' myth and how it has been used to silence and oppress Asian voices in the United States.

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.

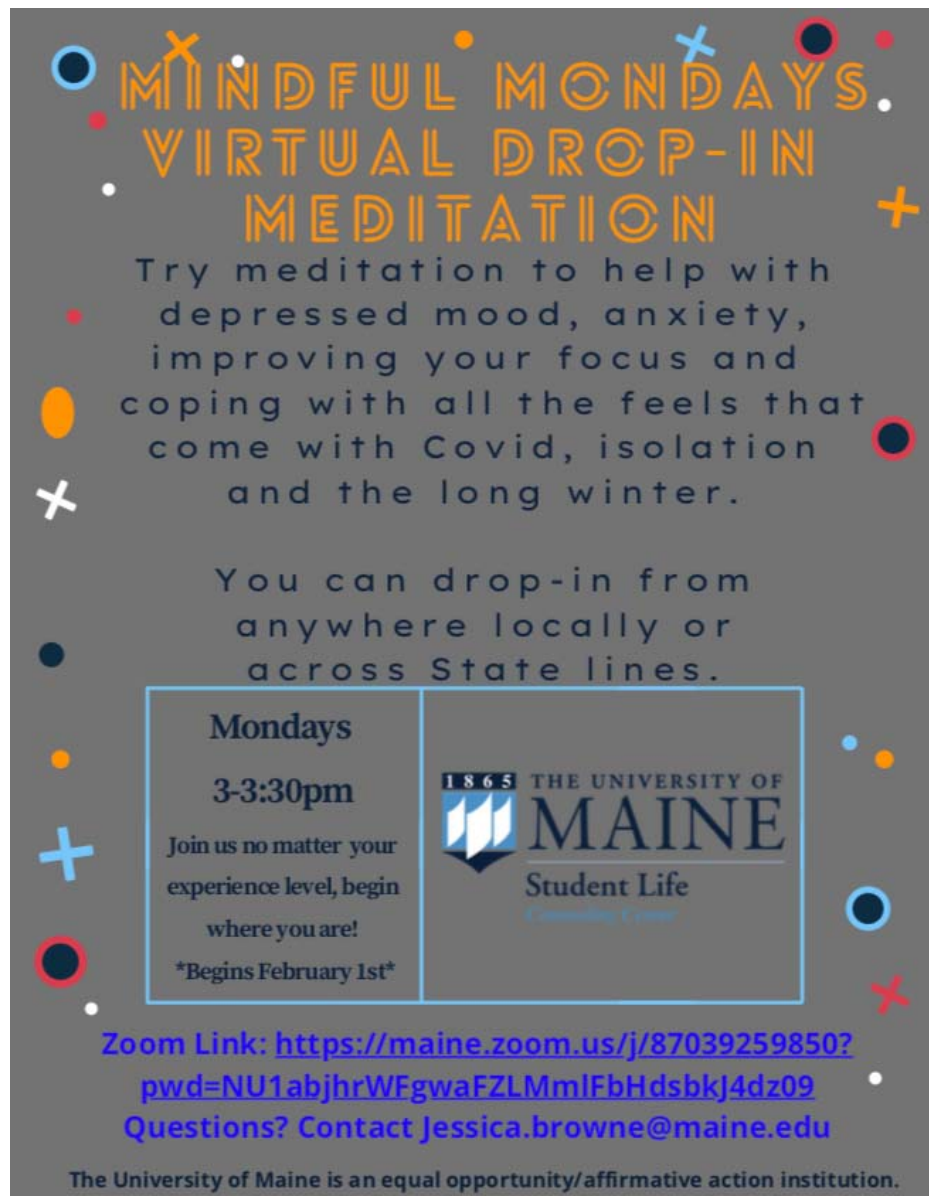
Aimed at providing treatment for mild or moderate issues, SilverCloud allows individuals to confidentially manage symptoms using the program's interactive content and skill-building tools. The website provides an overview of options and a brief quiz to help you find the right program for you to get started. 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/>






A poster for 'Mindful Mondays Virtual Drop-In Meditation'. The title is in large, orange, hand-drawn letters. Below it, a paragraph in dark blue text describes the benefits of meditation. A central box contains the schedule and the University of Maine Student Life logo. At the bottom, a Zoom link and contact information are provided. The entire poster is decorated with various colorful geometric shapes like circles, squares, and crosses.

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.

<p>Mondays</p> <p>3-3:30pm</p> <p>Join us no matter your experience level, begin where you are!</p> <p><i>*Begins February 1st*</i></p>	 <p>1865 THE UNIVERSITY OF MAINE Student Life <i>Counseling Center</i></p>
---	--

Zoom Link: <https://maine.zoom.us/j/87039259850?pwd=NU1abjhrWFgwaFZLMmlFbHdsbkJ4dz09>
Questions? Contact Jessica.browne@maine.edu

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

This email was sent to matthew.revitt@maine.edu

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

UMaine Multicultural Student Life · 5748 Memorial Union, 3rd Floor, Room 312 · Orono, Me 04469 · USA

