

**BLACK FACULTY AND  
STAFF ASSOCIATION**

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*“Your present  
circumstances don't  
determine where you  
can go, they merely  
determine where you  
start.”*

**Nido Qubein**

# BFSA— The Voice

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## WHAT'S GOING ON?



Hey Family,

It's the last month of the fiscal year and we are about to embark on a time period considered by many to be summer vacation. I would like to say a couple of things to end this year and hopefully encourage you as we continue to move forward as a presence on this campus and in the lives of these students we support. First, let me say congratulation to all of graduating seniors, graduate, medical, law, pharmacy and nursing students. Best wishes for your continued success. Please don't forget your time here and know that as alumni, we would invite you to support the Black Alumni Association. Information about how to join or get connected can be found by contacting Cheryl Brown [2brownpow@sbcglobal.net](mailto:2brownpow@sbcglobal.net) or Lolita Fletcher Brown at [lbrownflecth@gmail.com](mailto:lbrownflecth@gmail.com).

Next I'd like to say welcome to all of the new faculty and staff that have joined us throughout the year. I have met several of you and would like to encourage you to get active with the organization. We have a wealth of talent amongst us, and the ideas and support we can provide one another can be tremendous...if we make it that way! It is up to us to be responsible for the quality of life, (so to speak), we want to have here at UCI. It is our responsibility to identify our needs and have a voice at the table of decisions that are made which impact us all. So, again, let's be proactive and stay engaged with one another and the organization.

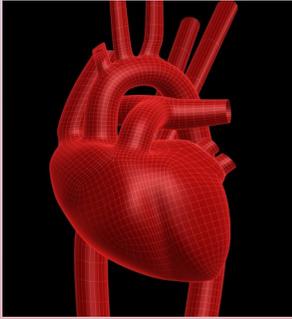
We also take time to recognize each other whether individually or as a group collective. Last month, we celebrated Mother's day, giving thanks and praise to those women in our lives that bear that title. This month it's Father's day which we celebrate, again giving thanks and praise to those who bear the title. I am particularly sensitive to it this year, as I just returned from my son's wedding. He's 26, has found the love of his life. The festivities were wonderful and a good time was had by all. It was very gratifying from a number of reasons, but the one that stands out the most, was his family and friends recognition that he is a lot like me! When folks see him with his mother, they comment on how much he looks like her, and rightfully so. However, when they spent 3 days watching he and I together, they commented on how much alike we were. Comments like, "I see where he gets it from", (whatever "it" is), and "you guys are so much alike, he looks just like you". All that being said made me feel proud that the time we've spent together has made a difference in his life. I am proud of my son, for being who he is and living his life. It's good to know that as a father, I've had some influence on how he thinks about things and his "worldview", if you will, about living a life of service.

So, this month, I believe it is Sunday the 15th, take a moment to thank and acknowledge your father(s), (all of them). Your heavenly father, who clearly deserves more than one day, your earthly father, and for those who have children, their father's. It will certainly make a difference in their lives whether you think so or not. Believe me, just because we're men and don't necessary show emotion often, it matters that we get to feel appreciated. I know it did for me and for that I am thankful.

To all the fathers out there...

## Happy Father's Day!

## Health and Wellness



It's all about the heart. Family, I know this section can sometimes be repetitive, but I can't stress enough how important your, (our), health is. I was recently reminded of this when attending a "Home Going" service for a good friend of mine who passed away on May 17th. Preliminary information is that it was due to heart related issues. He was 51 years old. So rather than trying to write something, (or for this page, copy and paste), I thought I would just provide a link to some information regarding our health and our heart including healthy eating tips and other links to important health related topics.

Enjoy, and for those who need to take better care of yourselves, take heed. We want all of us to be around for quite a while longer, but you have to do your part.

<http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/aariskfactors.pdf>

<http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.pdf>

<http://www.cdc.gov/bloodpressure/about.htm>

<http://kidney.niddk.nih.gov/kudiseases/pubs/highblood/#screened>



## SPOTLIGHT : *Valerie Sheppard*



I'm Valerie Sheppard, recovering corporate executive on radical sabbatical! I first lectured in the Merage School teaching graduate students from 2006-2009. I'm back, and have been enjoying teaching undergraduate students since Fall 2013. I am certified Professionally Qualified to teach at collegiate schools of business as a result of my >30 year career in marketing, which has included leadership roles serving non-profits and Fortune 250 firms.

As a Vice President at ConAgra Foods, I managed a portfolio of popular food brands with net sales of \$900 million dollars. Prior to that, I was a Managing Consultant for Zyman Group, an international marketing consultancy. While there, I developed long-term brand growth strategy and positioning for several leading food and beverage, pharmaceutical, and entertainment brands. I spent seven years at Procter & Gamble working on several successful pharmaceutical brands. During my tenure, I was awarded multiple awards for excellence in strategy, execution, and coaching. I also worked at international environmental organization World Wildlife Fund, where I was member of a team that grew the membership from 500K to

1.2 million members. My MBA is from the Whitman School at Syracuse University, where I graduated as a member of the National Marketing Honor Society, with seven faculty awards for excellence. My BA is in speech communication from George Mason University in Fairfax, VA.

In addition to teaching here at UCI, I provide marketing consulting and executive leadership coaching through my boutique business consulting firm, Source Power. I serve as faculty advisor to the Marketing Association, and sometimes share expertise as a speaker for the club. Marketing is definitely in my DNA!

As much as I *love* marketing, I am even more passionate about life mastery. As founder and CEO of The Heart of Living Vibrantly (<http://heartoflivingvibrantly.com>), I teach people how to have more happiness, fulfillment and success using a 4-step process I developed over the past several years. I am a published author of a national best-seller and two eBooks, and also contribute to online and print sources for inspired living, including award-winning *11:11 Magazine* and *InspireMeToday.com*. I am thrilled to be finalizing the manuscript and design of my soon-to-be published *Happy to Be ME! Handbook*.<sup>©</sup>

I created a non-profit called Hearts Awakening in 2012, and am currently focusing my energies on helping young people between the ages of 15-25. I'm seeking partnerships to deliver life mastery programs featuring my Happy to Be ME!<sup>©</sup> process and teachings on campuses all over the world. Here on the UCI campus, we've kicked things off through the formation of a club called The Happy & Whole Student Initiative. It's open to undergraduate and graduate students, and we meet on Mondays, from 7-8:15 p.m. in ICS 219. Please come by and play with us – you'll reduce stress, boost your creativity, concentration and focus, and feel more connected, and of course, happy!

On the more personal side, I love the beach, and am grateful to be living in San Clemente. I also love laughter, which is why I perform live, professional improvisational comedy with ImprovCity, a multi award-winning troupe in OC (<http://www.improvcityonline.com/>). I also teach Laughter Yoga. I've lived in 10 states, moved 27 times (daughter of a career Marine), visited 22 countries (Mom is my best globetrotting companion). I am a volunteer reader through the SAG Foundation literacy program called BookPals, so I get to read and teach life skills to 5<sup>th</sup> graders at Deerfield Elementary weekly. I also serve on the Hospitality Ministry in my church. Last, I am a major foodie, especially international cuisine, and dream of having dinner at a different restaurant every night for whole month!

I would like to connect, so please give me a call to get acquainted at 949-891-8491 or email me at [shepparv@uci.edu](mailto:shepparv@uci.edu). Wishing you many Blessings!

# June 2014

Sun                  Mon                  Tue                  Wed                  Thu                  Fri                  Sat

1	2	3	4	5	6	7 <i>BB Jazz Presents- Johnny Gill</i>
8	9	10 <i>BFS Exec Mntg. 12-1pm</i>	11	12	13 <i>Black Baccalaurate</i>	14 <i>Com-mencement- Angel Stadium</i>
15	16	17	18 <i>BFS General Mem- bership Mntg 12pm CCC</i>	19	20	21
22	23	24	25	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](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](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>

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

