

# BFSA— The Voice

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Ahhhhhhh...., Summertime! It's hard for me to believe we're close the middle of July already, and summer is just about 1/2 over! We could complain about the recent heat spell and days of humidity we had, but that would be suggesting we weren't thankful for having what we have. Yes, it can be a bit inconvenient, and electric bills usually go up from increase ac use, but all in all, you have to admit, there are very few places where you don't have to go anywhere for a vacation to enjoy a vacation like environment. That being said, let me encourage all of us to take some time off before he summer really is over to get in some R&R. Invest some time in yourself to refresh and rejuvenate. I know I say that, and need to practice it a bit

more myself. Sometimes I don't because I think I have to go somewhere when in reality, I've got plenty right here in So. Cal that can be plenty entertaining and I can get my relaxation on.

I mean when you stop and think about it, I've got all I need at my disposal. From beaches all up and down the coast, to the retreats in the mountains, to a variety of theater arts productions including concerts and plays, and the list goes on. If we just take a moment to stop and think about what we really have. I mean, we certainly pay the cost, (so to speak), to live in So. Cal and there must be a reason. I think sometimes I tend to take it for granted because it's always here and there is so much that it can be over-stimulating. I'll share a secret as an example. As long as I've lived in So. Cal, I've never been to the Ghetty Museum.! What, I know, it sounds crazy even to me when I think about it. I've driven by it, know tons of folk who have gone, heck, I've even attempted to go on a spontaneous trip but decided I didn't want to wait in line so I left. I think, however, that if I am intentional and plan a trip to go, it would work out significantly better. So, guess what I'm going to do before the summer ends? You can ask me about it in the Fall :)

The point is, we are surrounded by opportunities that can provide us some with form of relaxation. Even if that means just staying home for a couple of days because it seems like we're always doing something. I encourage each of you to invest some time in yourself to do what you like to take care of yourself. It is important to do so, as we have another year just ahead of us, and I'd like to think we are/will be prepared with a new attitude, and plenty of gratitude for the opportunities we have before us.

We continue to make a difference in the lives of the young folk that traverse these hallowed halls. We encourage them to eat right, stay focused, and always give their best to get the best results. Shouldn't we be of the same mind in practicing what we preach. I believe in order to give our best, we have to be at our best. What/ how are you going to prepare yourself? Take some time to think about it, then do something about. Heck, even taking the time to think about it is time well spent! Enjoy the rest of the summer and know that each of you is a blessing to our students, and to one another

**Hotep, (peace and well being)**

G. Parham

## BLACK FACULTY AND STAFF ASSOCIATION

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

*wrong".*

*Charles Wadsworth*

# Spotlight:



# Douglas Haynes



The path that brought me to UCI is similar to others. My curiosity about the past was encouraged by my parents. Their accounts of growing in Redding, California and Longview, Texas opened up distant times and places and spurred questions about causality and chronology. The migration of my father from Longview to Chico followed other African Americans who sought a better life in California after World War II. Remarkably, the path that he took through San Diego crossed the birthplace of my maternal grandfather, Guadalupe Martinez Carillo. My mother and father met and were married in Chico before relocating to San Francisco to raise a family that grew to nine children. In retrospect a family trip to Spain as a teenager was a turning point for me. Although it required a year or more of saving, it was definitely worth it. Learning about the connections between Spain and Mexico opened a new horizon of history for me: Europe. Feeding my interest in the past, my public school teachers in San Francisco and professors at Pomona College broadened and deepened my appreciation of the connections between people and places and power and politics. Further history study at Ox-

ford University during my senior year in college accelerated a process that continues to this day: critically interrogating the past to understand the varied dimensions of human society.

After Pomona I pursued a doctoral degree at UC Berkeley in Modern European History. Here I developed interests that animate my teaching and research to this day, namely the relationship of modern medicine to structures and fault-lines of power. Since joining the faculty of history in the 1990s, I have enjoyed working with other colleagues in and outside of the School of Humanities to build new programs such as African American Studies and the major in Global Cultures. It also has been particularly gratifying to be associated with the Black Staff and Faculty Association. UCI is a better place because of it.

**To find out more about Professor Haynes, go to [http://www.humanities.uci.edu/history/faculty\\_profile\\_haynes.php](http://www.humanities.uci.edu/history/faculty_profile_haynes.php) and catch up on his research interests, publications and more)**

## Health and Wellness

Bookworms, rejoice! A new study finds that reading, writing and performing brain-stimulating activities could preserve memory.

“Our study suggests that exercising your brain by taking part in activities such as these across a person’s lifetime—from childhood through old age—is important for brain health in old age,” said study author Robert S. Wilson, Ph.D., of Rush University Medical Center in Chicago.

The study tested memory and thinking in 294 people every year for about six years before their deaths (at an average age of 89. Participants also answered a survey about whether they read books, wrote and performed in other mentally stimulating activities at all ages of their lives.

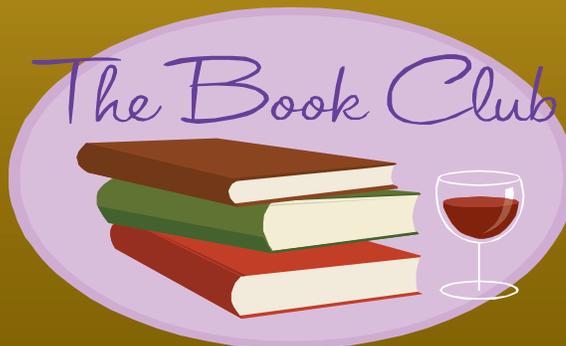
After death, their brains were examined for signs of [dementia](#). Those who participated regularly in brain-stimulating activities early and late in life had a slower rate of decline in memory compared to those who did not participate in such activities across their lifetime.

The study found that the rate of cognitive decline was reduced by 32 percent in people with frequent mental activity in late life, compared to people with average mental activity. And folks with infrequent mental activity suffered a rate of decline 48 percent faster than those with only average activity.

“We shouldn’t underestimate the effects of everyday activities, such as reading and writing, on our children, ourselves and our parents or grandparents,” Wilson said of the study’s results.

In other words: Pick up a book.

(Content taken from Black Health Matters.com)



## 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**

# July 2013

Sun

Mon

Tue

Wed

Thu

Fri

Sat

	1	2	3	4	5	6
7	8	9	10	11	12	13 <i>NAACP General Mem- bership Meet- ing 12-2pm.</i>
14	15	16	17	18	19	20
21	22	23	24	25	26 <i>BNOC 4th Friday's</i>	27
28	29	30	31			

## 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>

# 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>

