



BFSA— The Voice

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BLACK FACULTY AND STAFF ASSOCIATION

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Another year, (academic), has for all intent and purpose come to an end. With that usually comes a host of activities that impact our lives in ways we sometimes can't imagine. For some, the kids are out of school and it's time to coordinate a different schedule, that may see you even busier than during the academic year. For others, it's time to breathe a sigh of relief, knowing the children are grown and gone, and now it's "me time". Plan that vacation, enjoy some time off...do what you like and don't feel guilty about it :)

I'm sure each of us has our own scenarios of what these next few months will look like and I hope they are everything you can imagine and plan them to be. But, before we go, let me just say a couple of things. First, I want to

thank each of you for what you do to make a difference in the lives of our young people. The graduating class has much to be thankful for, and each of you, each of us, has in some way played a part in their success. While for them it is just the beginning of a long and hopefully blessed and fruitful life, for us, it is the closing of another chapter that is the **Black Faculty and Staff Association at UC Irvine**. The year, as does every one, had it's challenges and opportunities. As we say good bye to our graduating class and prepare to embrace a new cohort in the Fall, let us not forget there are others still here that need our guidance and support. As long as we are here, our work is never done.

As dates go, let me remind you that the **Black Baccalaureate** is scheduled for **Friday, June 14th**. I encourage you to attend and witness the achievement of years of hard work, (I'm not talking about the students working hard). It is through your caring, concern, encouragement and support that these young adults have bright futures. With that said, let me add that it is always a pleasure to see the community come together in celebration of our accomplishments.

With all that we have to be thankful for, we have still more to recognize during this time of year. This month, coincidentally with graduation, is also **Father's Day**. It is a time we take time to celebrate and honor our fathers. While I would offer that we should, (and many do), celebrate our father's more frequently, a day has been set aside nationally, to recognize them. I'm not quite sure what folk will do, but whatever it is take a moment to say thank you. Father's can sometimes appear to be hard and present a persona that is sometimes hard to see through or understand, but trust me, any greeting, recognition, and time spent that comes from the heart means more than you can possibly imagine. It's a simple thing really, when you think about it. How one day can make such a difference in someone's life. They, like are mother's, do/have done their best to provide love for us. They've provided guidance in perhaps ways we didn't understand at the time, but whatever the lessons learned, I believe it was in their hearts to see us, their children be happy. So, on that day, take an extra moment to really stop and think about what your father's have meant, and for those who qualify, what you mean to yours.

*By the time a man
realizes that maybe
his father was right,
he usually has a son
who thinks he's
wrong".*

Charles Wadsworth

BE WELL AND BLESSED

G. Parham

June 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8 BB Jazz Presents Dwele
9	10	11	12	13	14 Black Baccalaureate	15 COR Men's Breakfast http://
16 Happy Father's Day	17	18	19 BFSA membership Meeting 12pm	20	21	22
23	24	25	26	27	28 BNOC 4th Friday's	29
30						

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 links below.

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

<http://www.100bmoc.com/calendar>

Health and Wellness

Black Men: Here's your wake-up call!

For too many of us, it takes a sudden wake-up call — in the form of a major or minor health crisis — to make us realize that we're not invincible. And tragically, for some, that call comes too late.

As black men, we often don't talk about our health or seek help until something goes wrong. We may exercise and eat right. We may know how our habits today affect how we feel. But what about tomorrow? Are we making the right choices to stay healthy as we grow older? Most importantly, are we having the right conversations about health and well-being with our sons and our fathers, with our brothers, our colleagues, our neighbors, and our friends?

According to the Office of Minority Health at the U.S. Department of Health and Human Services, black men are 30 percent more likely to die from heart disease and 60 percent more likely to die from a stroke than white men. And unfortunately, the list goes on — black men still suffer from higher rates of disease and chronic illness such as prostate cancer, diabetes and heart disease.

Unless we act now, these disparities will continue to affect generations to come. Their existence should be a wake-up call for all black men. It's time to invest not only in our own health, but in the health of our communities.

That starts by putting ourselves in the driver's seat when it comes to our own care. The health care law signed by President Obama in 2010 is removing many of the obstacles to health care we've faced in the past. It provides access to [preventive services](#) — like screenings for blood pressure, cholesterol, and type 2 diabetes — at no cost to us.

It will protect those of us with pre-existing conditions like asthma or heart disease from unfair premium rates or outright denial of coverage. It makes major investments in America's network of community health centers, where over a quarter of patients served are African-American. And on October 1st, the law will open the door to affordable coverage for millions of African-Americans, through the [Health Insurance Marketplace](#).

That means brothers running their own businesses will have the opportunity to get coverage for themselves, their employees, and their families. That means men working in barber shops, body shops, and construction companies across America will have access to affordable coverage if they don't have it now. That means when you hit a rough spot and are between jobs, you don't have to sacrifice the well-being of your loved ones. It means greater peace of mind and financial security for our families and communities.

There's a lot of great work being done in our community to close gaps in access to quality care. I'm encouraged by the tireless work that our faith- and community-based groups are doing every day to raise awareness and push policies that will make the health care system work for all Americans. They are leading the way — but it's up to all of us to do our part.

The wake-up call that brings better health to our communities shouldn't be a private alarm that we hear alone. It should be a chorus of voices that speaks to us, our families and our communities. This year, let's put our health in our own hands, and create a brighter, more secure future together for all of us.

Anton J. Gunn is the Director of External Affairs in the Office of Intergovernmental and External Affairs at the U.S. Department of Health and Human Services.

(Article taken from The Griot.com. March 2013)

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.

THANKS

Campus and Community Resources

Campus

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

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

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

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

[in-](#)

