Holiday Greetings from a Black Psychologist,

I love the holidays. My childhood home is filled with the smells of comfort food and my great aunt always makes gumbo. It’s oh sooo good, and I can’t wait to get over there this year. I think all of the food reminds me of really happy childhood memories like opening presents, laughing till my stomach hurts, baking cookies with my mom, and listening to the Christmas music that filled the house. I shared these thoughts with my sister recently and she gave me this perplexed look. She quickly reminded me of several not so pleasant holiday memories we experienced as children. I laughed because for that moment I had completely forgotten about those things. “How could you forget that,” she asked. “Well… I guess because it would be really damaging to let those memories be stronger than the happy ones…” I responded.

This interaction reminded me of a lesson I often teach my clients involving claiming control over your own sense of peace. Despite what happens to us in our lives we all have the ability to decide what is worthy of our attention and what is not. The holiday season may trigger different things for different people but I am sure that each of us has at least one positive memory and at least one negative memory to pull from. If you are a person who tends to focus on negative memories, ask yourself how thinking about those things is helping you? Then ask yourself how thinking about something else could positively impact your life. Would you smile a little more each day? Would you be encouraged to make new happy memories as you move forward? Would you feel a sense of calm during this season (maybe a calm you have never felt before)? I encourage each of you to actively focus on memories that will inspire and encourage you this season.

Kwanzaa, celebrated December 26th – January 1st is an African American and Pan-African holiday which celebrates family, community and culture. The second principle of Kwanzaa, Kujichagulia (self-determination), is a call to define ourselves, name ourselves, create for ourselves and speak for ourselves. It teaches us to define and understand ourselves by the good we do and bring in the world, and by the truth we speak, the justice we do, and the loving kindness, care and concern we show towards each other and the world. In the sixth principle is Kuumba (creativity), we are asked to do always as much as we can in the way we can in order to leave our community more beautiful and beneficial than we inherited it. When we do good for the world, we also do it for ourselves. Thus, the Odu Ifa teaches “those who do good do it for themselves and those who do evil do it to themselves.”

If you do not typically celebrate Kwanzaa, let this year be a first! Take some time this season to set aside the negative memories and make a choice to focus your attention on the self-determination and creativity that is your destiny!

Heri za Kwanzaa (Happy Kwanzaa), Taisha Caldwell, PhD.
Just the Facts

Top Serious Health Concerns for African Americans

--- A few preventive tips can lower risks for life-threatening diseases and chronic debilitating illnesses---

"There is a soul force in the universe, which, if we permit it, will flow through us and produce miraculous results"

Mahatma Gandhi

BOCA RATON, FL., (November 12, 2008) -- The top serious health concerns for African Americans are:

**Cardiovascular Disease**—The #1 killer of African Americans.

**Diabetes**—3.2 million African Americans have diabetes, yet more than 33% do not know it.

**Vitamin D Deficiency**—Low Vitamin D has been associated with several types of cancer as well as certain autoimmune diseases such as systemic lupus.

**HIV/AIDS**—Nearly half of the people who get HIV/AIDS are African American, suffering more deaths than any other race.

**Cancer—Lung, Breast, Colon, Prostate**—African American men are 35% more likely to die from prostate or colon cancer than Caucasian men and African American women are 18% more likely to die from breast cancer because of a genetic predisposition to aggressive forms of cancer.

“This is a national tragedy,” says Dr. Reginald S. Fowler, a member of the MDVIP nationwide network of doctors specializing in preventive and personalized healthcare. “The good news is that the risk of early death among African Americans can be reduced with a comprehensive annual physical examination, nutritional counseling, as well as, talking and listening to patients.” For more information and Dr. Fowler’s recommendations for these diseases go to:

Spotlight On: Tamara Storey

Tamara Storey

I think since you all will see my name a lot, maybe I should interview myself and give you a little insight into who I am and how I ended up here. My name is Tamara Storey although I also go by Tammy the Great. I am currently in the role of Associate Director of the Student Outreach and Retention, (SOAR), Center, here on campus. I come by way of Penn State University Law School where I served as the Director of Counseling Services.

I am a Philadelphia native and still get back east a lot to visit the folks and other family members. I have four children. The oldest are 30. I have another who just stated college this year and one who just started high school here in Irvine.

I like to bike ride a lot however, I should mention that having moved to one of the safest cities in America, my bike was promptly stolen and I am still in mourning. Welcome to California! I am also a chocoholic. I eat chocolate first thing in the morning and last thing at night. I have even hidden chocolate in places in the house as not to have to share with other. Whew, I’m glad that I can share that with you. I have ridden a lot of charity rides but one of my favorites was a few years ago, I joined about 80 hearty souls and took a bike trek along the last part of the Underground Railroad. We biked from Buffalo, NY to Owen Sound, On in Canada. It was about 500 miles and who would have thought the one week we decide to go would be the week that CANADA has a heat wave. The cyclists ranged in ages from 10 to 80 and were of all races and cultures. What a blast.

I am a great cook and if I had my way, I would be the Black Martha Stewart. I am happiest when I am cooking and love trying out new recipes and letting my family enjoy the results. My other half is a wonderful person, who clearly as a covert attempt to assure a spot in heaven, has put up with me for the last 12 years.

I am loud, and always wanting to engage people to get together and share. I think life is too short not to make as many connections as you can. I am always amazed at how connecting with folks enriches my life. I like being happy, I like connecting with friends, I like food and I like chocolate. I ask you; what else is there?

Feel free and welcome to contact me at tstorey@uci.edu. Let me know where you are my brothers and sisters and what you do. I am waiting.
**December 2011**

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**Special Events:**
Christmas; Kwanzaa

For additional events/event information please visit the calendar page on our website at http://sites.uci.edu/bfsa/calendar/
Campus and Community Resources

**Campus**


Employee Assistance: [http://www.cascadecenters.com](http://www.cascadecenters.com)

Teaching, Learning, Technology Center: [http://www.tltc.uci.edu/](http://www.tltc.uci.edu/)

**Community**

NAACP: [http://naacp.org](http://naacp.org)

OC Black Chamber: [http://ocblackchamber.com](http://ocblackchamber.com)

100 Black Men of Orange County: [http://www.100bmoc.com](http://www.100bmoc.com)

THE Greenlining Institute [www.greenlining.org/academy](http://www.greenlining.org/academy)

National Coalition of 100 Black Women of Orange County [http://www.nc100bwoc.org](http://www.nc100bwoc.org)
Where are they now?

Harry Le Grande was appointed Vice Chancellor for Student Affairs on June 26, 2008. In this position, Le Grande provides leadership for student and faculty support service programs that contribute to the academic mission of UC Berkeley in the areas of student life, undergraduate admissions and financial aid, campus outreach, career services, student conduct, residential living and other student related matters. He served as Interim Vice Chancellor from January 1, 2007 until he was appointed Vice Chancellor in June 2008. Prior to assuming that role, Le Grande served as Associate Vice Chancellor for Residential and Student Service Programs (RSSP) at Berkeley, where he managed a multi-faceted array of student services and programs that included student and family housing, residential life, childcare services, new student orientation, housing facilities, and residential and campus dining services. Vice Chancellor Le Grande has worked in student service programs for nearly four decades, including 25 years on the Berkeley campus. His interest in the area began when he was a student at UC Irvine and worked as a Residential Assistant, SPOP Coordinator, Administrative Intern in the Academic and Student Affairs Vice Chancellor’s Office and as a Commuter Student Advisor. He went on to receive his masters in College Student Services Administration from Oregon State University. Prior to working at Cal, Le Grande held student affairs positions at the University of Washington, Pacific University, Oregon State University, UC Santa Barbara, and UC Irvine.

Active in the profession of college and university student housing, Le Grande has served as President of the Association of College and University Housing Officers-International (ACUHO-I) and as a member of its Research and Education Foundation. Well respected for his housing knowledge and experience, Harry has served as a consultant or external reviewer for a number of college and university student housing programs. He has been recognized extensively receiving the James C. Grimm Leadership and Service Award, ACUHO-I’s highest award; the James A. Hurd Award for Distinguished Service to ACUHO-I; the Parthenon Society Award from the ACUHO-I Foundation; the Charles L. Miller Award, the highest service recognition from Western Association of College and University Housing Officers; and an award for Meritorious Service from the National Forum of Black Public Administrators.

He is an active member of several professional associations including the National Forum for Black Public Administrators, National Association of Student Personnel Administrators, Western Association of College and University Housing Officers, American College Personnel Association, National Association of College Auxiliary Services, and the National Association of College and University Food Services. His past and present civic involvement and volunteer organizations include: the Sickle Cell Community Health Network, Solano County Grand Jury, Suisun City Planning Commission, Suisun City Development Corporation, Berkeley Visitors and Convention Bureau, Berkeley Affordable Housing Associates, and the Fairfield Suisun Unified School District’s Bond Oversight Committee, and the Leadership Berkeley Program.