WHAT’S GOING ON?

Hey Family,

Welcome back to those who were able to take advantage of “Spring Break”. I hope those that were able to take a break, have come back refreshed and rejuvenated enough to finish this Spring Quarter strong. For those that weren’t able to get away, I hope that the slower pace of the campus allowed for some time to get caught up and ahead of this last 10 weeks of the academic year, also finishing strong and with purpose.

Part of that purpose for us should be to collectively have some discussion regarding the state of the African American/Black community on this campus. While there has been some activity on both sides of the equation, so to speak, I believe it is time for us as a community to have a greater discussion regarding the overall climate for the African American/Black community here at UC Irvine.

There are several ways to make that happen. Students can become involved in student government and other leadership opportunities. Faculty and staff can become members of academic and administrative committees like staff assembly, the Chancellor’s Advisory Committee on the Status of Staff, (CACSS), or become actively engaged with BFSA. These are arenas where topics are discussed and decisions are being made that impact all of us. It is easy to raise our fists and demonstrate when something goes array, but wouldn’t we be better served by being at the table working collectively with others who are also impacted, to frame the discourse and ensure that what is produced addresses our needs? Let’s take this opportunity to build upon the programs and successes we are experiencing at this time. We have had an increase in the number of Black students admitted and who have accepted the offer to attend. We have Deans of two of the strongest academic units on the campus headed by African Americans. We’ve increased our visibility with programs like the Fall Harvest, and the Family Breakfast taking place as part of Celebrate UCI. We have supportive leadership from the offices of the Chancellor and the Vice Chancellor of Student Affairs.

I challenge you to think about what you can do to make your time here more worthwhile and beneficial to all and for yourself. Alone we are swept away by the current, collectively we are strong and rooted in a foundation set for us by our mentors and ancestors. Folks who sacrificed so we might be in the space we are in today. A reminder of two things. A commitment to be the change we want to see and time. Now is the time and this is the place. Please plan on attending our monthly membership meeting scheduled for April 22nd at 12pm. Our agenda will include a discussion of “Black Lives Matter” initiatives and the Demand Team works in progress. A location will be announced prior to the meeting.

Hotep, (Peace)
Gerald
Dr. Vivian L. Tamkin, Ph.D., is a senior staff psychologist at the Counseling Center. Joining the center in August 2014, Dr. Tamkin comes to UC Irvine with both a breadth and depth of knowledge in psychology. Dr. Tamkin received her PhD in Counseling Psychology from Southern Illinois University, Carbondale with a minor in Child Clinical Psychology (both APA-Accredited). She completed her pre-doctoral professional psychology internship at Counseling and Psychological Services at the University of Nebraska, Lincoln, followed by a yearlong specialized postdoctoral Fellowship with the Irving B. Harris Program in Child Development and Infant Mental Health from the University of Colorado Denver, School of Medicine. Dr. Tamkin also holds a masters degree in Marriage and Family Therapy, which anchors her multicultural psychology frame systemically.

Dr. Tamkin’s clinical expertise spans a developmental spectrum, where she has worked with individuals whose presenting needs are rooted in infancy thru end of life reflection. She has provided individual, child, couple, family, and group psychotherapy in such settings as urban and rural community mental health, Early Head Start and Head Start, health and medical centers, school districts, and also in independent practice before coming to UC Irvine. Dr. Tamkin’s clinical approach is anchored in an integration of a psychodynamic, family systems, and multicultural lens. It is her worldview that how one connects in relationships across their significant environments shapes the development and intersection of cultural identities, e.g., racial, ethnic, gender, sexual orientation, etc. At the UCI Counseling Center, Dr. Tamkin has the pleasure of working with a diverse presentation of counseling needs, and her areas of particular interest include college adjustment/first generation college students, depression, anxiety, relationship concerns, couples and group counseling, and trauma. Dr. Tamkin offers a drop in group for Black/African American female registered UCI students (undergraduate and graduate) called Sistah-to-Sistah.

In addition to her clinical focus, Dr. Tamkin has taught at the graduate level at Pacific Oaks College (MA program in Marriage and Family Therapy), and at Alliant International University, Los Angeles (PhD program in Clinical Psychology, APA-Accredited). As an African American psychologist, Dr. Tamkin’s research interests are particularly held in African American mental health, African American women and relationships, the impact of the internalization of skin tone bias, and interracial coupling. Utilizing a qualitative paradigm, her research interests include exploring the intergenerational transmission process of skin tone bias in African American communities, multicultural group supervision, and dyadic and group trauma intervention strategies with mothers and children living in domestic violence/transitional living shelters.

In her spare, Dr. Tamkin enjoys singing, live jazz music, reading good books, volleyball, and great comedy!

Be sure to say when you see her out and about!
Introduction

Step up to healthy habits. Get 150 to 300 minutes of moderately intense or vigorous physical activity each week.

- Brisk walks, tennis, swimming, soccer, basketball, hikes, hula hoops—do whatever you enjoy best. Strengthen your muscles at least twice a week.

- Do push-ups or pull-ups, lift weights, do heavy gardening, or work with rubber resistance bands. Eat more of these foods:
  - fruits and vegetables
  - whole-grain breads and cereals
  - fat-free or low-fat dairy
  - seafood, lean meats, and eggs
  - beans, nuts, and seeds

Limit these foods and drinks:

- sugar-sweetened drinks and desserts
- foods made with butter or other fats that are solid at room temperature
- refined grains (bread, chips, and crackers)

For more ideas, see the links to federal dietary and physical activity guidelines in the Resources section of this fact sheet. Are you thinking about being more active?

Have you been trying to cut back on fattening foods?

Are you starting to eat better and be more active but having a hard time sticking with these changes?

Old habits die hard. Changing your habits is a process involving several stages. Sometimes it takes a while before changes turn into new habits. You may face challenges along the way.

But adopting new, healthier habits may protect you from serious health problems, such as diabetes. New habits may also help you look better and feel more energetic. After a while, if you stick with these changes, they may become a part of your daily routine.

This fact sheet offers strategies to help you improve your eating and physical activity habits and outlines four stages people may experience when changing a health behavior which include:

- Contemplation
- Preparation
- Action
- Maintenance

Whether you feel like change is a world away or just around the corner, this fact sheet can help you move closer to your healthy eating and physical activity goals.

http://www.niddk.nih.gov/health-information/health-topics/diet/changing-habits/Pages/changing-your-habits.aspx
April 2015

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td></td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td></td>
</tr>
</tbody>
</table>

**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/](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
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.oecd.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/