

# BFSA— The Voice

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## BLACK FACULTY AND STAFF ASSOCIATION

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February is generally considered by most to be Black History Month. So with that, I'd like to tell you a story. This story is about a man, a friend of mine, who recently passed away from ALS, (Lou Gherig's Disease,) after a long and valiant struggle. His name is Willard Woodson Brittain Jr., or as those who knew him, affectionately called him "Woody".

"Woody" was born in the District, (Washington DC), in 1947 and raised in Arlington, VA by working-class parents — Woody Sr., a World War II veteran, and Mary — who demanded that their children work hard in school and commit themselves to service in their church, Mount Olive Baptist.

Nothing was more important than family: Woody Brittain Jr. and his wife, Deborah, were married 42 years and have a daughter, Lindsey. The way they defined family, however, meant that anyone who entered their home would be treated like one of their own. Brittain served on the boards of the Northern Virginia Urban League, the National Urban League and the YMCA of New York City, among many others. Not only did he donate generously to charities that provide educational opportunities, but he also gave untold thousands of dollars out of pocket to students who needed money to stay in college.

"Woody was a generous spirit personified," said Ron Coley, an associate vice chancellor for student affairs at Berkeley and a longtime friend. "He was always focused on the betterment of others. With math as his favorite subject, Brittain graduated from Wakefield High in Arlington, Class of '66, and became one of 28 black students in a freshman class of 1,000 at Yale. Although mild mannered and bookish as a boy, he became an Afro-wearing campus leader, helping to organize the Black Student Alliance and successfully agitate for the creation of the Afro-American Cultural Center. Brittain graduated from Yale in 1970 with a bachelor's degree in economics; two years later, he earned an MBA from Harvard. In 1983, at age 36, he became a partner at the financial services giant Price Waterhouse and was later appointed its chief operating officer. His reputation for strategic thinking would lead to directorships at five Fortune 500 companies before he retired to start his own leadership program for youth.

In the suites along Wall Street, Brittain may have been known by his proper name, Willard Woodson; but along the byways of his home town and beyond, he was still just Woody — quick-witted, down to earth and always ready to lend a helping hand.

"People who were radicals in college, then traded in their dashikis for three-piece suits, risked being called sellouts," said Harold J. Logan, a businessman based in Atlanta who was an undergraduate at Harvard when Brittain was there working on his MBA. "No one could ever say that about Woody because he used so much of his gains from the corporate world to help others."

Said Larry D. Bailey, a Washington native who was also a partner at Price Waterhouse Coopers: "Woody's great passion was figuring out ways for us to reach back and save at-risk black men and boys.

Through Brittain, we saw what makes for a purposeful life, starting with parents who instill a love of learning and community service in their children. You might say it was in his genes. If so, it ought to be in ours, too.

I share this story to plant the seed that suggests we can all read and study history, but wouldn't it be better to, while we live, be actively involved in making it?

Hotep, (peace)  
Gerald

(Information in this story was taken from an article written by another friend Courtland Malloy, a writer for the Washington Post).

*"A life spent making  
mistakes is not only  
more honorable, but  
more useful than a life  
spent doing nothing"*

George Bernard Shaw

# Spotlight:



# Gregory Washington



Gregory Washington is Professor of Mechanical and Aerospace Engineering and the Dean for the Henry Samueli School of Engineering at the University of California Irvine. Professor Washington has been involved in multidomain research for the last 20 years. He is the first African-American Dean of Engineering at any of the University of California, Campuses. His core area of interest lies in the area of dynamic systems: modeling and control. During this time he has been involved in the following applications: the design and control of mechanically actuated antennas, advanced control of machine tools, the design and control of Hybrid Electric Vehicles, and structural position and vibration control with smart materials. He is internationally known for his research on ultra-lightweight structurally active antenna systems and other structures that involve the use of “smart materials”. He is the author of more than 140 technical publications in journals, edited volumes, and conference proceedings. Professor Washington received an NSF Career Award in 1996, the OSU Harrison Award for Excellence in Engineering Education and Research in 2005, two best paper awards (one with his students), and numerous other awards. Professor Washington has served on several advisory boards to include the Air Force Scientific Advisory Board and the National Science Foundation Engineering Advisory Board.



# February 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7 Calvin Mackey 2pm. Cal IT Au- ditorium	8	9
10	11	12	13	14 Valentine's Day	15	16 <a href="#">Chapman's Black Student Union Festival 12pm -5pm</a>
17	18 President's Day, (Holiday)	19 What Matters to me and Why: Luncheon 11am -1pm	20 BFSA General Membership Mntg. 12pm CCC	21	22 <a href="#">BNOC 4th Fri- day's</a>	23 The Fo'Sho' Comedy Show 7pm.
24	25	26	27	28		

## Special Events:

For additional events or specific event information please click the link of the event or visit the calendar page on our website at <http://sites.uci.edu/bfsa/calendar/>. You can also find out more about what's happening around the OC community by clicking on the link below.

<http://www.meetup.com/Black-In-Orange-County/events/73879372/>

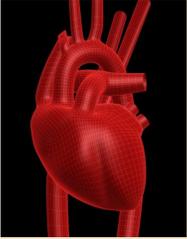
## Where are they now?



**HELP!** This section is a place where we can highlight, brag about, share the successes of some outstanding alumni that have graced these halls and grounds. Business folks, Dr.'s, Lawyers, Teacher's, Administrators, Entertainer's, Homemakers, and the list goes on. The challenge is, I can only account for so many. So, if you know someone who graduated from here, check with them first, but we'd like to share what's going on with them in this space. If you graduated from UCI and now work here, this qualifies you to submit information sharing with us where you are now :), (other than the obvious). For alumni that do not work here, we are proud of them and would ask *you* in your contact with them to have them send all information to [gparham@uci.edu](mailto:gparham@uci.edu).

**THANKS**

## Health and Wellness



February has, it seems, always been the month of the heart. We celebrate Valentine's Day with those special one's in our lives and do things that perceptively touch our hearts. It's no wonder than that this month, in accordance with the American Heart Association is National Heart Month. So in what I hope will be an ongoing feature in the newsletter I present to you this month's information on health and wellness.

The recent 2012 update of the Heart Disease and Stroke Statistics from the American Heart Association (AHA) emphasizes the continuing burden of cardiovascular disease (CVD) in the United States, with a prevalence of CVD nearing 40% in those approaching 60 years of age and exceeding 70% in older ages. Direct and indirect costs of CVD in the United States exceeded \$300 billion in 2008, and the projected total costs of CVD in 2015 and 2030 are more than \$500 billion and nearly \$1200 billion, respectively. Recently, the AHA developed year 2020 impact goals to achieve ideal cardiovascular health, which is influenced greatly by key health behaviors of being physically active, maintaining appropriate dietary habits, and not smoking.<sup>3</sup> The obesity epidemic in the United States has been a substantial contributor to the CVD burden, with current estimates of obesity prevalence being ≈20% in US children and adolescents and >33% in adults 20 to 74 years of age. It is well accepted that for most people, obesity is a direct outcome of an energy-rich diet, lack of sufficient physical activity (PA), or both. Another consequence of both obesity and insufficient PA is a reduction in cardiorespiratory (or aerobic) fitness (CRF) levels. Collectively, this evidence emphasizes that an individual's health behaviors have a major role in the prevention of CVD, which is of critical importance in the United States and worldwide from a medical and economic perspective.

Increasing attention is being given to the importance of PA and physical fitness (PF), both muscular fitness and especially CRF, for decreasing chronic diseases, promoting overall cardiovascular and general health, improving quality of life, and delaying CVD and mortality in the US population. Clearly, PF and CRF in particular are an underpinning for academic achievement, job productivity, and overall maintenance of cardiovascular and general health, among other things.

To find our more or to read the entire article presented here, click on the following link.

<http://circ.ahajournals.org/content/127/5/652.full>

There are a lot of things in this life we can't control, and there are some things we can control. Pay attention to your health and wellness. You only have this one shot at it, and I know we all want to make it like the old saying about a tootsie roll candy...lasts a long time.

*HAPPY VALENTINES DAY*



# Campus and Community Resources

## Campus

Black Faculty and Staff Association: <http://sites.uci.edu/bfsa>

[http://www.facebook.com/uci.bfsa?ref=tn\\_tnmn](http://www.facebook.com/uci.bfsa?ref=tn_tnmn)

Cross Cultural Center; <http://www.ccc.uci.edu/>

Employee Assistance: <http://www.cascadecenters.com>

Ombudsman: <http://www.ombuds.uci.edu/>

Teaching, Learning, Technology Center: <http://www.tltc.uci.edu/>

Office of Equal Opportunity and Diversity: <http://www.oeod.uci.edu/>

## Community

NAACP: <http://naacp.org>

OC Black Chamber: <http://ocblackchamber.com>

100 Black Men of Orange County: <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>

Christ Our Redeemer <http://www.corchurch.org/>

Black In OC [http://www.blackinoc.com/Home\\_Page.php](http://www.blackinoc.com/Home_Page.php)

The Black Market <http://www.theblackmarket.com/index.htm>

