

# BAAC Quarterly

## Summer 2013



**2013**

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**BAAC OUT IN THE COMMUNITY!**

Since 1944 Jimmie Hale Mission has been a shelter for the homeless, a rest stop for the weary and a feeding station for the hungry and a sanctuary for the hurting. Their mission is to minister to the spiritual and physical needs of the men, women and children in our community by sharing the gospel of Jesus Christ.



Most people don't know the story of how the Mission was started but would find it interesting. Jimmie Hale was actu-

ally known as the town drunk. After becoming a Christian and sobering up he had the desire to build a place where homeless men could come and receive help and hope. Once he fell in love with and married Miss Jessie a school teacher from Moundville the two of them started the Mission. Ironically the first place they made into the Mission was the same building where he use to bartend. Literally within 9 months he died from damage his body had incurred from many years of heavy drinking. His pregnant wife Jessie continued the work of faith that she and her husband had started. For ten years she managed the Mission work alone, but God sent her Leo

Shepura to assist in the work.



On June 29, 2013 the Executive Board of BAAC traveled to Jimmie Hale Mission to serve them lunch and to offer some pamphlets and reading materials about Social Security services that they may be eligible to receive.

**IMPORTANT DATES TO REMEMBER**

Senior Citizen's Day	8/21
Labor Day	9/02
Grandparents Day	9/08
Patriot's Day	09/11
Columbus Day	10/14
Boss's Day	10/16
Halloween	10/31

**SSA FITNESS CENTER**

The SSA Fitness Center offers a full menu of health, fitness, and wellness services. Our goal is to get your heart and body healthy and fit. We have a full line of strength training equipment, free weights, and cardiovascular equipment like treadmills, elliptical, Bikes and

Cross trainers. We offer a full Group Exercise Class Schedule that includes Spinning, Core, Yoga, Interval Training, Boot Camp, Zumba and several muscle conditioning classes. For more information you can pick up a current Group Exercise Schedule at the front

desk. We also offer Fitness Assessments, personal training and Nutrition counseling. Our initiation fee is \$35 and our Membership Fee is \$12 per pay period. The hours of operation are 6:00am-7:30 pm Monday-Friday. We can be contacted at 801-2900.

**B A A C T O S C H O O L**

As our community service project for the month of August, we have decided to collect school supplies for those students who are less fortunate so that they will have no excuse this school year in doing their absolute best in school.

We have large bins that will be placed at both entrances to the **Birmingham Social Security Center** to collect the items needed for the kids for school.

The bins will be in place from August 1-August 30. We will be dropping the supplies off at the designated

**August 30, 2013.** Below we have a list of the supplies that will be needed.

**SCHOOL SUPPLY LIST:**

- #2 pencils
- Glue sticks
- White glue
- Pencil Case
- Pocket Folders

- Lined/Plain Paper
- Blue/Red Pens
- Ruler
- Pencil Crayons
- 1" Binders
- Subject Dividers
- Scientific Calculator
- Geometry Set
- Pocket Dictionary
- Thesaurus
- Pencil Sharpener

- Stapler
- Staple Remover
- Felt Markers
- White/Pink Eraser
- Scissors
- Agenda Book
- Highlighter Pens

**"When work,  
commitment and  
pleasure all  
become one and  
you reach that  
deep well where  
passion lives,  
nothing is  
impossible."  
-Anonymous**

**C A R E E R A D V A N C E M E N T T I P S**

2 Tips to being successful in career advancement as an introvert:

1. Becoming visible in your organization involves a strategic approach to networking in a one-on-one fashion with influential leaders in the company, asking the right questions of executives who

are committed to talent management and advancement in the organization and being prepared to speak confidently about the impact you are making in the organization. This involves a genuine willingness to reach out and help others and to volunteer for roles with increased visibility.

2. Making your ideas visible within the organization involves communicating them in writing wherever or whenever possible, as this is much more comfortable for introverts and allows you time to thoroughly hone your ideas. It also involves knowing how to leverage meeting follow up, both as a participant and as a leader

**R A C E : A R E W E S O D I F F E R E N T**

As part of Birmingham's celebration of the 50th Anniversary of the Civil Rights Movement, McWane Science Center is proud to present RACE: ARE WE SO DIFFERENT!

The idea of "race" has been used historically to describe these differences and justify

mistreatment of people. Today contemporary scientific understanding of human variation is beginning to challenge "racial" differences and even question the very concept of race.

RACE is a powerful exhibit experience, no matter your

color or background. It will give you an opportunity to explore yourself and how you see others. This exhibit was developed by the American Anthropological Association in collaboration with the Museum of Minnesota. It is showing from May 18-September 2, 2013. Admission into the Museum is \$12 for adults, \$9 for kids(2-12).

McWane Science Center  
200 19th St N  
Birmingham, AL 35203

### HBCU SPOTLIGHT: CLARK ATLANTA UNIVERSITY



Established in 1988, Clark Atlanta University is the largest member among the nation's 39-member UNCF institutions, and the largest, only coeducational undergraduate institution in the prestigious Atlanta University Center, the world's largest consortium of African-American higher education.

Clark Atlanta is accredited by the Southern Association of Colleges and Schools to grant the bachelor's, master's, specialists and doctoral degrees. It also is designated by the Carnegie Foundation as a Doctoral Research University.

#### Mission Statement

Clark Atlanta University is an institution of high research activity characterized by a focus on the intellectual and personal development of each student. Its purpose is to prepare diverse community of learners to excel

in their chosen endeavors and globally. This outcome is accomplished by the provision of access to and excellence in teaching, research, service, and creative through continuous engagement in an enriched, challenging, and nurturing environment.

Dr. Carlton E. Brown, Ed. D., became the third president of Clark Atlanta University on August 1, 2008, after serving as executive vice president and provost of the University for one year.

### STRESS RELIEVING TIPS

- ⇒ Prepare for morning the evening before, make lunches, iron and put out the clothes you will wear etc...
- ⇒ Write down appointment times, when bills are due, when deadlines are and keep them on the fridge for visibility
- ⇒ For every one thing that goes wrong, there are probably 10 or 50 or 100 blessings, Count them!
- ⇒ Learn to say NO! Saying NO to extra projects, social activities and invitations you know you don't have the time or energy for takes practice, self-respect and a belief that everyone, everyday, needs quiet time to relax and to be alone.
- ⇒ Procrastination is stressful. Whatever you want to do tomorrow, do today; whatever you want to do today, do NOW!
- ⇒ Simplify, simplify, simplify
- ⇒ Take more time in between tasks to relax, Schedule a realistic Day!

"When the POWER of love overcomes the love of POWER the world will know PEACE"  
-Jimi Hendrix



### 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. Please go on [www.baac.org](http://www.baac.org) to register for the conference!

