



## 2019 Summer eNewsletter

### President's Message



Summer - my favorite time of year! Not because the days are longer and the weather is warmer, but because summer is when I spend more time outdoors with family, friends and colleagues.

How are you managing your work vs. personal life? Here are some ideas.

**Soak up your surroundings** – Studies have shown that time spent in nature generates more positive moods. Take a trip to a nearby park, hike or go fishing for some fun in the sun.

**Volunteer** – Explore some volunteer and board opportunities.

**Mindfulness** – Get unplugged. Limit your social media to certain times of the day or take a meditation/mindfulness class at your local college or community center.

**Play smart** – Take that vacation or local getaway; you'll be surprised at how it makes you feel.

**Gratitude** – Practice ending each day with gratitude.

**Sleep** - Make a good night's sleep a high priority; it reduces stress, makes you more alert and can even make you smarter.

In this issue of our newsletter, you will find excellent articles with mid-year check-in recommendations and a lot more! This summer, AABLI's board of directors will be checking its strategic plan to ensure we are on target, particularly as we look forward to a productive and prosperous new fiscal year!

In service,

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### Not Just a Seat at the Table, But A Voice, Too!

Gregory C. Scott  
AABLI Class #4

Women are dramatically outnumbered on the boards of the nation's biggest companies. In 2018, California passed a law ([California Senate Bill 826](#)) trying to change that. The law, **SB 826**, requires at least one woman on boards that have four members or less, two women on boards of

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## AABLI Honored the Annenberg Foundation, METRO, and Community

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Pictured (l-r) Virgil Roberts, AABLI board chair, Marion Jane Colston, senior director of Strategic & Organizational Planning, METRO, Cinnny Kennard, executive director, Annenberg Foundation, David Crippens and Mrs. Crippens, Yvette Chappell-Ingram, AABLI president, and Darrell Brown, (ret.) senior VP for Consumer Banking at US Bank

**Thank you to our sponsors and supporters!**

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## AABLI Alumni Talks

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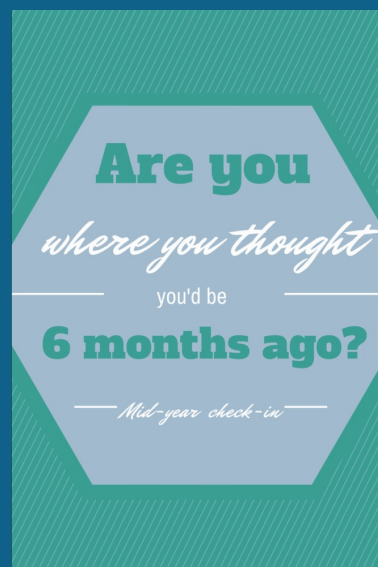
Hear what they  
are saying...

## Your Personal Mid-Year Check In!

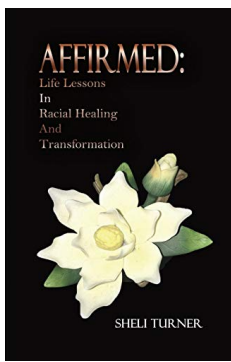
Loren Hill, Ph.D.  
AABLI Class #6

Summer is the season for mid-year reviews. For many of us, that may mean mid-year job performance reviews, or perhaps our summer portfolio review. If we are serving on boards, we may be reviewing the mid-year performance of our organizations. Whatever it is, we're familiar with the process and we have the skills to critically analyze goals, strategies and performance at macro and micro levels. So this is a good time to apply your skills to your personal mid-year review.

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## AABLI's Book Recommendation



### *AFFIRMED: Life Lessons in Racial Healing and Transformation*

**By: Sheli Turner**

AABLI Class #9

When I began writing “Affirmed—Life Lessons in Racial Healing and Transformation,” I believed I was on a mission to share and teach about my survival of American apartheid. When I finished, I found that I was really exploring how my experiences equipped me for leadership. In the book, I expressed my need for greater clarity in our conversations about diverse leadership in organizations, institutions and societies.

As a proud member of Class #9, I can attest that lessons learned from AABLI's commissions training sessions and from my solid AABLI network align with several of the “Life Lessons” I share in the book. My attempts to navigate through institutionalized inequities are used to investigate the context of leadership and the role of power in leadership.

Examining leadership from the perspective of a woman who is a person of color/biracial was a powerful motivation. I was moved to frankly share my personal efforts to resist and transform the inequities I encountered, to create spaces where my marginalized voice could be distinctly heard.

“Affirmed” is a compilation of life lessons based on the constraints of race-ethnicity in today's America. When read this way, it becomes clear that eradicating racism through the social and organizational influence of leadership is of paramount importance to 21<sup>st</sup> century progress, even if happens one person at a time.

For more information on how to reach the author, and to order a personalized copy:



[Click Here](#)

## Register Now!

Corporate Directors Initiative (CDI)

Monday, September 9, 2019

8:00am - 2:30pm

City Club Los Angeles



**FOUNDATIONS  
OF CORPORATE  
GOVERNANCE**

CDI is a leadership development and networking series designed to strengthen the pipeline of people of color to serve on corporate boards around the world. It is designed to assist participants with career planning such that a future role as a corporate director is more probable.

[RSVP Here](#)

# Registration Opening Soon!

Board Leadership Certificate Program  
Thursday through Saturday  
October 31 - November 2, 2019

The Board Leadership Program (BLP) provides comprehensive training in nonprofit board governance. It offers a deep dive into governance responsibilities and a thorough understanding of board governance, focusing on finance, fundraising, management roles, and strategic issues. Participants who successfully complete the BLP are eligible to receive certificates in board governance and assistance with placement on governing boards or commissions.



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*The mission of the African American Board Leadership Institute is to strengthen nonprofit, public and private organizations through recruiting, preparing and assisting with the placement of African Americans on a broad range of governing boards.*

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The quarterly newsletter is produced by:  
Victoire Prothro, Director of Communications and Operations  
Tiffany D. Brooks, Administrative Assistant

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