



**BLACK FACULTY AND
STAFF ASSOCIATION**

BFSA— The Voice

VOLUME 3_10

APRIL 2014



WHAT'S GOING ON?

Hey Family,

Wow! The beginning of the final quarter of this academic year and it seems like it has come and gone very quickly. Sometimes it feels like we just finished Fall Harvest, as I'm still meeting new folks on a weekly basis.

As the year goes on I want to remind us of a couple of things to think about. One, as I'm sure you've all heard by now that President Obama will be speaking at our commencement ceremony this year. It is being held at Angels Stadium in Anaheim and certainly promises to be yet another historical moment in our University's history. The short story, for those that don't know, back in 1964, then President Lyndon Johnson flew in the Presidential helicopter, Marine One, and dedicated the land that is now the University of California, Irvine. Given that equality in education is still at the forefront of conversation based in civil rights, and that this year marks the beginning of UC Irvine's 50th year celebration. Also recognizing that we have been ranked , (by the Times Higher Education evaluation of top 100 under 50), the #1 institution in the country, under 50 years of age and #4in the world, for consecutive years. Looking at where we started and how far we've come in 50 years, it seems appropriate that we would have President Obama as our guest. Truly an outstanding accomplishment.

While certainly something to be proud of, it is by no means an end to the work that lies ahead. There are still many issues that need to be addressed even in our own backyard. Issues like the selection of our next chancellor. We need to have our voices heard through committee, community partnerships, or other means, with other under-represented groups. Part of how we can do that is to show a presence, (our presence) on campus. This weekend marks the Annual Celebrate UCI festival where literally thousands of folks will be here checking us, (the campus primarily), out. We, (BFSA), are sponsoring booths and will be doing our usual thing of cooking (bbq chicken, hot links, baked beans, etc.). You know how we do. 😊

iRISE is also taking place this weekend, where young African American students visit and have a chance to find out what an excellent university we have here and learn about how our presence and contributions help make it so. For more information, please check the website calendar or contact Tiana Otubuah at : tlynch@uci.edu. So, this weekend if you're looking for something to do that is family friendly or you just want to "kick it", for a minute with some really cool folks, stop on by. For the rest of the month, look for announcements through the list serve or check out the website calendar,

As always in parting, be reminded that **We** are your organization, and want to hear from you. Until next time, be well and take care of yourselves.

As always in parting, be reminded that **We** are your organization, and want to hear from you.

Until next time, be well and take care of yourselves.

G. Parham

INSIDE THIS ISSUE:

What's Going On? 1

Health and Wellness 2
Dance Your heart out

SPOTLIGHT: 3
Sheree Braugh

April Calendar 4

Campus/Community 5
Resources

"I will act now. Success will not wait. If I delay, success will become wed to another and lost to me forever. This is the time, this is the place, I am the person."

Og Mandino

Put on Your Dancing Shoes

STRENGTHEN YOUR CORE, BUILD STRONGER BONES AND BOOST YOUR MENTAL POWER BY SHAKING WHAT YOUR MAMA GAVE YOU!

No question about it: [Dancing](#) can be a workout. We've all seen celebs like Kirstie Alley, Amber Riley and others break a sweat and drop pounds like a year-old cell phone while competing on "Dancing With the Stars."

But just how much of a workout is shimmying across your living room floor? It turns out dancing is plenty of exercise, if you get your heart pumping to a thumping beat for at least 30 minutes (think: five of your favorite jams in a row). It's also a weight-bearing activity, which builds bones, and will strengthen your upper and lower body, as well as your core.



Regular exercise—especially the aerobic kind—trumps the heart disease risk factors of an inactive life. You already know this, of course, and we know you're getting in your 30-minute workouts. But an exercise rut could lead to boredom and cause you to sit on the sidelines instead of staying in the game. Be the change your workout routine needs to stay motivated. Always do yoga? Try a Zumba class. Working the elliptical your favorite thing? Give spinning a go. Or just pump up the volume and shake what your mama gave you; one study found 20 minutes of dancing increases cardiovascular endurance and boosts your mood. If you've been naughty (read: sedentary), check with your doctor before starting any kind of strenuous workout.

Tired of Zumba? Want to up the ante on your yoga class? It's a good thing workout trends evolve. Fitness diehards, break a sweat by giving these must-try workouts a spin:

Barre classes, popular over the past few years, are still all the rage, but new versions, such as [AKT Inmotion](#), add interval training, yoga and strength training to dance moves. Sessions, which are not for beginners, run 60 to 90 minutes and provide a serious workout.

Love to spin? Hydro spinning, or [aqua cycling](#), adds resistance without stressing your joints by putting the bikes in the pool. A 30-minute hydro spinning class burns off about 300 calories per session.

Sure it sounds like champagne and yoga mats, but fizzy yoga is actually a marriage of physical therapy, body alignment, meditative breathing, massage and yoga poses. Think of it as mindful physical therapy. Instructors tailor programs to the participant, taking into account body type, strengths, weaknesses and injuries. It's not cheap—sessions run about \$200—but it can torch between 300 to 600 calories.

(source information from Black Health Matters) <http://blackhealthmatters.com/news/2014/feb/25/put-your-dancing-shoes/>



SPOTLIGHT : Sheree Braugh



I was born and raised in Redlands, California; San Bernardino County. It's a smaller city with character and history, and will always be home for me. I'm the eldest daughter of three kids, raised by parents who were high school sweethearts. After graduating from Redlands East Valley High School, I went on to receive my B.A. in Business Administration, Marketing in 2008 and M.B.A. in Entrepreneurial Management in 2011 from California State University, San Bernardino. From my several leadership activities as a student, I became more aware of and interested in a career in Higher Education. Thus, after receiving my graduate degree in 2011, I began applying to all colleges and universities; which led me to UC Irvine. I began working here as a temporary employee at the University Extension, Summer Session in May of 2012. I then took an assignment with the UCI Libraries in September of 2012, which led to a permanent position here as Marketing and Donor Relations Assistant in UCI Libraries External Relations in June 2013. I continue to be thoroughly impressed with the University's culture of community and feel blessed to be working in such a supportive and progressive environment.

Career aspirations for me include continuing to contribute to the University's development efforts and supporting student/alumni related initiatives and goals. My ultimate goal is to create meaningful value for the lives around me. I carry this passion with me where ever I go and in what ever I do. On a side note, A few have asked me how my education pursuits match my current career goals. My answer is and has always been, it'll make sense in the end;) Looking forward to meeting you on campus!

April 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10 Common Conversations 3:30pm.	11 iRISE Event	12 iRISE Family Breakfast Celebrate UCI-
13	14	15	16	17	18	19
20	21	22	23	24	25 BNOC 4th Fridays	26
27	28	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 or visit our Community resources page.

<http://www.100bmoc.org/events/>

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

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>

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

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

Teaching, Learning, Technology Center: <http://www.tltc.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/index.htm>

Educational Opportunities - <http://www.MastersDegreeOnline.org/Scholarships/>

