

BSFC NEWSLETTER

Monthly Email Newsletter curated by our Executive Team



WELCOME BACK

We're excited to welcome you back for another year of connection, community, and collective growth. Your presence and contributions matter. Here's to a great year together!

JOIN US!

We help each other thrive! The BSFC Board cannot wait to see you all this semester! See below for our Fall Meeting schedule:

- Thursday, September 24th- 5:00 P.M.-6:00 P.M.| Zoom
- Thursday, October 22nd 2:00 P.M.| In-Person SSB 150/160
- Thursday, November 4th- 5:00 P.M.



August 28th 3- 4:30

AXE THROWING

Join BSFC for some fun and stress relief! TOYO (Throw On Your Own) and enjoy community! Sign up by scanning the QR code.



SIU SOUTHERN ILLINOIS UNIVERSITY
CARBONDALE BLACK STAFF AND
FACULTY COUNCIL

UPCOMING EVENTS

Join fellow Black faculty and staff for a casual opportunity to connect, build community, and enjoy good conversation. Come meet colleagues, share some laughs, and spend time together! Pay your own admission fee.

WEEK OF BELONGING

This year's theme, "Fostering a Community of Belonging," is dedicated to building connections, celebrating inclusion, and creating spaces where everyone feels seen, heard, and valued. Throughout the week, a variety of events and activities will offer meaningful opportunities to engage with others, share experiences, and strengthen the bonds that make our community thrive. Click [here](#) to see the full week of events!



SISTER CIRCLES

As we begin a new year, we invite everyone to join us in Sister Circle! A space for connection, encouragement, conversation, and community. We hope you'll take the time to participate, build relationships, and support one another.



BLACK WELLNESS

MOTIVATIONAL MONDAY

Eat Balanced Meals

- Meal Prep Simple Foods
 - Breakfast: Oatmeal & Fruit
 - Lunch: Grilled Chicken, rice, & veggies
 - Snack: Nuts, yogurt
 - Dinner: Fish, Sweet Potatoes, Greens
- Reduce Sugary Drinks...Replace soda with
 - Water, Infused water, Herbal Tea

WELLNESS Wednesday

Healthy Body & Mind

- Exercise 3 days
- Drink more water
- Meal prep healthy foods
- Cut down on screen time
- Meditation in the morning
- Listen to positive, motivating messages

FINANCIAL FRIDAY

Credit is Currency

Monitor your credit score for free using AnnualCreditReport.com. A high credit score drastically reduces the cost of housing, cars, and business loans.



**Black Staff and Faculty
Council**

Welcome Salukis!

Free for everyone! Join us for a fun
game night with pizza and ice cream.

AUGUST 27, 2026

3:00 PM – 5:00 PM

**Student Services Building
150 & 160**

Contact bsfc@siu.edu with any
questions.

EmpowerHER: Sister Circle

Mentoring Program for Black Women and College Students

EMPOWER



THRIVE

Empowering Black women and college students through mentorship, leadership development, and community support. Connecting generations to foster growth, confidence, and success.

AUGUST 26 | 3:00- 4:30 PM

BELIEVE

Student Services Building Rm.150/160

All meetings will be in at the time and location listed above.

SUCCESS

Refreshments will be served

Email: jacari.henderson@siu.edu with any
questions

FREE ENTRY!

Email jacari.henderson@siu.edu with any questions.

BLACK STAFF & FACULTY



August 28th 3- 4:30

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SIU
CARBONDALE

SOUTHERN ILLINOIS UNIVERSITY
**BLACK STAFF AND
FACULTY COUNCIL**



We Belong Here

BELONGING WEEK 2026 AT SIU

Monday, August 24
Student Multicultural Resource
Center: Welcome Back Bash
"Old School Field Day"
 Student Multicultural
 Resource Center
Student Services Building Pavilion
 2-4 pm

Monday, August 24
Saluki to Saluki: Grow Up and Live
Your Unapologetic Passions
Keynote Speaker: Isaiah Carrington
 First Year Experience
Student Center Ballroom D
 6 pm

Tuesday, August 25
Hispanic/Latino Staff and Faculty
Taco Tuesday Luncheon
 Hispanic/Latino Staff and
 Faculty Council
Student Services Building
Rooms 170
 11 am-1:30 pm

Tuesday, August 25
Belongingness Impacts and
Improves Mental Health
 Student Multicultural Resource
 Center and Counseling and
 Psychological Services (CAPS)
Student Services Building
Rooms 170
 2-4 pm

Tuesday, August 25
Safe Zone Training
 Paulette Curkin Pride Center
Student Services Building
Rooms 170
 2-4 pm

Tuesday, August 25
Women of Action
Ceremony 2026
 Women's Resource Center
Morris Library First Floor Rotunda
 4:30-6 pm

Wednesday, August 26
LGBTQ+ Faculty and Staff
Welcome Back
 LGBTQ+ Faculty and Staff
 Constituency Group
Student Services Building
Rooms 170
 1:30-3:30 pm

Thursday, August 27
"Diversity is" Poster
Making Event
 Diversity Is Project
 Faner Breezeway
 2-4 pm

Thursday, August 27
Black Staff & Faculty
Welcome Back
 Black Staff and Faculty Council /
 Constituency Group
Student Services Building
Rooms 150/160
 2-5 pm

Friday, August 28
Asian American Pacific Islander
Faculty and Staff Council
Welcome Back
 AAPI Faculty and
 Staff Constituency Group
Woody Hall
 4-6 pm

Friday, August 28
VC ADEI Luncheon
"Investing in Campus Community:
Fundraising for Impact"
 Office of the Vice Chancellor for
 Anti-Racism, Diversity, Equity
 and Inclusion
 Affinity Constituency Councils
Student Services Building
Rooms 150/160
 Noon-1 pm

Friday, August 28
International Coffee Hour
 Center for International Education
Woody Hall
 3-4:30 pm



SOUTHERN ILLINOIS UNIVERSITY CARBONDALE
 VICE CHANCELLOR FOR ANTI-RACISM,
 DIVERSITY, EQUITY AND INCLUSION

For disability accommodations, call (618) 453-5738



When: September 16th, 5-7 p.m.
Where: Tedrick Welcome Center
1263 Lincoln Drive, Carbondale, IL



Her Journey

Join us for a conversation with Shantel Franklin, SIU Alumna, nominee for Illinois 8th District State Representative, and former Paul Simon Institute intern. Learn about and connect with her inspiring journey through the world of policy.

Shantel Franklin
Historic State Representative Nominee
SIU Alumna, Class of 2016