



UMBC

Community Connections: Spring 2021

The University Steering Committee is pleased to sponsor a series of virtual opportunities this spring to foster a sense of community and wellbeing in and amongst all students, faculty, and staff. We encourage you to join any of the meet-ups below to make new friends and form new connections!

Orianne Smith, Chair, and Mehrshad Devin, Vice Chair



The Black Monolith: Confronting Bias

Nailah-Bena Chambers

This will be a space for open dialogue where we examine personal bias, and how we can better our understanding of them. If you have an interest in allyship, anti-racism, or just wanting to learn more about concepts concerning implicit bias, racial monoliths, and how they affect our daily lives this is for you. You don't have to be super knowledgeable about any of these topics, this will be a space for growth and discovery, and we will all leave more equipped in confronting our biases! I am excited to listen and converse with you all about these concepts and hear your perspectives and experiences!

Wednesday, March 10, 1:00 - 2:00 p.m.

Register for or join *The Black Monolith: Confronting Bias* [here](#).



Cat Chat

Kate Drabinski

Do you love cats? Do you love chatting about your cats and other people's cats? Join Dr. Kate, one of GWST's many cat ladies, to share cat stories, cat facts, and pictures of cats. Bring your cats!

Monday, March 1, noon - 1:00 p.m.

Register for or join *Cat Chat* [here](#).



UMBC



Food, Cooking, and Developments in the Culinary Industry

Tola Abu

Cooking is something that we all benefit from in one way or another, and I am happy to join this program to talk to people about it. I am a Chemistry major and the founder and former president of Chew-MBC: The UMBC Cooking Club. I have also worked in multiple restaurants with the hope of starting my career in food science and the culinary arts. This interest group will mainly focus on conversations about all things food. Ranging from restaurant insight, tips in the kitchen, favorite foods, trends, and more. You don't have to be a pro to talk about it. As long as you enjoy learning and eating, let's go!

Monday, March 1, 2:00 - 3:00 p.m.

Register for or join *Food, Cooking, and Developments in the Culinary Industry* [here](#).

Games!



Trivia Matters

Linda Oliva

Join us in a fun and engaging round of trivia. The format is easy to follow and questions cover a broad range of topics. Enjoy challenging yourself in a relaxed environment. Have all the elements of bar trivia except the bar. You can play alone, with in-house or virtual groups, or phone a friend. Virtual prizes will be available.

Friday, March 5, 4:00 - 5:00 p.m.

Register for or join *Games! Trivia Matters* [here](#).



UMBC



Use Your Words

Linda Oliva

[Code Names](#) is an easy game to learn and can be played by small or large groups on an engaging online platform. The game consists of a 25 word grid that contains words that belong to the Red Team, the Blue Team, or are neutral. A team member (spy master) has to creatively cluster his or her team's word together by sharing a one word clue. To add to the espionage, there is also a "Killer" word to be avoided. Can you help your team break the code?

Friday, March 5, noon - 1:00 p.m.

Register for or join *Games! Use Your Words* [here](#).



Gardening/Landscape Design

Janet Gross

If you've ever put a potted plant on your windowsill, tried to grow tomatoes or anything else edible, wondered what to do with all those gosh-darn leaves in the fall or wished your landscape (no matter how small) was, well different/prettier/easier to care for, let's meet! I am happy to talk about and listen to others talk about all things green and growing as well as how we frame such in our living spaces. I'm a Maryland Master Gardener and Master Composter with certificates in native and woody plants and a passion for herbs, but mostly, I'm just curious. Let's chat.

Friday, March 5, 11:00 a.m. - noon.

Register for or join *Gardening/Landscape Design* [here](#).



UMBC



Hiking

Linda Dusman, Sarah Leupen, Matthias Gobbert

Like to hike or just interested? Let's get together and share our favorite places, trails, and experiences-- maybe even photos. Those interested can make plans to hike together in the local area, as well

Friday, March 5, noon - 1:00 p.m.

Register for or join *Hiking* [here](#).



UMBC

Ever wonder why people do this...or maybe why you do it? Or your family member can't live without it?



Here is an example of why....



Horses/Riding

Jill Randles

First it's a pony, then a horse...then it's a lot of money but so much joy.

If you are someone who lives with a horse addition or has a family member who does, come share your stories and experiences with us. If you just like horses or want to know more about working with them, we would love to have you as well.

I have ridden most of my life, taught riding at the University of Wisconsin-River Falls, at Sweet Briar College, and now I have the pleasure of working with UMBC's Equestrian Club.

Hope you will join in and participate in this conversation. This is one horse related activity that is actually free!!

Wednesday, March 10, noon - 1:00 p.m.

Register for or join *Horses/Riding* [here](#).



UMBC



Musical Theater

Diane Alonso

If you love to sing in the shower, tap dance in the hallway, or just enjoy talking about Musical Theater, come join us. With over 15 years of community and professional musical theater experience and many more years' experience as an exuberant audience member, I love having conversations about favorite shows, composers, dancers, choreographers, singers, actors, and just about anything else related to Musical Theater. Come share a favorite memory, analyze a production, talk about your dream roles and/or dream casts. Absolutely no background required, all you need is an interest in joining a friendly conversation about Musical Theater.

Tuesday, March 2, 12:30 - 1:30 p.m.

Register for or join *Musical Theater* [here](#).



Opera Chat

Sarah Leupen

Have the free operas streaming every night from the Met been floating your boat? Want to have a fight about whose operas were better, Verdi or Puccini? Or was it Mozart or Wagner? No, not Rossini, silly. Or maybe you just want to learn more about opera. All are welcome to Opera Chat!

Thursday, March 4, 7:30 - 8:30 p.m.

Register for or join *Opera Chat* [here](#).



Peloton!

Yvette Mozie-Ross

Join Peloton Nation! Wondering what all the Peloton rave is about? Considering investing in a Peloton or other workout equipment? Purchased a Peloton and need some advice on getting started? Want to take your Peloton workout to the next level? Join #RetrieverGirl for a conversation about all things Peloton! Optional: Afterwards join us for a

30-minute Hamilton-themed ride with instructor Robin Arzon!

Stay connected! Visit <https://members.onepeloton.com/tags/RetrieverNation> to add our unique tag to your leaderboard profile to stay connected with your UMBC Pelofriends!

Tuesday, March 9, 5:00 - 6:00 p.m.

Register for or join *Peloton!* [here](#).



Yoga: Practice and Philosophy

Elaine MacDougall

Are you curious about yoga? I would love to explore the practice and philosophy of yoga with anyone who has an interest! We can read about topics, such as the eight limbs of yoga, the seven chakras, breathing and meditation...really the list is endless! Some prolific writers in this genre include Thich Nhat Hanh and Pema Chödrön, so we can talk about certain passages from their texts, as well as the poetry of Rumi. I would love to hear what others would like to discover through this group, so anyone who is curious should join us! I gained so much knowledge from my yoga teacher training through both Jala Yoga in Shepherdstown, WV, and Baltimore Yoga Village in Baltimore; I would love to continue growing that knowledge and learning from others in the group. Of course, we can do some poses together, too!

Wednesday, March 3, 2:00 - 3:00 p.m.

Register for or join *Yoga: Practice and Philosophy* [here](#).