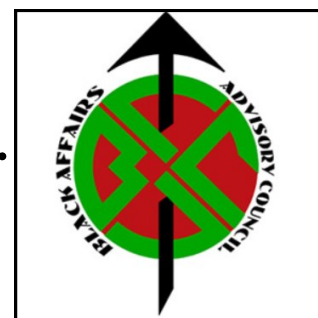




BAAC NEWSLETTER

Black Affairs Advisory Council
Birmingham Chapter

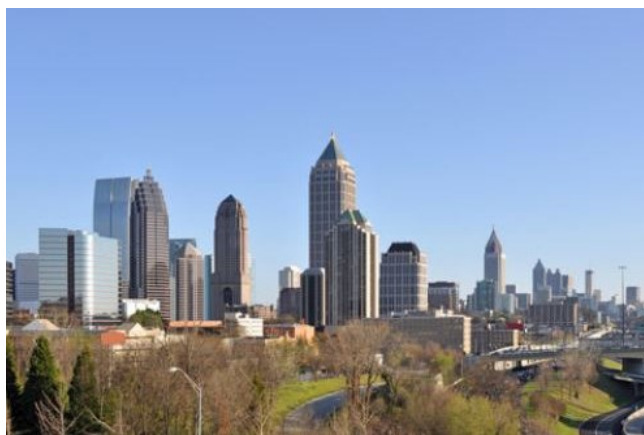


Atlanta Regional Leadership Training Meeting

The Atlanta BAAC Regional Training Meeting will be held **August 20-22, 2015** at the Renaissance Atlanta Concourse Hotel. This year's theme is : **"BAAC: Be An Agent of Change Charting Your Career"**. The goal is to promote recruitment, training, job enrichment, advancement and upward mobility.

The speakers, workshop, exhibits, and social events are selected to enhance unity and promote a shared knowledge of Agency information. Common objectives include steps to professional growth, how behavior affects promotion potential, and ways to develop effective communication techniques.

The Agency's policy states that managers and/or supervisors may excuse employees from duty to attend meetings, conventions, and conferences when attendance will contrib-



Atlanta, GA

ute to their professional development or enhance knowledge necessary to carry out their official duties. The 2015 Atlanta BAAC Regional Leadership Training Meeting would be an appropriate opportunity to grant administrative leave for the excused absence of attending employees. This applies only to the scheduled training

time on Friday August 21, 2015. Participants are responsible for their own time and travel expenses.

For more information and to register, visit the BAAC website at: www.atlanta.baac.org/training-meeting/registration

Volume 2, Number 1

July 2015

Special points of interest:

- Atlanta Regional Leadership Training Meeting
- 2015 Unity Week
- Annual School Supply Drive
- HBCU Spotlight
- Health & Wellness

Important Dates:

Unity Week	7/21-7/23
BAAC Regional Training	8/20-8/22
Labor Day	9/7
Columbus Day	10/7
Magic City Classic	10/30
Veterans' Day	11/11

Annual School Supply Drive

The Birmingham Chapter of BAAC is gearing up for the annual **Back To School Supply Drive** benefiting needy students at Tuggle Elementary School in North Birmingham. Tubs are located at the front and back entrances of the Bir-

mingham Social Security Center to collect much needed supplies from **July 6, 2015 through August 14, 2015**.

Items being accepted include paper, pencils, glue sticks, scissors, highlighters, 1" binders, crayons, erasers, washa-



ble markers, and pens. A complete list is located on page 2.



2015 UNITY WEEK CELEBRATION

The 2015 Unity Week Celebration is Tuesday July 21-Thursday, 23, 2015. This year's theme is "Together in Perfect Harmony: Diversity and Inclusion". The celebration will feature culturally diverse activities, including an employee development lunch & learn, a formal diversity program, an advisory council expo and membership drive, component decorating and diverse foods, and a community service initiative.

This year's speaker for the Formal Program will be Teresa Zuniga-Odom, founder of the Hispanic Business Council (HBC). Make sure to stop and visit the BAAC information table.

The schedule of events are:

Tuesday: Component Decorating

Wednesday: Brown Bag Lunch & Learn

"It's Your Career, Own It!" in the BSSC Auditorium from 11:30am—1:00pm

Thursday: Formal Unity Week Program 10:00am—11:00am BSSC Auditorium

Advisory Council Expo and Membership Drive



Proceeds from this year's Unity Week t-shirts will benefit the SSA Birmingham Child Development Center.

Schedule of Events

TUESDAY

Component Decorating – Decorating by components base on the Theme: "Together in Perfect Harmony: Diversity and Inclusion". (no contest)

WEDNESDAY

Brown Bag Lunch & Learn, "It's Your Career, Own It!" BSSC Auditorium 11:30 AM – 1:00 PM

THURSDAY

- Formal Unity Week Program, BSSC Auditorium 10:00 AM – 11:00 AM
- Advisory Council Expo & Membership Drive
- Diverse Foods within the components (no contest)

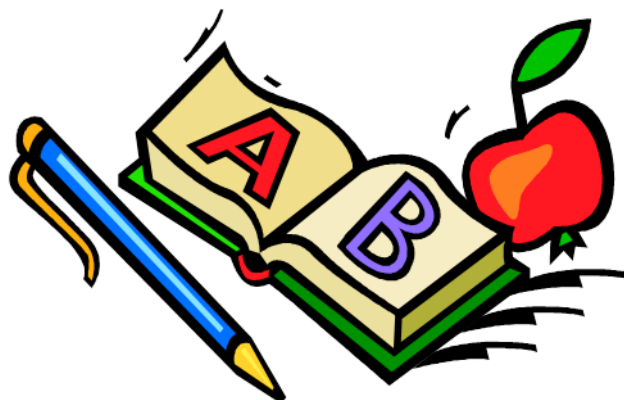
"Diversity is the one true thing we all have in common. Celebrate it every day."

~ Author Unknown

School Supply List

- | | |
|-----------------|-----------------------|
| #2 Pencils | Scientific Calculator |
| Glue Stick | Geometry Set |
| White Glue | Pocket Dictionary |
| Ruler | Pencil Sharpener |
| Pair Scissors | Highlighter Pens |
| Pencil Case | Pocket Folders |
| Stapler | Pkg Lined Paper |
| Blue Pens | Pkg Plain Paper |
| Agenda Book | 1" Binder |
| Stapler Remover | Subject Divider |

- Pink and White Erasers
- Washable Felt Markers
- Pkg Pencil Crayons
- Thesaurus



HBCU SPOTLIGHT

Concordia College is a private institution founded in 1922 and located in Selma, Alabama. Its mission is to “prepare students through a Christ-centered education. It has an urban setting and the campus size is 60 acres with an enrollment of 719 students. It utilizes a semester-based academic calendar. Tuition and fees are \$8,190 (2013-14).

The President is Rev. Dr. Tilahun M. Menedo and the school colors are Green and Yellow. Dr. Menedo is a native of the Arssi region in Ethiopia. He is married to Aberash Aklilu, and they have three children: Hawii, Yeabsira, and Amen. Dr. Menedo has a diploma in Theology. He earned his B.A. degree in counseling and a Master’s degree in Systematic Theology (STM). He earned a Ph.D. in Missiology from Concordia Theological Seminary, Ft. Wayne, Indiana

Concordia College is a college of the Lutheran Church-Missouri Synod’s Concordia System, located in Selma, Alabama. Con-

cordia College Alabama sports teams, known as the hornets that compete in the United States Collegiate Athletic Association (USCAA) Men’s sports which include basketball, soccer, football and baseball. Women’s sports include softball, track, soccer, golf and volleyball. Concordia College also has an Army ROTC satellite program with Marion Military Institute which features more than 25 cadets.

Concordia College Alabama is one of the ten colleges and universities of the Concordia University System of the Lutheran Church-Missouri Synod. The other institutions involved in the Concordia University System are; Concordia College-New York, Bronxville, New York; Concordia University, Irvine, California; Concordia University, Portland, Oregon; Concordia University, Ann Arbor, Michigan; Concordia University Chicago, River Forest, Illinois; Concordia University, Nebraska, Seward, Nebraska; Concordia University, St. Paul,



Minnesota; Concordia University Texas, Austin, Texas; and Concordia Wisconsin, Mequon, Wisconsin.

“Education is that whole system of human training within and without the school house walls, which molds and develops men.”

~W.E.B. DuBois

Health and Wellness

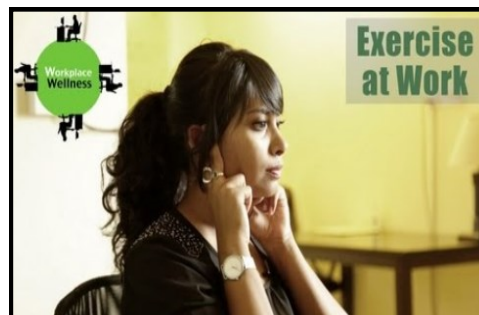
Here in the BSSC, most jobs are considered “sedentary” in nature. Cubicles are designed such that you can conduct a majority of your daily activities — making phone calls, sending emails, and even watching VODs — without ever leaving your chair.

Science shows that your body was designed to move. It performs better when given the opportunity to extend and stretch. And it protests when at rest for too long.

Medical professionals encourage people to get at least 30 minutes of exertional exercise four to five times per week. And while a desk job in an office can impose problems on that recommendation, there are

some things which can be done.

1. Stand up. If possible, elevate your terminal for a few minutes each day and perform your work duties while standing up.
2. Get Moving. Take a few minutes during your breaks and lunches to walk around. While sitting at your desk, perform simple stretches of your legs and arms. Also consider rotating your head
3. Monitor your screen height. When using a computer, the top of the screen should be level with your eyes, so that you are looking down about 10 degrees to view the screen. Anything



outside of this can result in back and neck pain.

BAAC

Birmingham Chapter
C/O CREO
1200 Rev. Abraham Woods Jr. Blvd
Birmingham, AL 35283



The Black Affairs Advisor Council (BAAC) was organized in 1979 and officially chartered in 1991. It's mission is to continue the efforts and goals of the agency in providing equal employment opportunity, training and upward mobility for African Americans; and finding ways to ensure the African-American public receives the full range of quality services available under programs administered by the Agency. BAAC is recognized by the Social Security Administration and serves as an advisor to the Commissioner of Social Security.

The Birmingham Chapter participates in regular community service activities. If you have any suggestions, let us know!



BAAC Executive Board

2015-2016 Executive Board Members

PRESIDENT	Demetrius Jackson
1st Vice President	Lorenzo Jones, Jr
2nd Vice President	Eric Evans
Treasurer	Zenobia Marshall
Secretary	Misha Manzy
Assistant Secretary	Angela Hatchett
Parliamentarian	Sherry A. Jones
Agency Advisor	Candace Washington

