ISSUE

6

# THE BROTHERHOOD

Spring/Summer 2021

# THEY EARNED THEIR WINGS

The following registered participants of the Brotherhood Initiative earned a 3.0 or better during the Spring 2021 semester

**Anas Alomari** 

John Bosco\*

Mark D'Agostino\*

Vincenzo D'Aria

Joel Ennin\*

**Fathima Fazeel** 

Joseph Eli Gohar\*

**Devyn Lozada** 

Nayankumar Mahida

Jeremiah Martin

**Justin Merville** 

**Moise Moket\*** 

Olanrewaju Olamuyiwa

**Daniel Ragozzine** 

**Samuel Rego** 

Rachney Sainval

**Cade Snow** 

**Jackson Toomey** 

Joseph Yacovelli

Shwar Zaidi\*

(\*) Graduated Spring 2021





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#### MEN SPEAK OUT ON VIOLENCE

The year 2020 has made a lasting impression on the minds and hearts of the citizens of the world. COVID, social distancing, shortages, and violence has profoundly marked how we will all remember the year. We have chosen to begin our newsletter reflecting on the violence against our Asian brothers and sisters who were senselessly targeted as a result of the COVID virus and pandemic. Reckless statement made by heartless people, including then President Donald Trump, fueled bigotry against the Asian community.

Some say that men don't speak out enough against violence. The Brotherhood believes that many don't listen when we do. This article was dedicated to capturing some of the voices of the members of the initiative as they spoke out against the violence that targeted the Asian community. The Brotherhood Initiative exist as a very diverse (e.g., ethnically, age, sexual orientation, politically, and thought and ideas) group of men and women who courageously wrestle with many social issues.

The following students granted me permission to capture their thoughts and

#### **David**

We are gathered here today to address an important issue. Asian American violence and hatred. Violence and hatred towards people is unacceptable. Over the past year, we have seen dystopian in full effect. COVID 19 (Coronavirus) has devastated the globe for over a year. This virus has made people worse and worse. There have been major discussions on whether we should wear a facemask or not. While these dysfunctional mess is occurring, the Asian American community (along with other communities) are being attacked. A peaceful individual would use prayer, religion, good morals, peaceful thinking, peaceful actions, and so forth in this situation and not violence. Dr. Martin Luther King Jr. was one of the most peaceful people of the 20th century. What happened? He was assassinated. Whenever a peaceful person awakes, they are quickly removed. It's a sad truth. (Continued on page 2)

Some people just don't want peace. They want chaos and disorder. My fellow brothers and sisters, let us hold hands in peace, help each other, praise each other, lift each other's spirits, love each other, hug each other, care for each other, offer food, water, and shelter, and come together as one. Peaceful brothers and sisters. Please send any thoughts, prayers, wishes, hugs, friendly help, not just for the Asian American communities, but for everyone. Peace is a beautiful and should be kept that way.

#### Javen

Time and Time again there are many tragedies that comes to America that does not need to happen. School shootings, the insurrection, and now the harm and killing of innocent Asian Americans. This disgusting act should never be condoned in any way shape or form and should reflect how we are as a world. I stand with my Asian brothers and sisters and I hope they will be able to get through these desolate times.

#### Shwar

For us to help our Asian Community out, we mustn't be silent, we should do as much as we can even if it's the smallest effort such as donating, sharing on social media, researching, educating, and speaking out about racism. If we do anything at all that can make a difference.

#### Cade

America. A land of many cultures, but unfortunately with one common theme that could lead to its downfall. Violence and hatred. Asian, African and Mexican Americans deal with an overwhelming amount of violence to their people in America, even when exercising their right to peaceful protest. Racism is evident, and violence in America seems inevitable, but it does not have to be. Stand up, align yourself with your fellow brothers and sisters, and make a difference. Share, learn, educate, speak, and research. America doesn't have to be this way; violence is **never** the answer.



# POEM: TWO SIDES TO EVERY COIN By Byron Dickens

Together we stand.

Together we fight.

Not fight with our hands,

But our soul & our light.

Let the passion from soul give the flames to the night.

And burn bright.

And clear all of the darkness and sight.

Think what's right

Not the ignorant stereotypes.

But things like

Lending hands to the scarier type.

We know not what we do, not a word can describe.

All the pain

All the hurt

Feelings lurking inside.

We just know at the times when we are hurting inside All things buried beneath has a lane open wide

And That's when it floods out

Moven dirt to the side

And we scream

And we lash

And can't stop.

No.

Won't stop

cause of pride.

All the rage wets your face up with tears as it glides.

And when the storms over the clearer the skies.

And oh won't you look to the mirror,

Surprise...

The moment is gone, so it's back to disguise.



"GREAT MAN IS ONE WHO KNOWS WHEN TO SET ASIDE THE IMPORTANT THINGS IN ORDER TO ACCOMPLISH THE VITAL ONES" - Bald Brothers

#### MORE FOR MODERN MEN

By Devyn Lozada

The role of men in society is transforming but the expectations of masculinity make is hard for men to navigate. Gender equality has remolded the roles of both men and women. Women are not accepting less pay for the same job and are demanding representation in politics and the upper echelons. While men seem to be having trouble adapting to these advances. In this modern world, men are more involved in the caretaking of children, while women also work, and are also expected to be empathetic. Expressing empathy is always a strength, however it can be difficult when you are still expected to be tough and even still provide, depending on location.

Men are still sacrificing time to provide, even if they don't need to. Time with their family and friends that they can't get back. If men don't have to be the only ones hunting for food (the original way of providing), then why can't we just let go and enjoy our lives and the things we've worked for or created?

Being a man is more than being a source of income, more than being tough, more than being all these things that have been forced on us since the beginning of time. Being a man is whatever you want it to be.





### WHERE IS SHE NOW?



### MRS. SHWAR ZAIDI

On behalf of the Brotherhood Initiative, we would like to thank Ms. Shwar Zaidi for her three years of service to the initiative. She brought a valuable female perspective to a male dominated space. She boldly spoke her truth and did not shy away from using various platforms to enlighten and engage our men about important gender issues. We thank her for growing beside our male students and allowing them to model her vulnerability. She remained a consistent voice, within the initiative, by writing article in the Dear Brothers section of our biannual newsletter. We will miss Ms. Zaidi as she prepares for new life challenges. We congratulate her for her recent accomplishments. In May she graduated from CCSU with a BA in Psychology. She was accepted and will begin graduate studies at in the Masters of Social Work program at the University of Connecticut in the fall of 2021. Ms. Zaidi serves as a great role model and demonstrated how college women work for equity and inclusion for both women and men. Congratulations to our little sister.



### **ON THE COVER**

**Devon Lozada** 

**Business Major** 

#### MEN ARE NOT JUST ONE LABEL

by Shwar Zaidi

Society has high expectations for men classified into certain stereotypes, and if they don't meet the requirements, then men are seen as unworthy. These stereotypes can cause a lot of harm to men's mental health and lower self-esteem.

# MEN HAVE TO PROVIDE AND TAKE CARE OF ALL OF OTHERS' NEEDS NO MATTER WHAT

It is excellent for men to help others and be respectful/kind, but it's expected that they always take care of women's needs first no matter what. We must teach women to love themselves and not put up with toxicity in a person; we also should teach men the same. When we see memes and posts on social media where women praise that men cater to their needs even if they aren't treating them well and walking all over them, women can be moody and rude. Men shouldn't have to stay in relationships where they are not appreciated, or worse, abused especially emotionally abused. We have to stop teaching men to think twice before disagreeing with something they are not comfortable with because they are not heroes if they dismiss and undervalue themselves by being treated horribly. Men can say no to something too if they feel uncomfortable for whatever reason, and women should also understand and respect their needs that men aren't the answer to women's selfworth.

## MEN MUST BE TOUGH AND EMOTIONALLY REPRESS THEIR FEELINGS

Men are always taught to toughen themselves out and show no emotions because society told them that boys shouldn't be crying at a young age. It's dangerous and toxic for men to repress their feelings because they are human beings who deserve support. It causes harm when men have to play it cool and act like they don't care because they aren't allowed to feel hurt and fear rejection from negative emotions. We must allow space for men to evolve as they accept that they also have mental health issues and work to become better humans. If not, it can cause men to find other dangerous coping skills like drugs, sex or suicide. (Continued on next column)

# MEN CAN NOT DO WHAT GIRLS WEAR, OR THEY ARE NOT REAL MEN

Many men FEAR they will come off feminine because people are quick to judge them as if they are not manly enough. So, it's a disgrace for men if they want to wear nail polish, wear a dress, wear high heels or even like the color pink. While for women, if they look 'manly,' then it's considered okay for her to be a tomboy but unacceptable for men to be feminine. If a man wants to wear whatever they like and still be considered a man instead of questioning whether they are homosexual. Men in whatever sexual orientation should feel comfortable doing what they please because you can still be a man even if you wear nail polish, etc., if that is what they want.

#### **ALL MEN ARE HUNGRY FOR SEX**

Another label given to society for men is that they should be sexually active and hook up with every person they see. While some men try to meet the expectation of being a player or sexually involved with different people, many men want the same thing as women, which is a relationship with someone for love, comfort and support. Not every guy is after someone for sex, and they should not have to feel pressured into having sex to be a man. It's even okay not to participate in any sexual involvement, as intimacy comes in different forms and shouldn't be judged otherwise.



SOCRATES

the new.

## MEN ARE DUMB AND STUPID SO THEY JUST WON'T GET IT

Many people mark men who are 'dumb,' 'stupid,' and 'don't pay attention', which can be harmful cause it is stereotyping a group of people who could affect their self-esteem. It is wrong always to assume men are not intelligent if there are many different personalities out there, limiting a chance of getting to know someone because just like women, men try to impress who they like by being themselves. It can be dangerous to judge them without getting to know them because sometimes people don't mean to come off as if they are not wise. It causes men to feel fearful of pursuing or reaching out if they are already labelled as someone not capable of love.

# TO BE A MAN YOU MUST BE AGGRESSIVE AND VIOLENT

Men have to compete with other men to be more aggressive when they get into physical fights and become angry to impress others. It's dangerous because it can cause men to be violent or harm others and then get praised for hurting someone to show they are physically stronger. It leads to the toxic masculinity that they can treat anyone the way they want to, so it's best not to encourage society's expectation that men should be aggressive. It is also true that not all men are aggressive and violent while some are passive and tender, but usually, they are shunned or made fun of by being called a 'simp' for being respectful and not making drama. It's important not to degrade and bring men down just because he isn't as hostile because men can also be soft and gentle.

Overall, it is important for men to be given a chance because they are more than what society demands of them. We have to call out the evil acts that some men do but we also should give them a compassion and love as well because a lot of men are much more than we think, and we will never know until we open our heart to a man.



Equity is a noble pursuit, yet to be achieved. Some fail to understand its true meaning and sadly define it in a self-serving context. They believe it is a right and a possession for individual causes, while denying the same diverse rights to others. Hypocrisy! Equity exists to liberate all without discounting the disparities facing others. Equity requires sacrifice. We must be willing to give up something to secure it. **If not now when?** 

#### RECOMMENDED READINGS

- Is There Anything Good About Men?
   Roy Baumeister
- Manhood in the Making: Cultural Concepts of Masculinity by David D. Gilmore
- Boys Adrift: The Five Factors Driving the Growing Epidemic of Unmotivated Boys and Underachieving Young Men by Leonard Sax
- Engaging College Men: Discovering What Works and Why by Gar Kellom and Miles Growth

#### **ARTICLES**

Is There Anything Good About Men? (Article)
<a href="https://emilkirkegaard.dk/en/wp-content/uploads/Is-There-Anything-Good-About-Men.pdf">https://emilkirkegaard.dk/en/wp-content/uploads/Is-There-Anything-Good-About-Men.pdf</a>

Understanding Men and Masculinity in Modern Society file:///C:/Users/fothergillW/Downloads/Masculinity.pdf

On the Meaning of Masculinities and its Implication to Advancing Men's Health

https://www.apa.org/pubs/journals/features/men-men0000175.pdf



On April 6<sup>th</sup>, 2021, the Brotherhood hosted a remote program titled, In Her Own Voice: Womanist Consciousness for Boys and Men. The event was held in honor of Women's History Month, which is an annual event held in March. Unable to have the event in March, the Brotherhood scheduled the three women plenary session in April. Panelist included, Erika Lynn Dawson Head, Director of Diversity and Inclusion at the University of Massachusetts, Amherst, Lorretta Satchell, CEO, Connecting the DOTS Consulting, and Kim S. Brown-Green, Family and Community Engagement Specialist Coordinator, Capitol Region Education Council.

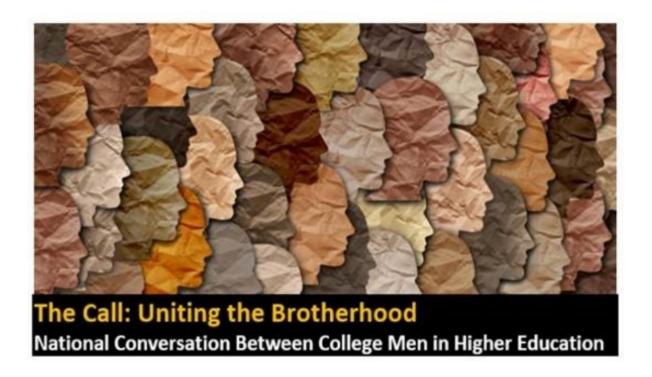
Womanist and critical race theorist argue that women of color women face discrimination on the basis of both race and gender. Womanist consciousness arising from these separate yet intersecting patterns of discrimination. This event was organized to honor and celebrate the Womanist perspective and its intent to create a more justice and inclusive society for all. By uplifting the voices of three professional women, this presentation will focus on helping participants better understand the impact privilege, sexism, and inequities have on the lives of woman, families, and our society. It is also the aim of the event to promote better understanding and alliance building that encourages more men to become more involved and active in gender equity initiatives. "When men are deliberately engaged in gender inclusion programs, 96% of organizations see progress — compared to only 30% of organizations where men are not engaged." (Harvard Business Review)



# OVERCOMING THE CHALLENGES OF ONLINE LEARNING



Central Connecticut State University students faced many challenges adapting to remote learning and instruction. In response to the feedback the initiative received from our participants, Dr. Chaka Felder-McEntire, CEO and Founder of Higher Heights Inc. Dr. Felder-McEntire conducted a two hour presentation that introduced students and faculty to skills, strategies, and resources that focused on improving student chances of academic success. The workshop focused on building and enhancing student competencies by helping them maximize their potential to learn in distant learning settings





The Brotherhood Initiative hosted its thirteenth (13<sup>th</sup>) Annual Men's Health & Wellness forum on April 23, 2021. The Forum brought together representatives from Men's Initiatives and male service programs throughout the United States. The national forum, The Call, Uniting the Brotherhood, created a platform to discuss best practices, the needs and challenges facing college men, and recognized the service successes of each of the participating programs. Dr. Yan Dominic Searcy, Dean, College of Social and Behavioral Sciences at California State University, Northridge, served as the keynote speaker at the event. Ten institutions of higher education and one public school district had representatives register for the forum. The following institutions registered for the forum:

- Augusta University (Georgia)
- Bridgewater State University (MA)
- California State University (CA)
- Capital Community College (CT)
- Eastern Connecticut State University (CT)
- Housatonic Community College (CT)
- Lakeland Community College (Ohio)
- Springfield Public Schools (MA)
- University of South Carolina (SC)
- University of Oregon (Oregon)
- Yale University (CT)



The forum concluded with a conversation about next steps. Participants unanimously expressed interest in establishing a nation-wide alliance between the institutions. As a memento of the event, virtual attendees received a "Uniting the Brotherhood" lapel pin.



### Dear Brothers,

By Shwar Zaidi Sisters of the Brotherhood

As a CCSU student, this is the last Dear Brothers article that will be written by Shwar Zaidi. Shwar will graduate from CCSU in May. We welcome Fathima Fazeel who will assume the role as contributing writer in the fall of 2021.

#### YOU CAN STILL BE A NICE GUY

There are many pressures of what a man must represent to a woman and one thing that has been told to society that nice guys can never get a girl. It's known that women chase after men who are troublemakers or bad boys while they are always friendzone and leave the nice guys out. There may be some reasons why girls do not tend to go after nice guys.

First, there is nothing wrong with being a nice guy, and as a matter a fact, in the harsh toxic society we live in, we need more than ever nice men who can help uplift women. However, the number one reason why some women don't pursue nice guys is a bland personality. Sometimes, many nice guys tend not to show any opinion of their own and only do whatever they believe would please the girl. While it is excellent to make sure to make a girl comfortable and keep her happy by respecting her, which is nothing wrong with that but it's also okay to show who you are as a person even if it's disagreeing or viewing a different point of view.

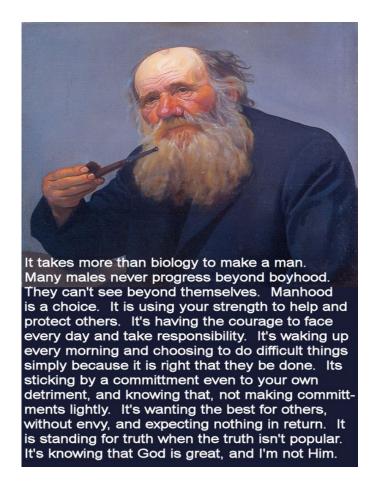
In relationships or even friendships, we want to know what we can learn from others and how we see others. It's terrific if you open up and talk about what's meant for you share it such as your interests, hobbies, and so on because if someone truly cares for you, they should also accept and support you. But when you provide nothing and don't show people who you are, people tend to walk away, especially if you are only doing things to please others and not yourself. It's important to be yourself and do what you like to do because you can make connections and find others who share the same interests instead of pursuing girls who don't see your worth.

Another reason girls tend not to like nice guys is their intentions. Are you trying to be nice to gain benefits and hope for something in return? Constantly, nice guys can also have a plan to want a girl to like them, which is why they try to act friendly. If you are a good person by heart, then there is nothing wrong with that, but don't expect people to give you anything in return for you to be kind. If a girl doesn't want to go out with you, then you have to respect it. Sometimes, girls don't like when a guy is too nice for their advantage, and it's essential to listen to yourself and truly understand if you are trying to push the nice guy act to gain something in return.

Overall, if you are nice/respectful/kind and just being yourself, then it is the girl's loss if they don't want you. It's incredible to be your true self, and you don't need to be the heartbreaker to win girls over. You should be proud of who you are and embrace your good qualities instead of going after people who don't see it. Be yourself and you will find girls who are attracted to how you love yourself fiercely. We all are different, and some girls do fall for Mr. Nice. But you have to find the right person who clicks with you. Also, it is essential to make sure you are not being used because you are just as worthy as well. If you see that a girl always/only comes to you if they need something, then it's best to keep your distance because you deserve someone who loves you to the fullest. Don't ever change to try to be a player to hurt others, especially if it's not your style, because sometimes the right person doesn't need for you to change.



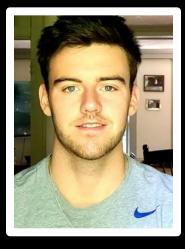
The Dear Brother op-ed column allows college women the opportunity to express their thoughts and opinions directly to our male readers. It is our hope that the column will serve as a constructive vehicle to help college men respect and validate the voices of their college sisters. The column is available to women who are committed to the wellbeing of men. The views and opinions expressed in this article are those of the authors and do not necessarily reflect the official policy or position of the staff of the Brotherhood Newsletter.



## **CONGRATULATIONS!**

JAVEN HARRIS AND CADE SNOW 2021 FOUNDER'S AWARD RECIPIENT





#### TIME MANAGEMENT

#### TIPS FROM TOOMEY

PRESENTTED BY JACKSON TOOMEY

- Beginning with self-reflection
- Separate big tasks in assignments into small parts
- Write it down by priority
- Be realistic about what will interfere
- Time blocking:
  - Decide how long things will take ahead of time
  - Use a timer to stay consistent

#### • Time Diary:

- Mark out entire week by using half hours
- Write down three of your most important commitments
- Make sure those commitments are reflected in your time diary

#### Weekly study plan:

 Mark out each week with broad, zoomed out versions of the time diary

#### **Procrastination:**

- What is the root?
- Start with five minutes, challenge yourself to work for five minutes, work will increase
- Break up assignments
- Mindfulness training Meditations, ways to combat anxiety around work
- Altered thinking have toos versus choice

**Get More Information about the Brotherhood** 

https://www.ccsu.edu/BROTHERHOOD



The Brotherhood

By Fathima Fazeel

As women living in today's society, we have a neverending line of supporters from countless platforms that advocate for women's mental and physical health. As grateful as I am to have that support, I can't help but wonder why there isn't the same advocacy regarding men's mental health. Some may think, "Hey, it's been a 'man's world' for like, ever! So, let's push them aside for once."

Many people assume that this is the thought process of feminists around the world today. During discussions regarding feminism, I believe it is essential to emphasize the real meaning of the term and understand the actual goals we hope to accomplish. Feminists fight for equal rights for men and women. However, over the past few years, society has misinterpreted the overall objective of feminism and accused women of striving for world domination.

As a woman, I wholeheartedly believe that men aren't receiving the same support as women regarding mental health. For decades, men have had to suffer in silence while they endured the toxicity of societal norms. Little by little, over the years, men have started to embrace their emotions and realize that it is not "girly" or "unmanly" to feel sadness, despair, or any of the other 25 human emotions.

Men and women are both faced with the exact expectations from society. The barrier that divides both genders from supporting one another should be dismissed because we are all the same despite our differing situations. Our goals are to bring awareness to the topics that are being suppressed, such as men's mental health. Although, there are communities that have created support groups for men, such as the Brotherhood Initiative at CCSU.

The Brotherhood Initiative welcomes any race, gender, and sexual orientation. The Brotherhood tackles complex topics and provides students with multiple recourses to help college men navigate through school. With support and guidance, men AND women will fight societal norms and have individuals advocating for the importance of mental health.

#### THEY EARNED THEIR WINGS!

Due to the partial campus closure, the BROTHERHOOD Initiative was unable to formally recognize the twenty students who earned their wings during the spring semester. It is our hope to do something special for the "Wingmen" since we were unable to celebrate their academic success at our end of the semester "You Earned Your Wings Honor Roll Reception".

You Earn Your Wings was created as a vehicle to promote male student academic achievement. Each semester, the Brotherhood Initiative recognizes participants of the Brotherhood Initiative and Sisters of the Brotherhood who earned a 3.0 GPA or better. As a symbol of success, Wingmen will receive a gold wing keychain and/or a lapel pin. "Every time a brother earns his wings, we improve the graduation rate of college men." See list of Wingmen on cover page.



### **Word of the Edition**



# **EMBRGING SCHOLARS**





### **COMMUNITY FIRST SCHOOL**

2021

### **Ebenezer D. Bassett Emerging Scholar**

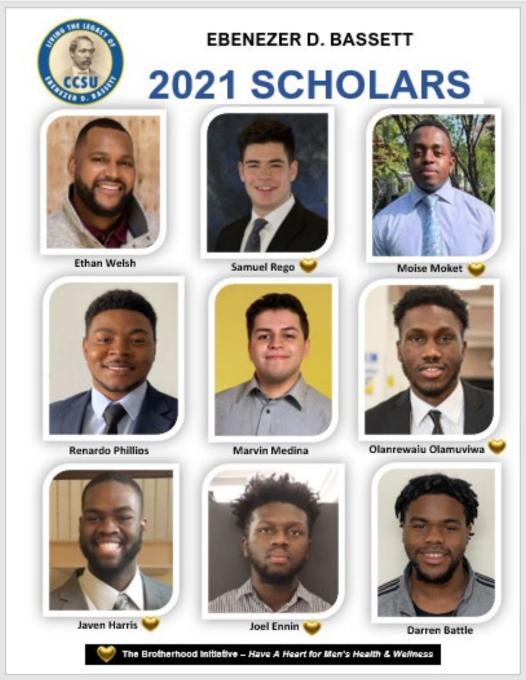
Community First School (CFS) opened in August of 2020 and serves children in grades K-2 in North Hartford's federally designated Promise Zone neighborhoods, Clay Arsenal, Upper Albany, and Northeast. CFS believes in the inherent greatness of each resident, and the mission, vision, and core values embody this philosophy.

By partnering with community groups and implementing a whole-family care, relationship-based, and place-based program, CFS empowers children to own their greatness, and become passionate, independent learners able to compete, collaborate, and innovate in a diverse world.



# EBENEZER D. BASSETT STUDENT ACHIEVEMENT AWARDS

"We are challenging unhealthy images of college men by showcasing men who exemplify acceptable standards of conduct and virtue."







# We appreciate the following individuals for nominating a student for the Ebenezer D. Bassett Student Achievement Award:

Dr. Adam Bourgoin, Stephanie Carnazzo, Dr. Stacy Christensen, Dr. Joanne Leon, Dr. Sarah Maurer, Dr. Michelle McKelvey, Tiffany Moffo Simpson, Lynn M. Patarini, Debbie Peterson, Kathy Poirier, Dr. Karen Ritzenhoff, Dr. Reinaldo Rojas, Cade Snow, Nicholas Sherrod, Nicholas Streifel, Dr. Catherine S. Thomas, Kathleen H. Wall, Victoria Weisenhorn, Dr. Jacob Werblow, Laura Whittemore, Johanna Wiggins



# SISTERS OF THE BROTHERHOOD







### **Ebenezer D. Bassett 2021 Scholarship Recipients**









**SAMUEL REGO** 

### **2020 Bassett Scholars**





\$500.00

\$500.00

We begin accepting nominations for the 2022 Ebenezer D. Scholarship and Student Achievement Awards on Monday, January 24, 2022.

https://www.ccsu.edu/brotherhood/awards.html

### **CHECK OUT THESE EVENTS**

**Connections Men's Resource Group** 

(Resumes on September 13th) Mondays at 5:00 pm

**Ebenezer D. Bassett Day** 

October 16th



Central Connecticut State University Student Wellness Center (860) 832 - 1639

fothergillW@ccsu.edu





#### **GET YOUR FREE MASK**

While supplies last, you can get a free gift just for CONTACTING US on the Brotherhood Initiative Webpage

https://www.ccsu.edu/brotherhood/contactUs.html





Seeking faculty who are willing to serve as a Wellness Navigator. Navigators are an integral part of our initiative. They gift their time, talents, and expertise to support the success of our students.

The BROTHERHOOD Newsletter contains a broad range of news articles that focus on improving the lives of male students. If you would like to contribute an article, editorial, and/or information about upcoming events, please contact William Fothergill at <a href="mailto:fothergillW@ccsu.edu">fothergillW@ccsu.edu</a>