

BLACK FACULTY AND STAFF ASSOCIATION

INSIDE THIS ISSUE:

What's Going On?	1
October Conversation Dr. Zahra Ahmed:	2
Spotlight:: Who will be next?	3
Health and Wellness: Breast Cancer	4
October Calendar	6
Campus /Community Resources	7

**Our opinions do not
really blossom into
fruition until we have
expressed them to
someone else"**

Mark Twain

BFSA— The Voice

VOLUME 3 ISSUE 4

OCTOBER 2013



First, I want to take a moment to say thank you to all the folks that were able to attend the annual *Fall Harvest* event. With a sizeable group of new students, staff and faculty, along with a visit from Vice Chancellor Parham and Chancellor Drake, a good time was had by all. A special thank you to the Vice Chancellor's Office for their support. As a result, we were able to have the event catered by our own Hospitality and Dining Service. The meal was very different from our historical hotdogs, and burgers. No, this time around we not only hosted the event at a new site, (the plaza of the Student Center), but the menu included chicken, (roasted and fried), two types of green salads, potato salad, baked beans, hot links and assorted cookies for dessert. A special shout out to Johnny Paredo and the catering staff for their efforts and support in making our event a success. Another quick shout out of appreciation to Stacey Murren, Director, Student Center and Event Services, whose support also made the event and the sound work wonderfully. We appreciate you.

One of the projects/programs I believe is important for our collective well being and certainly for the survival of our students is our Kinship Program. Please take a moment to read through this newsletter, paying special attention to the commentary on the next page written by our own Dr. Zahra Ahmed.

In spite of our numbers there is quite a bit going on around the campus for us to be engaged with. If you like the arts, Dean Lewis has just released the 2013-14 Claire Trevor School of The Arts season brochure. For more information or specific event information go to the calendar page of the web site <http://sites.uci.edu/bfsa> or go directly to <http://www.arts.uci.edu/>.

For those of you that are new to the campus or to the list serve, let me invite you to please check out the Campus/Community Resources page for links to important information.

Other than these items, we encourage you to get involved with us and help us remain an active, visible and viable organization. As you will hear me say repeatedly, this organization and what we do is only as good as what we, (you), put into it. There are several ways to get involved. Contributing to the newsletter is just one way. I encourage you to submit articles and ideas for review and publication, join a committee, pay your dues, (\$100 yr./\$25 qtr.). Thanks for your support and I look forward to an outstanding year with you.

Hotep, (peace)

G. Parham, President



October Conversation

On Kinship

Zahra Ahmed, Ph.D.

Director, Civic & Community Engagement

Kinship refers to sameness, likeness, or sharing something in common. We experience kinship when we allow shared background, history, and experience to bring us together and bond us to one another. Kinship is difficult to define, with anthropologists characterizing it as a web of social relationships that comprise a significant part of our lives. The web can be simple, focusing only on strict blood relations, or it can be complex, incorporating multiple strands of relationships, some based on blood and some not.

In the African American community, kinship has always extended far beyond the people with whom we share DNA. We would not have survived the very real dangers associated with enslavement, enactment of the Black Codes, and Jim Crow segregation if we did not understand that supporting one another was crucial for our survival. Professor Michael Dawson refers to this concept as “linked fate” and he defines it as a construct that measures “the degree to which African Americans believe that their own self-interests are linked to the interests of the race”. This understanding of linked fate has fueled our willingness to identify with one another in spite of efforts aimed at creating divisions and fissures in our communities. Today, even though explicit threats to our freedoms have been somewhat alleviated, recognition of our kinship still affords us the opportunity to identify with one another as family, to acknowledge our common experiences and to celebrate our successes together.

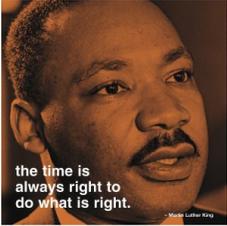
As the 13-14 academic year begins, UCI’s Black Student Union has organized “kinship groups” with the goal of bringing Black faculty, staff and students together to break bread, share our experiences, and mentor one another. These groups are based on the idea of affinity, which holds that interacting with members of one’s cultural group can create increased opportunities for social interaction, professional networking and mentoring while also strengthening cultural competencies. These groups represent opportunities for us to create family bonds that extend beyond blood lines and help us create conditions for all of us to thrive as part of the UCI community. While it is important for us to achieve our individual goals at UCI, we know that none of us can truly thrive while our communities are suffering. We exist in relationship to one another and so we create and nurture the bonds of kinship as a means of maintaining our sense of community even if we are far away from the original places we called home. We preserve our kinship because it helps us navigate the highs and lows that go along with living and working as minorities on UCI’s campus and in the United States.

UCI’s African American community has always been relatively small, but numbers are not what constitutes a community; our relationships and our perception of linked fate create our community. As long as we continue to nurture our relationships with one another and seek out opportunities to connect, then we preserve our kinship. I encourage all of us to participate in the BSU kinship groups or to form one of your own because the extent to which we support and encourage one another is the extent to which we help keep our entire community strong.

Spotlight: YOUR NAME HERE



«« YOUR PICTURE HERE



YOUR STORY HERE: Family, over the past year you have seen this section fill up with members of our community, some new and some who have been here a while. The hope is to create a greater visibility to the campus community but also to let one another know **WE ARE HERE.**

The intent of this section is to showcase the marvelous talent we have here at UC Irvine. It's an opportunity to share a little about who we are what we do in our jobs that is clearly a significant part of the campus fabric and makes a significant difference in the quality of life we experience.

It also serves as a way for us to stay connected, and as a family, I believe it is critical that we stay connected for our collective benefit and survival. We are all a valuable resource not just to the campus, but should be to one another. Much like we tell our students, in the words of the late King of Pop, (Michael Jackson), "You are not alone, I am here with you..."

Some of you who I've asked to submit a short bio or provide some information, have agreed but I'm still waiting on the info. For others, who may be reluctant because you don't know what to write or share...let me help!

If you would simply answer the following questions, that would be a great start. Anything, (almost), that flows after that is fine. So here we go:

- ◆ Your name
- ◆ Where you work and what you do
- ◆ How long have you been with us
- ◆ Where are you from.
- ◆ Your hobbies and interest or anything you don't mind folks knowing about you. You can also look back on prior issues to get an idea.

THANK YOU FOR YOUR SUPPORT. I LOOK FORWARD TO MEETING YOU

Black Women and Breast Cancer

Surviving Breast Cancer through Early Detection and Diagnosis

The Issue

Nothing speaks more clearly to the shocking breast cancer health disparities than the fact that Black women are less likely than white women to get breast cancer, yet have a higher breast cancer death rate. Breast cancer is the most commonly diagnosed cancer among Black women and in 2010, the CDC reported that breast cancer was the leading cause of cancer death for Black women aged 45--64 years. What was most alarming in this CDC report was that the breast cancer death rate for women aged 45--64 years was **60% higher for Black women than white women** (56.8 and 35.6 deaths per 100,000, respectively). (CDC: National Vital Statistics System: <http://www.cdc.gov/nchs/nvss.htm>)

Why this is important for Black women

The growing breast cancer disparities that exist between Black women and white women are alarming. Although the overall lifetime risk of breast cancer is lower for Black women compared with white women, the death rates are higher. It is important to note that Black women also have a lower 5 year survival rate at 77% compared to that of 90% for white women. Contrary to prevailing beliefs, younger Black women up to age 44 have a higher incidence of breast cancer than white women, (U.S. Cancer Statistics Working Group. United States Cancer Statistics: 1999–2006 Incidence and Mortality www.cdc.gov/uscs).

What Black women need to know?

Breast cancer tends to appear in Black women at a younger age and in more advanced forms. In fact, Black women are two times more likely to develop triple negative breast cancer, an aggressive form of the disease which has fewer effective treatment options. Triple-negative breast cancers tend to grow and spread more quickly than most other types of breast cancer. We also are known to have denser breast, one of the strongest predictors of risk for breast cancer and also is a known factor limiting the sensitivity of a screening mammogram. Mammograms of breasts with higher density have been described as harder to read and interpret than those of less dense breasts. A small cancer can be concealed by dense breast tissue or by the overlap of normal breast structures.

Many women with early breast cancer have no symptoms. That is why it is so crucial to get screened before symptoms have a chance to appear. However, the most common sign of breast cancer is a new lump or mass. A painless, hard mass that has irregular edges is more likely to be cancerous, but breast cancers can be tender, soft, or rounded. For this reason, it is important that you have any new breast mass or lump checked by a health care professional experienced in diagnosing breast diseases.

Other signs may include:

- Swelling of all or part of the breast
- Skin irritation or dimpling
- Pain in the breast or nipple
- Thickening of the nipple or breast
- Discharge other than breast milk

Health and Wellness (cont'd)

What the Imperative is doing

At the Black Women's Health Imperative, we know that Black women have not benefited from the advances in breast cancer research and new technologies. It is our mission to raise questions, seek understanding, and call attention to what is happening to Black women.

Through our advocacy, policy and national and community-based initiatives, we are working to make eliminating breast cancer disparities among young Black women a public health priority. We do this by:

- Educating women on the importance of early detection and quick diagnosis
- Promoting routine breast self-exam (BSE) and clinical breast exam (CBE)
- Advocating for screening guidelines that are responsive to the needs of Black women
- Advocating for increased access to new screening tools and quality diagnosis and treatment services
 - Advocating and supporting policies and practices that call for early education and screening among younger women
- Building leadership in communities to address breast health disparities
-
- Engaging women across the country through surveys and focus groups; and listening to the issues and concerns of Black women related to breast cancer
- Engaging researchers, clinicians, educators and survivors in ongoing dialogue to identify strategies for reducing breast health disparities
- Working collectively in coalitions at the national and local levels to raise awareness of breast cancer issues for Black women
- Supporting community organizations in identifying and implementing effective interventions for reducing breast cancer disparities

What Black Women Can Do: Detect. Diagnose. Survive

Early detection is critically important, especially for women at higher risk. For Black women who have been diagnosed at the earliest stage of breast cancer when the tumor is small and localized, early diagnosis can make a difference.

For most of us, early detection and diagnosis are attainable with a few easy steps:

1. Have your provider show you how to perform monthly breast self-examination (BSE) and perform it faithfully at the same time each month.
2. See your provider for a clinical breast examination (CBE) at least once a year.
3. Have regular mammograms. Since breast density is one of the strongest risk factors for Black women developing breast cancer, insist on digital mammography or some of the newer more advanced technologies that help detect tumors
4. Learn more about what the Imperative is doing to make breast cancer disparities a priority through our national campaign to end breast cancer disparities, *Moving Beyond Pink* and sign up for becoming an advocate in your organization and community.

◆ Information taken from the Huffington Post

October 2013

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 <u>COR Noon Bible</u> <u>Boost</u>	3	4	5
6	7	8	9 <u>COR Noon Bible</u> <u>Boost</u>	10	11 <u>Hyatt Newporter</u> <u>Summer Concert</u> <u>series</u>	12
13	14	15	16 BFSA Membership 12pm CCC	17	18 <u>Hyatt Newporter</u> <u>Summer Concert</u> <u>series</u>	19
20	21	22	23 <u>COR Noon Bible</u> <u>Boost</u>	24	25 BNOC 4th Friday	26
27	28	29	30 <u>COR Noon Bible</u> <u>Boost</u>	31 Halloween		

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 or visit our Community resources page.

<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>

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/index.htm>

