

# BAC Quarterly

## Summer 2013



### 2013

#### EXECUTIVE BOARD

- **President:**  
Lorenzo Jones Jr.
- **1st Vice President:**  
Dinah Fisher
- **2nd Vice President:**  
Eric Evans
- **Recording Secretary:**  
Misha Manzy
- **Financial Secretary:**  
Lisa Camel
- **Treasurer:**  
Alisha Lee
- **Parliamentarian:**  
Nicole Farris
- **Sgt-at-arms:**  
Demetrius Jackson

#### IMPORTANT DATES TO REMEMBER

Armed Forces Day	5/18
Memorial Day	5/27
Father's Day	6/16
Independence Day	7/04
Senior Citizen's Day	8/21
Labor Day	9/02
Grandparent's Day	9/08

### BAAC IS BACK!!!!!!

BAAC (Black Affairs Advisory Council) is an SSA organization for employees who are interested in improving employment opportunities and training programs for African Americans and for the betterment of services to the African American community at large. Part of our mission is to help find ways to ensure the African American public receives the full range of quality services available under the programs administered by SSA AND to provide equal employment opportunity, training and upward mobility for African Americans.

Most of you who joined BAAC through being recruited by current members were not

really aware of what the organization was all about and or what we do as a whole. The purpose of this newsletter is to



be a constant reminder of our mission, to offer you suggestions on things that you can take part in to better our community and to solicit your help in serving the community as a whole. We also want to use this space to update you on any upcoming events, community outreach or initiatives that

we as a group will take part in.

At the present time we are in a restructuring phase as we have elected new officers to the Executive Board. We are excited about the future of BAAC and getting back on the mission.

If you are a current member and are interested in joining any of the committees that we have in place listed below please contact that chairperson.

Website: Misha Manzy

Newsletter: Nicole Farris

Career Advancement: Dinah Fisher

Membership: Dinah Fisher/Lorenzo Jones

Community Outreach: Demetrius Jackson

### CAREER ADVANCEMENT TIPS

- ◆ Sit down and talk with your direct supervisor about your goals.
- ◆ Show your readiness for more responsibility by volunteering for more work where you currently work.
- ◆ Build a reputation of good work outside of your position by volunteering to serve on advisory boards
- ◆ Sharpen your interpersonal skills by being a clear and effective communicator and by going outside of your circle of friends to learn new things
- ◆ Be innovative by looking for creative solutions to problems that help not just you and your work space but your bosses as well

**SSA CAREER DEVELOPMENT PROGRAMS**

**Advanced Leadership Program**

This is an 18 month program offered to employees who are GS 13-14.

You must be in competitive service and excepted service positions to be eligible.

You may apply using SSA's IVOL web site.

**Leadership Development Program**

This is a 18 month program offered to employees who are GS 9-GS 12.

This program is designed to develop and enhance leadership potential.

**Senior Executive Service Candidate Development Program**

This is a 18-24 month program offered to employees who are GS 14-GS 15.

This program was designed to develop transferable executive skills of employees with high potential for the SES ranks and to prepare one for SES certification.

**HEALTH AND WELLNESS**

**"The difference between who you are and who you want to be is WHAT YOU DO"**

This month we are highlighting the Downtown YMCA 5210 program. This plan is committed to helping kids get active and stay healthy. The Y5210 program was created to teach kids healthy choices and remind them that every day they should consume at least 5 servings of fruit/vegetables, have 2 or less hours of screen time, 1 hour

of exercise and 0 sugar-sweetened drinks. Also, please visit the following websites on healthy eating and activities :

[www.letsmove.gov](http://www.letsmove.gov)

[www.ymcabham.org](http://www.ymcabham.org)

[www.wellness.com](http://www.wellness.com)

[www.choosemyplate.org](http://www.choosemyplate.org)

You can also check SSA's own website at:

<http://personnel.ba.ssa.gov/ope/ces/healthliving/fit/>

Remember, investing in your body and the body of your children is investing in your future!

**JUNETEENTH IS COMING!!**

Juneteenth is an annual observance on June 19 to remember when Union soldiers enforced the Emancipation Proclamation and freed all remaining slaves in Texas on June 19, 1865. This day is an opportunity for people to celebrate freedom and equal rights in the United States.

Juneteenth commemorates African American freedom and underscores education and achievement. It is a time of reflection and celebration. This is a world wide celebration. Please see details about the celebration in the Birmingham area:

Hit Recording Artist Doug E. Fresh will headline the Birmingham Civil Rights Institute's 17th annual Juneteenth Culture Fest on Saturday, June 1, 2013 from 11 am to 8 pm at Kelly Ingram Park in the historic Civil Rights District. The festivities start at 11am and run until 8 pm. The main stage in the Kelly Ingram Park Pavilion will feature vibrant Gospel choirs, dynamic Jazz, Reggae, and R&B bands. Acts include:, Raw Jazz Trio, Fred Spraggins, MC Shaheed and DJ Supreme, Culture Dred and more. Doug E. Fresh will perform at 7:00 pm.

HBCU SPOTLIGHT: MILES COLLEGE



This quarter our HBCU spotlight is Miles College. (MC) Miles College is a private institution that was founded in 1898 by the Christian Methodist Episcopal Church (CME). MC offers 29 Bachelor Degree programs in six academic divisions to an enrollment of approximately 1,802 students. The school utilizes a semester based aca-

demical calendar under the leadership of the 14th president Dr. George T. French Jr. Miles College has started a \$20 million Capital Improvement Project that consists of three new buildings; Welcome & Admission Center, Student Dining, and 204-Bed Resident Hall all, which are scheduled for completion Fall 2013.

Miles College Mission: Miles College—a senior, liberal arts, church related college with roots in the Christian Methodist Episcopal Church and in the tradition of the Historically Black Col-

lege—motivates and directs its students to seek holistic development that leads to intellectual, ethical, spiritual and service-oriented lives. Guided by these core values, the Miles College education involves students in rigorous study of the liberal arts as preparation for work and life-long learning, in the acquisition of verbal, technological and cultural literacy, and in critical community participation; all as a prelude to responsible citizenship in the global society, which they will help to shape.

COMMUNITY OUTREACH

Charles Dickens once said “Noone is useless in this world who lightens the burdens of another”. With that spirit in mind we’ve decided to take on a different charity each month and show them what we are all about. BAAC’s mission is very specific in that it seeks to provide equal employment opportunities in training for African Americans and to ensure the

public at large receives the full range of services offered through SSA. However there are times when basic needs like being clothed or fed are needed in our community. With this in mind we are seeking to help out a local charity, Jimmie Hale Mission in their effort to provide just that for our downtrodden neighbors.

On **June 29, 2013 from 11am-12pm** we will be partnering together as one to serve lunch to the patrons of Jimmie Hale Mission to show the community we care about them and their needs. Please join us in our mission to give of our time to those in need.

“Be quick to learn and wise to know”  
-George Burns



SAVE THE DATE:

SEPTEMBER 13-14 2013

Atlanta Regional Leadership Training Meeting

This year’s conference will be held on September 13-14 2013 at the *Renaissance Concourse Atlanta Airport Hotel* located at One Hartsfield Centre Parkway, Atlanta, Georgia 30354. For reservations or questions regarding a stay at the hotel hosting this conference please contact them directly at (404) 209-9999. Additional details regarding this conference will be included in a future newsletter.

