The theme of our 2022 Convention is appropriately “care.” In German, care means *Sorge* (which is related to English “sorrow”). Its first denotation is heavy and filled with notions of interdependency with the world and an anxiety and preoccupation for the immediate future, but the second denotation turns from inward foreboding to outward demonstrations of care and concern: “Shepherding, provisioning, aid and support that someone offers someone else or to an issue.” This is a form of care where the unsettled anxious self is looking to reach out and help others and the other(ing) world. How appropriate to remember both meanings in the context of the latest coronavirus developments and this year of scientific milestones, as well as in light of our 2022 convention which we are optimistic will be held in person, even as we continue to monitor the situation surrounding the Omicron variant.

Here are some of the terms you will come across in the titles and subtitles of our panels, roundtables, and seminars that are related to our theme at the upcoming 53rd NeMLA convention in Baltimore: Interdependence, Empathy, Vulnerability, Wellbeing, DisAbility and Care, Romantic Caring, Care in Queer Communities, Care With(Out) and Against the State, Practices of Care in Today’s Animal Knowledge, Uses and Misuses of Care, Mindfulness, Writers Caring for the Environment, Technologies of Care, Care for Posthumans and Machines, Maternal Care, Ethics of Representing Care, Eco-ethical Care. These terms could have come out of the etymology for *Sorge*, the first denotation of “care” in German, to refer to the feeling of deep unrest, to a preoccupation with the world and its immediate future. When I first saw our program, it made me realize that “care” no longer means the same thing today. The kind of care our times demand is directed to something else, something or someone that
is about to happen, soon, but also something and someone who was affected in the past and needs to be accounted for and thought about now, in new ways.

Through the lens of academia, NeMLA gives us a small glimpse into the world of cultures. This year’s panels and roundtables and events are showing us that we have a lot of things to solve in our (post)humanity, and that Sorge is being applied in its second German denotation of a search for provision, aid, and support: how do we navigate trauma? How do we witness in a decolonial way? How do we account for invisible labor, gender violence, and victimhood in forgotten genocides? How can we re-imagine global identities, and global citizenship? How does Afro- and African-futurism imagine our immediate future? How do we account for nonhumanity in the Anthropocene? How do we make room for queer ecology when reading past literatures?

There could not be a better year to welcome and celebrate our keynote speakers, renowned American philosopher Judith Butler, whose work centers on care and questions of inter-dependency in an urgent and beautiful way, as well as Mexican writer Valeria Luiselli, whose writing focuses most poetically and innovatively on migration and trauma in her book *Lost Children's Archive*. Our area Special Event speakers and our member sessions are also testimony to the continued centrality of the humanities to our lives as we are asked to meet and overcome the challenges of our times.

We look forward to seeing you in person in Baltimore! Be safe, get boosted!

2022 Exhibitor Workshop

“FROM BOOK PROPOSAL TO PEER REVIEW,” ORGANIZED BY AMHERST COLLEGE PRESS

*Friday, March 11 @ 11:45 AM, Exhibits Hall (GB V)*

In this workshop, exhibiting publishers will give practical advice on issues that first-time and long-time authors often confront as they begin the publishing process and work with editors to get their projects through peer review. While attendees will gain a broad overview of the publishing cycle, particular attention will be paid to the early stages of the scholarly publishing process: researching for press fit; contacting and working with acquisitions and series editors; writing, revising, and submitting proposals; and navigating peer review.

*Moderator: Hannah Brooks-Motl, Amherst College Press*
OPENING ADDRESS

VALERIA LUISELLI

THURSDAY, MARCH 10 @ 7:00 PM
GRAND BALLROOM VI

VALERIA LUISELLI is an acclaimed writer of both fiction and nonfiction, and of inventive hybrids of the two. She was born in Mexico City, lives in the US and grew up in South Korea, South Africa and India. She is the winner of two Los Angeles Times Book Prizes and an American Book Award. Her novel *Lost Children Archive* is the subject of “NeMLA Reads Together” for 2021–2022.
JUDITH BUTLER is one of the most important American philosophers and gender theorists writing today, and their work has had a profound influence in political philosophy, ethics, and the fields of feminist, queer and literary theory. They are Maxine Elliot Professor in the Department of Comparative Literature and the Program of Critical Theory at the University of California, Berkeley.
CATHERINE ADOYO

FRIDAY, MARCH 11 @ 12:00 PM
GRAND BALLROOM VI

CATHERINE ADOYO will be in conversation with Simona Wright and Mshai Mwangola to explore how, by dramatizing the dynamic memory of lived experience transmitted through song and Oral tradition, her novel RAIN challenges the hermeneutic injustice imposed on the narrative agency of African cultures. At the heart of the conversation, echoing the Great Lakes’ lore and inspired by the compositional praxis of Dante artifex, the storyteller’s song in RAIN decenters the hunter’s hegemonic myths and celebrates instead a phenomenological representation of history.
LAUREN BERLANT’S LEGACY

SATURDAY, MARCH 12 @ 12:00 PM
GRAND BALLROOM VI

We will celebrate LAUREN BERLANT’s pathbreaking scholarship and legacy with this commemorative plenary. Professor Berlant was the George M. Pullman Distinguished Service Professor in the Department of English Language and Literature at the University of Chicago and a leading cultural theorist whose impact stretches across disciplinary boundaries.

Participants
Judith Butler, University of California, Berkeley
Lisa Ruddick, University of Chicago
Michael Snediker, University of Houston
Melissa Deem, Princeton University
EMILY ANNE PARKER is Associate Professor of Philosophy at Towson University. She is the author of *Elemental Difference and the Climate of the Body* (2021), and with Anne van Leeuwen, co-editor of *Differences: Rereading Beauvoir and Irigaray* (2017), both published by Oxford University Press. Her work explores the significance of the generic gesture of “the body,” the ecological gesture of the polis, and the relationship between them.

“*The Body Figures the Denial of Matter of the Polis*”

Political hierarchies and ecological crises are generally expressed as parallel problems, even when they intersect. The talk will show that they are the same problem: the idealized body expressed in the very notion of “the body,” a falsely generic reference to Man, serves both as the center of politics and at the helm in ecological decision-making. In fact, Dr. Baer reveals that the body then figures as a denial of matter which is characteristic of an ultimately earth-alienated polis.

Women’s & Gender Studies Caucus
Special Event
SATURDAY, MARCH 12 @ 7:00 PM
GRAND BALLROOM VIII
Following the murder of George Floyd in May 2020, the French uprisings, led by the Comité Adama, were regarded as responses to the American Black Lives Matter movement. In this talk, Tristan Cabello will discuss France’s anti-racist movements’ local developments, own political dynamics, contextual environments, and historical trajectories, which are not always connected to US anti-racist movements. This talk will also compare current anti-racist campaigns in France and in the United States. Finally, we will show how French anti-racist movements have fundamentally altered France’s intellectual and political Left, opening new complex avenues for political discourse, in a country preparing for an upcoming presidential election, and struggling to define égalité and laïcité in the 21st century.

"#LesViesNoiresComptent: A Short History of the French #BlackLivesMatter Movement"

TRISTAN CABELLO is a historian of social movements in France and the United States. He is Associate Director of the Master of Liberal Arts at the Johns Hopkins University. Currently at work on a monograph on the history of the French Black Lives Matter movement, he regularly comments on US political and social events in the French media (BFMTV, CNews, LCI and France 24). For more information, visit www.tristancabello.com.

French & Francophone/Diversity Caucus/American Studies Special Event
SATURDAY, MARCH 12 @ 7:00 PM
GRAND BALLROOM X
This talk examines transnational cultural productions emerging in the wake of the 3.11 earthquake, tsunami, and nuclear meltdown in Fukushima, Japan, an event that resonated strongly in Germany. The works under consideration attend to the spatiotemporal challenges of representing the nuclear, making palpable what is invisible to the eye and imperceptible to the mind through interventions into aesthetic form.

The talk draws on a collaborative research and teaching project that interrogates the concept of futurity in the context of environmental activism and artistic engagement with atomic issues from 1945 to the present, organized by Baer and her UMD colleague Michele M. Mason, an associate professor of Japanese cultural studies. With reference to this project, Baer considers the potential of care-based artistic, scholarly, and pedagogical frameworks for responding to the precarity of the present.
Biomedical and scientific interventions played a pivotal role in the colonization of Africa, including in the Spanish Territories of the Gulf of Guinea, where they served as instruments of colonial control, repression, and institutionalized racism. Activating a gender perspective on colonial health experiences and interpretations, this presentation is meant to resituate the participatory role of Spanish women in the colonial health sciences in Africa. It is also intended as an archival supplement to the dominant male narrative of colonial science, which served as a basis for the European construction of scientific racialized knowledge about Africa.
Jacqueline Reich is Dean of the School of Communication and the Arts at Marist College, as well as a member of the doctoral faculty at the University of Florence’s History of Art and Performance Ph.D. program (SAGAS). She is the author of *The Maciste Films of Italian Silent Cinema* (Indiana UP, 2015), winner of the AAIS 2015 Best Book on Film/Media prize and a Finalist for Best Book on Film from the Theatre Library Association; and *Beyond the Latin Lover: Marcello Mastroianni, Masculinity, and Italian Cinema and the Italian Cinema* (Indiana UP, 2004). She is also co-author, with Catherine O’Rawe, of *Divi. La masculinità nel cinema italiano* (Donzelli, 2015) and co-editor with Piero Garofalo of *Re-viewing Fascism: Italian Cinema, 1922-1943* (Indiana UP, 2002). She has also written widely on Italian American cinema and culture, and is co-PI, with Dr. Kathleen LaPenta, of the Bronx Italian American History Initiative, a community-engaged oral history research project at Fordham University, where she was Chair of the Communication and Media Studies department for seven years.
2022 Interactive Workshops

Workshops at our Annual Convention model hands-on learning and are interactive discussions led by a moderator. They aim to develop professional skills or examine professional interests, responsibilities, and proficiencies.

Space may be limited, so please pre-register. Workshops appear under “Registration & Membership” in your account, unless sold out in which case, you may ask to be added to our waiting list.

TEACHING THE HUMANITIES ONLINE IN A POST-COVID WORLD: PRACTICAL STRATEGIES
Richard Schumaker, City University of New York; Susan Ko, Lehman College, CUNY

This workshop prepares humanities faculty to teach their online classes effectively and imaginatively. It will survey the lessons learned during the emergency shift to online instruction during the pandemic. We will also offer specific, concrete strategies for moving forward as higher education moves to some measure of instructional normality.

CIVIC ENGAGEMENT IN THE WORLD LANGUAGE CLASSROOM: COMMUNITY ENGAGED LEARNING
Alessia Valfredini, Fordham University

This workshop, rooted in the work of the Cosmopolitan Collective, will engage participants with exercises and questions designed to inform the development of Community Engaged Learning language courses.

GENDER PRONOUNS, TEACHING AND LEARNING, AND CULTURES OF RESPECT
Tommy Mayberry, University of Alberta

How can we as instructors activate in ourselves an inclusive ideology for gender and sexed identities in our classrooms? This workshop will start with grammar and linguistic history to identify where these words come from and how they work (and don’t work), then we’ll discuss strategies for positive engagement with gender pronouns, teaching, and learning.

LATINX SOCIAL JUSTICE COLLECTIVE: DISRUPTING ACADEMIC COLONIAL DISCOURSE
Iliana Págán-Teitelbaum, West Chester University of Pennsylvania; Daniela Johannes, West Chester University of Pennsylvania; Yanira Rodríguez, West Chester University of Pennsylvania

This workshop discusses new solidarities created through the dismantling of academic colonial discourses in a self-convened Latinx Social Justice Collective at a public university. We employ critical race studies and indigenous feminist theories to discuss how to utilize decolonizing frameworks to address our academic realities and claim the right to self-determination as marginalized groups in academia.

THE HATE U GIVE: USING THE COLLEGE NOVEL TO TEACH ANTIRACIST PEDAGOGY
Joyce Maxwell, Columbia University; Tracy Felton, Union County College; Maria Aladren, Union County College; Sophia Mitra, Union County College

This will be a four-part interactive workshop that will introduce the concept of the College Novel as a college-wide initiative. It will highlight how the novel was used as a literary text to create cross-cultural awareness and dialogue at all levels of the college community.

THEATER FOR SOCIAL CHANGE: IMPLICIT BIAS TOWARDS WOMEN IN HIGHER ED
Sidney Monroe Williams, University of Louisville

This workshop models how interactive theater can be used to counter implicit bias towards women in higher education.

INTRODUCTION TO THE INTERNATIONAL IMAGE INTEROPERABILITY FRAMEWORK (IIIF)
Caterina Agostini, Princeton University

In this workshop, we will discuss ways to use digital image standards from libraries and museums for research and teaching purposes, as we explore the International Image Interoperability Framework (IIIF, https://iiif.io).

USING THE GRAPHIC NOVEL IN THE INTERMEDIATE FRENCH CLASSROOM (VIRTUAL WORKSHOP)
Julien Suaudeau, Bryn Mawr College

In this session, we will present how the engaging format of the graphic novel can be used as a pedagogical tool to decolonize French history and French grammar learning at the intermediate level.
2021 NeMLA Award Winners

ANNUAL BOOK AWARD
Matthew Kilbane, Cornell University, *The Lyre Book: Modern Poetic Media.*

CAITY ESSAY AWARD

GRADUATE STUDENT CAUCUS ESSAY AWARD
Lucas Wilson, Florida Atlantic University, “‘Remember, my house it’s also your house too: Postmemorial Structures in Art Spiegelman’s *Maus.*”

POSTCOLONIAL STUDIES ESSAY AWARD


WOMEN’S AND GENDER STUDIES CAUCUS ESSAY AWARD

A Covid Lockdown Poem
Author unknown

I won’t arise and go now, and go to Innisfree
I’ll sanitise the doorknob and make a cup of tea.
I won’t go down to the sea again; I won’t go out at all,
I’ll wander lonely as a cloud from the kitchen to the hall.
There’s a green-eyed yellow monster to the North of Kathmandu
But I shan’t be seeing him just yet, and nor, I think will you.

While the dawn comes up like thunder on the road to Mandalay
I’ll make my bit of supper and eat it off a tray.

I shall not speed my bonnie boat across the sea to Skye,
Or take the rolling English road from Birmingham to Rye.

About the woodland, just right now, I am not free to go
To see the Keep Out posters or the cherry hung with snow.

And no, I won’t be travelling much, within the realms of gold,
Or get me to Milford Haven. All that’s been put on hold.

Give me your hands, I shan’t request, albeit we are friends
Nor come within a mile of you, until this virus ends.

The word “virus” was substituted for the word “trial” in the original poem which appeared in the *St. John the Baptist France Lynch Parish Magazine,* May edition, published April 21st, 2020 but it’s still ‘anon’. To quote the reply from the editor, “This came to via a friend of a friend of a friend—we liked it enough to share with our readers but know nothing of its origin. Sorry we can’t help.”
2021 Summer Fellowship Award

The NeMLA Summer Fellowship Program is designed to support the research of NeMLA members, especially untenured junior faculty, graduate students, and independent scholars. This does not preclude senior faculty from applying. Submission deadline: February 6, 2022.

2021 Summer Research Fellows


Jenna Sciuto, Massachusetts College of Liberal Arts, “Peripheralized Norths and Souths: Colonial Liminality, William Faulkner and Icelandic Literature”

Nagore Sedano Naveira, University of Puget Sound, “Tracing Barbed Wire: Post Memory and Visual Culture in Veronica Saenz’s Gurs, History and Memory”

2021 Undergraduate Forum Prizes

NEMLA BOARD CHOICE

First Place: Jessica Goldschlager, University of Scranton, “Embracing an Interdisciplinary Approach within Disability Studies and Composition Theory”


NEMLA MEMBERSHIP CHOICE

First Place (tie)

Milena Germon, Clark University, “Big Mean Sweaty Dykes Looking for Trouble: Working Class Lesbian Culture and Organized Labor”


BEST ENGAGEMENT WITH CURRENT TRENDS

First Place: Madelon Morin-Viall, University of Connecticut, “Grief, Mourning, and Remembrance: Reading Hamlet in the Age of Coronavirus”

Honorable Mentions

Olivia Frison De Angelis, College of Wooster, “Substituting One Imagined Community For Another: How Tourist Bait Damages the Essence of a Country”

Matthew Niemiec, University at Buffalo, “¿Bienvenides a todes? A Study of Gender Neutral ‘-e’ Adoption in Spanish-language Media”

BEST USE OF THE CONFERENCE THEME

First Place: Tammuz Frankel, Brown University, “An Unbodied Joy: Explorations in Ahuman Humanities”

Honorable Mentions

Claire Cai, Haverford College, “Class Alienation in Gerhart Hauptmann’s ‘Lineman Thiel’ (1888): An Economic and Literary Analysis”

Alex Gupta, Rutgers University, “Animal Talk: Theorizing Humanimal Literacy in Elias Khoury’s Yalo”
2021 Undergraduate Forum Prizes

BEST PRESENTATION IN WOMEN’S AND GENDER STUDIES

First Place: Milena Germon, Clark University, “‘Big Mean Sweaty Dykes Looking for Trouble’: Working Class Lesbian Culture and Organized Labor”

Honorable Mentions
Cal Turner, Brown University, “Codpiece Daughters and Good Men: The Social Life of the Virtuous Virago”
Julia Griffo, Adelphi University, “Transgressive Spanish Women and Their Agency through Film Industries in Spain and United States”

BEST VISUAL PRESENTATION

First Place: Zijia Zhuang, Bryn Mawr College, “The Influence of Oscar Wilde’s Fairytales on the Birth of Chinese Children’s Literature”

Honorable Mention: Rebecca Dingle, University at Buffalo, “The Linguistic Landscape of Korean Popular Culture”

BEST ORAL PRESENTATION

First Place: Justin Garibotti, College of Wooster, “Countering the Problem of Untranslatability in World Literature: The Case of José María Arguedas”

Honorable Mention: Libbie DePastino, College of Wooster, “Magical Realism: Exposing and Challenging Colonial Forces”

BEST INTERDISCIPLINARY PRESENTATION

First Place: Albert Sun, Donald Pepka, Daisy Zhan, Duke University, & Andrew Scofield, Birmingham Southern College, “Machine Learning and the Consumer Revolution.”

Honorable Mentions
Jessica Saller & Jay Carreira, University at Buffalo, “Investigating the Use of ‘To Have’ and ‘To Be’ Statements Within Mental Health”
Heather Hartmann, College of Wooster, “How Intellectual Property Rights Have Reformed the Idea of the Author”
Serena Luckoff, Rutgers University, “Disembodied Cognition: Constructing a Barrier Between Language and Emotion”

BEST USE OF SOURCES

First Place: Alice Jackson, Amherst College, “Thresholds of Interiority”
CV and Job Clinic
Faculty members will meet graduate students, contingent and adjunct faculty one-on-one to advise these emerging scholars on CVs and cover letters, and to practice mock interviews. These one-on-one 30-minute advising sessions will be open throughout the Convention.

INSTRUCTIONS FOR MENTORS
Please pre-register by January 10 as a mentor in your account by selecting the “Job Clinic Mentor” option under “Registration & Membership.”

INSTRUCTIONS FOR MENTEES
Please pre-register by January 10 as a mentor in your account by selecting the “Job Clinic Mentee” option under “Registration & Membership.”

Mentees working on cover letters or mock interviews are encouraged to bring a copy of a job ad with them to the Job Clinic. Also bring hard copies of your CV and cover letter with you to the convention, and come prepared with questions about your application and the academic job interview process.

WGSC Mentorship Program
The NeMLA Women’s and Gender Studies Caucus (wgsc) operates an interdisciplinary mentoring breakfast which pairs senior faculty mentors with junior faculty and doctoral students.

INSTRUCTIONS FOR MENTORS
To volunteer as a mentor, please email your name, affiliation, and research interests to wgsnemla@gmail.com with the subject “WGS Mentorship Program.”

INSTRUCTIONS FOR MENTEES
Mentees can access the application here starting late Fall. The application process for mentees opens in late fall and closes on January 15.

NeMLA Caucus Info
CONTINGENT/ADJUNCT/INDEPENDENT SCHOLAR/ TWO-YEAR CAUCUS (CAITY)
The CAITY Caucus advocates for NeMLA members who are contingent, adjunct, or independent scholars and/or teach at two-year institutions. The Caucus organizes panels, speakers, and discussions on topics including pedagogy, unionizing, and non-traditional career paths, offering travel and paper prizes in support of these endeavors. Everyone with interests in these areas is welcome!

DIVERSITY CAUCUS
The Diversity Caucus has been created to facilitate discussion among NeMLA members about issues of diversity, especially as related to academic life. This group offers a space to bring about conversations among members with shared interest in Africana Studies, Diaspora Studies, and Diversity issues and develop relevant NeMLA sessions and initiatives.
GRADUATE STUDENT CAUCUS

With the generous support of NeMLA, the Graduate Student Caucus is able to provide an array of opportunities for graduate students that include travel grants, professionalization opportunities, CV and Job Clinic, publishing mentorship, special sessions. Please visit our website for further information about events and opportunities.

WOMEN’S AND GENDER STUDIES CAUCUS

The NeMLA Women’s and Gender Studies Caucus welcomes members interested in feminist scholarship, women’s and gender studies, and the status of women in the profession at all stages of their careers. The Caucus organizes panels, promotes publication, and fosters the establishment of networks linking senior and junior faculty including graduate students.

Please join any of these caucuses by logging into your nemla username account.

NeMLA Publications

NeMLA proudly sponsors the publication of three journals dedicated to the production of award-winning scholarship.

MODERN LANGUAGE STUDIES

Modern Language Studies is a peer-reviewed journal representing the wide-ranging critical and creative interests of NeMLA members. We publish scholarship, interviews, fiction and poetry, reviews, and commentary on teaching, research, and writing in all areas of English, American, comparative studies, as well as the literatures of the modern languages.

NEMLA ITALIAN STUDIES

NeMLA Italian Studies promotes the study of Italian culture by publishing critical studies on Italian literature, cinema, culture, linguistics, and language pedagogy. The journal includes sections dedicated to creative writing in Italian (primarily poetry or short-prose fiction), translations of contemporary and classical works/authors, cultural debates, and interviews. A section of the journal is dedicated to book reviews.

MAST: THE JOURNAL OF MEDIA ART, STUDY AND THEORY

MAST: The Journal of Media Art, Study and Theory is an online, open-access, and double-blind peer-reviewed journal featuring interdisciplinary scholarship in the domain of media studies with a focus on both practice and theory. MAST stands for “Media Art Study and Theory” and welcomes original high-quality submissions from artists, practitioners, scholars, writers, theorists, curators, academic faculty, and graduate students in artistic research, theory, and practice-based/practice-led studies in media arts.

Key Dates

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<td>Jan 14</td>
<td>CAITY Essay Award Submission Deadline</td>
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<td>Jan 15</td>
<td>Deadline: CFP, NeMLA Italian Studies Journal</td>
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<td>Graduate Student Essay Award Deadline</td>
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<td>Mar 10–13</td>
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<td>Apr 1</td>
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Johns Hopkins University

University at Buffalo
IN LIGHT OF THIS YEAR’S CONFERENCE THEME, one of our graduate fellows, Dana Venerable, came up with the idea to share small creative “care packages” with our members. These packages take the form of short lists, ideas, and reflections about how to care for ourselves and others. We hope you enjoy these tokens of care from our graduate fellows and staff. Thank you Dana, Jessica, Lauriane, and Pauline!

FROM: Lauriane Guihard
Video Production Fellow

Winter is coming! Cold temperatures, short daylights, gray skies, self care during this season for me means creating a cozy and warm environment. I grab a blanket, a coffee or tea, and turn on the music. I love the playlist created by the Youtube channel alexrainBirdMusic. A cheerful song that I play on repeat these days is “Better Days (Kitchen Demo)” by Jake Howden. I would also recommend a coffee mug warmer, to keep your beverage warm (I was offered one recently, and it is a life changer!). For extra cozyness, I use an aroma diffuser to fill the air with my favorite scent: it makes the home smell so nice. I have been sticking to this routine for several months now, and it helped me a lot. Give it a try!

FROM: Pauline Carbonnel
Video Production Fellow

1. Turn off your phone for a few hours (or, even better, for the whole day). Fair warning: it’s hard at first...but I promise, the world won’t stop spinning.
2. Go for a walk in your neighborhood. Try not to have a set itinerary—improvise! (Best way to stumble upon new things) Remember: do not use your phone. Actually, try to not even bring it with you.
3. Say “Hi” to a stranger.
5. Sip it while sitting in the sun. Try to focus on the sounds around you.
6. “Dissonance/(if you’re interested)/ leads to discovery” [William Carlos Williams, Paterson, Book IV]
7. Grab ingredients to make one of your favorite meals.
8. When you get back home, take a hot bath or shower. Indulge in all the scents and candles you want.
9. Make yourself a cozy reading nook and read for an hour or so after dinner.
10. Last but not least: do not turn your phone back on before going to bed. Airplane mode is a good option if you usually use your phone as an alarm.

FROM: Dana Venerable
Editorial Fellow

1. Wake up, slowly take five to seven big breaths while laying in bed or sitting up. Slowly inhale/pull in your breaths until you noticeably raise your chest, and let them out through your mouth, making any and all necessary sounds. Notice the vibrations and how long the pauses are in between breaths. Let your body tell you when it’s time to breathe again.
2. Stretch, release your jaw, drink a large glass of water. Prepare something warm to drink, like a light roast coffee with lactose-free milk, coconut or oat milk, honey or maple syrup. Or jasmine green tea with honey and almond milk. If you have rose or lavender extract, add a desired amount. Look out the window or step outside, bringing the warmth in your hands.
3. Make toast with butter or jam, preferably apricot, apple, or blackberry jam. Grab your phone or a
pen and paper and jot down your first thoughts of the day or any remnants of dreams. Listen to Dorothy Ashby’s 1962 self-titled album on YouTube, or start with “Satin Doll” on YouTube or Spotify.

4 Find a small cleared space and bring something you can play music on. Dance. Dance for as long as you need to. Play your favorite songs on repeat and sing the lyrics in your own way, at any volume. Harmonize with the vocalists! Some songs to help you include: “One More Time” by Daft Punk; “Groove Is in the Heart” by Deee-Lite; “Maniac” by Michael Sembello; “The Groove Line” by Heatwave; “Cold Heart: PNAU Remix” by Elton John, Dua Lipa, PNAU; “Do The Astral Plane” by Flying Lotus; “MacArthur Park Suite” by Donna Summer. Email me if you want more (danavene@buffalo.edu).

5 Order your favorite meal for pick-up or delivery, or go to the grocery store and pick up groceries for your favorite dish. I like to get ingredients for Chicken Parmesan with green string beans or Brussel sprouts, or for an Irish stew, or for my dad’s chili. Make something that you can get seconds and save for later. I usually try to order Ethiopian stew dishes such as Doro Wat or Misir Wat, and Indian dishes like Murgh Makhani and Chana Masala.

6 Pick one movie or television show you have seen before, and one that you haven’t. Eat and relax. I go for “Living Single,” “The Office,” “High Fidelity,” “Insecure,” “Twin Peaks,” or “Girlfriends” in terms of what I’ve seen. New things include “The Good Place” and “Killing Eve.” Note what you enjoy or don’t.

7 Go for a walk on a familiar course and listen to your favorite album of the moment. Notice something new on your walk and remember it. Each time you go on this path in the future, look for a new focal point.

8 Take a hot shower or bath, using Dr. Teal’s lavender or eucalyptus gels and salts if possible. Before bed, write down goals for the upcoming day or week, or remnants of thoughts from the day that brought clarity and joy. Take three big breaths while laying down.

FROM: Jessica Lowell Mason
Editorial and Accessibility Fellow

Self-care, in the world of my consciousness and body, is about exploring ideas and feelings, and creating drama, art, and love with them. Creation is a form of travel, and as long as I am traveling in an embodied and spiritual way through writing, movement, song, and art, I feel more at-ease, happy, and ready to handle the stresses of daily life. If I were to offer another member of NeMLA a care package, I would send them an invitation to connect with their so-called inner (-and-ever) child and with fun. I think sometimes we are taught that adults, and especially academics, have no room in their hearts and in their lives for exuberant joy and tender comfort and laughter. Self-care, for me, would be anything that counters the notion that life should be without those things. Being with those with whom we laugh and experience warmth is care! Creating a space for feeling free and joyous, and to connect with the pastimes of our spirit, is care, but we don’t always have such places in our lives or we sometimes forget how to find them in the midst of struggle and stress. Creating, usually for me: by writing, dancing, singing, and performing, is also a way of adding to the project of legacy. I feel the future in the now when I am being creative, tuned into an internal rather than external agenda. My favorite advice for writers is the same gift of self care that I offer now: write, act, and live for the future. When we believe that our actions and words matter to the future, that they have some kind of future-beyond-us or some ripple effect, we care for ourselves better now and in the future. What does embodying the joy of your own kind of futurity mean to you? Does it feel like care? Is caring for yourself this way a way of also caring for the future—for someone else?
2023 Board Elections
NeMLA is a member-driven organization committed to a fundamentally democratic approach to governance and convention design. Please vote in our current board elections by February 25 and nominate board representatives for our next open slate of positions by August 15.

Open positions for 2023
Second Vice President
British and Global Anglophone Studies Director
Diversity Caucus Director
German Studies Director
Italian Studies Director

54th NeMLA Annual Convention
March 23–26, 2023 Niagara Falls, NY
Host Institution: University At Buffalo

The 2023 Convention will take place in the city of Niagara Falls, NY, known for the majestic body of water that straddles the Canadian border. The most powerful and tallest waterfall worldwide, Niagara Falls is often listed as an honorary 8th Natural Wonder of the World with its pristine hiking trails and scenic terrain, even as it also epitomizes the exploitation of nature’s power for the advancement of industry, hydro-electricity and technology. It is therefore both a symbol of nature and culture, excess and sustainability, exploitation and resilience.

The theme for the 2023 NeMLA Convention is Resilience, natural and cultural, individual and collective. Resilience will be the anchor term for critical and creative work that explores how we bear up under trauma, reverse social and racial marginalization, environmental destruction, counter ableism, and how we celebrate bodily, cognitive and neurological difference, access silenced voices, recover from a pandemic, and struggle to save the humanities, and humanity itself, from the maw of neoliberalism.

OPENING ADDRESS
Tim Dean
Professor Tim Dean is James M. Benson Professor of English at the University of Illinois at Urbana-Champaign where he teaches psychoanalysis, queer theory and poetic modernism. He is the author of several works on the subject: Gary Snyder and the American Unconscious (1991), Beyond Sexuality (2000), and Unlimited Intimacy: Reflections on the Subculture of Barebacking (2009), all published by the University of Chicago Press, and a co-editor of Homosexuality and Psychoanalysis (2001).

KEYNOTE SPEAKER
Anne Enright
Anne Enright is an acclaimed Irish writer and the author of the prize-winning novel The Gathering, winner of the 2007 Booker Prize. She has published half a dozen novels, many short stories and a non-fiction work called Making Babies: Stumbling into Motherhood, about the birth of her two children. Her second novel, What Are You Like?, was shortlisted in the novel category of the 2000 Whitbread Awards. Her writing explores universal themes such as family, love, identity and motherhood. As a Laureate for Irish Fiction, Enright promoted people’s engagement with Irish literature through public lectures and creative writing classes.