Welcome Back! We've Missed you.

1 message

UMaine Office for Diversity and Inclusion <Anila.karunakar@maine.edu>
Reply-To: UMaine Office for Diversity and Inclusion <Anila.karunakar@maine.edu>
To: matthew.revitt@maine.edu

University of Maine System Mail - Welcome Back! We've Missed you.
https://mail.google.com/mail/u/0/?ik=483c7a7ff8&view=pt&search=al...
It's been a very long summer and I have missed y'all dearly. The summer was long, hot and so hard to endure without any students around to keep me motivated and grounded. Now that you are all back, I am looking forward to discuss, engage, dialogue, program, plan for all the topics, issues, and passions you are interested in pursuing. We are in the process of interviewing students for ODI (Office for Diversity and Inclusion). We are looking for motivated folx who want to empower and serve UMaine. Reach out to me if you are interested in interviewing to be an ODI Lead.

As you start your semester what is something you are excited about for this semester? What would you like to see ODI doing? How would you like to partner with ODI this year? There are a myriad of ways to get involved with ODI and I look forward to exploring them with you. Until then, I leave you with some ways you can partner with the work that ODI staff and students organizations are starting to do.

All the best as you start off this year. May it be the best one yet!

Sincerely,

Anila Karunakar (She, her, hers)
Michelle Obama's Best Advice For Students

How To Succeed In Life

ODI Week of Welcome
Find us around campus this week!

ODI Open House:
Monday, 8/29,
11am-1pm

Union Fest:
Tuesday, 8/30, 11am-2pm,
Memorial Union 224, 227, and 312

Student Involvement Fair:
Wednesday, 8/31, 10am-2pm, the Mall
Safe Zone Training

Fall 2022 Registration

Facilitated by the Office for Diversity and Inclusion

9/1: 1-3pm via Zoom
9/22: 6-8pm via Zoom
9/30: 10am-12pm or
10/18: 12-2pm
in the Totman Room
(Memorial Union 233)

Free for faculty, staff, and students!

*Register using the QR code
The University of Maine is an equal opportunity/affirmative action institution.

DEI WORKSHOPS

INTRO TO DEI

2-hour training exploring the basic definitions of diversity, equity and inclusion. The facilitator will help group explore diverse identities and what they mean to us.

SAFE ZONE

2-hour training that helps folks learn the meaning of various terms, identities, and concepts in relation to sex, gender, sexual orientation, romantic orientation, and gender identity expression.

MICROAGGRESSIONS, BIAS, AND THE TEACHABLE MOMENT

1.5-hour training on when and how to respond to microaggressions in personal and professional spaces.

TRANSFORMING SELF FOR RACIAL EQUITY

2-hour guided discussion to engage in conversations around race in America. Training will explore implicit bias, microaggressions and its impacts on our communities.

REGISTER YOUR STAFF, COMMITTEE, OR STUDENT ORGANIZATION FOR A TRAINING THIS YEAR!

TO SCHEDULE, CONTACT KATHERINE.MCCARTHY@MAINE.EDU
ODI Lunch & Learn Series

'Sir,' 'ma'am,' and um...

Is there such a thing as an inclusive traditionalist?
Join our conversation!

Wednesday, September 7th
12pm
Multicultural Student Center
Memorial Union 312

Lunch on us!

The University of Maine is an equal opportunity/affimative action institution.
DIY earrings, bracelets, and necklaces

JEWELRY JOY

Make some pronoun/pride jewelry with us!

Friday, Sept. 9th
2 pm-4 pm
Rainbow Resource Center
(224 Memorial Union)

Make some funky earrings!!

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UMaine Multicultural Student Life · 5748 Memorial Union, 3rd Floor, Room 312 · Orono, Me 04469 · USA
University of Maine System Mail - Welcome Back! We've Missed you.

https://mail.google.com/mail/u/0/?ik=483c7a7ff8&view=pt&search=al...
Happy Hispanic and Latine Heritage Month!  
Stay tuned as we work create opportunities for you to celebrate people with music, dance and food!

A lot that has happened over this last week in the world and in our country that I would like to discuss. We have a series of training that we conduct through our office. During all of these training we go over a few group norms I humbly ask folx to buy into. One of these guiding principles is the concept of "both and" thinking. This is a process where we give ourselves permission to hold space
for different thoughts that, for some, might oppose or even contradict each other. It is mostly a way to open ourselves to realize that there could be other experiences other than the ones we have experienced. It is not about establishing a sense of who or what is right or wrong. Rather this is practice for allowing two (or more) opinions to co-exist at the same time. That two or more experiences can co-exist together. 

A horrific act of terrorism resulted in tremendous loss of life on 9/11 in the most violent of ways. I was a junior in college. In the midst of it all I remember witnessing the courage and compassion of folx who showed up for in New York for search and rescue. And I remember Sikh, Muslim and Jewish folx being attacked while walking in their neighborhoods, in spaces they hold sacred in their homes etc. Both And. Much of these sentiments and hateful acts continue to be perpetuated today to specific communities based on their religious and cultural traditions.

We all join our friends from across the sea in mourning the loss of their beloved Queen Elizabeth II. While hailing her legacy, it is hard to ignore that we are still dealing with the effects of colonialism and its subsequent oppression. Both And.

I am guilty of perpetuating harm as well. In my social justice endeavors of advocating, I know I contribute to unintentional harm of loved ones in my community. Both And. The only I am able to move forward is by listening, learning (thanks to my students and colleagues), unlearning, and doing better. I want to be better. I am able to create multidimensional pathways for equity. And ONE of the ways I am able to do this work is by practicing 'both and' thinking. I hope you would try it out.
THURSDAY, SEPT 15
8-10PM
BEARS DEN PUB

KARAOKE Night

LATINX & HISPANIC HERITAGE MONTH KICK OFF!
"Kedu! How Have You BEAN?"
Michael Odokara-Osigbo of NKENNE
September 27th, 2022 @ 5:00pm

Business, Entrepreneurship, and Networking Sessions (BEANS) are back! Join us for our first event of the semester as we welcome Michael Odokara-Osigbo to discuss how he and his team have developed NKENNE, the first African language learning app on the market. Fresh off of Greenlight Maine and Big Gig, be prepared to hear some serious tea and participate in a beta test! Students, faculty, and staff are all welcome; questions are encouraged and food will be provided.

Questions? Contact Emma Richardson (emmaline.richardson@maine.edu).

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ODI DiversiTEA Party Series

"She isn't bi, she's dating a man..."

EXPECTATIONS OF BISEXUALITY

Friday, September 30th
3-4pm
Rainbow Resource Center
Memorial Union Room 224

Tea, coffee, and light snacks on us.

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

para

Latine and Hispanic Heritage Month

Thursday, October 6th
7pm
Multicultural Student Center
Memorial Union Room 312

Popcorn provided!

The University of Maine is an equal opportunity/affirmative action institution.
TikToker @asif.tv: What is Latine?
Join Black Student Union as we celebrate with music, food, and 90s style outfits at the University of Maine!

Sept 16th from 8 PM to 10 PM in Woolley Room! $5 entry for non-members
YOU'RE INVITED TO:
Walk With the Ones You Love
Thursday, October 13th
12:15 from steps of Fogler Library

Please join us between your Thursday classes on Oct 13th
(classes end at 12:15 so join us during the break between classes before your 12:30 class)

Meet in front of Fogler Library – you'll see us on the steps with the rainbow flag - for the 10-minute walk around the mall with your friends. Show your support for a loving campus that embraces diversity as part of Coming Out Week.

The Christian Chenard* Walk With the Ones You Love is a statewide action to promote a vision of a Maine where all people -- regardless of sexual orientation or gender identity -- should feel safe and respected to walk hand-in-hand with their significant others.

* Christian Chenard graduated from the University of Maine in 2006 with an IPhD in Nursing. Sadly, he passed away the following year after his battle with pancreatic cancer. He had worked as a nurse practitioner with the City of Portland Public Health Positive Healthcare Program, providing primary healthcare and HIV specialty care to persons living with HIV/AIDS. The walk he co-founded in 1998 with his life partner, Elliott Cherry, was renamed in his honor in 2007.

Brought to you by
Athletes for Sexual Responsibility, Male Athletes Against Violence and the Greek Peer Educator Program

[Logos of the organizations]
Join Black Student Union
TUESDAYS 6-7 PM
Celebrating Black heritage and culture at the University of Maine in the Memorial Union Room 312
Maine Peace Action Committee

MPAC'S FIRST FALL 2022 MEETING!

Are you interested in peace and justice activism?

- Discussions about global current events
- Developing your "activist toolkit"
- Learning the ins and outs of creating a newsletter
- Trainings and workshops

When: Monday, Sept. 12 at 4PM
Where: Totman Lounge in the Union
Bring: Yourself!

Questions? Contact Maine.peace.action@gmail.com or llaria.bardini@maine.edu
### Student Group Fall 2022

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LGBTQIA2+ Learning & Affirming Challenge

This is a 5-day challenge

This program is intended to provide a supportive space to learn, share information, and take action in order to create LGBTQIA2+-affirming learning experiences. All the resources for this challenge can be found at https://libguides.library.umaine.edu/lgbtq

We hope participants will:
• Engaging
• Learning with discomfort
• Setting expectations
• Speaking (y)our truths

Have questions about this Challenge or about any of the tasks? Don't hesitate to contact Jen Bonnet (jenbonnet@maine.edu).
Racial Justice Challenge

This is a 5-day challenge

This challenge is intended to provide a supportive space to learn, share information, and take action toward racial justice. We're glad you are joining us on this journey.

All the resources for this challenge can be found at
https://libguides.library.umaine.edu/racial-justice

Some things to remember:
• Working toward racial justice is hard, important work
• We all will make mistakes
• You may feel upset or overwhelmed
• This is long, enduring work that will go well beyond this week.

Have questions about this challenge or about any of the tasks? contact jenbonnet@maine.edu
Need Period Products?

Available for FREE in
Intersectional Feminist Resource Center.
Room 227
Memorial Union
Open 8:30AM-4:30PM
Monday-Friday

Don't ask, just take as many items as you need!

In the cabinet under coffee maker.
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UMaine Multicultural Student Life · 5748 Memorial Union, 3rd Floor, Room 312 · Orono, Me 04469 · USA
“There is so much fear and hate. We must negate it with active, courageous love.” Alexandria Ocasio-Cortez
Celebrate Bisexuality Day

September 23
Hello Friends!

We continue our celebration of Hispanic Heritage Month. This week we also celebrate Bisexuality Awareness Week September 17th - 24th. Bisexuality Awareness day is the 23rd! This issue we will explore the differences between Hispanic and Latine(x/a/o) while also finding ways to learn more about Bisexuality.

If there are ways you would like to contribute to the newsletter, please let me know. If you would like to get involved with the office for Diversity and Inclusion, please reach out to me at anila.karunakar@maine.edu.

Happy Monday, Y’all!

Anila
WHEN TO USE HISPANIC VS LATINX

“Hispanic” refers to language
Someone who hails from a Spanish-speaking country is considered Hispanic

“Latinx” refers to culture
Someone who hails from a country in Latin America is considered Latinx

HISPANIC
Spain
Argentina, Bolivia, Chile, Colombia, Costa Rica, Cuba, Dominican Republic, Ecuador, El Salvador, Guatemala, Honduras, Mexico, Nicaragua, Panama, Paraguay, Peru, Puerto Rico, Uruguay, Venezuela

LATINX
Brazil, French Guiana, Guadeloupe, Martinique, Haiti, Saint Barthélemy, Saint Martin
My identity is a superpower, not an obstacle.

Understanding Bisexuality
Business, Entrepreneurship, and Networking Sessions (BEANS) are back! Join us for our first event of the semester as we welcome Michael Odokara-Okigbo to discuss how he and his team have developed NKENNE, the first African language learning app on the market. Fresh off of Greenlight Maine and Big Gig, he’s excited to spill some serious tea and help facilitate a beta test! Students, faculty, and staff are all welcome—questions are encouraged and food will be provided.

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"She isn't bi, she's dating a man..."

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Friday, September 30th
3-4pm
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Memorial Union Room 224

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Multicultural Movie Night
para
Latine and Hispanic Heritage Month
Thursday, October 6th
7pm
Multicultural Student Center
Memorial Union Room 312
Popcorn provided!

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Join Black Student Union

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Celebrating Black heritage and culture at the University of Maine in the Memorial Union Room 312
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Multicultural Student Center
Memorial Union 312

@umaineodi

can't make it? scan this qr code to join our email list.
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UMaine Multicultural Student Life · 5748 Memorial Union, 3rd Floor, Room 312 · Orono, Me 04469 · USA
"Rosh Hashanah is about relationships. Whether between individuals and the God in whom they believe, communities and the traditions which define them, or simply between individuals, whether any God or tradition is part of their lives, it's all about sustaining relationships which sustain us and help us do the same for others."

—Rabbi Brad Hirschfield
Hello! Happy Fall! My name is Maggie Shourds, I work for the Office for Diversity and Inclusion and I’m triple majoring in English, Anthropology, and History.

Initial reactions to finding out I’m a triple major range from surprise to concern with second thoughts often worrying about my workload and wondering how I do it. And what I always try to tell people is I do it because I love it. I decided to do three majors because I couldn’t choose
between them. I also have two on campus jobs, one with ODI and the other as the Opinion Editor for Maine Campus Media. I love both of these jobs as well. As corny as it sounds, when you love what you’re doing, it doesn’t always feel like work. There will still be hard days or weeks where it feels like the homework never ends. There will still be people coming at you with negativity saying that it’s a bad idea or concerned that I’m not sleeping or have no spare time to do anything outside of schoolwork. I do in fact get enough sleep and I also spend quite a bit of time with friends each week, especially on the weekend. This isn’t to say that everyone should be a triple major, but it was definitely the right decision for me. Having a heavy course load and being busy is fun for me. Studying three subjects that all fit together is fun for me. Working at two jobs I love is fun for me. If you love something, you make time for it. There are weeks where I have such a heavy load that I don’t know how I get it done, but I do. And I honestly couldn’t imagine going to school without studying all three interests and spending time with all the wonderful people I’ve met through both of my jobs. Yes, it’s a lot of work, but I’m out here to have fun, and this is my kind of fun despite how wild it looks from the outside.

Now onto what’s going on this week! This Saturday is the first day of October and Spooky Season! It’s still Hispanic Heritage Month and October is also the first day of Q+ History Month and Filipino History Month. Hope to see you around at our programs this week!
Let the celebrations for Hispanic Heritage Month continue by trying out this delicious dish. All you need to recreate this deliciousness is half white onion, half red pepper,
cilantro, day old rice, and literal magic in a bottle called Lizano Salsa Sauce (or a teaspoon of some cumin power will do too). Special thanks to Beth Jackson from Maine Bound who first introduced this dish to me. Gracias.

BEANS
Business, Entrepreneurship, and Networking Sessions

"Kedu! How Have You BEAN?"
Michael Odokara-Osigbo of NKENNE
September 27th, 2022 @ 5:00pm

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Questions? Contact Emma Richardson (emmaline.richardson@maine.edu).

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EVENTS FOR
LATINE AND HISPANIC HERITAGE MONTH

10/6
Make Papel Picado!
12-2pm, 224 in the Memorial Union

10/14
CALSA: Fiesta para Latine y Hispanic Heritage Month
12-3pm, Wade Center

10/20
Latinx Connections Social for Hispanic and Latinx-identifying students, staff and faculty
5-7pm, Union 312

10/21
Trivia Night for LHHM and Q+ History
7-9pm, Bears Den Pub, Memorial Union

Thursdays all semester!
Caribbean and Latine Student Alliance (CALSA) meetings
5-7pm, Union 312

The University of Maine is an EEO/AA institution.
Latin Dancing

Sunday 7–8 pm
at the Wilson Center
67 College Ave

Contact
wilsoncenterorono@gmail.com
with any questions

The Wilson Center
for Spiritual Exploration & Multifaith Dialogue
Kick Off Q+ History Month With ODI!

First Flag Raising of Q+ History Month!

Monday, October 3
12 PM
On the Mall!

The University of Maine is an equal opportunity/affirmative action institution.
CATCH OUR PARADE OF PRIDE FLAGS EACH DAY FROM MONDAY, OCTOBER 3RD–FRIDAY, OCTOBER 7TH. FLAGS WILL BE DISPLAYED FROM 10:00AM UNTIL 4:00 PM EACH DAY. THE RAINBOW PRIDE FLAG WILL REMAIN UP FOR THE DURATION OF THE WEEK AND THE SECOND FLAG WILL ROTATE BETWEEN 14 OTHER PRIDE AND IDENTITY FLAGS. CHECK OUT THE SCHEDULE BELOW TO FIND THE TIME YOUR FLAG WILL BE ON DISPLAY!

**Monday, 10/3**
- 12:00–2:00: Transgender Flag
- 2:00–4:00: Bisexual Flag

**Tuesday, 10/4**
- 10:00–12:00: Pansexual Flag
- 12:00–2:00: Genderqueer Flag
- 2:00–4:00: Demisexual Flag

**Wednesday, 10/5**
- 10:00–12:00: Intersex Flag
- 12:00–2:00: Asexual Flag
- 2:00–4:00: Agender Flag

**Thursday, 10/6**
- 10:00–12:00: Non-Binary Flag
- 12:00–2:00: Genderfluid Flag
- 2:00–4:00: Lesbian Flag

**Friday, 10/7**
- 10:00–12:00: Aromantic Flag
- 12:00–2:00: Penobscot Flag
- 2:00–4:00: Black Lives Matter Flag
Ballroom Dancing

Tuesdays 7-8 pm
at the Wilson Center
67 College Ave

Contact
wilsoncenterorono@gmail.com
with any questions

The Wilson Center
for Spiritual Exploration &
Multifaith Dialogue
Papel picado is a traditional Mexican decorative craft made by cutting designs into sheets of tissue paper. Common themes include birds, floral designs, and skeletons. Come learn about this form of Mexican folk art with us!

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ODI DiversiTEA Party Series

"She isn't bi, she's dating a man..."

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The Wilson Center
for Spiritual Exploration & Multifaith Dialogue

Sunday | Latin Dancing 7-8 pm

Monday | Song Circle 7-8 pm

Tuesday | Sex Ed Class 5-7 pm
         Ballroom Dancing 7-8 pm

T SUS 5-6 pm

Wednesday | Meditation 6-7 pm
           Interfaith Group 7-8 pm

Thursday | Dinner & Dialogue 6-8 pm

Do you have an idea for a program you would like to lead? Contact us!

@wilsoncenterorono

Wilson Center at UMaine
wilsoncenterorono@gmail.com | https://umaine.edu/wilsoncenter/
Multicultural Movie Night para

Latine and Hispanic Heritage Month

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WEEKLY MEDITATIONS ARE BACK!

MEDITATION GROUP

Wednesday 6-7PM
The Wilson Center
67 College Ave, Orono

THIS EVENT IS FREE, PLEASE BRING A MASK
ALL ARE WELCOME, BEGINNER AND EXPERT.

email wilsoncenterorono@gmail.com with any questions
NATIVE AMERICAN HERITAGE MONTH 2022

Planning Committee

Interested in having a say on what happens on campus this November during Native American Heritage Month this November?

Email katherine.mccarthy@maine.edu to join the planning committee. First group meeting to be scheduled the first week of October.
Need Period Products?

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(MEMORIAL
UNION 312)
6:30-8 PM

BANGOR TRANS ONLY SUPPORT GROUP

Every 2nd Tuesday at
Hammond St Congregational Church
“They want to say we are extinct. Because if you extinguish un pueblo, then there isn’t a pueblo to defend its rights to the land, political participation, economic structure, social structure, education and reparations.” – **Pluma Barbara**
Celebrating Indigenous People's Day October 10
We at ODI are collectively thinking about the family and friends of Mahsa Amini, a 22 year old Kurdish woman, who was captured and allegedly killed by the Islamic Republic of Iran’s morality police. The people of the land burst out in protests to express their anger and outrage. Across Iran and in major cities around the world, people have taken to the streets with signs that say #MahsaAminian, The Time has Come, and Freedom for Iran. An Iranian journalist named Masih Alinejad called the protests, "a women's revolution" and that Mahsa Amini's death is now seen as "a symbol of resistance against gender apartheid."

We have many friends in our community here at UMaine who are from Iran and who are of Iranian heritage. They may feel particularly vulnerable right now. Many may also have family currently in Iran. Show support by simply checking in with them and asking about their well-being. Ask if there is anything they need right to feel supported. Please refrain from approaching our Iranian community in a attempt to educate yourself about the situation. The conversation need not be about religion or politics - just checking in on them. Show Kindness.

We, at ODI, show solidarity as women around the world and in America continue to fight for having choices and access over their own bodies. We, ODI, stand with the people in Iran who are advocating for their freedoms. We stand with our Iranian students, staff and faculty as they navigate the impact their bodies have on campus and in the community. We acknowledge that it may not be positive. We hope together we are able to support their success in class, research, work, and relationships the entire time we exist as community together at UMaine.

Sincerely,
We are currently in the period of time between Rosh Hashanah (the Jewish New Year) and Yom Kippur (the holiest of holy days for Jewish folks—the day of communal and personal atonement) that centers repentance and reflection. Recently, I have been having a small internal dialogue in my head about what is accessible for me to do this Yom Kippur, which starts tomorrow, Tuesday, October 4th at sundown. Is it worth requesting off from work? Is it worth not attending my one in-person weekly night class? Is it possible to work a half-day and fast? Is it possible to attend a service in the morning then come into work in the afternoon? What if I attend services virtually? Oh, the thoughts that have gone through my head.

The cultural landscape of the United States has never given me many tools to observe the High Holidays in Judaism how I “should.” But it is not always about how I should do something. It has become what I can do. As life has gotten busier, I find that imagination and recognizing my capacity are important during the High Holidays. Existing in a society that does not value you or what you hold scared is exhausting. So, I am trying to do what feels right to me this year. This year, I am choosing to fast on Yom Kippur, but I am also choosing to attend class. To be perfectly honest, I did not fast last year, and it probably won’t be my last year of reflecting on what I should do versus what I can do. Last year, I did not take off work to fast because I had just started a new job and, at the time, I was struggling with disordered eating habits. Not fasting last...
year became a form of self care for me. I am grateful for The Torah, the people in my life and the community that reminds me that it was a mitzvah to observe how I was able to take care of myself. To all those observing, yom tov and have an easy fast.

Katherine McCarthy (She, They)
(Picture: Synagogue of Mola Hanina in Tehran, Iran)
Navratri is a Hindu Festival that celebrates the victory of Goddess Durga over the powerful demon Mahishasura. The celebration lasts over nine days as it took the Goddess Durga nine days and nights to vanquish the demon.

ODI Lunch & Learn:

RACIAL SUBCONSCIOUSNESS

THE CONFLUENCE OF PRIVILEGE AND STATUS IN THE UNITED STATES.

Wednesday, October 5th
12pm
Multicultural Student Center
Union 312

The University of Maine is an EEO/AA institution.
LEARN HOW TO MAKE PAPEL PICADO!

Thursday, October 6th
12-2pm
Rainbow Resource Center
Memorial Union 224

Papel picado is a traditional Mexican decorative craft made by cutting designs into sheets of tissue paper. Common themes include birds, floral designs, and skeletons. Come learn about this form of Mexican folk art with us!

The University of Maine is an EEO/AA institution.
BBOLD  October 15th - 16th

A weekend (overnight) full scholarship retreat for Students of Color hosted by Maine Bound and The Office of Diversity and Inclusion!

Explore your gifts and grow your leadership skills through engagement in outdoor activities

Program Application
Applications due 10/9
Title IX Student Services & Feminist Collective present...

SELF DEFENSE

CLASSES

Sunday, 10/2, 2-5 p.m.
Rec Center

Monday, 10/17, 6-9 p.m.
North Pod, Memorial Union

All genders are welcome! Pre-registration is required, as there are limited spots.

Planned with generous support from the Alton '38 and Adelaide Hamm Campus Activity Fund
"Love shouldn't hurt."
Domestic Violence Awareness Month

National Domestic Violence Hotline:
800-799-7233
or Text START to 88788

for more info on this campaign & domestic violence resources, visit:
www.loveshouldnthurto.org

UMaine Resources

Title IX - Student Services
5748 Memorial Union, Room 315 Orono, ME 04469
Phone: 207.581.1406

Counseling Center
5721 Cutler Health Center, Room 125 Orono, ME 04469
Phone: 207.581.1392

UMaine Police Department (UMPD)
81 Rangeley Rd Orono, Maine 04469
Phone: 207.581.4040
African Student Association

AFSA

FRIDAY'S
5pm-6pm
Multi Culture Center
Room 312
Memorial Union

Scan the QR code to join the email list

If you have any questions email
Theophile.nkuliyinka@umaine.edu
MasculiniTEA

Masculinity and its effects in society

Rainbow Resource Center
Memorial union room 224

Friday, October 21st
1pm-2pm

The University of Maine is an equal opportunity/affirmative action institution.
Yom Kippur begins at sundown

Tacorita break fast in room 312 of the memorial union at 7:30pm

Sukkot! We have events happening almost every day of the holiday, details TBA!

Simchat Torah begins at sundown

Meeting at 5pm in room 312 of the memorial union

Services and dinner at Congregation Beth Israel 5:30pm*

Meeting at 5pm in room 312 of the memorial union

*Details TBA
Interested in Faculty Mentorship or Support?

Meet Brianna! (she/they)

Brianna’s office hours:
Every other Thursday, beginning September 22nd, 3-5pm in the Rainbow Resource Center, 224 Memorial Union

Brianna Dym is a lecturer at the School of Computing and Information Science. She teaches introductory programming courses and supervises independent undergraduate research of all kinds. In the past, Brianna has conducted research related to the importance of privacy standards for LGBTQIA+ people exploring their identities in online communities. Brianna lives in Bangor, Maine with her wife, Bethany, and their two cats, Briar and Matilda. When not teaching, Brianna plays a lot of video games, writes creative fiction, hikes, and occasionally bakes fancy cakes.

Academic Advisor in ODI!

Alyce Lew (she/they)
from the Advising and Academic Services Center
Tuesdays from 1-1:50pm in Union 312
Fridays from 2-2:50pm in Union 224

Questions about Mainestreet, degree progress reports, or other general advising concerns. If you have questions and cannot make the drop-in hours, send them an email at alyce.lew@maine.edu
AFSA Fall Break Event

Corn Maze & Apple Picking
Treworgy Family Orchards

Tuesday
October 11
Corn Maze: $10
Visiting: Free

Meet in the Union by North Pod at 1:30 pm

To register for the event:
Please fill this form
https://forms.gle/4N9b76YP7nK6ZqgR7

Or contact us:
Theophile.Nkuliyinka
theophile.nkuliyinka@maine.edu
Parade of Flags

CATCH OUR PARADE OF PRIDE FLAGS EACH DAY FROM MONDAY, OCTOBER 3RD–FRIDAY, OCTOBER 7TH. FLAGS WILL BE DISPLAYED FROM 10:00AM UNTIL 4:00 PM EACH DAY. THE RAINBOW PRIDE FLAG WILL REMAIN UP FOR THE DURATION OF THE WEEK AND THE SECOND FLAG WILL ROTATE BETWEEN 14 OTHER PRIDE AND IDENTITY FLAGS. CHECK OUT THE SCHEDULE BELOW TO FIND THE TIME YOUR FLAG WILL BE ON DISPLAY!

**Monday, 10/3**
- 12:00–2:00: Transgender Flag
- 2:00–4:00: Bisexual Flag

**Tuesday, 10/4**
- 10:00–12:00: Pansexual Flag
- 12:00–2:00: Genderqueer Flag
- 2:00–4:00: Demisexual Flag

**Wednesday, 10/5**
- 10:00–12:00: Intersex Flag
- 12:00–2:00: Asexual Flag
- 2:00–4:00: Agender Flag

**Thursday, 10/6**
- 10:00–12:00: Non-Binary Flag
- 12:00–2:00: Genderfluid Flag
- 2:00–4:00: Lesbian Flag

**Friday, 10/7**
- 10:00–12:00: Aromantic Flag
- 12:00–2:00: Penobscot Flag
- 2:00–4:00: Black Lives Matter Flag

**10/10:** Indigenous People’s Day

**10/10-10/14:** Coming Out Week

The University of Maine is an EEO/AA institution.
Multicultural Movie Night
para
Latine and Hispanic Heritage Month
Thursday, October 6th
7pm
Multicultural Student Center
Memorial Union Room 312
Popcorn provided!

The University of Maine is an equal opportunity/affirmative action institution.
EVENTS FOR
LATINE AND HISPANIC HERITAGE MONTH

10/6
Make Papel Picado!
12-2pm, 224 in the Memorial Union

10/14
CALSA: Fiesta para Latine y Hispanic Heritage Month
12-3pm, Wade Center

10/20
Latinx Connections Social for Hispanic and Latinx-identifying students, staff and faculty
5-7pm, Union 312

10/21
Trivia Night for LHHM and Q+ History
7-9pm, Bears Den Pub, Memorial Union

Thursdays all semester!
Caribbean and Latine Student Alliance (CALSA) meetings
5-7pm, Union 312

The University of Maine is an EEO/AA institution.
The Wilson Center
for Spiritual Exploration & Multifaith Dialogue

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<thead>
<tr>
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<tbody>
<tr>
<td>Sunday</td>
<td>Latin Dancing</td>
<td>7-8 pm</td>
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<td>Monday</td>
<td>Song Circle</td>
<td>7-8 pm</td>
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<tr>
<td>Tuesday</td>
<td>Sex Ed Class</td>
<td>5-7 pm</td>
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<td>Ballroom Dancing</td>
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<td>Wednesday</td>
<td>Meditation</td>
<td>6-7 pm</td>
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<td>Interfaith Group</td>
<td>7-8 pm</td>
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<tr>
<td>Thursday</td>
<td>Dinner &amp; Dialogue</td>
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Do you have an idea for a program you would like to lead? Contact us!

@wilsoncenterorono

Wilson Center at UMaine

wilsoncenterorono@gmail.com | https://umaine.edu/wilsoncenter/
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Multicultural Student Center

Memorial Union 312

@umaineodi

https://mail.google.com/mail/u/0/?ik=483c7a7ff8&view=pt&search=al...
NATIVE AMERICAN HERITAGE MONTH 2022

Planning Committee

Interested in having a say on what happens on campus this November during Native American Heritage Month this November?

Email katherine.mccarthy@maine.edu to join the planning committee. First group meeting to be scheduled the first week of October.
DEI WORKSHOPS

INTRO TO DEI

2-hour training exploring the basic definitions of diversity, equity and inclusion. The facilitator will help group explore diverse identities and what they mean to us.

SAFE ZONE

2-hour training that helps folks learn the meaning of various terms, identities, and concepts in relation to sex, gender, sexual orientation, romantic orientation, and gender identity expression.

MICROAGGRESSIONS, BIAS, AND THE TEACHABLE MOMENT

1.5-hour training on when and how to respond to microaggressions in personal and professional spaces.

TRANSFORMING SELF FOR RACIAL EQUITY

2-hour guided discussion to engage in conversations around race in America. Training will explore implicit bias, microaggressions and its impacts on our communities.

REGISTER YOUR STAFF, COMMITTEE, OR STUDENT ORGANIZATION FOR A TRAINING THIS YEAR!

TO SCHEDULE, CONTACT KATHERINE.MCCARTHY@MAINE.EDU
CJ.CG, I'm free on Fridays 1-3PM for a Multicultural Student Center event at the Memorial Union (Room 312).
"One of the greatest things you have in life is that no one has the authority to tell you what you want to be. You’re the one who’ll decide what you want to be. Respect yourself and respect the integrity of others as well. The greatest thing you have is your self-image, a positive opinion of yourself. You must never let anyone take it from you.” Jaime Escalante
The University of Maine is an equal opportunity/affirmative action institution.
Safe Zone trainings are opportunities to learn about LGBTQ identities, gender and sexuality, and how to better support your Q+ students, staff, and colleagues.
LGBTQ+ AND ALLIES
Speed Friending

HOSTED BY
CARRIE THE ONE!

MAKE FRIENDS
MINGLE WITH
MUSIC AND MORE!

Wednesday, October 19th
8pm-10pm at the North Pod

Proudly sponsored by
the Alton '38 and the Adelaide Hamm Campus Activity Fund

The University of Maine is an ECO/AA institution
Latinx & Hispanic Connections!

Dinner & networking for Latinx & Hispanic-identifying students, staff, and faculty

Thursday, October 20th
5-7pm
Multicultural Student Center
Room 312 in the Memorial Union
MasculiniTEA

Masculinity and its effects in society

Rainbow Resource Center
Memorial union room 224

Friday, October 21st
1pm-2pm

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

Friday, October 21
7PM-9PM
Bear’s Den Pub
Memorial Union

10 rounds with different topics including Disney, Halloween, LGBTQ+ icons, history, and more!

Come compete for prizes and fun!

The University of Maine is an equal opportunity and affirmative action institution.
PUMPKIN PAINTING!

Get creative and join us on Tuesday, October 25th in the Rainbow Resource Center Union 224 10am-12pm

Come while supplies last!
Women of Color Wednesday

Wednesday October 26th
7:30 PM - 8:30 PM
Multicultural Center,
Room 312 in Memorial Union

Join us while we paint canvas bags, snack, and chat in a closed space catered towards Women of Color!
Conspiracy Theories

Share Your Conspiracies

OCTOBER 27TH
4PM-5PM!

ROOM 312: THE MULTICULTURAL STUDENT CENTER
3RD FLOOR MEMORIAL UNION

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Multicultural Student Center
Memorial Union 312

@umaineodi
POPCORN Fridays

Every Friday 1-3PM
Multicultural Student Center
(Memorial Union 312)
“When I started school in 1958 there were no books written by Aboriginals in the school system and everything about Native life was written by white people through their eyes. Now, Aboriginal writers can tell their stories. They have always been our narratives to tell, not others.”

— Rick Revelle, I Am Algonquin
Rangoli is an artform often put on the ground during religious festivals. The use of bright colors
is meant to reflect positivity, happiness and joy. It is displayed at the front door to welcome Goddess Lakshmi, the Goddess of wealth and good luck to their home.

This is a poster campaign called “We’re a culture, not a costume” made at The Ohio University.

Hello Friends,
When I first came to America, I loved talking about my culture, my customs, my outfits, food, and yes, Bollywood! I would put sarees on my friends in my dorm. This cultural 'exchange' was so meaningful to me because it got me to meet/make friends, while also sharing 'parts' of who I am. There was an equal cultural exchange. I told folx about eating food with our fingers while Americans informed me about homes for the elderly/senior citizens. Even though I shared a lot about my cultures and customs, I never had to justify them. Because I am born and raised from away, it made sense that I would dress, smell, look different. Because of this, Friends, I made mistakes as well. I said and did things that I am not proud of. I appropriated symbols because I didn't see the people, didn't know histories, and perpetuated harm. I know better now. When I first learned about cultural appropriation, I didn't quite get it. Having grown up at the intersection of diverse religions, traditions and countries - culture was sound and beautiful. Except, customs and cultures are not enjoyed equally. The people who represent these glorious cultures
don't get to enjoy them equally. In America, the concept of cultural appropriation makes complete sense. It falls into a historical narrative of taking something that isn't ours, and claiming it by diluting the richness to mere symbols, caricatures and passing fads.

Our values must align, friends. We need to place people first. If our friends are saying something we are doing is insensitive, that should be enough to stop. If we cared about our friends, then we would care about the cultures, customs and traditions they hold dear. Once we learn about how these histories and impacts of these cultures and customs are formed, we will learn to value its beauty with respect and honor. If we do respect and honor the sacred then Halloween can not be the one day to show respect and honor people, history, and culture.

Anila
WE'RE A CULTURE, NOT A COSTUME

YOU THINK IT'S HARMLESS, BUT YOU'RE NOT THE TARGET.
Blackface: A cultural history of a racist art form
Helpful guide to avoid appropriation and harm this Halloween season
The University of Maine is an equal opportunity/affirmative action institution.
Asian Student Association presents

ASIAN SNACK
BASKET RAFFLE

October 21–October 30

What is it?
We are raffling 4 delicious Asian Snack Baskets: **Korean-themed**, **Japanese-themed**, and 2 **Mystery Asian** baskets. Each basket is worth over $30 and you only need to spend $3 to enter!

How to apply?
1. Choose the basket you want to enter the raffle.
2. Choose how many entries you want: **$3 for 1 entry**, **$5 for 2 entries**.
3. Venmo us your payment, make sure you **tell us which basket you’re choosing**.
   That’s it. You’re in!

The winner will be announced Oct. 31 on our Instagram account: **@asa_umaine**.
Good luck!

![Asian snack items image]
PUMPKIN PAINTING!

Get creative and join us on Tuesday, October 25th in the Rainbow Resource Center Union 224 10am-12pm

Come while supplies last!
Thursday Dinner and Dialogue:
Processing and Taking Action Post-Roe
A conversation on the Supreme Court Decision to overturn Roe v Wade

With panelists from the Orono and Bangor community

All are Welcome!
Thursday 6-8 pm
The Wilson Center
67 College Ave, Orono
Please bring your own plate and utensils for dinner

Program 6-7pm
Dinner 7-8pm
Zoom link available for attendees

MY BODY MY CHOICE MY RULES
Women of Color Wednesday

WEDNESDAY OCTOBER 26TH
7:30 PM - 8:30 PM
MULTICULTURAL CENTER,
ROOM 312 IN
MEMORIAL UNION

Join us while we paint
canvas bags, snack, and
chat in a closed space
catered towards
Women of Color!
Conspiracy Theories

Share Your Conspiracies

OCTOBER 27TH
4PM-5PM!

ROOM 312: THE MULTICULTURAL
STUDENT CENTER
3RD FLOOR MEMORIAL UNION

"The University of Maine
is an equal
opportunity/affirmative
action institution."
Wabanaki Flag Raising
Native American Heritage Month

Tuesday, November 1st at 12PM
On the Mall (Rain: 1st Floor of Union)

Reception to follow in the Deans Suite,
Room 315 in the Memorial Union
Need some self-love?

DIY Recycled Journals

New prompt every Tuesday of November!

@UMaineODI

TUES, NOV. 1ST
5 PM-7 PM
RAINBOW RESOURCE CENTER
(RM 224 IN THE UNION)
OPEN TO EVERYONE!
ODI PRESENTS:

TRIBAL IDENTITIES AND RACE: WHAT GIVES?

Lunch and Learn with UMaine Professor Jason Brough

Thursday, Nov. 3
12 PM-1 PM
Multicultural Student Center Room 312 in the Memorial Union

An open discussion of how colonial ideas of race inform and impact Indigenous identity, and how they connect to the fight for tribal sovereignty.
Running with Purpose:
An Evening Discussion with Jordan Daniel '11

THURSDAY, NOV. 3, 2022
6:30 – 8:00PM
MCINTIRE ROOM,
BUCHANAN ALUMNI HOUSE,
UNIVERSITY OF MAINE

Hosted by the College of Education and Human Development's Outdoor Leadership Program. Supported by Maine Bound Adventure Center, Office of Diversity and Inclusion, Native American Programs. Additionally, this event is supported in part by a grant from the Cultural Affairs Distinguished Lecture Series Fund.

The University of Maine is an EEO/AA employer, and does not discriminate on the grounds of race, color, religion, sex, sexual orientation, transgender status, gender expression, national origin, citizenship status, age, disability, genetic information or veteran's status in employment, education, and all other programs and activities. The following person has been designated to handle inquiries regarding nondiscrimination policies: Equal Opportunity, 101 North Stevens Hall, University of Maine, Orono, ME 04469-5754, 207.581.1226, TTY 711 (Maine Relay System).
ODI PRESENTS...

Being Biracial

NOVEMBER 4TH
11:30AM

LOCATED IN THE MULTICULTURAL STUDENT CENTER, ROOM 312
MEMORIAL UNION

FRIENDS  |  FREE FOOD  |  SUPPORT

COME CONNECT WITH OTHER BIRACIAL STUDENTS AND FACULTY FOR AN AFFIRMING DISCUSSION ON LIFE EXPERIENCES

The University of Maine is an equal opportunity/affirmative action institution.
PLAY GAMES &
HANG OUT WITH
OTHER TRANS PPL

FRIDAY, NOVEMBER 4TH
7-9PM@ THE RAINBOW
RESOURCE CENTER
224 IN THE MEMORIAL UNION

The University of Maine is an equal opportunity/affirmative action institution.
Seeking an interview participant!

Hi, I’m a graduate student at the University of Maine doing a class project about recent migrants who came to the U.S. with a disability. The disability is self-defined, and could be emotional, physical, or intellectual. The interview will last 45 to 60 minutes and be completely confidential. The data will only be shared with my instructor. If you meet the above criteria, or know someone else who might participate, please contact me for more information.
The interview will be conducted by the end of October, early November. Participants will not receive any financial compensation.

Thanks!
Carolyn Coe
ccoe@maine.edu
207-852-6696

---

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Multicultural Student Center
Memorial Union 312

Student Group Fall 2022

Black Student Union
Tuesdays 6pm-7pm

Hillel
Wednesdays 5pm-7pm

Asian Student Association
Thursdays 4pm-5pm

Caribbean & Latine Student Association
Thursdays 5pm-7pm

Wilde Stein
Thursdays 7pm-8pm

African Student Association
Fridays 5pm-7pm

@umaineodi
To our friends who celebrate it: Happy Dias de la Muertos! What a beautiful tradition from Mexico that remembers, honors and celebrates the lives of family and close friends!

Making a hard pivot, I also want to hold space for our South Korean...
friends who are mourning the loss of life on the 29th of October. Please know we are here to offer support in every way we can. I had the immense pleasure to hear from the esteemed Dr. John M. Perkins from Jackson, Mississippi. During his talk, I learned a valuable lesson. He said that every time we use a label to refer to a group of people it soon becomes a habit, and then we start to see people just as labels instead of actual physical people with emotions and value. As we objectify and we actually dehumanize people. In the words of Dr. Perkins, "when we dehumanize people, we distort the face of God." What a powerful punch! Labels have been used to dehumanize people. The list is long and yet, we find ourselves in discussing its dangers. Recently, I heard some offensive words that are Anti-Semitic. We know using such language builds on reckless stereotypes that are violent. We have friends on campus who feel particularly vulnerable right now as a result of the comments from some entertainers. Community, such words and comments are rooted in assumptions and result in abuse against people. Recently, I have also heard some influential people using their power on stage and on media platforms to deny and dismiss the use of pronouns. Friends, there is no harm when someone shares their pronouns, and no one is being forced to share theirs! It is just good practice. Not a forced practice! So...Shania Twain!

Friends, we cannot afford to go backwards. We know better. We can do better. So let's try. Anila
CELEBRANDO
LA MEMORIA
DE NUESTROS
SERES QUERIDOS
QUE HAN PARTIDO
Y RECORDANDO
EL SIGNIFICADO
DE ESTA MARAVILLOSA
TRADICIÓN.
DAY OF THE DEAD, THIS IS HOW DEATH IS "LIVED" IN MEXICO

Wabanaki Flag Raising
Native American Heritage Month

Tuesday, November 1st at 12PM
On the Mall (Rain: 1st Floor of Union)

Reception to follow in the Deans Suite,
Room 315 in the Memorial Union
We are shocked and saddened by the 155 lives lost and the hundreds of people injured in South Korea on Saturday the 29th. We are holding you close to our hearts. Please reach out to us for any...
support we can provide you during this time.

Monday Mental Health Tip

*Trick or "Treat-Yourself"
Tips for Self Care*

**Extroverts: energized by time with others**
- Make time to go out and connect with friends
- Join clubs or activities on campus to meet new people

**Introverts: energized by time alone**
- Schedule time for yourself this week - go for a walk or a drive
- Connect with friends in small groups, engage in activities that are less socially-demanding such as watching a movie with friends
THE OFFICE FOR DIVERSITY AND INCLUSION PRESENTS

NATIVE AMERICAN HERITAGE MONTH & NOVEMBER PROGRAMMING

**Nov. 1st**
**Penobscot Nation Flag Raising**
12pm on the Campus Mall

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**DIY Self Care Journals**
5-7pm in Union 224

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**Lunch & Learn:**
**Tribal Identity & Race**
12pm in Union 312

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**Running with Purpose**
6:30pm in the McIntire Room
Buchanan Alumni House

**Nov. 4th**
**Being Biracial**
11:30am-1pm in Union 312

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**Trans+ and Non-Binary Game Night**
7-9pm in Union 224

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**Women of Color Wednesdays**
7:30-9:30pm in Union 312

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**What does Solidarity look like in your Faith tradition?**
ODI & Wilson Center Community Dinner
6pm in the North Pod

**Nov. 11th**
**Tribal Work in Ocean Conservation Spaces**
Dina Gilio-Whitaker
12-1:30pm in the Bangor Room

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**Practicing Solidarity**
3-4:30pm in Union 227

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**Indian Power: Indigenous Activism Yesterday, Today, and Tomorrow**
An American Indian Student Organization (AISO) Event
Lown Room. Time TBA

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**Health Equity Alliance (HEAL)**
**HIV Testing & Tabling**
11am-4pm on the 2nd floor of the Union

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5-7pm. Location TBA

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**Positivity Rock Painting**
5-7pm in Union 224

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**Drumming Ceremony**
4:30pm in the foyer of the Union
(2nd floor by the Information Desk)

**Nov. 30th**
**Indigenous Connections**
Networking and community space for identity specific folks
5:30pm in Union 312

THE UNIVERSITY OF MAINE IS AN EO/AA INSTITUTION.
Samhain

October 31

6:30 at the Wilson Center
Need some self-love?

DIY Recycled Journals

New prompt every Tuesday of November!

@UMaineODI

TUES, NOV. 1ST
5 PM-7 PM
RAINBOW RESOURCE CENTER
(RM 224 IN THE UNION)
OPEN TO EVERYONE!

The University of Maine is an equal opportunity/affimative action institution.
ODI PRESENTS:

TRIBAL IDENTITIES AND RACE: WHAT GIVES?

Lunch and Learn with UMaine Professor Jason Brough

Thursday, Nov. 3
12 PM-1 PM
Multicultural Student Center Room 312 in the Memorial Union

An open discussion of how colonial ideas of race inform and impact Indigenous identity, and how they connect to the fight for tribal sovereignty.
Running with Purpose:
An Evening Discussion with Jordan Daniel '11

THURSDAY, NOV. 3, 2022
6:30 - 8:00PM
MCINTIRE ROOM,
BUCHANAN ALUMNI HOUSE,
UNIVERSITY OF MAINE

Hosted by the College of Education and Human Development's Outdoor Leadership Program. Supported by Maine Bound Adventure Center, Office of Diversity and Inclusion, Native American Programs. Additionally, this event is supported in part by a grant from the Cultural Affairs Distinguished Lecture Series Fund.

The University of Maine is an EEO/AA employer, and does not discriminate on the grounds of race, color, religion, sex, sexual orientation, transgender status, gender expression, national origin, citizenship status, age, disability, genetic information or veteran's status in employment, education, and all other programs and activities. The following person has been designated to handle inquiries regarding nondiscrimination policies: Equal Opportunity, 101 North Stevens Hall, University of Maine, Orono, ME 04469-5754, 207.581.1226, TTY 711 (Maine Relay System).
ODI PRESENTS...

Being Biracial

NOVEMBER 4TH
11:30AM

LOCATED IN THE MULTICULTURAL STUDENT CENTER, ROOM 312
MEMORIAL UNION

FRIENDS | FREE FOOD | SUPPORT

COMING CONNECT WITH OTHER BIRACIAL STUDENTS AND FACULTY FOR AN AFFIRMING DISCUSSION ON LIFE EXPERIENCES
PLAY GAMES & HANG OUT WITH OTHER TRANS PPL

FRIDAY, NOVEMBER 4TH
7-9PM @ THE RAINBOW RESOURCE CENTER
224 IN THE MEMORIAL UNION

The University of Maine is an equal opportunity/affirmative action institution.
2022 Culturefest

Saturday, Nov. 5
11 a.m.–3:30 p.m.

A celebration of countries and cultures from around the world.

New Balance Student Recreation Center
University of Maine

FREE ADMISSION

For more information or to request a reasonable accommodation, call 384-3437 or visit umaine.edu/international.
THE FOOD WASTE PROBLEM

With guest speaker Dominique DiSpirito
a UMaine alum + Lead for America
AmeriCorps Fellow

Thursday Dinner and Dialogue:

6-8 PM
The Wilson Center
67 College Ave, Orono
Please bring your own plate and utensils for dinner

Presented in collaboration with a cohort of HON 175 students
WOC Wednesday

Join us as we host a slumber party themed event! Wear your PJs, participate in discussion, and play board games while we chat!

NOVEMBER 9TH 7:30 - 9:30 PM AT THE MULTICULTURAL STUDENT CENTER RM 312 IN THE UNION

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TRIBAL WORK IN OCEAN CONSERVATION SPACES: EXAMPLES FROM CALIFORNIA
FRIDAY, NOV 11, NOON-1:30PM
BANGOR ROOM, MEMRIAL UNION

DINA GILIO-WHITAKER (COLVILLE)
CAL STATE UNIVERSITY SAN MARCOS

Dina Gilio-Whitaker, award winning author of As Long as Grass Grows: The Indigenous Fight for Environmental Justice, from Colonization to Standing Rock, is known for her research on Indigenous environmental justice. She works as a consultant with a variety of organizations who work with, or want to work with, tribal communities on ocean conservation projects. The talk will provide real world experience and lessons learned from traversing this very complex arena.
INDIAN POWER:
INDIGENOUS ACTIVISM
YESTERDAY, TODAY, AND TOMORROW

Listen to the work of local Penobscot activists

NOVEMBER 15 | 7PM
LOWAN ROOM (MEMORIAL UNION)
HONORING INDIGENOUS IDENTITY

The University of Maine is an equal opportunity/affirmative action institution.
Join us for our next Interfaith Luncheon

Gimmie Shelter: The Search for Home
Tuesday November 15th, 2022
11:30am lunch & 12:00 panel

Indoors at the Wilson Center OR remote via Zoom
RSVP by November 13th at bit.ly/InterfaithLuncheon
or by calling 207-866-4227

Made possible with generous support from the JCEA
Weekly Meditation (and yoga)

NOTE THE TIME CHANGE:

With Meditation Leader:
Jessica Beneski

Wednesday 5-7PM
The Wilson Center
67 College Ave, Orono

This event is free
all are welcome, beginner and expert.

email wilsoncenterorono@gmail.com with any questions
DEI WORKSHOPS

INTRO TO DEI
2-hour training exploring the basic definitions of diversity, equity and inclusion. The facilitator will help group explore diverse identities and what they mean to us.

SAFE ZONE
2-hour training that helps folks learn the meaning of various terms, identities, and concepts in relation to sex, gender, sexual orientation, romantic orientation, and gender identity expression.

1.5-hour training on when and how to respond to microaggressions in personal and professional spaces.

MICROAGGRESSIONS, BIAS, AND THE TEACHABLE MOMENT

TRANSFORMING SELF FOR RACIAL EQUITY
2-hour guided discussion to engage in conversations around race in America. Training will explore implicit bias, microaggressions and its impacts on our communities.

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Student Group
Fall 2022

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Multicultural Student Center
Memorial Union 312

@umaineodi
Every Friday 1-3PM
Multicultural Student Center
(Memorial Union 312)
A quick correction and my sincere apologies to my friends. I had made a mistake in my greetings and I would like to correct myself. It is not Dia de los Muertos (as I wrote in my last newsletter). So once again, to all of our friends who did celebrate, I hope you had a **Happy Dia de los Muertos**.
last week!

Happy Veterans Week! I am always in awe that there are folx who love their land so much that they are willing to train, fight and sacrifice in unthinkable ways. I, as I mentioned, am from one country, grew up in another country and now living in another country. I don't have any sense of loyalty for any one over the other countries. They were all my home for major chunks of my life. They are all a part of me and so - I feel loyal to all on them.

When I came to the United States I learned about a interesting feeling for country. My American Dad and My American dad went on two tours and my American brother went on one tour with the Iowa National Guard. When I joined my family to send Dad off to his deployment to Kuwait and later to Iraq, I was struck by their devotion. It feels more in depth when I say it in Hindi, "Shraddha." Its origins is in Sanskrit that means, "any act that is performed with all sincerity and absolute faith in it." A sense of devotion that is almost spiritual. That is the word I am settling on to recognize this day and the people who represent the day. A sense of devotion to the ideals and values of this country. Today, at noon, on the mall, I saw our students raise the United States of America and the Missing in Action/Prisoner of War Flag, I was once again, struck by the same sense of devotion. To our Community of Veterans, we are grateful to you. We are so thankful that you have chosen UMaine as your community. We are thankful and grateful for the often unknown ways you and your families have done for the collective US.

So call up the Veterans in our lives and communicate your appreciation for their Shraddha.

With sincere gratitude,
Anila

PS: VOTE!
THURSDAY 11/3
ARMY ROTC VS NAVY ROTC FLAG FOOTBALL GAME • 6:30PM • JOIN US FOR THE ANNUAL GAME OF THE BIGGEST RIVALRY IN THE COUNTRY! COME OUT TO SUPPORT OUR ARMY AND NAVY CADETS AS THEY TAKE EACH OTHER ON FOR SERVICE PRIDE!

MONDAY 11/7
FLAG CEREMONY • 12:00PM • A FLAG RAISING CEREMONY WILL BE HELD ON THE MAIL IN FRONT OF FOGLER LIBRARY TO CELEBRATE UMAINE VETERANS, THE US FLAG AND POW/MIA FLAG WILL BE RAISED IN HONOR OF THE VETERAN COMMUNITY.
The Student Veteran BBQ - MLK Plaza - A barbecue will be held at the MLK Plaza to celebrate UMAINE veterans directly following the flag ceremony. Hamburgers and hotdogs will be served.

TUESDAY 11/8
COFFEE AND DONUTS IN THE VETERANS CENTER • 9:00AM • STOP BY THE VETERANS CENTER FOR SOME COFFEE AND DONUTS TO START YOUR DAY!

WEDNESDAY 11/9
BOOK READING AND SIGNING • 10:00AM • BANGOR ROOM
RYAN STOVALL, AUTHOR OF “BLACK SNOWFLAKES SMOTHERING A TORCH: HOW TO TALK TO YOUR VETERAN” WILL READ EXCERPTS FROM HIS NEW BOOK AND ANSWER QUESTIONS FROM THE AUDIENCE. BLACK SNOWFLAKES REPRESENTS AN INVALUABLE STARTING POINT, ONE THAT WILL SERVE AS BOTH A REFERENCE FOR CIVILIANS SEEKING TO UNDERSTAND, AND AS A VOICE FOR VETERANS HOPING TO EXPLAIN, AND FACILITATE DIALOGUE BETWEEN THOSE WHO HAVE EXPERIENCED THE CRUSHING ARMS OF WAR AND THOSE WHO HAVE NOT. COPIES OF BLACK SNOWFLAKES WILL BE AVAILABLE AT THE EVENT.

THURSDAY 11/10
LUNCH ON US • 11:00AM • LUNCH VOUCHERS AVAILABLE TO STUDENT VETERANS ON CAMPUS. VOUCHER IS GOOD FOR SINGLE USE THIS WEEK. (LIMIT 100)

FRIDAY 11/11
VETERANS DAY RECOGNIZED • NO CLASSES • VETERANS DAY (ORIGINALLY KNOWN AS ARMISTICE DAY) IS A FEDERAL HOLIDAY IN THE UNITED STATES OBSERVED ANNUALLY ON NOVEMBER 11, FOR HONORING MILITARY VETERANS, THAT IS, PERSONS WHO HAVE SERVED IN THE UNITED STATES ARMED FORCES. IT COINCIDES WITH OTHER HOLIDAYS INCLUDING ARMISTICE DAY AND REMEMBRANCE DAY WHICH ARE CELEBRATED IN OTHER COUNTRIES MARKING THE ANNIVERSARY OF THE END OF WORLD WAR I.

FOR MORE INFORMATION PLEASE VISIT
UMAINE.EDU/VETERANS

FOR ADDITIONAL INFORMATION CONTACT
UMAINE VETERANS CENTER: 581-1316
5748 MEMORIAL UNION RM 161
UMVETERANS@UMAINE.EDU
WWW.UMAINE.EDU/VETERANS
Black Snowflakes Smothering A Torch: How to Talk to Your Veteran - A Primer

Book Reading and Signing Event from UMaine Student Veteran Alumnus

RYAN STOVAL
Author, Green Beret

Ryan Stovall is a former adventurer, world traveler, and Green Beret twice decorated for valor and awarded two Purple Hearts. His poetry, short fiction, and creative nonfiction can be found in numerous anthologies and journals, and at ryanstovall.com. 'Black Snowflakes' is his first book.

Memorial Union Building, Bangor Room
November 9, 2022
10 AM - 11:30 AM

Reserved Parking for event available at Belgrade Lot
History of Veterans Day
EVERY VOTE on EVERY ISSUE on EVERY LEVEL from EVERY PERSON COUNTS.

The disability vote matters!
Exercise your right and independence this election year.
YOUR VOTE IS YOUR POWER

DON’T LET ANYONE TAKE THAT AWAY!
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WOC Wednesday

Join us as we host a slumber party themed event! Wear your PJs, participate in discussion, and play board games while we chat!

**November 9th 7:30 - 9:30 PM at the Multicultural Student Center RM 312 in the Union**

The University of Maine is an equal opportunity/affirmative action institution.
This Week find the Wilson Center Thursday dinner on campus!

Join the Wilson Center board in the Memorial Union North Pod for a free dinner & dialogue:

What does solidarity look like in your spirituality or faith tradition?

Thursday November 10th
6-8pm
North Pod

Sponsored by the Wilson Center & the Office for Diversity and Inclusion

Questions? Email us at: WilsonsCenterOrono@gmail.com

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TRIBAL WORK IN OCEAN CONSERVATION SPACES: EXAMPLES FROM CALIFORNIA
FRIDAY, NOV 11, NOON-1:30PM
BANGOR ROOM, MEMRIAL UNION

Dina Gilio-Whitaker, award winning author of As Long as Grass Grows: The Indigenous Fight for Environmental Justice, from Colonization to Standing Rock, is known for her research on Indigenous environmental justice. She works as a consultant with a variety of organizations who work with, or want to work with, tribal communities on ocean conservation projects. The talk will provide real world experience and lessons learned from traversing this very complex arena.
DOCUMENTARY FILM & FOOD DRIVE
(click on the title above to get more information)

Sunday, Nov. 13 at 3 p.m.

Alan Kryszak’s latest documentary focuses on homelessness and food insecurity in Maine, with commentary from community members and from the helpers who say they want to make a change.

TALKBACK
After the film there will be a talkback with Bill Ray from Manna Ministries Food Pantry & Shelter, UMaine student film crew member Hannah Somers-Jones, and director, Alan Kryszak.

FOOD DRIVE
If you’d like to make a contribution to our food drive, please bring one or more nonperishable food items to the event or to the CCA M-F 10 a.m. - 4:30 p.m.
Practicing Solidarity

A facilitated conversation on the concept of solidarity and its applications in organizing around real world issues

Room 227, Memorial Union
Monday, Nov. 14th
3:00-4:30pm

Refreshments provided!
INeDINeouS ACTIVISM
sTOMORROW

Listen to the work of local Penobscot activists

NOVEMBER 15 | 7PM

LOWAN ROOM (MEMORIAL UNION)
HONORING INDIGENOUS IDENTITY

The University of Maine is an equal opportunity/affirmative action institution.
Gay Thanksgiving
Hosted by Wilde Stein

WHEN: Wednesday, Nov. 16th 5-7pm
WHERE: North Pod, Memorial Union
Join us for an LGBTQIA+ and ally Thanksgiving:
we will have catering and board games!
The University of Maine is an EEO/AA institution

- LUNCH & LEARN -

'AGEISM IN EVERYDAY LIFE'

Wed. Nov. 16th
@ 12 p.m
312 in the Union

Join ODI for a FREE lunch
The Office for Diversity and Inclusion formally invites you to the

ODI FAMILY FEAST

NOVEMBER

THURSDAY 17 5-7PM

2022

IN THE NORTH POD

Bring the whole family or just yourself, either way, we invite you to join us for a night of food, friends, family, and more!
See you there!

mirror
PAINT

MONDAY, NOVEMBER 21st
12:30PM - 2:30PM
RAINBOW RESOURCES CENTER
ROOM 224, UNION

"The University of Maine is an equal opportunity/affirmative action institution"
MONDAY NOVEMBER 28TH FROM 5 TO 7 PM
IN THE MULTICULTURAL STUDENT CENTER,
UNION ROOM 312

AND EVERY FRIDAY IN NOVEMBER FROM 12:30 TO 2 PM
IN THE RAINBOW RESOURCE CENTER UNION ROOM 224
WILSON CENTER
BEAN SUPPER
FUNDRAISER

COME TO THE TABLE

SUNDAY NOV 20TH | NOON-2PM
CHURCH OF UNIVERSAL FELLOWSHIP
82 MAIN ST, ORONO

FOOD | CONVERSATION | LIVE MUSIC
FREEWILL DONATION | ALL ARE WELCOME!

DINE-IN and TAKE-OUT options
RSVPs appreciated at bit.ly/WilsonCenterBeanFundraiser

The Wilson Center
for Spiritual Exploration &
Multifaith Dialogue

QUESTIONS? 207-866-4227 OR
WILSONCENTERORONO@GMAIL.COM
The Wilson Center
for Spiritual Exploration & MultiFaith Dialogue

**DOROTHY CLARKE WILSON PEACE WRITING PRIZE**

respond to this quote in 750 words for a chance to win $500 cash prize:

“I cannot sit idly by in Atlanta and not be concerned about what happens in Birmingham. Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly. Never again can we afford to live with the narrow, provincial "outside agitator" idea..." – Dr. Martin Luther King, Jr.

thought provoking topics for writing

- How does injustice done to others become injustice done to you? Where do others’ parts in our “single garment of destiny” enter your life?
- How does this quote relate to your educational experiences, including experiences of inclusion or lack thereof in educational institutions?
- How does this quote apply to other social justice issues about which you are passionate, such as prison reform, ecological justice, or indigenous sovereignty?
- How does the interconnectedness of issues aid or hinder your engagement in advocacy on these issues?
- How are Dr. King’s words relevant in your life today?

submissions due November 30th, 2022
email wilsoncenterorono@gmail.com for application details!
Backcountry Squatters
A women and genderqueer outdoors club
Tuesdays @ 7
Foster Center for Innovation
@backcountrysquatters_umaine
DEI WORKSHOPS

INTRO TO DEI

2-hour training exploring the basic definitions of diversity, equity and inclusion. The facilitator will help group explore diverse identities and what they mean to us.

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POPCORN
Fridays

University of Maine System Mail - Happy Veterans Weeks and VOTE!
Transgender Awareness Week and Happy Harvest!

To learn more about this week and ways you can offer support, click on this link: https://www.glaad.org/transweek
Last Monday, the ODI staff gathered in the Multicultural Student Center, about 12 of us all together, to Zoom with Aspen Ruhlin from Mabel Wadsworth Center. Aspen graciously spent 45 minutes talking to us and answering questions about gender affirming care. Gender affirming care is an umbrella term that refers to the wide-range of healthcare services (medical and non-medical) for trans+ and non-binary folks. Everyone is entitled to affirming care. Gender affirmation is unique and based on what is personally affirming, what feels safe, accessible and available to folks. Sometimes there are expectations that accompany transness, and therefore impact our understandings of what it means to be trans. Transitioning is not linear---it's not going from point A to point B. There is no one way to be trans. There is no one way to affirm gender. AND your access to care or what you decide to do to your body is no one's
business but your own. Trans folks tell the truth about who they are. Believe
trans folks. Try harder for trans folks. Do better for trans folks. Honor trans
lives and experiences.

Join Wilde Stein on the steps of Fogler Library from 6-7pm for a Trans Day of
Awareness Vigil on Sunday, November 20th.
Katherine McCarthy (She, they)
Graduate Assistant for ODI

Inclusive Language
to include in your conversations about
PERIODS

instead of "women" or "girls," say:

"people with periods"  "menstruators"  "people who menstruate"

instead of "feminine hygiene products," say:

"menstrual products"  "pads and tampons"  "period supplies"
Join us for our next Interfaith Luncheon

Gimmie Shelter: The Search for Home
Tuesday November 15th, 2022
11:30am lunch & 12:00 panel

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‘AGEISM IN EVERYDAY LIFE’

Wed. Nov. 16th
@ 12 p.m
312 in the Union

Join ODI for a FREE lunch
POP UP TESTING

FREE CONDOMS, DENTAL DAMS, AND LUBE!
FREE HIV SCREENING!

COME CHAT WITH HEALTH EQUITY ALLIANCE (HEAL)!

NOV. 16TH FROM 11AM-4PM
OUTSIDE THE RAINBOW RESOURCE CENTER (UNION 224)
Gay Thanksgiving
Hosted by Wilde Stein

WHEN: Wednesday, Nov. 16th 4-6pm
WHERE: North Pod, Memorial Union
Join us for an LGBTQIA+ and ally Thanksgiving:
we will have catering
and board games!
The Office for Diversity and Inclusion formally invites you to the

ODI FAMILY FEAST

NOVEMBER 17 2022

THURSDAY 5-7PM

IN THE NORTH POD

Bring the whole family or just yourself, either way, we invite you to join us for a night of food, friends, family, and more!

The University of Maine is an equal opportunity/affirmative action institution.
WILSON CENTER
BEAN SUPPER
FUNDRAISER

COME TO THE TABLE

SUNDAY NOV 20TH | NOON-2PM
CHURCH OF UNIVERSAL FELLOWSHIP
82 MAIN ST, ORONO

FOOD | CONVERSATION | LIVE MUSIC
FREEWILL DONATION | ALL ARE WELCOME!

DINE-IN and TAKE-OUT options
RSVPs appreciated at bit.ly/WilsonCenterBeanFundraiser

QUESTIONS? 207-866-4227 OR
WILSONCENTERORONO@GMAIL.COM
See you there!

MONDAY, NOVEMBER 21st
12:30PM - 2:30PM
RAINBOW RESOURCES CENTER
ROOM 224, UNION

The University of Maine is an equal opportunity/affirmative action institution
African Student Association
AFSA
is hosting
THANKS GIVING DINNER
Wednesday, November 23rd, 5:30pm
Woolley Room
Scan to RSVP
Come Enjoy Traditional African Cuisine
(Goat meat, Oxtail, Fufu, and more)
Your Student Activity Fee at Work
MONDAY NOVEMBER 28TH FROM 5 TO 7 PM
IN THE MULTICULTURAL STUDENT CENTER,
UNION ROOM 312

AND EVERY FRIDAY IN NOVEMBER FROM 12:30 TO 2 PM
IN THE RAINBOW RESOURCE CENTER UNION ROOM 224
Creating Collages with ODI

Spend some time collaging, making a vision board, or just making some fun easy art!

Tuesday 11/29
12pm-3pm
IFRC room 227 in the Union

Come Collage with us!

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

Spend some time collaging, making a vision board, or just making some fun easy art!

Tuesday 11/29
12pm-3pm
IFRC room 227 in the Union

Come Collage with us!

The University of Maine is an equal opportunity affirmative action institution.
respond to this quote in 750 words for a chance to win $500 cash prize:

“I cannot sit idly by in Atlanta and not be concerned about what happens in Birmingham. Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly. Never again can we afford to live with the narrow, provincial “outside agitator” idea...” —Dr. Martin Luther King, Jr.

thought provoking topics for writing

• How does injustice done to others become injustice done to you? Where do others’ parts in our “single garment of destiny” enter your life?
• How does this quote relate to your educational experiences, including experiences of inclusion or lack thereof in educational institutions?
• How does this quote apply to other social justice issues about which you are passionate, such as prison reform, ecological justice, or indigenous sovereignty?
• How does the interconnectedness of issues aid or hinder your engagement in advocacy on these issues?
• How are Dr. King’s words relevant in your life today?

submissions due November 30th, 2022
email wilsoncenterorono@gmail.com
for application details!
DEI WORKSHOPS

**INTRO TO DEI**
2-hour training exploring the basic definitions of diversity, equity and inclusion. The facilitator will help group explore diverse identities and what they mean to us.

**SAFE ZONE**
2-hour training that helps folks learn the meaning of various terms, identities, and concepts in relation to sex, gender, sexual orientation, romantic orientation, and gender identity expression.

**MICROAGGRESSIONS, BIAS, AND THE TEACHABLE MOMENT**
1.5-hour training on when and how to respond to microaggressions in personal and professional spaces.

**TRANSFORMING SELF FOR RACIAL EQUITY**
2-hour guided discussion to engage in conversations around race in America. Training will explore implicit bias, microaggressions and its impacts on our communities.

REGISTER YOUR STAFF, COMMITTEE, OR STUDENT ORGANIZATION FOR A TRAINING THIS YEAR!

TO SCHEDULE, CONTACT KATHERINE.MCCARTHY@MAINE.EDU
<table>
<thead>
<tr>
<th>Student Group</th>
<th>Fall 2022</th>
</tr>
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<tbody>
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<td>Black Student Union</td>
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Multicultural Student Center
Memorial Union 312

@umaineodi

https://mail.google.com/mail/u/0/?ik=483c7a7ff8&view=pt&search=al...
POPCORN
Fridays

EVEN FRIDAY
1-3PM
MULTICULTURAL
STUDENT
CENTER
(MEMORIAL
UNION 312)
We can be thankful while building up our community.

1 message
Hello Friends.

It's been a rough few days. Lots of things happening in and around us. First, we remember and honor the 32 Trans lives lost due to anti-trans bigotry and harmful acts of violence perpetrated in 2022. It really isn't enough that we be angry, frustrated or simply sad by this number. How do we harness our emotions AND actions to prevent such harm from happening again. Lives are on the line. Below are a list of resources that you can put into action ways to support local organizations and protect Trans people.

Friends, I am overwhelmed as well. Shootings on college campuses, at an LGBTQ+ bar, and a drive through an Apple store all resulting in loss of precious life. How can I orient myself to be thankful? Isn't that the problem though? Last weekend I ventured out to meet new people and make some new friends after a very long time. At first, I found this to be tedious and tiresome. I was very comfortable in my group of peeps! I then remembered this is how life was pre-COVID. I don't even know the people who live in my own neighborhood, well, because of COVID-19! I got lazy and almost lost the skill of making new friends. We have chosen who we want to surround ourselves with and are oblivious to all others because, in our minds, they don't exist. But we do exist, right? So how can I go from being in my own 'pod' to growing my community - drawing folks in. How can I serve if I don't even know needs exist? How can we check-in with each other when we don't know we are hurting, need support, or just a wave hello. It is so hard for us to develop a sense of belonging if we are not even seen.

I am thankful that my mom and I get to do community together. So I am thankful for the new people I met last weekend, they saw me. They brought me into larger community. I am thankful that I have options - to paint nails, go bowling, order in, have heat, gloves and all the little things that help orient me to be grateful and thankful. Friends, reach out to each other. Some of us want to be seen. Look up!

When people support each other, incredible things happen.
African Student Association (AFSA) is hosting "THANKSGIVING DINNER" on Wednesday, November 23rd, at 5:30pm in Woolley Room. Join us to enjoy traditional African cuisine including goat meat, oxtail, fufu, and more.扫描二维码进行RSVP。Your Student Activity Fee at Work.
Positivity ROCKS!

MONDAY NOVEMBER 28TH FROM 5 TO 7 PM
IN THE MULTICULTURAL STUDENT CENTER,
UNION ROOM 312

AND EVERY FRIDAY IN NOVEMBER FROM 12:30 TO 2 PM
IN THE RAINBOW RESOURCE CENTER UNION ROOM 224
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Spend some time collaging, making a vision board, or just making some fun easy art!

Tuesday 11/29
12pm-3pm
IFRC room 227 in the Union

Come Collage with us!
UMAINE HILLEL T-SHIRTS!
$25

Front: Maine in Hebrew
Back: UMaine Hillel Logo
Sleeve: Jewish star on the state of Maine

Venmo: @Rachel-Pellis (last 4 digits are 7748)
Send cash to Hillel, 312 Memorial Union, University of Maine, Orono ME 04469
Identify as Native and are interested in networking with only identify specific folks?

Indigenous Connections

Wednesday, Nov. 30th
5-7pm
in the Multicultural Student Center
Room 312 in the Union

The University of Maine is an EO/AA institution.
THURSDAY TUNES & SNACKS

Thursday, Dec. 1st in the Intersectional Feminist Resource Center (Union 227)
from 2:30-4pm

Radical music • Yummy snacks • Feminist Discourse and Space
Breakfast is $20 per person. The first 100 undergraduate students to register are eligible to attend for free. Click here: MLK Jr. Breakfast Registration
The University of Maine is an equal opportunity/affirmative action institution.

DEI WORKSHOPS

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African Student Association
Fridays 5pm-7pm
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

https://mail.google.com/mail/u/0/?ik=483c7a7ff8&view=pt&search=all...
We can be thankful while building u...
Caring for self ensures a success for finals!

1 message

UMaine Office for Diversity and Inclusion <Anila.karunakar@maine.edu>  
Mon, Nov 28, 2022 at 5:25 PM

Reply-To: UMaine Office for Diversity and Inclusion <Anila.karunakar@maine.edu>  
To: matthew.revitt@maine.edu
Welcome Back!
I hope y'all had a restful and restorative break. In the midst of so much happening around me, it was a relief to take time to do things that bring me joy

---

| 2. Try Affirmations | 27. Give Yourself a Manicure |
| 3. Write 10 Things Grateful For | 28. Call or Text Someone You Love |
| 4. Take a Detox Bath | 29. Do Yoga Poses |
| 5. Try a Face Mask | 30. Listen to Your Favorite Podcast |
| 7. Light Your Favorite Candle | 32. Stretch |
| 8. Watch a Motivational TED Talk | 33. Do a Spa Day |
| 9. Exercise | 34. Do a Digital Detox |
| 10. Walk in Nature | 35. Eat a Salad or Smoothie |
| 12. Write 5 Things You Love | 37. Go to Your Favorite Place |
| 13. Journal | 38. Take Some Pretty Photos |
| 15. Declutter 10 Items | 40. Hug Someone |
| 16. Read a Personal Growth Book | 41. Drink a Full Glass of Water |
| 17. Go for a Long Walk | 42. Read Inspirational Quotes |
| 18. Listen to Your Favorite Music | 43. Put on Nice Clothes & Makeup |
| 19. Do Something to Laugh | 44. Sleep |
| 20. Plan a Getaway | 45. Watch the Sunrise |
| 21. Cook Your Favorite Meal | 46. Refresh Your Morning Routine |
| 22. Watch Your Favorite Show | 47. Change Your Sheets |
| 23. Have a Night with Friends | 48. Diffuse Essential Oils |
| 24. Do a Brain Dump | 49. Do Something Nice for Someone |
| 25. Go Out for a Date Night | 50. Go Out for a Coffee |

---

Visit [www.healthyhappyimpactful.com](http://www.healthyhappyimpactful.com) for more self-care ideas!
- cook, clean (not really, but the house did look nicer), have friends, play games and share delicious food. It feels refreshing to be back and see all of the sweet faces around me. We have about two (ish) weeks left of this semester and we have some fun events planned. So scroll down to learn more about them and to find ways to relieve stress, so you are ready to finish strong and healthy!

Anila

PS: We are streaming the FIFA World Cup Live in the Multicultural Center (312 Memorial Union) everyday!
Creating Collages with ODI

Spend some time collaging, making a vision board, or just making some fun easy art!

Tuesday 11/29
12pm-3pm
IFRC room 227 in the Union

Come Collage with us!
Ceremony to honor and close Native American Heritage Month

Drumming Ceremony
With Chris Sockalexis

Wednesday, Nov. 30th at 4:30pm
2nd floor of the Memorial Union
Outside the Information Desk

The University of Maine is an EO/AA institution.
Identify as Native and are interested in networking with only identify specific folks?

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5-7pm
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Thursday, Dec. 1st in the
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(Union 227)
from 2:30-4pm

Radical music • Yummy snacks • Feminist Discourse and Space
LGBTQ+ ALLIES COUNCIL

MIX & MINGLE!

GAMES & REFRESHMENTS  NEWCOMERS WELCOME!!

DECEMBER 2ND, 3-4 PM
IN FRONT OF THE RAINBOW RESOURCE CENTER
(Room 224 Union)

The University of Maine is an equal opportunity/affirmative action institution.
WGS at Work Series Presents:

Holiday Party
Featuring WGS
Topics in
Everyday Activities

Join us on Wednesday,
December 7th, 2022
in Chadbourne 422
from 12pm to 1pm!

Friendly Conversation
& Engaging Discussions
Join us to talk about how your hobbies and everyday activities intersect with WGS topics!

Sneak Peak of Topics
- Jennie Woodard on gardening
- Rebecca White on cross-stitching
- Genesis Madu on sorority life
- Emery Clifford on arts, crafts, and tattoos

Refreshments
Cookies and hot cocoa will be available for everyone at this event! So, you won't want to miss out on this cozy event.

The University of Maine is located on Marsh Island, the homeland of the Penobscot people, a distinct, sovereign, legal and political entity with powers of self-governance and self-determination.

The University of Maine does not discriminate on the grounds of race, color, religion, sex, sexual orientation, including transgender status and gender expression, national origin, citizenship status, age, disability, genetic information or veteran status in employment, education, and all other programs and activities. Contact the Director, Equal Opportunity, 5754 North Stevens Hall, Room 101, Orono, ME 04469-5754 at 207.581.1226 (voice), TTY 711 (Maine Relay System), equal.opportunity@maine.edu with questions or concerns.
Home for the Holidays

Going home for break can be tough. Let’s talk about it.

Friday, Dec. 9th
11:30am-1pm
Multicultural Student Center
Room 312 in the Union

*Plus relaxing take and makes for Winter Break!
COZY Movie Night

Free popcorn & goodie bags!  Break from studying!

Good company!

FRIDAY, DECEMBER 9TH
6-7 PM  MULTICULTURAL STUDENT CENTER (UNION 312)

The University of Maine is an equal opportunity/affirmative action institution.
Finals Week Popcorn Bar
Take a break from exams with us.

Stop by the IFRC (227 in the Union)
Dec. 12th-15th from 12pm-3pm
for a FREE popcorn bar and to talk about programming you'd like to see on campus next semester!
FIFA WORLD CUP Qatar 2022
Streaming Live
Multicultural Student Center
312 Memorial Union
UMAINE HILLEL T-SHIRTS!

$25

Front: Maine in Hebrew
Back: UMaine Hillel
Logo
Sleeve: Jewish star on
the state of Maine

Venmo: @Rachel-Pellis (last 4 digits are 7748)
Send cash to Hillel, 312 Memorial Union, University of Maine,
Orono ME 04469
Breakfast is $20 per person. The first 100 undergraduate students to register are eligible to attend for free. Click here: **MLK Jr. Breakfast Registration**
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Fridays 5pm-7pm
Its December and finals are almost here!

1 message

UMaine Office for Diversity and Inclusion <Anila.karunakar@maine.edu>  
Reply-To: UMaine Office for Diversity and Inclusion <Anila.karunakar@maine.edu>  
To: matthew.revitt@maine.edu
STUDY SMARTER
NOT HARDER

- Give yourself enough time
- Practice on old exams
- Organize your study space
- Explain your answers to others
- Use flow charts and diagrams
- Take regular breaks
FOOTBALL CUP 2022
Streaming Live Everyday!
Multicultural Student Center
312 Memorial Union

THE UNIVERSITY OF MAINE IS AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION INSTITUTION.
Wabanaki Winter Market returns with one-of-a-kind artwork
Home for the Holidays

Going home for break can be tough. Let's talk about it.

Friday, Dec. 9th
11:30am-1pm

Multicultural Student Center
Room 312 in the Union

*Plus relaxing take and makes for Winter Break!
University of Maine System Mail - Its December and finals are almost here! https://mail.google.com/mail/u/0/?ik=483c7a7ff8&view=pt&search=all...
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Free popcorn & goodie bags!

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  - Thursdays
  - 5pm-7pm

- **Wilde Stein**
  - Thursdays
  - 7pm-8pm

- **African Student Association**
  - Fridays
  - 5pm-7pm

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

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UMaine Multicultural Student Life · 5748 Memorial Union, 3rd Floor, Room 312 · Orono, Me 04469 · USA
Both And Thinking and December Diversity

There is a unique challenge that comes with winter holidays and diversity, equity, and
Inclusion work: Minoritized cultural or religious holidays like Hanukkah and Kwanzaa get a little more attention due to their proximity to Christmas. It's both and. Growing up with a Jewish parent in Eastern North Carolina, seeing Hanukkah only celebrated in comparison with and in proximity to Christmas felt tokenizing and frustrating. Hanukkah is quite literally a minor Jewish holiday about avoiding assimilation. And it was the one holiday my non-Jewish friends remembered. And it was the one Jewish holiday with a tiny section in Target. I know why Hanukkah was more palatable for my friends. I know why there are more Hanukkah goodies in stores than for Rosh Hashanah and Purim. But it does not mean I don't like the representation. It does not mean I don't get excited when I see a menorah downtown in Wilmington, NC every winter break—because I do get really excited.

But it does not mean my frustrations with existing in a society that is far from culturally and religiously pluralistic aren't valid. These two conflicting feelings of mine can exist at the same time. It is both/and. These feelings are also further complicated because I am someone who does DEI work. Yes, I love seeing that menorah, but ugh…can't we just stick to a winter theme to avoid those hegemonic power dynamics? I digress. It is both and. I love seeing that menorah, but I want us to show up for Jewish folks outside of Hanukkah. It's both and.

I hope we can get to a point where City Halls host Iftars during Ramadan or build a sukkah downtown during Sukkot. Embrace religious and cultural symbolism more openly, and engage in religious and cultural pluralism more intentionally, not just around Christmas. I have a few suggestions though, most of which are things I am actively working on incorporating into my practice so I can better show up for my colleagues, students, and friends. Join me.

**Awareness:** Print a calendar of religious and cultural holidays to put on your office wall or add them to your google calendar (it's just like keeping track of your friends’ birthdays—if you or they celebrate birthdays!) I really like Drexel University's online calendar. I have had this link for years, which the University actively updates.

**Knowledge:** After downloading a calendar, find trustworthy sources that give a short overview of upcoming holidays, their significance, and common practices. Harvard's Pluralism Project [https://pluralism.org/] is a great resource. For Judaism, My Jewish Learning is a personal favorite of mine [https://www.myjewishlearning.com/]

**Skills:** Relationships with our peers and colleagues are important, and we should not be afraid to talk about identity in the workplace or in academic circles. If you know a colleague or student has a salient cultural or religious identity, acknowledge significant holidays. Send them an email to wish them a happy and safe Diwali. Wish them a happy new year as you pass them in the hall. Learn a few holiday greetings.

For example, if a holiday has a fasting component, one might say "have an easy fast." It is just as easy as wishing someone a happy birthday. Be vulnerable about what you don't know. It is scary to admit you don't know everything, I know. Simply
ask, I noticed on Facebook that you celebrated Passover with your family in Boston this past weekend. How should I wish you a happy Passover? Finally, express curiosity and genuine interest in what is not familiar to you. Depending on your relationship with your colleague or student, a great question might be, “I know you observe Eid al-Fitr, but I don't know much about the holiday. What is your favorite way to celebrate? Or what’s your most memorable Eid? Passive ways of recognizing significant cultural and religious holidays as an organization include: utilizing your social media or newsletter platform to wish folks a happy holiday. For example, your organization could post a graphic wishing folks a sweet and blessed new year for Rosh Hashanah. This provides an opportunity to spread awareness: Hey there is an important and culturally significant holiday happening today, and it shows your Jewish followers that you see them, even if it's outside of the Christmas season. It’s both and.

Katherine McCarthy (She, They)
Graduate Assistant Office for Diversity and Inclusion
TO REDUCE STRESS LEVELS DURING 

Finals Week

Give yourself breaks and celebrate the smallest accomplishments!

Exercise or stretch! Any little movement helps. Remember to eat and hydrate!

Find a study buddy or group! Studying for exams does not have to be lonely.

Ask for help from your peers, instructors, family or friends!
Our centers are CLOSED for Winter Break

Here are some helpful on-campus resources in the meantime:

Anila Karunakar (she/her/hers)
Director for Diversity & Inclusion
(207) 581-1437
anila.karunakar@maine.edu

Andrea Gifford (she/her/hers)
Associate Dean
(207) 581-4031
agifford@maine.edu

Heather Hogan (she/her/hers)
Deputy Title IX Coordinator
(207) 581-1485
heather.hogan@maine.edu

UMaine Police Department
FOR EMERGENCIES
Dial 911 from campus telephones
OR dial (207) 581-4040
The first 100 undergraduate students to register are eligible to attend for free. 
Click here: [MLK Jr. Breakfast Registration](https://mail.google.com/mail/u/0/?ik=483c7a7ff8&view=pt&search=all)

Stop by the IFRC (227 in the Union) Dec. 12th-15th from 12pm-3pm for a FREE popcorn bar and to talk about programming you'd like to see on campus next semester! 

*University of Maine System Mail - Happy...Hannu...Chri...Kwan...last n...*
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