



**BLACK FACULTY AND
STAFF ASSOCIATION**

BFSA— The Voice

VOLUME 4_8

FEBRUARY 2015

WHAT'S GOING ON?

Family,

Here is some interesting information I recently received that I thought worth sharing. It paints a different picture than what we may actually perceive Black folk and education. While it is reasonably good news, I want us to recognize that we still have much hard work ahead of us.

The U.S. Bureau of the Census has just released its annual data on [Educational Attainment in the United States](#). The report shows that in 2014, nearly 6 million living African Americans now hold at least a four-year college degree. The data shows that in 2014, of the 24,864,000 living African Americans 25 years or older, 22.2 percent had obtained at least a bachelor's degree.

Another 10.3 percent of the adult Black population had earned a two-year associate's degree but no higher degree.

Blacks have made tremendous progress in degree attainments, but a significant racial gap remains. More than 35.6 percent of non-Hispanic Whites over the age of 25 in 2014 had a four-year college degree.

In 2014, more than 1.5 million, 6.1 percent of adult African Americans, held a master's degree but no higher degree.

The data shows that 179,000 African Americans in 2014 held a professional degree and 206,000 had obtained a doctorate."

<http://www.jbhe.com/2015/01/nearly-6-million-living-african-americans-hold-a-four-year-college-degree/>

Again, while this is a positive way to look at what Black folk are achieving, imagine how much more could be done if we committed to make a difference.

From time to time you have read and heard me talk about how we as AF/AM Black family can achieve much more together than we can separate. In light of recent events both nationally and more importantly, right here at UC Irvine, I reiterate that sentiment. At the recent ABC Conference, (Afrikan Black Coalition), I had occasion to meet and share a moment or two with a friend and mentor, Dr. Wade Nobles, a noted Black psychologist who delivered the final keynote. We talked about what's going on around the country and clearly the need for us to pay attention to the cultural aspects of our survival. Indeed we must ask questions in order to shape the challenge wrong and inconsistent information. We must provide knowledge to those who don't know, to help "illuminate" the mind, body, and spirit and see them as one.

Overall, the conference was an outstanding event, and one that clearly demonstrates a strength of character and leadership skills I'm not even sure our students knew they had. In that space and time, I witnessed something of a collective effort on the part of the Black Student Family, that gave me reason to share what I had intended to share earlier in the Fall. This writing by Dr. Nobles, (on the next page), is called "*Standing In The River*". I hope that it helps illuminate what we can/need to begin/continue doing as a collective body of staff, students and faculty.

Hotep, (Peace)

G. Parham

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"You must structure your world so that you are constantly reminded of who you are"
Na'im Akbar

Standing In The River

Truly, in the flow of human development,
African (Black) community is a river
and we who call ourselves African people
are standing deep in its waters.
And, with amazing grace we are beginning
to recognize the ancient flow of human wisdom
as well as the indelible
marks of human development.
The river of African community
speaks to and through us.
African males and females must
“listen” to the laughter and the pain
and
“feel” the sorrow and the strength
of our river.
Black people!
We are standing in the river.
Alone we shall be swept away by its current.
United, we can know the many rivers to cross.
Individually, we shall drown in its depths.
Combined, the river will guide us
to the higher ground.
Singularly, we are halted by its torrid banks.
As One, the river shall carry us to a distant place.
As One People, the river shall return us
to the Source.
Black People,
WE ARE STANDING IN THE RIVER,
Transformed and Transforming.

Source: Nobles (1986)
African Psychology



SPOTLIGHT : *Calvin Gant*



Calvin Gantt is a writer, public speaker, radio talk show host, community organizer and Interfaith minister, who has dedicated his life to being of service to his fellow man/woman. In 2008, Calvin retired from a thirty year tenure at Chicago's Ford Motor Company in the capacities of Assembler, Millwright, Skilled Trades Safety Coordinator and Employee Resource Coordinator. During his employment at Ford, Calvin independently founded and managed the Onyx Drug Recovery House on Chicago's southside from 1994-2000. Also while at Ford, he simultaneously pursued religious studies at the New Seminary in New York and became ordained in Saint John's Cathedral as an Interfaith Minister in 1996. As a minister, Calvin co-pastored the Interfaith Fellowship Church from 1998-2005. He later served at New Life Covenant Church in Chicago, as Site Manager of the Lighthouse Youth Center, and initiated and managed the "Boys To Men" mentoring program from 2007-2010.

After moving to Southern California, Calvin co-founded By Grace Creations in 2011, an organization dedicated to providing education about health and well being, and to promoting an understanding among diverse cultures through arts and communication.

Calvin has been a talk and jazz radio show host for the past two years at UC Irvine. His current show is entitled "Black Talk Radio", which discusses social issues from an African-American perspective. It is broadcast on Wednesdays 4:00-5:00pm, at KUCI 88.9FM in Irvine. Since 2012, Calvin regularly posts an online blog entitled "TimeToHollaBack," (www.timetohollaback.blogspot.com), in which he shares his pertinent perspective on social issues. Calvin received a BA in Sociology and Anthropology from Lake Forest College in Illinois, and graduated magna cum laude, with a Masters in Community Development from North Park University in Illinois.

Health and Wellness

Not Exercising More Deadly Than Obesity

A 20-MINUTE BRISK WALK EACH DAY CAN LOWER ODDS OF EARLY DEATH

BHM Edit Staff | Thursday, January 15, 2015

[Being sedentary](#) may be twice as deadly as being obese, according to a British study. But as little as 20 minutes of brisk walking each day can reduce the risk of an early death by as much as 30 percent.

#“Efforts to encourage small increases in physical activity in inactive individuals likely have significant health benefits,” said lead author Ulf Ekelund, a senior investigator scientist in the Medical Research Council Epidemiology Unit at the University of Cambridge. “We estimated that eradicating physical inactivity in the population would reduce the number of deaths twice as much as if obesity was eradicated.”

##The report, published in the January 14 issue of the *American Journal of Clinical Nutrition*, estimated that 337,000 of the 9.2 million deaths of European men and women were caused by obesity, but a sedentary lifestyle was connected to double that number of deaths. This research, Ekelund said, shows that it is as important to increase levels of physical activity as it is to [reduce the levels of obesity](#)—maybe even more so.

#Exercise should be an enjoyable part of your everyday life. If it is not, you will not continue with it. Choose activities that you enjoy and that are readily accessible. Begin with a little increase of activity as a first step, and then, over time, you’ll see that it becomes easier to do even more. A trim and healthy lifestyle can be enjoyed by adding incidental exercise to a busy schedule. Even your busiest schedule can have time for fitness activities. See how creative you can be with your schedule and your family.

#(Note: Always consult your health-care provider before beginning or changing your exercise routine. Work with a certified exercise instructor to learn how to exercise safely.)

Stretch every morning. Do wake-up [stretches](#) every morning for a few minutes. This energizes your muscles and limbers your joints.

1. **Step it up.** Take the stairs instead of the elevator or escalator. If you live or work in a high-rise building, perhaps you could opt for getting off the elevator a few floors prior to your floor and walking the stairs the rest of the way.
2. **Walk with a buddy.** Take a 20- to 30-minute walk with a co-worker during your lunch hour. Having a buddy will help motivate you daily. Eat just a light lunch afterward.
3. **Do P.M. stretching and breathing exercises.** Take a stretch break in the afternoon to ward off fatigue and soreness from sitting too long. Practice deep-cleansing breathing exercises for about five minutes each afternoon.
4. **Park and walk.** Rather than taking the first space in the parking lot, park farther away from the building, grocery store, etc., and walk the distance. (Make sure your parking lot is safe!)

[Exercise your chores away](#). Do yard work, rake the leaves, mop, dust, vacuum and walk the dog while enjoying the physical activity. Pop on some tunes if it helps brighten your mood to accompany these tasks.

For more tips and options to consider please go to: <http://www.blackhealthmatters.com/news/2014/jun/24/the-top-10-ways-to-fit-fitness-into-your-too-busy/>

From [Black Health Zone](#)



February 2015

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1	2	3	4	5	6 Pan African Film Festival	7 Pan African Film Festival OC Black History Parade
8 Pan African Film Festival	9 Pan African Film Festival	10 Pan African Film Festival	11 Pan African Film Festival	12 Pan African Film Festival	13 Pan African Film Festival	14 Pan African Film Festival Valentine's Day
15 Pan African Film Festival	16 Pan African Film Festival	17	18 BFSA General Membership Mntg. 12pm	19	20	21
22	23	24	25	26	27	28

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/>

