Hello Friends!

Happy new year! Happy 2023! Happy Lunar New Year, year of the Rabbit!
Welcome back friends. I hope that y'all were safe, rested and restored. we have been waiting for your energy to be back on campus!

Even as I mention the many moments of joy, I am overwhelmed by the mindless shootings in the US since this weekend. Amongst others, that took place in California this passed weekend that killed 19 people. Devastation. What would cause an older Asian person to walk into two different ballroom dance studios and kill 11 and injuring around 50 other elderly Asian people? So much heartache in what was supposed to be a joyous occasion. In the spirit of the year of the Rabbit, may we 'let go' of our hurt, push aside our egos, and lean into reaching out for help and support when we need it. We are praying for healing for all those are hurting right now. Please reach out, let us know how we can help. We are here.

At the start of this year, I genuinely spent time thinking resolutions. How do I want to frame this year? What goals do I want to reach for? I googled, like every reasonable being, to see if I can gain some inspiration. I stumbled up an entry from someone I personally admire, Alok Vaid-Menon! I claim their 2016 resolutions for my 2023. Check out the image below.

Some worthy goals that I will add to my list are as follows:
- Spend a minute everyday doing some breathing exercises
- Mention one thing I am grateful for everyday (I am on a 24 day streak!)
- Meet up with a friend
- Read more romcom books - don't judge!
- Laugh often

I hope this semester is filled with discovery of self and learning. I hope good health. I hope for kindness and laughter. I hope for humble and honest struggle in pursuit of that very discovery. I hope for healthy fun and opportunities to make friends and develop community. I pray for safety.

Sincerely,
Anila Karunakar (She, her)
new years resolutions:
1) stop using politics to legitimize my feelings
2) affirm people for being needy & vulnerable in public
3) recognize everyone else’s complexity as much as i do my own
4) admit when i operate from a place of hurt & loneliness
5) believe in all of our infinite capacity for transformation
6) provide care as much as i provide critique
7) respect limitations & constraints
8) honor silence as a form of presence
9) feel & love, militantly
10) refuse the dismissal of art & interdependence & magic
11) find immensity in what they call insignificant
SAVETHE DATE

BLACK HISTORY MONTH KICK-OFF:
BLACK LIVES MATTER FLAG RAISING

WEDNESDAY, FEB. 1ST
12PM IN THE UNION ATRIUM
IN FRONT OF THE BOOKSTORE
FEB 1st
6:30-8:30pm

WOC Wednesday
Board Game Night

Free Pizza

Join us as we play board games, card games, video games, chat, and snack!

Multicultural Student Center
312 in the Memorial Union

The University of Maine is an EO/AA institution.
LGBTQ+ SUPPORT GROUP

ON CAMPUS THIS SPRING SEMESTER

EVERY WEDNESDAY IN THE RAINBOW RESOURCE CENTER
STARTING FEB. 1ST
MEMORIAL UNION 224
3-4PM

This group is in partnership with the Office for Diversity and Inclusion and the University of Maine Counseling Center. This group is a private, non-confidential support group.
SOLIDARITY GROUP
for Black, Indigenous, and People of Color (BIPOC)

On campus Spring 2023
Starting Wednesday, Feb. 8th
Every other Wednesday
this spring from 3-4pm in
Room 314 in the Memorial Union

This group is in partnership with the
Office for Diversity and Inclusion and
the University of Maine Counseling Center.
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Email anila.karunakar@maine.edu for more information
Black History Month 2023

Feb 1
Black Lives Matter Flag Raising
12pm. Atrium on the 1st floor of the Memorial Union

Feb 8
Lunch & Learn:
Dr. Judith Josiah-Martin on Empowerment
12-1pm, Multicultural Student Center, Room 312 in the Memorial Union

Feb 9
Tunes & Snacks:
Celebrating Black Women's History
12pm, Intersectional Feminist Resource Center, Room 227 in the Memorial Union

Feb 16
Paint N' Sip with the Black Student Union
8-10pm, Bears Den Pub, Memorial Union

Feb 17
Bodies of Worth
Open conversation around the intersection of fatness, racism, assigning worth to bodies
12-1pm, Rainbow Resource Center, Room 224 in the Memorial Union

Feb 24
Black Professionals & Students Mixer
4-5:30pm in the Multicultural Student Center, Room 312 in the Memorial Union

Feb 25
Hair Care Fair
Free with a valid MaineCard, 9am-5pm, Woolley Room, across from the University Credit Union
POPCORN FRIDAYS!

GAMES & POPCORN IN THE MULTICULTURAL STUDENT CENTER EVERY FRIDAY!

BEGINNING FRIDAY, JAN. 27TH
12-2PM
MEMORIAL UNION 312
Love wins.

EVENTS FOR
ALL STUDENTS,
STAFF, &
FACULTY

WHEN:
Fourth Thursday
every month at
11:00am

WHERE:
Career Center
Memorial Union
Room 300

(Unless shared otherwise)

THE UNIVERSITY OF
MAINE
Student Life

The University of Maine Orono 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 status in employment, education, and all other programs and activities. The following person has been designated to handle inquiries regarding non-discrimination policies:
Director of Equal Opportunity, 101 North Stevens Hall, University of Maine, Orono, ME, 04469-5154., 207.581.2226. TTY 711 (Maine Relay System)
TIPS FOR GETTING BACK INTO ROUTINE
@umainecounselingcenter

1. Build a bedtime/wake-up routine
2. Organize your schedule
3. Review your syllabi
4. Join study groups/tutor
5. Connect with instructors
6. Make your health a priority
7. Ask for help when you need it
8. Set goals & reward yourself when they're achieved

University of Maine is an equal opportunity/affirmative action institution.
IEI 99- ENGLISH COMPOSITION AND GRAMMAR
ADVANCED ENGLISH FOR GRADUATE STUDENTS

About the course:

This workshop style course for graduate students who are non-native English speakers is designed to focus on writing and editing with individualized grammar instruction to improve written English composition.

Cost: $1650
Can be covered by graduate assistantship, employee tuition waiver, or personal funds!

When: Wednesdays 9:00 a.m.-11:00 a.m.
January 30th-April 20th

Questions? Contact: um.iei@maine.edu
**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.

**MICROAGRESSIONS, 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
This message is going to be a heavy one, friends.

Last Friday, January 27 was recognized as International Holocaust Remembrance Day. This day coincides with the liberation that took place in
Auschwitz-Birkenau concentration and extermination camps. It is important for us to remember that the Holocaust were intentional acts of racism that resulted in the death of over 6 million people displacing millions others. And yet, we see people who still deny that the holocaust ever took place. Anti-Semitism continues to be a part of lived experiences of many folx in the Nation and in our community. We cannot comprehend the Holocaust of the past without addressing institutional racism. When we center Critical Race Theory, we are open ourselves to interpret our rules, laws, educations systems, medical systems, communities where we live, grocery stores, access to and to explore systems that we instituted to 'protect' us.

Dear community, we are all biased individuals. We are all products of our culture and community and systems that govern us. History keeps repeating and we are slow to learn from its mistakes. Until systems change purposely for the better, we cannot hope for things to be better. Tyre Nichols, a 29 year old Black man, a skateboarder, photographer, and a father, died a harrowing death at the hands of five Black police officers. What did we learn? What can we unlearn and how? What can we do to prevent this from happening again? Losing Black and Brown lives the hands of law enforcement systems are centuries old and remain a threat.

We need this change soon. We must all want it desperately. I see the Black and Brown faces around me on our campus, in the centers, in the Union and in classes. I fear for them, for their future, for their lives. I know they navigate their lives here with some fear as well. And yet, they show up to class, the lead, they play, they excel. They astound me. I know our world will thrive because of them. Just by them being in it, we will be so much better off. I want this change for us. I hope for a better and safer future. I know we can make it so.

Sincerely,
Anila Karunakar (She, her)

**Below are resources you can explore:**
* Read [Understanding Antisemitism](#) by JFREJ and [The Past Didn’t Go Anywhere](#) by April Rosenblum.
* Sign the [Stop Hate for Profit petition](#) to hold social media companies – specifically Facebook – accountable for hate and misinformation on their platforms.
* [Policing](#)
* [The Structural Racism Remedies Repository](#)
* Subscribe to receive the [Anti-Racism Daily Newsletter (ARD)](#)
* Read [Critical Race Theory Explained](#)
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BLACK LIVES MATTER FLAG RAISING
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Multicultural Student Center 312 in the Memorial Union

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3-4PM

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# Black History Month 2023

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### Black Lives Matter Flag Raising
12pm, Atrium on the 1st floor of the Memorial Union

## Feb 8
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12-1pm, Multicultural Student Center, Room 312 in the Memorial Union

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### Tunes & Snacks: Celebrating Black Women's History
12-3pm, Intersectional Feminist Resource Center, Room 227 in the Memorial Union

## Feb 16
### Paint N' Sip with the Black Student Union
8-10pm, Bears Den Pub, Memorial Union

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Open conversation around the intersection of fitness, racism, assigning worth to bodies
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## Feb 25
### Hair Care Fair
Free with a valid MaineCard, 9am-5pm, Woolley Room, across from the University Credit Union

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### Solidarity Group for BIPOC at UMaine:
On-campus every other Wednesday starting Feb. 8th, Room 314 in the Memorial Union

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Follow the Office for Diversity and Inclusion on Instagram @umaineod and subscribe to our weekly newsletter using the QR code!

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Email anila.karunakar@maine.edu for more information
February
LUNCH & LEARNS
OFFICE FOR DIVERSITY & INCLUSION

08
DR. JUDITH JOSIAH-MARTIN
ON EMPOWERMENT
JUDITH IS A FACULTY MEMBER IN THE SCHOOL OF SOCIAL WORK AND WAS FORMERLY THE DIRECTOR OF MULTICULTURAL STUDENT LIFE AT THE UNIVERSITY OF MAINE
12-1PM IN 312 IN THE MEMORIAL UNION

22
DEFENDING THE PENOBSCOT RIVER
JOIN ODI STUDENT LEAD LUKE SEKERA-FLANDERS FOR A LUNCH AND LEARN ON UNDERSTANDING AND RESISTING COLONIZATION IN THE 21ST CENTURY
12:30-2PM IN 312 IN THE MEMORIAL UNION

LUNCH & LEARNS ARE AN INFORMAL LECTURE SERIES HOSTED BY THE OFFICE FOR DIVERSITY AND INCLUSION IN THE MULTICULTURAL STUDENT CENTER (ROOM 312 IN THE MEMORIAL UNION)
BLACK BEARS HAVE HEART

A CELEBRATION OF KINDNESS AT UMAINE!

Orono's best kept secret?
Campus is home to the sweetest kids around!

Have a volunteer project you're proud of?
Did someone treat you to a coffee?
Was your day turned around with a simple "thank-you"?

Share your project or shining moment with us!
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Nothing is too big or too small!
Submit yours by February 12.

February 14, 2023
10:00am-2:00pm
Foster Center for Innovation
123 Long Road

Questions?
Email Jules Hathaway (julia.hathaway@maine.edu).
National Condom Week  February 14th–21st

Stop by our table on Feb 15th in Union Central from 12–2 PM to grab inclusive protective barriers, including external and insertive condoms, and dental dams!
2023

INTERNATIONAL DANCE FESTIVAL

A celebration of dance from around the world.

COLLINS CENTER FOR THE ARTS

University of Maine

SATURDAY, FEB. 11

2 PM AND 7 PM

FREE ADMISSION

For more information call 581.3437 or visit umaine.edu/international
An open conversation around the intersection of fatness, racism, and assigning worth to bodies

Date: Friday 17th February
Time: 12-1 pm
Rainbow Resource Center
224 in the Memorial Union

The University of Maine is an equal opportunity/affirmative action institution
TRANS+ COMMUNITY GAME NIGHT

PLAY GAMES & HANG OUT WITH OTHER TRANS + NONBINARY PEOPLE

FRIDAY, FEBRUARY 24TH
6-9PM AT THE
MULTICULTURAL STUDENT CENTER
312 IN THE MEMORIAL UNION

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

CELEBRATE YOUR BEAUTY.

FEBRUARY HAIR CARE FAIR:
SATURDAY, FEB. 25TH
FROM 9AM-5PM

GRADUATING SENIORS
HAIR CARE FAIR:
SATURDAY, APRIL 29TH
FROM 9AM-5PM

AT THE WOOLLEY ROOM
IN THE DORIS TWITCHELL ALLEN VILLAGE (DTAV),
NEXT TO PARKING SERVICES
ON CAMPUS

Free haircuts and styling for UMaine students
with a valid MaineCard.

Contact Anila, Director for the Office for Diversity and Inclusion at
anila.karunakar@maine.edu for more questions

In complying with the letter and spirit of applicable laws and pursuing its own goals of diversity, the University of Maine System does not discriminate on the grounds of race, color, religion, sex, sexual orientation, transgender status, gender, gender identity or expression, ethnicity, national origin, citizenship status, familial status, ancestry, age, disability physical or mental, genetic information, or veterans or military status in employment, education, and all other programs and activities. The University provides reasonable accommodations to qualified individuals with disabilities upon request. The following person has been designated to handle inquiries regarding non-discrimination policies: Director of Equal Opportunity, 101 Boudreau Hall, University of Maine, Orono, ME 04469-5754, 207.581.1225, TTY 711 (Maine Relay System).
HAIR CARE FAIR
CELEBRATE YOUR BEAUTY.

FEBRUARY 25TH, 9 AM – 5 PM AT THE WOOLLEY ROOM IN THE DORIS TWITCHELL ALLEN VILLAGE (DTAV), NEXT TO PARKING SERVICES ON CAMPUS

FREE HAIRCUTS AND STYLING FOR UMAINE STUDENTS WITH A VALID MAINECARD. SCAN QR CODE TO RSVP!
University of Maine System Mail - Welcome back to a New Year!!!

https://mail.google.com/mail/u/0/?ik=483c7a7ff8&view=pt&search=all...
"...despite continuing to face rampant discrimination, and despite there never having been a genuine effort to redress the wrong of slavery and the century of legal discrimination that followed, Black Americans have made astounding progress, not only for ourselves but also for all Americans. Our struggles and strivings have made American more fair and more just. As much democracy as we have, it has been born of Black resistance. In other words, the very people who were never supposed to be a part of our democracy have played the most pivotal role in creating it. So what if America understood, finally, now, after 400 years, that Black people have never been the problem but the solution?

- Nikole Hannah-Jones, The 1619 Project: A New American Origin Story
Hello everyone,

Today, we gather to celebrate Black History Month, an annual observance that pays tribute to the countless contributions and achievements of Black individuals throughout our nation's history.

From the earliest days of our nation, the Black community has carried the very
fabric of America, fighting for freedom and equality through revolution, Civil War, and the Civil Rights Movement. Our stories of perseverance, determination, and courage continue to inspire a new generation of our people today.

But the story of Black history is not just one of triumph and heroism. It is also a story of struggle, pain, and injustice. From the days of slavery and segregation to the ongoing fight for racial equality today, we have faced countless obstacles and injustices. Things we were fighting for decades ago are fights I encountered yesterday, injustices I will have to confront today, things I'll continue to wrestle tomorrow. Tyre Nichols has become another name upon a long, long, long list of these injustices. Another period at the end of a sentence people refuse to read. Many struggle to understand that a face and a name is not enough. It never will be.

I am Precilia Ngalamulume. The President of UMaine’s only Black Student Union. You’d be surprised the amount of times I’ve said that line and eyes have popped out of their sockets. Honestly, at first, it was funny. Then I began to wonder—with all the work I’m doing; all the emails I’m sending, people I’m trying to connect with, money that I’m asking for, why are there still people who don’t know about this resource? Of course, I wouldn’t say this if there just happened to be one person who didn’t know. Despite how small our community is on our campus, there are only so many people who are aware that we exist. That there is somewhere for them to turn to. A source of support, a place of belonging, a community within a community.

The word diversity is not enough. I’m saying this as kindly and gently as I possibly can. I am doing the work, we are doing the work, so what are you doing? When you say you’re glad that such a thing exists on campus, that you would do anything to support our Black Student Union, what are you doing to uphold that? What resources are you providing when you tell students that this is an inclusive, diverse community? How are you creating a wall against this cycle of oppression, of tolerance, that continues to be perpetuated within our education system?

We have been committed to creating and sustaining a welcoming environment for all students, faculty, staff, and visitors. As UMaine has stated, that environment, critical to the vigorous discovery/learning processes that define a university, also depends on diversity—diversity of ideas, cultures, experiences,
and backgrounds. We, as many other groups, are devoted to this diversity. We identify ourselves for this diversity. We yearn for this diversity. We cry for this diversity. We certainly laugh for it.

What about you?

**Precilia Ngalamulume (she/her)**  
UMaine Psychology Major  
*Black Student Union President*  
Office for Diversity and Inclusion  
*Staff Member*
10 WAYS TO CELEBRATE BLACK HISTORY MONTH AT UMAINE

#BlackResistance 2023

1. SUPPORT BLACK STUDENTS
   Show your support to our Black Student Union by donating to them or by showing up to their events. BSU meets weekly on Tuesdays at the MSC (Memorial Union 312) from 5pm-7pm.

2. DEI AUDIT
   Scan your class, office, department - what visual cues communicate equity? Flags, posters, magazines, etc. Let your space reflect your values.

3. GIVE GIFTS!
   Support local Black Owned Businesses by buying gifts or supplies.
   https://www.blackownedmaine.com/

4. BLACK HISTORY IN MAINE
   Encourage your class/department to learn about the experiences and contributions of Black people in Maine. Click here.

5. DO THE WORK
   Get a group of two - three folk together and commit to pursuing two things from this list. Do the work so that it develops you and 'for them'.

6. BE A MENTOR
   Invest time with a student to provide guidance, assistance and resources. (Be mindful to not have a savior complex)

7. CENTER BLACK ARTISTS
   Reach for research, journals, articles by Black contributors. Explore social media, music, podcasts and movies by Black influencers and creators!
START A BOOK CLUB
Choose Black Women authors like Roxane Gay, Beverly Tatum, Isabel Wilkerson, Layla Saad, Loretta Ross, Nell Irvin Painter, Michelle Obama etc.

INVEST IN DEI TRAINING
- Intro to DEI
- Transforming self for Racial Equity
- Safe Zone Training
- Implicit Bias, Microaggressions and Response
- Contact anila.karunakar@maine.edu

CELEBRATE BLACK HISTORY EVERY DAY!
The University of Maine is an equal opportunity/affirmative action institution.

SOLIDARITY MEETING
for Black, Indigenous, and People of Color (BIPOC)
Starting Wednesday, Feb. 8th
Every other week this Spring
3pm-4pm
Memorial Union Room 314
LUNCH & LEARN

Wednesday, Feb. 8th
12pm in the Multicultural Student Center (312 in the Union)

Free lunch provided
Vegan & gluten free options available.

Dr. Judith Josiah-Martin on Empowerment
LGBTQ+ SUPPORT GROUP

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12pm, Atrium on the 1st floor of the Memorial Union

Women of Color Wednesday
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Time: 12-1 pm
Rainbow Resource Center
224 in the Memorial Union

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Lunch and Learn:
Defending The Penobscot River

Understanding and resisting colonization in the 21st Century

Wednesday, Feb. 22nd
12:30-2:00pm
Multicultural Student Center
Room 312 in the Union

*Lunch Provided*
TRANS+ COMMUNITY GAME NIGHT

PLAY GAMES & HANG OUT WITH OTHER TRANS + NONBINARY PEOPLE

FRIDAY, FEBRUARY 24TH
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FREE HAIRCUTS AND STYLING FOR UMAINE STUDENTS WITH A VALID MAINECARD. SCAN QR CODE TO RSVP!
Interfaith Luncheon Series

SELECT TUESDAYS DURING THE SPRING 2023 SEMESTER:

FINDING THE PATH (2/21)
STARTING ON THE PATH (3/28)
SHARING THE PATH (4/18)

11:30AM-1:00PM | IN PERSON & OVER ZOOM
67 COLLEGE AVE, ORONO | 207-866-4227
WILSONCENTERORONO@GMAIL.COM

Made possible with generous support from the
Jewish Community Endowment Association
HELP: MUTUAL AID
RESEARCH AT UMAINE

Are you a UMaine student, faculty, or staff? Have you ever been in need of financial assistance? Are you interested in mutual aid?

Use this QR Code to access the survey now!

Please take this 8-minute, anonymous survey to give your input on how we can create the most useful and accessible community-led solution to economic hardships and inequalities at the University of Maine! Participants will be entered into a raffle for Hannaford Gift Cards! Participants must be 18 years or older.

I'm doing my Honors Thesis and I could use your help!

MUTUAL AID:
Voluntary reciprocal exchange of resources and services for mutual benefit. It is a radical act to bypass the system to help your neighbor. Not to be mistaken for charity, mutual aid is the horizontal movement of resources in a community as opposed to the wealthy giving to the needy. We are a support system for one another. We are a community.

Contact Tamra Benson with any questions: tamra.benson@maine.edu
POPCORN FRIDAYS!

GAMES & POPCORN IN THE MULTICULTURAL STUDENT CENTER EVERY FRIDAY!
BEGINNING FRIDAY, JAN. 27TH 12-2PM MEMORIAL UNION 312
We take a moment to lift up the people whose lives have been devastated by the earthquake in Turkey and Syria. Please check in with your friends, colleagues, and community here whose hearts are in Syria and Turkey and offer support to them.
Happy Year of the Cat/Rabbit!

I'm Jules Hathaway (they, them). I'm a graduate student in the Higher Education program. My husband and I, proud parents of three adult children, are now raising a sweet rescue cat. I'm a drag star and also enjoy binge reading, writing, going to thrift sales and yard sales, nature, volunteering, and campus activities. My book review blog

https://juliasstardustcaught.blogspot.com
features diverse literature.

Many students don't know about the Commuter Lounge located on the first floor of the Union (in the Wade Center)! It's a really great place to socialize, study, and eat lunch. We also have special events, a number of which involve yummy food. Our recent smoothies were the cat's pajamas!!! Imagine the Commuter Lounge as your living room on campus, enjoy a cup of coffee or tea, and hangout with friends.

We're working on diversifying our offerings, and we can't do that without your input. Currently I'm planning a banned books event for March. I'm also working on a collaborative event with the Office of International Programs. We're looking for more ideas. So tell us what you want, what you really REALLY want...

Sorry. I love that 90s music. Anyway, please come down and check us out. Ask questions. Feel free to offer suggestions.

And keep an eye on the bulletin boards to learn about our exciting events to which you are more than welcome!

Jules Hathaway
BLACK BEARS HAVE HEART
A CELEBRATION OF KINDNESS AT UMAINE!

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123 Long Road

Questions?
Email Jules Hathaway (julia.hathaway@maine.edu).
10 WAYS TO CELEBRATE BLACK HISTORY MONTH AT UMAINE

#BlackResistance 2023

1. SUPPORT BLACK STUDENTS
   Show your support to our Black Student Union by donating to them or by showing up to their events. BSU meets weekly on Tuesdays at the MSC (Memorial Union 312) from 5pm-7pm.

2. DEI AUDIT
   Scan your class, office, department - what visual cues communicate equity? Flags, posters, magazines, etc. Let your space reflect your values.

3. GIVE GIFTS!
   Support local Black Owned Businesses by buying gifts or supplies.
   https://www.blackownedmaine.com/

4. BLACK HISTORY IN MAINE
   Encourage your class/department to learn about the experiences and contributions of Black people in Maine. Click here.

5. DO THE WORK
   Get a group of two - three folx together and commit to pursuing two things from this list. Do the work so that it develops you and 'for them'.

6. BE A MENTOR
   Invest time with a student to provide guidance, assistance and resources. students in incredible ways. (Be mindful to not have a savior complex)

7. CENTER BLACK ARTISTS
   Reach for research, journals, articles by Black contributors. Explore social media, music, podcasts and movies by Black influencers and creators!
Show your Love by giving a Gift of

- A Phone Call
- Time
- A Kind Word
- Respect
- Gratitude
- Smiles
### Mind Your Language

**What to say and what not to say to your single friends around Valentine’s Day**

<table>
<thead>
<tr>
<th>🖤 “You’re too picky”</th>
<th>🖤 “How long has it been now since you last went on a date?”</th>
</tr>
</thead>
<tbody>
<tr>
<td>“You’re an amazing catch; you should only be with someone who truly deserves you”</td>
<td>“Spend the day treating yourself, instead”</td>
</tr>
<tr>
<td>🖤 “Just go on a Valentine’s date with a random off a dating app.”</td>
<td>🖤 “Don’t worry, you’ll find someone soon!”</td>
</tr>
<tr>
<td>“It’s way better to be single and happy than partnered up and miserable”</td>
<td>“Being single has its perks, too - enjoy it while you can”</td>
</tr>
</tbody>
</table>

*WomensHealth*
Lunch and Learn:
Defending The Penobscot River

Understanding and resisting colonization in the 21st Century

Wednesday, Feb. 22nd
12:30-2:00pm
Multicultural Student Center
Room 312 in the Union

*Lunch Provided
Bodies of Worth

An open conversation around the intersection of fatness, racism, and assigning worth to bodies

Date: Friday 17th February
Time: 12-1 pm
Rainbow Resource Center 224 in the Memorial Union

The University of Maine is an equal opportunity/affirmative action institution
LGBTQ+ SUPPORT GROUP

ON CAMPUS THIS SPRING SEMESTER

EVERY WEDNESDAY IN THE RAINBOW RESOURCE CENTER
STARTING FEB. 1ST
MEMORIAL UNION 224
3-4PM

This group is in partnership with the Office for Diversity and Inclusion and the University of Maine Counseling Center. This group is a private, non-confidential support group.
Black History Month 2023

Feb 1
Black Lives Matter Flag Raising
12pm. Atrium on the 1st floor of the Memorial Union

Women of Color Wednesday
6:30pm-8:30pm. Multicultural Student Center, Room 312 in the Memorial Union

Feb 8
Lunch & Learn: Dr. Judith Josiah-Martin on Empowerment
12-1pm, Multicultural Student Center, Room 312 in the Memorial Union

Feb 16
Paint N’ Sip with the Black Student Union
8-10pm, Bears Den Pub, Memorial Union

Feb 17
Bodies of Worth
Open conversation around the intersection of fatness, racism, assigning worth to bodies
12-1pm, Rainbow Resource Center, Room 224 in the Memorial Union

Feb 24
Black Professionals & Students Mixer
4-5:30pm in the Multicultural Student Center. Room 312 in the Memorial Union

Feb 25
Hair Care Fair
Free with a valid MaineCard. 9am-5pm. Woolley Room, across from the University Credit Union

Solidarity Group for BIPOC at UMaine:
On-campus
3-4pm every other Wednesday starting Feb. 8th
Room 314 in the Memorial Union

Follow the Office for Diversity and Inclusion on Instagram @umaineodi and subscribe to our weekly newsletter using the QR code!

The University of Maine is an equal opportunity-affirmative action institution.
National Condom Week  February 14th–21st

Stop by our table on Feb 15th in Union Central from 12–2 PM to grab inclusive protective barriers, including external and insertive condoms, and dental dams!
Lunch and Learn:
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Wednesday, Feb. 22nd
12:30-2:00pm
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*Lunch Provided
THE UNIVERSITY OF
MAINE

Student Life
Office for Diversity and Inclusion

TRANS+ COMMUNITY GAME NIGHT

PLAY GAMES & HANG OUT WITH OTHER TRANS & NONBINARY PEOPLE

FRIDAY, FEBRUARY 24TH
6-9PM@ THE
MULTICULTURAL STUDENT CENTER
312 IN THE MEMORIAL UNION

The University of Maine is an equal opportunity/affirmative action institution.
HAIR CARE FAIR
CELEBRATE YOUR BEAUTY.

FEBRUARY 25TH, 9 AM – 5 PM AT THE WOOLLEY ROOM IN THE DORIS TWITCHELL ALLEN VILLAGE (DTAV), NEXT TO PARKING SERVICES ON CAMPUS

FREE HAIRCUTS AND STYLING FOR UMAINE STUDENTS WITH A VALID MAINECARD. SCAN QR CODE TO RSVP!
Hosted By:
HEAL
Health Equity Alliance
& REPRESENTATIVE LAURIE OSHER

Come Celebrate the Maine Legislature’s LGBTQ+ Equality Champions, Past Successes, and Initiatives for 2023

Join is in recognizing LGBTQ+ legislators, past & present.
Hear about the past LGBTQ+ policy successes
Learn about upcoming LGBTQ+ supportive legislation including bills for gender affirming care, annual HIV testing, and annual mental health wellness exams.
Enjoy delicious food & refreshments
Hear live music by musical guests Just Honey!

SUNDAY, FEB. 19TH
2-4 PM
Doors Open at 1:30
BANGOR ARTS EXCHANGE
193 Exchange St, Bangor
Free, Family Friendly Event

For event information, call Jill Henderson at 207-888-2774

RSVP HERE
COMMUNITY ENGLISH
Free English classes in Orono
Mondays and Wednesdays 10:00am - 11:30am

Mondays at
Orono Public
Library in the
Community Room

Wednesdays at
University
Maine Memorial
Union in the
Totman Lounge

Scan me with your phone's camera for information and registration.

Need a Ride?
The Black Bear Express will get you there for free.
POPCORN FRIDAYS!

GAMES & POPCORN IN THE MULTICULTURAL STUDENT CENTER EVERY FRIDAY!
BEGINNING FRIDAY, JAN. 27TH
12-2PM
MEMORIAL UNION 312
Hair and its complexities!
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

https://mail.google.com/mail/u/0/?ik=483c7a7ff8&view=pt&search=al...
An entertaining picture book that teaches the importance of asking for permission first as a young girl attempts to escape the curious hands that want to touch her hair.
BLACK HISTORY MONTH
#BLACKRESISTANCE 2023
UMAINEODI
As a child I used to read this Disney Cinderella book. What I remember about that experience was this person's ability to talk to animals! I loved animals and oh, to have the ability to talk to them! I also remember Belle's bangs, and her long, billowy, golden hair. I wanted that hair so much! I, on the other hand, had long, thick, curly hair where the only option to wear my hair was in two braids. I envied straight hair. 'Nice', obedient straight hair. When I first came to the States, I bought myself a straightening iron. Interestingly, whenever I came out with that style, was one of the only times, I was complimented. Comments like, "Anila, you have beautiful hair." 'So black and beautiful.' 'You look lovely today." Not going to lie, I liked it when my hair fell straight. I felt pretty. The standards of beauty that are firmed universally does not include folx with my skin tone, my body shape, and definitely not my hair texture. Even the actresses that come out of India mostly have the same straight, brown highlighted, billowy hair. The context of hair get complicated here in the United States. Its historical, generational and oppressive.

Our students continue to be impacted by these systems. How can we navigate support our students? Certainly, not go around, throwing compliments to our students of color about their skin and hair (styles)! Shania Twain, please don't. We can Educate ourselves!

A couple of options of a good place to start are with a documentary from over 10 years ago is Chris Rock's Good Hair. Another option is on Hulu called The
Hair Tales.

It took me a very long time to unlearn and challenge the norms of beauty in my life. My darling friends help me get there by 1. affirming me every time i wore my hair naturally and 2. they threw out all of the *Fair and Lovely (a billion dollar industry!)* face lotions. It was a start while I still struggle. I still try!

Anila

---

**The #CROWNAct will explicitly prohibit discrimination on the basis of natural hair as a form of race discrimination.**

**THE CROWN ACT,** which stands for “Creating a Respectful and Open World for Natural Hair,” is a law that prohibits race-based hair discrimination, which is the denial of employment and educational opportunities because of hair texture or protective hairstyles. It prohibits discrimination based on natural hair style and texture, such as locs, cornrows, twists, braids, Bantu knots, fades, afros, and/or the right to keep hair in an uncut or untrimmed state.” (Click [here](https://mail.google.com/mail/u/0/?ik=483c7a7ff8&view=pt&search=al... to learn more)
Black Professionals & Student Mixer

Located in the Multicultural Student Center
Room 312 in the Union
Friday, February 24th
3:30pm - 5pm
Priscilla Colón

Priscilla is a writer, teacher, artist and a language nerd. Using her talents and her experiences, she works to bring healing to the Taíno Indigenous community by teaching and promoting the Taíno language and culture.

COE ROOM (MEMORIAL UNION)
MARCH 7, 2023
10:30AM - 12:00PM

Proudly sponsored by:
The Cultural and Distinguished Lecture Series and The Caribbean and Latinx Student Alliance
Women in DEI
A panel discussion for Women's History Month

SARAH DYER
Diversity, Equity, and Inclusion Officer, Office of the Provost at Husson University

MARWA HASSANEN
Director of Diversity, Equity, and Inclusion at Northern Light Health & serves on Bangor School Board

ANILA KARUNAKAR
Director for the Office for Diversity and Inclusion at UMaine

Friday, March 3rd @ Noon in the Bangor Room, 2nd floor Memorial Union

The University of Maine is an EE/IO institution
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START A BOOK CLUB
Choose Black Women authors like Roxane Gay, Beverly Tatum, Isabel Wilkerson, Layla Saad, Loretta Ross, Nell Irvin Painter, Michelle Obama etc.

INVEST IN DEI TRAINING
- Intro to DEI
- Transforming self for Racial Equity
- Safe Zone Training
- Implicit Bias, Microaggressions and Response
- Contact anila.karunakar@maine.edu

CELEBRATE BLACK HISTORY EVERY DAY!
The University of Maine is an equal opportunity/affirmative action institution.
'This Land is Your Land and This Land Is My Land':

MHC Undergraduate Fellow Tom Pinette on the role of the Roman Catholic Church in the political and cultural lives of the Penobscot and Passamaquoddy Nations in the twentieth century

Wednesday, March 1 at 12:00 pm

Class of 1944 Hall, Room 102
TRANSMUNITY GAME NIGHT

PLAY GAMES & HANG OUT WITH OTHER TRANS + NONBINARY PEOPLE

FRIDAY, FEBRUARY 24TH
6-9PM AT THE MULTICULTURAL STUDENT CENTER
312 IN THE MEMORIAL UNION

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Mondays at Orono Public Library in the Community Room
Wednesdays at University Maine Memorial Union in the Totman Lounge

Scan me with your phone's camera for information and registration.

Need a Ride?
The Black Bear Express will get you there for free.
POPCORN FRIDAYS!

GAMES & POPCORN IN THE MULTICULTURAL STUDENT CENTER EVERY FRIDAY!

BEGINNING FRIDAY, JAN. 27TH
12-2PM
MEMORIAL UNION 312
University of Maine System Mail - Celebrate Women's History Month

https://mail.google.com/mail/u/0/?ik=483c7a7ff8&view=pt&search=all...
Do not live someone else's life and someone else's idea of what womanhood is. Womanhood is you. Womanhood is everything that's inside of you.

Viola Davis
WOMEN'S HISTORY MONTH

7 ways to Celebrate at UMAINE

1. BUY, SHOP AND GIFTS FROM WOMEN RUN BUSINESSES IN MAINE
   https://www.mainewomensbusinesslist.com

2. HIGHLIGHT THE CONTRIBUTIONS MADE TO YOUR FIELD/DISCIPLINE BY WOMEN

3. GIFT THE GIFT OF SELF-CARE TO THE WOMEN WHO WORK IN YOUR DEPT

4. FIND WAYS TO EVALUATE AND IMPROVE GENDER EQUITY IN YOUR DEPARTMENT

5. FIND WAYS TO PROMOTE WOMEN'S HISTORY ON YOUR SOCIAL MEDIA ACCOUNT
<table>
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A panel discussion for Women's History Month

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Diversity, Equity, and Inclusion Officer, Office of the Provost at Husson University

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FROM HAMMOCKS TO HURRICANES
TAÍNO INDIGENOUS INFLUENCE ON LANGUAGE & CULTURE

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Priscilla Colón

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MARCH 7, 2023
10:30AM - 12:00PM

Proudly sponsored by:
The Cultural and Distinguished Lecture Series and The Caribbean and Latinx Student Alliance
ARE YOU ADOPTED?
JOIN US FOR
ADOPTEE CLUB!
CONVERSATION | COMMUNITY

Time & Day: TBD
MULTICULTURAL STUDENT CENTER
A space to share our lived experiences of being adopted
TO LEARN MORE...
FOLLOW US ON INSTAGRAM

@Umaine Adoptee club
THE UNIVERSITY OF
MAINE

Student Life
Office for Diversity and Inclusion

LGBTQ+
COMMUNITY EVENTS

CELEBRATE PRIDE ALL SEMESTER
LONG

TRANS+ COMMUNITY GAME NIGHT
FRIDAY, FEBRUARY 24TH 6-9PM
THE MSC: RM 312, MEMORIAL UNION

LGBTQ+ COMMUNITY GAME NIGHT
FRIDAY, MARCH 24TH 6-9PM
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EXPECTATIONS OF ASEXUALITY
FRIDAY, MARCH 31ST 3:15-4:15PM
THE RRC: RM 224, MEMORIAL UNION

PRIDE POOL PARTY
CALLING ALL TRANS PEOPLE AND THEIR EMOTIONAL SUPPORT
CIS FRIENDS FOR A FUN INCLUSIVE NIGHT AT THE POOL
FRIDAY, MARCH 31ST 8-10 PM
NEW BALANCE REC CENTER POOL

LGBTQ+ AND ALLIES GAME NIGHT
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GAMES & POPCORN IN THE MULTICULTURAL STUDENT CENTER EVERY FRIDAY!
BEGINNING FRIDAY, JAN. 27TH 12-2PM MEMORIAL UNION 312
UMaine Drag Show sign-ups are now live!
1 message

UMaine Office for Diversity and Inclusion <Anila.karunakar@maine.edu>  
Mon, Mar 6, 2023 at 4:54 PM

To: matthew.revitt@maine.edu
University of Maine System Mail - UMaine Drag Show sign-ups are no... https://mail.google.com/mail/u/0/?ik=483c7a7ff8&view=pt&search=al...

NO PRIDE for SOME of US without LIBERATION for ALL of US

MARSHA "Pey It No Mind" JOHNSON
was a mother of the TRANS+ QUEER LIBERATION movement. She dedicated her life to helping trans youth, sex workers and poor and incarcerated queers.

WE HONOR her LEGACY
by SUPPORTING TRANS WOMEN OF COLOR to LIVE+LEAD.
FROM HAMMOCKS TO HURRICANES
TAÍNO INDIGENOUS INFLUENCE ON LANGUAGE & CULTURE

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MARCH 7, 2023
10:30AM - 12:00PM

Proudly sponsored by:
The Cultural and Distinguished Lecture Series and The Caribbean and Latinx Student Alliance
THE FEMINIST COLLECTIVE TAKES ON...

THE PINK TAX!

Wednesday, March 8th
12:00 p.m. to 1:00 p.m.
MSC, Room 312
Memorial Union

SEE YOU THERE!
DINNER & DRAG 101

GET YOUR DINNER AND JOIN UMAINE'S DRAG SHOW 2023 HOST

CARRIE THE ONE

TO TALK DRAG JOURNEYS
WEDNESDAY, MARCH 8TH,
5:30-7PM ON ZOOM

Whether you're just thinking about how to become a drag queen, king or artist, or doing it already, or are interested in learning more, join us!

MARK YOUR CALENDAR:
UMAINE DRAG SHOW AUDITIONS
WEDNESDAY, MARCH 23RD
DRAG SHOW: APRIL 1, 2023

EMAIL ANILA.KARUNAKAR@MAINE.EDU FOR DINNER & DRAG ZOOM LINK

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

THE UMAINE DRAG SHOW

Hosted by Carrie the One

Saturday, April 1st
9 pm
Collins Center for the Arts

Free with Maine card
General admission: $15

Sponsored by USCG
Wilde Stein

Drag Show Auditions

Thursday March 23rd
6-8pm - Bear's Pub

Sign-Ups

Email Casey.Libuda@maine.edu with any questions
## WOMEN'S HISTORY MONTH

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Open conversation with Title IX and the Office for Diversity and Inclusion (ODI) on how emotional invalidation manifests in our everyday lives, and how our identities impact how we are perceived and believed.
Intersectional Feminist Resource Center, Room 227 in the Memorial Union from 12-1pm |
| 24 March | **HAIRitage: Exploring Black Hair Culture**
A space for discussion, conversing, and educating about the current and past hair culture within the Black community.
Multicultural Student Center, Room 312 in the Memorial Union from 12-1pm |
| 25 March | **Self-Care Fair for UMaine Students with Children**
Activities for parents and children ages 3-12. Join us in the Multicultural Student Center for children's activities and in the Wade Center for a parent social, self-care kits, and raffles.
Multicultural Student Center, Room 312 in the Memorial Union & the Wade Center, Room 150 in the Memorial Union from 11am-2pm |
| 31 March | **The PWI Experience with Isatu Bah**
Join us as we talk with Isatu Bah about a Black feminine perspective on going to a primarily white institution (PWI)
Multicultural Student Center, Room 312 in the Memorial Union, 12-1pm |

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In compliance with the letter and spirit of applicable laws and pursuant to its own goals of diversity, the University of Maine System does not discriminate on the grounds of race, color, religion, sex, sexual orientation, transgender status, gender, gender identity or expression, ethnicity, national origin, citizenship status, veteran status, disability, handicap, physical or mental, genetic information, or status as a special disabled veteran, in employment, education, and all other programs and activities. The University provides reasonable accommodations to qualified individuals with disabilities upon request. The following person has been designated to handle inquiries regarding non-discrimination policies: Director of Equal Opportunity, 101 Boudreau Hall, University of Maine, Orono, ME 04469-5754, 207.581.1226, TTY 711 (Maine Relay System).
Self-Care Fair

For Non-Traditional UMaine Students with Children

Activities for YOU, because you matter.
• Mocktails & parent social
• Raffles for UMaine bookstore & local restaurant gift-cards, and a gift basket
• Self-care kits including face masks, period products, vitamins, candles, journals, & more

Activities for children ages 3-12
• Face-painting
• Games
• Popcorn Bar
• Movies

Saturday, March 25th
11am-2pm
Multicultural Student Center, Room 312 in the Memorial Union

We see you. You are so powerful. We can't wait to celebrate you.
ARE YOU ADOPTED?
JOIN US FOR
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CONVERSATION  |  COMMUNITY

Time & Day:   MULTICULTURAL
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TBD

A space to share our lived experiences of
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TO LEARN MORE...
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MEMORIAL UNION 312
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

University of Maine System Mail - UMaine Drag Show sign-ups are no... https://mail.google.com/mail/u/0/?ik=483c7a7ff8&view=pt&search=all
Happy Naw Ruz, Pride Week and Drag Show!

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
Bahá’í Naw-Rúz or Naw-Rúz is celebrated on the first day of the Bahá’í calendar. Naw Ruz, which is Persian for 'New Day', is a holy day for the Bahá’í people. This is celebrated in Iran and other Middle Eastern countries since ancient times. Peace and joy to you in this time of renewal!

Syria Earthquake Donation Drive
March 20th - 24th

Items:
- Gauze bandage rolls
- Gauze sponges
- Arm/shoulder slings
- Wrist splints
- Ace bandages
- Hydrogen peroxide bottles
- Isopropyl alcohol bottles

Item Drop-off Locations:
- Memorial Union
- Colvin Hall
- Shibles Hall
- Winslow Hall
- Stodder Hall

Tabling in the Union:
Thursday 23rd 11am - 1pm

Donate through Venmo here!
maher.alsamsam@maine.edu

My name is Maher Alsamsam, I am a fourth year student studying Biomedical Engineering at the University of Maine. Recently, a 7.8 magnitude earthquake struck near Turkey and Syria, causing devastating damage. As of today,
there have been over 50,000 deaths and hundreds of thousands of injuries due to the earthquake, and these numbers continue to rise. As a Syrian with family living in the impacted areas, I have heard first-hand accounts of the damage caused. Many people are still missing, and the resources needed to rescue those buried under rubble are unavailable since the corrupt dictatorship blocks support to rebel cities. Those who survived live in perpetual fear of aftershocks—unsure if their homes will be able to withstand them. Furthermore, in Turkey and Syria over 850,000 people have been displaced as they are left stranded in freezing weather. Between all the fear and chaos, there is hardly time for people to process the emotional trauma of having lost family, friends, and their livelihood, all in an instant.

Living across the ocean in the United States, I wanted to find some way to help those affected by the earthquake. I have partnered with Partners for World Health in Portland, Maine to fundraise money and collect medical items in bins around campus from March 20th to March 24th to send to Syria, where relief is urgently needed. If you would be willing, I would appreciate help with spreading the word about our effort and having a bin hosted in your office to collect items; I can provide a flier to you as well.

Please let me know if this is possible or if you have any questions!

Best regards,

Maher Alsamsam
Celebrate Pride by taking the LGBTQIA2+ Learning and Affirming challenge

Pride Week March 27th - April 1st
Monday, March 27th to Saturday, April 1st

**Paint With Pride**
Rainbow Resource Center
(224 in the Memorial Union) from 1pm-3pm

**Spirit Day: Wear Your Pride Colors**
Temporary tattoos & face paint available in the Rainbow Resource Center
(224 in the Memorial Union) from 11am-2pm

*Pride Climb, 6-8pm at Maine Bound Adventure Center

**Pride Trivia with CSI & ODI**
Bear's Den Pub from 8-10pm
Trivia rounds, prizes, & mocktails!

*Trans Day of Visibility (TDOV)
Trans flag raising at 10am in front of the UMaine Bookstore

**Expectations of Asexuality**
Rainbow Resource Center
(224 in the Memorial Union) 3:30pm - 4:15pm

**Pride Swim**
Trans+ folks and allies: Come hang out with ODI Drag Show Eve at the pool at the New Balance Recreation Center
8pm - 10pm

**Wilde Stein Drag Show**
7pm start in the CCA
Free to UMaine students with a valid MaineCard

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Subscribe to our weekly newsletter to learn more about DEI work on campus using the QR code.
Call Me Crazy: A Discussion on Emotional Invalidation

Wednesday, March 22nd
12-1pm

Rainbow Resource Center
(Room 224 in the Memorial Union)

Snacks Provided!
Attendee raffle:
Affirmation cards and a self care journal!
WILDE STEIN

DRAG SHOW AUDITIONS

THURSDAY MARCH 23RD
6-8PM - BEAR'S PUB

SIGN-UPS

EMAIL CASEY.LIBUDA@MAINE.EDU WITH ANY QUESTIONS
Self-Care Fair

For Non-Traditional UMaine Students with Children

Activities for YOU, because you matter.
• Mocktails & parent social
• Raffles for UMaine bookstore & local restaurant gift-cards, and a gift basket
• Self-care kits including face masks, period products, vitamins, candles, journals, & more

Activities for children ages 3-12
• Face-painting
• Games
• Popcorn Bar
• Movies

Saturday, March 25th
11am-2pm
Multicultural Student Center,
Room 312 in the Memorial Union

We see you. You are so powerful.
We can't wait to celebrate you.
Banning books silences stories. Join Fogler Library and Student Life for a riveting discussion.

Commuter Lounge
Union 150
March 28
1 p.m.
WOC WEDNESDAY

FLEX & FOCUS

MARCH 29TH

FOSTER ROOM RECREATIONAL CENTER
6:30 – 8:30 PM

Join us as we meditate, move, and find harmony through yoga!
Thursday, March 30th
2:00 pm
Intersectional Feminist Resource Center
(Room 227)
PRIDE TRIVIA

THURSDAY MARCH 30TH 8PM
BEAR'S DEN PUB

WIN FUN PRIZES! MOCKTAILS SERVED!

The University of Maine is an EO/AA institution.
Diversi-TEA Party

The PWI Experience with Isatu Bah

Friday, March 31st

A talk about a Black, fem experience at a Predominantly White Institution (PWI) with students and our guest, Isatu Bah

Multicultural Student Center, Room 312 in the Memorial Union
From 12 pm to 1 pm

All are welcome!

The University of Maine is an equal opportunity/affirmative action institution.
Inviting all Trans+ individuals and their friends to come enjoy a night at the pool!

FRIDAY, MARCH 31ST
8-10PM
5797 NEW BALANCE STUDENT RECREATION CENTER POOL
Wilde Stein Presents...
THE UMAINE DRAG SHOW

Hosted by
Carrie the One

Saturday, April 1st
7 pm
Collins Center for the Arts
Free with Maine card
General admission: $15

Sponsored by UMSG
POPCORN FRIDAYS!

GAMES & POPCORN IN THE MULTICULTURAL STUDENT CENTER EVERY FRIDAY!

BEGINNING FRIDAY, JAN. 27TH
12-2PM
MEMORIAL UNION 312
I wish this Ramadan, you are gifted with blessings of Allah and many treasured moments of joy! Ramadan Mubarak!
Ramadan Tips
For Non-Muslims
Office Etiquette For Employees
Who Are Not Fasting

1. **Greet People**
   Be generous with greetings such as ‘Ramadan Kareem’ and ‘Ramadan Mubarak’.

2. **Watch Where You Eat**
   While eating in office, pick a room separate from the one fasting people are working in.

3. **Be Understanding**
   Be flexible and understanding. Remember that your Muslim colleagues are coming to work despite following a tough daily regimen.

4. **Don’t Lose Patience**
   Don’t lose your patience with Muslim colleagues. Ramadan is a month of patience and self-control.

5. **Keep Meetings for Mornings**
   Schedule meetings in the morning when people are fresh and relatively energetic.

6. **Dress Modestly**
   Dress conservatively to show respect for local customs and traditions.

7. **Don’t Say No to Iftar Invitations**
   Iftar has ritual significance. Try not to refuse an iftar invitation since it could hurt the sentiments of the host.
by taking the LGBTQIA2+
Learning and Affirming challenge

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7pm start in the CCA
Free to UMaine students with a valid MaineCard
Banning books silences stories. Join Fogler Library and Student Life for a riveting discussion.

**Commuter Lounge**
**Union 150**
**March 28**
**1 p.m.**
Transgender Day Of Visibility
March 31st

#TransRightsAreHumanRights
Click here: A Guide for Trans Allies
Why Trans People Need More Visibility

With more visibility comes more understanding. These statistics can and will get better as trans people become more visible in our society.

- 80% of trans students feel unsafe at school because of their gender expression.
- 58.7% of gender non-conforming students have experienced verbal harassment in the past year because of their gender expression, compared to 26% of their peers.
- 49% of trans people have been raped or assaulted by a romantic partner.
- 6X more likely to experience physical violence when interacting with the police than white cisgender survivors of violence.
- 41% of trans people have attempted suicide.
- 1 in 5 transgender people have experienced homelessness at some point in their lives.
- 1 in 8 people have been evicted due to being transgender.

For more information, go to transstudent.org/graphics

Infographic Design by Landyn Pan
WOC WEDNESDAY

FLEX & FOCUS

MARCH 29TH

FOSTER ROOM RECREATIONAL CENTER
6:30 – 8:30 PM

Join us as we meditate, move, and find harmony through yoga!
Thursday, March 30th
2:00 pm
Intersectional Feminist Resource Center (Room 227)
PRIDE TRIVIA

THURSDAY MARCH 30TH 8PM
BEAR'S DEN PUB

WIN FUN PRIZES! MOCKTAILS SERVED!

The University of Maine is an EO/AA institution.
Want a good laugh? Be sure to come and see trans comedian, Jeffery Jay! He'll be hosting this event from 9-11 pm in the North Pod on Friday, March 31.
Diversi-TEA Party

The PWI Experience with Isatu Bah

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A talk about a Black, fem experience at a Predominantly White Institution (PWI) with students and our guest, Isatu Bah

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From 12 pm to 1 pm

All are welcome!

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PRIDE SWIM

Inviting all Trans+ individuals and their friends to come enjoy a night at the pool!

FRIDAY, MARCH 31ST
8-10PM
5797 NEW BALANCE STUDENT RECREATION CENTER POOL

THE UNIVERSITY OF MAINE IS AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION INSTITUTION.
Black Student Union Presents,

Mocktail Movie Night

April 11th 5-7 PM at Memorial Union in the Multicultural Student Center Room 312

Scan here to RSVP
POPCORN FRIDAYS!

GAMES & POPCORN IN THE MULTICULTURAL STUDENT CENTER EVERY FRIDAY!

BEGINNING FRIDAY, JAN. 27TH
12-2PM
MEMORIAL UNION 312
Happy Diversity Week as we center Neurodiversity!

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
Wishing you a Happy Passover
Chag Pesach Sameach

Wishes of peace, good health, prosperity, and happiness to you and yours as we celebrate Passover. May the joy you share at Seder stay with you all year long.

May our celebration of freedom on this Pesach inspire us to work for a world when every person will be free from hatred.
Evaluate how Sensory Friendly your class, office or department is so it can be accessible to all.

**Sensory-Friendly Environment**

- Dimmed lighting
- Reduce noise
- Create quiet zones
- Offer toilets
- Offer seating
- Alleviate smells
- Remove clutter

---

**DIVERSITY WEEK APRIL 10TH-14TH**

**Men & Mental Health**

**Monday, April 10th from 12PM-1PM**
Room 312 in the Memorial Union
Open space for men-identifying folks to talk about how they experience mental health

**Coffee, Tea, and Neurodiversity**

**Tuesday, April 11th from 2PM-3PM**
Room 224 in the Memorial Union
Open space neurodivergent-identifying folks to mingle and build community

**Loteria!**

**Tuesday, April 11th from 3:30PM-5PM**
Room 312 in the Memorial Union
Featuring Claudia Torres

**Intro to Neurodiversity**

**Wednesday, April 12th from 1PM-2PM**
Room 312 in the Memorial Union
Featuring Yadina Clark

**Writing An Effective DEI Statement**

**Thursday, April 13th from 12PM-1:30PM**
Room 312 in the Memorial Union
Featuring Anila Karunakar, Director for Diversity and Inclusion

**Queerness & Christianity**

**Friday, April 14th from 2PM-3PM**
Room 224 in the Memorial Union
Featuring Professor Derek Michaud

**Intercultural Open Mic Night**

**Friday, April 14th from 8PM-10PM**
Bears Den Pub in the Memorial Union
Come sing, do karaoke, comedy, share poetry, or stories important to your identities.
Light beverages and snacks provided
MEN AND MENTAL HEALTH

A JUDGMENT-FREE ZONE FOR MEN TO COME TOGETHER AND EXPRESS THEIR VIEWS ON MENTAL HEALTH

WHERE: ROOM 312 IN UNION
WHEN: MONDAY APRIL 10TH, 12-1PM

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

WIN FUN PRIZES WHILE PLAYING A THRILLING TRADITIONAL GAME OF CHANCE

Facilitated by

Claudia Torres

Tuesday April 11th
3:30PM – 5PM

Located in the Multicultural Student Center Room 312 Memorial Union
ODI proudly brings you:

INTRO TO NEURO DIVERSITY

Facilitated by Yadina Clark

Wednesday, April 12th
starting at 1pm
Room 312, Memorial Union
Lunch is provided

If you need directions to attend, please email: Anila at anila.karunakar@maine.edu

The University of Maine is an equal opportunity/affirmative actions institution.
ANNUAL INTERCULTURAL OPEN MIC NIGHT

FRIDAY, APRIL 14TH
8:00-10:00PM
IN THE BEAR'S DEN PUB

Come perform music, dance, recite poetry, or share a story about your culture!
Light beverages and snacks provided.

The University of Maine is an equal opportunity/affirmative action institution.
Black Student Union Presents,

Mocktail Movie Night

April 11th 5-7 PM at Memorial Union in the Multicultural Student Center Room 312

Scan here to RSVP
Happy Easter and Welcome Diversity Week!

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
Joy of Easter

He has risen

Just as He said
DIVERSITY WEEK APRIL 10TH-14TH

Men & Mental Health
Monday, April 10th from 12PM-1PM
Room 312 in the Memorial Union
Open space for men-identifying folks to talk about how they experience mental health

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To learn more: Click HERE
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Tuesday April 11th
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Located in the Multicultural Student Center Room 312 Memorial Union
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ANNUAL
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Mocktail Movie Night

April 11th 5-7 PM at Memorial Union in the Multicultural Student Center Room 312

Scan here to RSVP
CARRIBIAN AND LATINX STUDENT ALLIANCE PRESENTS

14TH APRIL 2023

CARNIVAL

COME AND ENJOY
BRAZILIAN, CARRIBIAN AND PERUVIAN FOOD, GAMES, DANCING, AND MUSIC!

FROM 5 TO 7 PM NORTH POD AT MEMORIAL UNION
UNIVERSITY OF MAINE COUNSELING CENTER PRESENTS

TRANS SUPPORT AND AWARENESS FORUM
AN EDUCATIONAL PANEL DISCUSSION

APRIL 18TH
4:30-5:30
MEMORIAL UNION
COE ROOM

Please join the Counseling Center and our featured panelists to show support and have a dialogue about policies, advocacy, intersectionality, and the history of the LGBTQ+ movement with special attention to the trans community.

Laurie Osher
she/her
Democratic House Representative, Orono

Kara Peruccio
she/her
Assistant Professor of WGS Studies & History

Mark Brewer
he/him
Professor & Acting Chair of Political Science

Lincoln Tiner
he/him
UMaine Master's Student Life

Food and refreshments will be served

Please email julia.vicaire@maine.edu if accommodations are needed.
The University of Maine is an equal opportunity/affirmative action institution.
Submit the following by April 19:

- Picture
- Pet Name
- Human Name
- Brief bio on your pet(s)

Submit to um.cntsp@maine.edu
Wabanaki Public Health & Wellness Presents:

**Summer Health Internship Program**

- FULL-TIME, PAID, 8 WEEKS
- WABANAKI UNDERGRADUATE STUDENTS INTERESTED IN HEALTH & WELLNESS CAREERS
- WORK WITH A MENTOR ON WPHW PROJECTS WHILE STRENGTHENING YOUR CULTURAL IDENTITY

ANY QUESTIONS? CONTACT US!
ABARKER@WABANAKIPHW.ORG

OR VISIT THE LINK:
shorturl.at/huvAB

https://mail.google.com/mail/u/0/?ik=483c7a7ff8&view=pt&search=al...
Hair Care Fair
Class of 2023!

FOR GRADUATING UNDERGRAD & GRADUATE STUDENTS ONLY

WOOLLEY ROOM (DTAV)
APRIL 29TH 9AM - 3PM

Free with UMAINE ID
First come, first served

Proudly sponsored by the Hamm Grant Activity Fund
Questions? Contact Anila.Karunakar@maine.edu
POPCORN FRIDAYS!

GAMES & POPCORN IN THE MULTICULTURAL STUDENT CENTER
EVERY FRIDAY!

BEGINNING FRIDAY, JAN. 27TH
12-2PM
MEMORIAL UNION 312
First, to all of our Muslim friends and community members, I hope all had a blessed Eid!

Second, I want to acknowledge and thank the members of our campus community who have helped us make this year happen. The Office for Diversity and Inclusion thanks you for your time and engagement in our spaces this year. Whether you staffed an event, were a guest lecturer at a Lunch & Learn, a program panelist, co-facilitated a discussion, served on a history month committee, or attended one of our programs, you helped us make this year happen. We rely on our community to help us do this work, and could not have done it without you!

I am especially grateful for our students leaders. Our students program with the intention of building community and engaging across difference, and they are our shining stars!

Kalina Chazin-Knox
Leon Howe
Tom Pinette
Auri Fitz-Marquez
Abriah James
Casper Cowan
Precilia Ngalamulume
Luke Sekera-Flanders
Quynh "Sara" Tran
Shreyash Parajuli

Thank you all for your hard work this year.

Finally, happy last week of classes. Our spaces will be open from 10am to 4pm Monday-Thursday next week for you to relax in, study, or be in community.
LOOKING FOR A STUDY SPACE?

CONSIDER SPENDING TIME WITH US IN MEMORIAL UNION ROOMS 224, 227, AND 312!
QTPOC COMMUNITY PAINT N SIP
Thursday, April 27
3pm-5pm
Room 224
Memorial Union

1865 THE UNIVERSITY OF
MAINE
Student Life
Office for Diversity and Inclusion
upcoming APRIL EVENTS

04/19 | LUNCH & LEARN: LET'S TALK ABOUT GENDER
12:15PM IN THE MULTICULTURAL STUDENT CENTER
ROOM 312 IN THE MEMORIAL UNION

04/19 | BIPOC & LGBTQ-IDENTIFYING (QTPOC) COMMUNITY PAINT N' SIP
4:30-6:30PM IN THE RAINBOW RESOURCE CENTER
ROOM 224 IN THE MEMORIAL UNION

04/21 | K-POP LISTENING PARTY
12:20PM IN THE MULTICULTURAL STUDENT CENTER
ROOM 312 IN THE MEMORIAL UNION

04/21 | LGBTQ+ COMMUNITY & ALLIES GAME NIGHT
6-9PM IN THE MULTICULTURAL STUDENT CENTER
ROOM 312 IN THE MEMORIAL UNION

04/28 | BOLLYWOOD MOVIE SHOWING
11AM-2PM IN THE MULTICULTURAL STUDENT CENTER
ROOM 312 IN THE MEMORIAL UNION

EMAIL KATHERINE.MCCARTHY@MAINE.EDU FOR ASSISTANCE OR DIRECTIONS.
Hair Care Fair
Class of 2023!

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ANY QUESTIONS? CONTACT US!
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OR VISIT THE LINK:
shorturl.at/huvAB
POPCORN FRIDAYS!

GAMES & POPCORN IN THE MULTICULTURAL STUDENT CENTER EVERY FRIDAY!
BEGINNING FRIDAY, JAN. 27TH
12-2PM
MEMORIAL UNION 312
To all of my Fellow Asians from the Far East, South, West, Central and all every nook and corner of the vast continent of Asia, and all Pacific Islanders - HAPPY AAPI Heritage Month. So we have only about a month to showcase what a third of the planet is made up of! Go ahead and show us you radiant contributions to math, science and art, music, dance, revolutionary
idealism, inventions, and all that you are already!

Congratulations of all of Graduates of 2023!!!
We are so very proud of all the hard work you have put in to lead you to this point. We thank you for making UMaine what it has been.
Be Better, be Kinder, be Prouder, be fully You!

Special congratulations to our very own graduate assistant Katherine McCarthy for mentorship, your competency skills, your guidance, your dedication to student leadership development. All the best in all of your endeavors. We will deeply miss you here.

Friends, finish strong, have a wonderful summer, be safe and we'll see you in the Fall.

Sincerely,
All of us at the Office for Diversity and Inclusion
APPLY TO BE PART OF ODI
STUDENT STAFF BELOW
USING THE QR CODE BELOW!

@umaineodi
Wabanaki Public Health & Wellness Presents:

Summer Health Internship Program

• FULL-TIME, PAID, 8 WEEKS
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