

# About Us (Welcome)

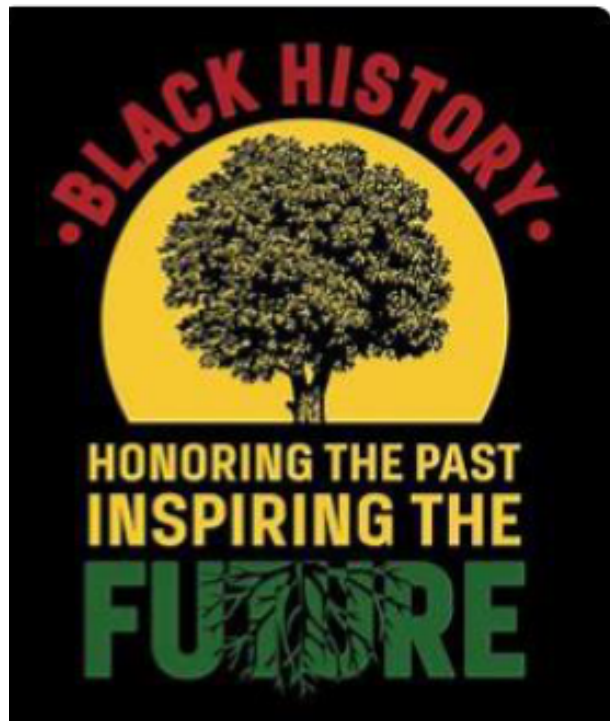
- [About Us \(about\)](#)
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## Quick Links

- [News Blog \(blog.php?c=1\)](#)
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## Diversity Corner

Please visit our [Diversity Corner Archives](#) ([https://babta.org/Diversity\\_Corner\\_Archives](https://babta.org/Diversity_Corner_Archives)) page to view previous posts.



[The 5 Senses Challenge](#)

([https://babta.org/downloads/Diversity\\_Corner\\_Posts/black\\_history\\_month\\_feb\\_2023.pdf](https://babta.org/downloads/Diversity_Corner_Posts/black_history_month_feb_2023.pdf))

# Black History Month

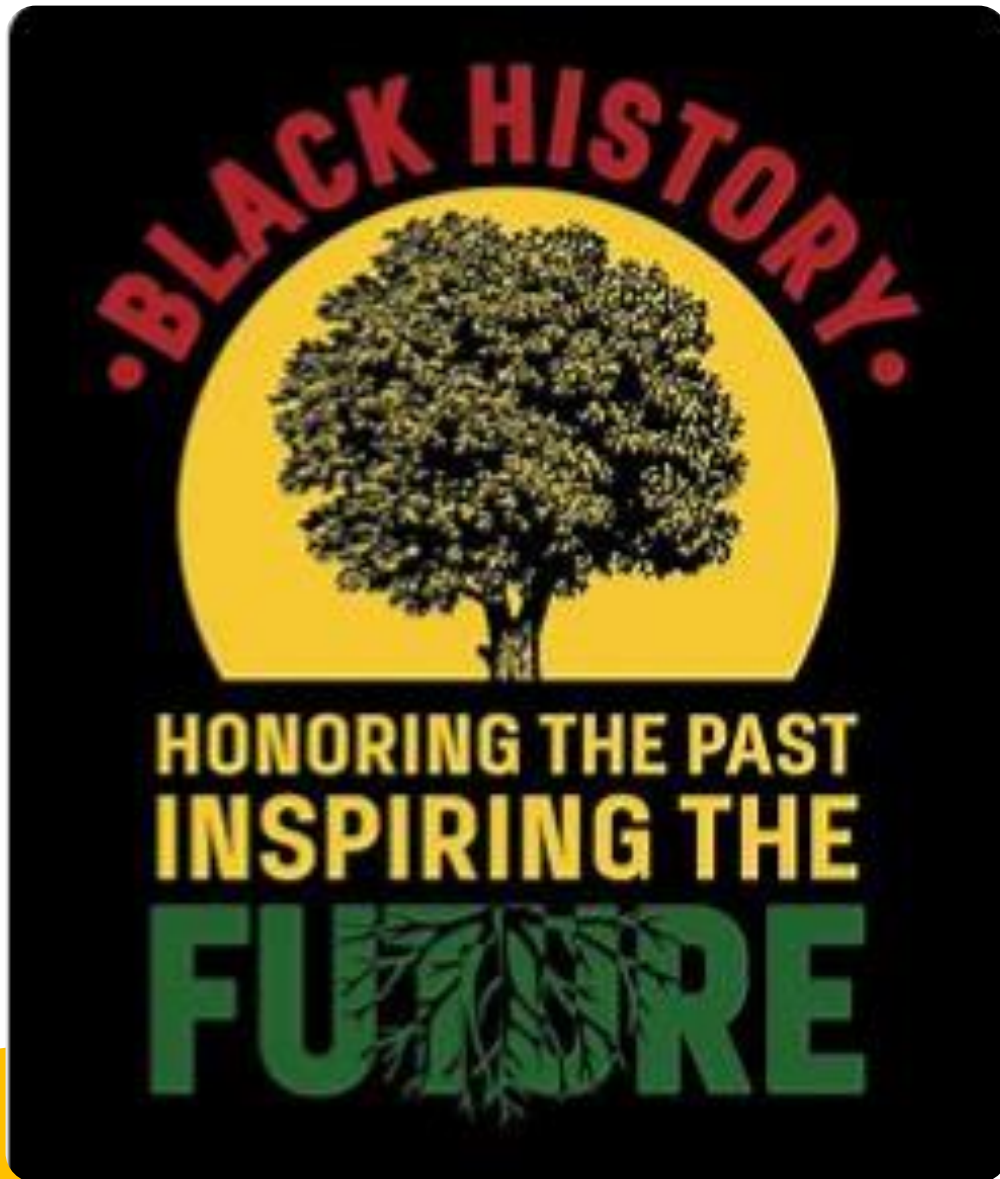
## The 5 Senses Challenge





# BLACK HISTORY MONTH February 2023

- February is the month we dedicate to honoring Black History. It is our nation's way of showing respect and recognition for the hard work of and sacrifices made by African Americans.
- It is celebrated during the month of February because it falls on the same month of the birthdays of President Abraham Lincoln (Feb 12) and Frederick Douglas (Feb 14), both who are well celebrated by the Black community.
- As President Barack Obama said in a 2016 speech: "Black History Month shouldn't be treated as though it is somehow separate from our collective American history, or somehow just boiled down to a compilation of greatest hits from the March on Washington, or from some of our sports heroes. It's about the lived, shared experience of all African Americans, high and low, famous and obscure, and how those experiences have shaped and challenged and ultimately strengthened America. It's about taking an unvarnished look at the past so we can create a better future. It's a reminder of where we as a country have been so that we know where we need to go."



## What is the 5 Senses Challenge?

- The challenge is designed for you to get engaged and learn more about black history and black culture by using your **5 senses**
- We use our **5 senses** to help us navigate and learn about the world we live in.
- We challenge you to complete at least one of the following activities from at least one of the **5 senses** categories (**Sight, Sound, Smell, Taste and Touch**)
- We challenge you to include your friends and family in the challenge
- We challenge you to **HAVE FUN** while doing them because learning is always fun!





# SIGHT: Read a Good Book by a Black Author

Literature is one of the best ways to honor some of the black community's stories. African American authors allow the world to better understand both the struggles and triumphs of Black people in America. Some notable authors are James Baldwin, Maya Angelou, Alice Walker, Toni Morrison, Ralph Ellison, Ta-Nehisi Coates and Barack Obama.

To help you with your challenge, here is a link to a list of 44 Books by Black authors:

<https://www.oprahmag.com/entertainment/books/g26187205/best-books-black-authors/?slide=13>

A link to 22 Powerful Martin Luther King Jr quotes:

<https://www.oprahmag.com/life/relationships-love/g25936251/martin-luther-king-jr-quotes/>

One of my favorites: "Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate, only love can do that."







# SIGHT: Watch a Good Movie Produced by a Black Filmmaker

Black Film made its entry during the turn of the 20<sup>th</sup> Century. From the early pioneers William D. Foster and Oscar Micheaux to the contemporary Ava DuVernay and award-winning Barry Jenkins, black cinema brings black stories to life and are important to American culture. Many eras of black film have continued to portray the black experience and entertain us all, such as Ryan Couglar's Black Panther which was the fourth highest grossing movie of all time at the US box office.

Here are a few links for you to discover some black films for your challenge:

<https://www.bestcolleges.com/blog/black-history-month-movies/>

<https://www.essence.com/holidays/black-history-month/28-movies-for-black-history-month/>

[The 100 Best Black Movies of the 21st Century – The Greatest New African American Films << Rotten Tomatoes – Movie and TV News](#)





# **SOUND:** Listen to a Good Soul, R&B, Hip Hop or Jazz Song

African American music origins arose out of the historical condition of slavery and was used to escape from the harsh realities of slavery. It covers a diverse range of genres including Jazz, Blues, R&B, Hip Hop, Zydeco, Go-Go, Funk and Disco. Most of today's genres of music are heavily influenced by traditional African American music. Take a listen to a genre or two and don't forget to sing and dance!

Link for Playlists of Soul, Jazz, R&B music below:

<https://www.youtube.com/watch?v=xytORFECRIM>

<https://www.youtube.com/watch?v=3i309kqNqtY>

<https://www.youtube.com/watch?v=KqSkL7XAD4s>







# TOUCH/SIGHT: Visit a Black History Museum



African American museums provide volumes of information, data and relics of the historical black heritage, black experience and black culture. Seeing, touching and feeling it are the best ways to absorb its rich history. Take your friends and family to a local museum and you will not only learn new things, but you will also take your cultural awareness to a higher level.

- List of African American museums around the US

[https://en.wikipedia.org/wiki/List\\_of\\_museums\\_focused\\_on\\_African\\_Americans](https://en.wikipedia.org/wiki/List_of_museums_focused_on_African_Americans)

- National Museum of African American History and Culture (NMAAHC)

<https://www.si.edu/museums/african-american-museum>

- African American Civil War Museum

<https://www.afroamcivilwar.org/>

- Frederick Douglass Natural Historic Site

<https://www.nps.gov/frdo/index.htm>







# TASTE: Eat a Good Soul Food Meal



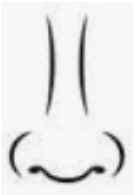
There is no better way to experience Black culture than to eat it! Whether it is SC's Gullah cuisine developed by enslaved Africans on plantations relying on local seafood, Creole cooking which originated in Louisiana which blends W African, French, Spanish, and Native American influences, or just by visiting a good local soul food restaurant that serves the southern cuisine traditionally prepared and eaten by African Americans.

Use this link to find the best soul food restaurants in your area:

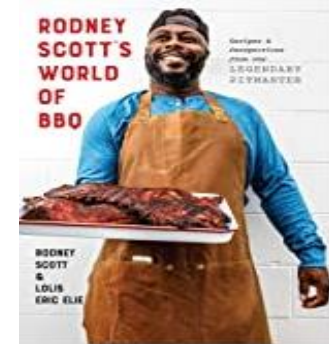
<https://www.thedailymeal.com/eat/best-soul-food-restaurants-america>

You can use the link below to find best selling soul food cookbooks to prepare your own soul food meal to share with friends or family:

<https://www.amazon.com/Best-Sellers-Books-Southern-Cooking-Food-Wine/zgbs/books/4314>



# SMELL: Have a Barbecue in your Backyard



The Black contribution to American barbecue is huge and uncontested. Enslaved African American pit masters would tend to the pits all through the night to perfect the tedious task of turning tough meats into a delicious, tender and tasty experience. Remember, a barbecue isn't just hamburgers and meats. It's whatever you decide to smoke and slow cook on the pit. Vegetables work very well too!



# THANK YOU

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BLACK HISTORY MONTH

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