



## D.C. Metro Grad Chapter “Swing Phi” News You Can Use”

### *“Paying It Forward”*

What an awesome month November proved to be! We participated in the most exhilarating Rites of Passage Process/Swing Explosion that we have ever had from November 6-14, 2009. We inducted six powerful, professional and talented women into the Sisterhood.

ROP Coordinator Sister Brenda Torrence and AROP Coordinator Sister Antonia Therrasant, along with our Chapter, proudly **PRESENTED: The “THIS IS IT!” Fall '09 line.**

This “Swing Explosion” proved to be not only great for the candidates, but for the chapter members as well. The ENTIRE chapter participated & supported the calendar of events which included such specialties as:

- **“DIVA DAY”** with the residents at the Sunrise Hills Assisted Living Home,
- **“Movie, Book Talk & Lunch Day”** after viewing the world renowned premiere of Michael Jackson’s **“THIS IS IT!”**, reading and discussing the book **“What Doesn’t Kill You”** by Virginia DeBerry and Donna Grant,
- supporting our community service projects with a **“Phone Drive & Info Updates Session”** and;
- culminating with a fabulous **“Mock Swing Espresso”**, which included the spoken word, music, songs, food, gifts, keepsakes, slideshows and video presentations

Of course, each candidate was introduced to a multitude of Swing Information, met Sisters from near and far, interviewed members that shared similar professional backgrounds, completed a quiz on info learned and exchanged family life stories with one another. This line and experience has surely proven to be a memorable and life changing experience for so many.

During the first few days of the process, one candidate lost her father and was comforted on the spot by her “just hours old” Line Sisters! Two weeks following the going over ceremony, another one of the candidates lost her mother and was bombarded with the “OLA” of DC Metro Graduate Chapter immediately. We have always been a chapter that not only shares and celebrates “Fellowship, Faith, Food, Fun, Family and Community Service”, but one that PRAYS together and thus we continue to be able to STAY TOGETHER, through the sunshine and the rain of life’s ups and downs.

We continue to EXPAND our chapter with new members as well as WELCOME many of our re-newed Sisters from the surrounding areas and for this we are THANKFUL!

Thanks for helping us to continually help and GIVE BACK TO OTHERS.

*Mary Johnson*  
President

*Brenda Torrence*  
Vice President



## D.C. Metro Grad Chapter "Swing Phi" News You Can Use

### Welcome Sisters...



"This is It" - Fall 2009

**Kia Kent**  
**Shenise Soto**  
**LindaFaye Scott**  
**Paulette Waiters**  
**Valerie Lewis**  
**Oluchi Okidegbe**

### Winter's Reflections

- November 21: Annual Homeless Walkathon
- November 23 & 24: MentorCares Thanksgiving Baskets
- November 25: DFTD: Thanksgiving Dinners
- December 5: WPGC Station Coat Drive 15:
- December 5: Annual Scholarship Gala
- January 18: MLK Jr. Day: "Books For America"



### Health Corner: "Talking doesn't Hurt"

A place for people who are afraid to speak out about battling with depression.

<http://talkingdoesnothurt.blogspot.com>

Hosted by:

Sister Olivia & FL. Lance Thompson

**Save The Date:**



**Saturday, February 27, 2010**  
**"Swing Into Spring"**  
**Shopping Trip to NYC**  
**Cost: \$50**  
**Enjoy a day in the Big Apple!**



### Condolences to Our Sisters:

**Kia Kent**  
**Shenise Soto**  
**LindaFaye Scott**  
**Paulette Waiters**

*...We ask dear God that you give them strength, courage, comfort and peace and to know that if they hold on to the memories, their loved ones will always be present in their lives. ....*

*Anna Sanders, Chaplain*

*Cheer up and take courage; relief is on the way. And, you will rejoice. Psalms 4:1 Hear me when I call, O God of my righteousness! You have relieved me in my distress; have mercy on me, and hear my prayer.*

Calling All Sisters To The Floor....

Live in the D.C. area and would like to get involved?

eMail us: [divas@swingphiswingdcmetro.org](mailto:divas@swingphiswingdcmetro.org)

Or visit: [www.swingphiswingdcmetro.org](http://www.swingphiswingdcmetro.org)



## D.C. Metro Grad Chapter "Swing Phi" News You Can Use"

### Calendar of Events

#### March

18th: MentorCares NW HS  
27th: NYC Shopping Bus Trip

#### April

2nd: Chapter Meeting  
2nd: Chapter Dues  
**9-11th: Chapter Retreat**  
15th: Mentoring NW HS  
24th: Regional Meeting, Temple University

#### May

1st: Chapter Meeting  
1st: Teen Pregnancy Center Baby Shower  
TBA: MentorCares Scholarship Program

#### June

4th: Chapter Meeting

### Next Chapter Meeting

Friday, March 5, 2010  
Time: 7:00p  
1801 McCormick Drive  
Largo, MD – 301-437-3038

**MD Sisters,  
Register your vehicle  
Today!**



### 2009 Scholarship Recipients

**Joia Swanson, Freshman**  
Christopher Newport University  
Newport News, Virginia



**Kalayah Washington, Junior**  
Accounting Major  
North Carolina A&T State University  
Greensboro, North Carolina  
*and;*

**Lanice Williams, Senior**  
Biology Major  
Howard University  
Washington, D.C



**Congratulations Oluchi Okidegbe  
On successful  
Completion of your Masters Program**

### Encouraging Our Sisters

Who are advancing in their academic  
or professional goals



**HANG IN THERE, BABY!**  
Quitters never win and winners never quit.

### **Save The Date:**

2010 National Convention – Norfolk, VA – July 11th – 18th  
<http://www.swingphiswing.org/events/2010convention.htm>



## D.C. Metro Grad Chapter “Swing Phi’ Photos Around Town”



*The First North American Blizzard of 2010 was a winter storm and a severe weather event.*

*The storm was followed just three days later by the Second North American Blizzard of 2010.*

*10 – 20 – 30 inches*

*Snow, snow go away & come back again NEVER!!*



- Aids Walkathon
- Homeless Walkathon
- MentorCares
- MLK Day of Service
- 2009 Scholarship Gala
- Graduation: Oluchi Okidegbe
- The Blizzard of 2010
- UMES Homecoming 2010