



# The Ebony *pearl*

The Official Voice of  
Swing Phi Swing SFI

# SPhiS Making Strides

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Chapter News

Swing continues to provide Supplies for Success at a time when philanthropic giving is down

Swings share how they have kept the faith during the recession.

Faith & Spirit

a Fellowman gives straight talk about making your money last

From a **BROTHER'S** Perspective



# IN THIS ISSUE



## Double the Swing

How could we gather all of the great stories and photos into just one issue? The Ebony Pearl is doubled in size for a Fall/Winter double issue! Take your time and pour over the articles and memories that matter to you. This issue stands on the **STRENGTH** of **SISTERHOOD!**

**OLA**



## Seasons of Giving

Sisters from across the Swing nation give to numerous causes with more than just acts of kindness. Read ahead on how Sisters rolled up their sleeves and "put in work."

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## Swing Society: a mentoring program of excellence

The Raleigh Graduate Chapter of Swing Phi Swing has set the standard for mentoring programs in Swing Land. Learn more about Swing Society and the programs that are promoting higher intelligence and Sisterhood for these little ladybugs.

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## Swing rejoices in Motherhood

Swing has hit the mother load! Check out our new Swing mommies and what they have to say about motherhood.

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# LETTER FROM THE NATIONAL PRESIDENT

## Setting the Stage for Record Growth in 2011

We have said goodbye to 2010 and welcomed in 2011. I am proud of our accomplishments as an organization. Since August of 2009, the current Executive Team has made significant strides in improving the infrastructure of our organization while addressing the challenges of an economic slump that has effected the entire global community. In spite of limited financial resources, the National Office has put the wheels in motion to position Swing Phi Swing to experience a banner year in terms of growth in 2011 by virtue of two exceptional new initiatives – the **SWING Stimulus Program** and the **Alumni Advisory Council**. Both of these programs promise to result in a substantial increase in our membership over the next year by involving active members throughout the nation in our efforts to address the 3 R's (recruitment, reactivation and retention of SWING sisters).

In general, the **Stimulus Program** will provide incentives to individual sisters as well as chapters who successfully influence new and returning members to join our ranks. Additionally, the **Alumni Advisory Council (AAC)** will mobilize sisters who are active alumni of colleges and universities where undergraduate chapters formerly existed to contribute to the effort to reestablish those chapters. In both instances, your participation will directly impact our overall success as an organization.

Already, the AAC, due to the efforts of several dedicated representatives, has made significant progress towards reactivating chapters at the following colleges and universities:

1. Elizabeth City State University (Sis. Jackie Jackson)
2. Hampton University (Sis. Brenda Torrence)
3. Rutgers University - Livingston (Sis. Lauren Watson)
4. St. Augustine's College (Sis. Kim Capers-Williams)
5. NCA&T State University (Sis. Earnestine

- Holden)
6. Norfolk State University (Sis. Crystal Hairston)
7. North Carolina Central University (Sis. Tanya McKoy-Sutton)
8. Virginia Union University (Sis. LindaFaye Newton)
9. Winston-Salem State University (Sis. Candace Stowe)
10. East Carolina University (Sis. Tamika Walker Kelly)

Intake is expected at each of these campuses in either the Spring or Fall 2011 semesters. And, I am proud to announce, that as of November 30, 2010, our 'Mother' Chapter at Winston-Salem State University is once again, an approved organization on that campus!

Although we are off to a great start we would love to have representation from the



*Last fall, I visited Johnson C. Smith University for their homecoming celebrations. I am pictured with Golden Bull Sisters and alumni (from left) Andrea Marshall and Valeria Carmichael. It is important to always return and support our alma maters, especially HBCUs.*

remainder of the institutions which comprised 'the original 33' SWING chapters established between 1969 and 1976 that are no longer in existence. My goal is to increase our total number of undergraduate chapters from seventeen (17) to twenty-seven (27) by the end of the 2011-2012 fiscal year. These additional chapters should translate into a 65% increase in undergraduate membership.



Likewise, the Stimulus Program is also in gear and will increase our active membership numbers substantially. The incentives offered will encourage sisters to actively recruit new members and reactivate inactive sisters into their chapters. By the end of the next fiscal year, I anticipate a 50% increase in graduate membership as a result of your efforts.

In summation, sisters, the National Office is extremely encouraged about the potential of these two initiatives to build the House of Swing over the course of the next year. We are striving to achieve record growth in our membership as well as our profit margin. Not only will we improve our fiscal position, we will also experience greater visibility and productivity in light of our added resources.

We trust that you will be motivated to join us as we move our beloved organization upward and onward. Your participation in these and other National initiatives is a crucial component to the growth and development of Swing Phi Swing Social Fellowship, Inc. Peace, Blessings & OLA!Φ

**Sharon M. Chandler**

[president@swingphiswing.org](mailto:president@swingphiswing.org)



In honor of our Swing "baby boom", I wanted to show off my tot, Audrey, who recently turned three. I salute all the new moms and I welcome you on this beautiful journey.

Read about our new Swing Mommies starting on PAGE 21.

Sis. Melonee D. Griggs  
National Media Affairs and PR Officer  
[mediaaffairs@swingphiswing.org](mailto:mediaaffairs@swingphiswing.org)

If there was ever a year I was happy to depart from, it had to be 2010. Now don't think this is a rant about how awful the year was! Though it was one of the most challenging of my life, I can look back at the year knowing the growth and perseverance I experienced in my personal, spiritual, and Swing life only adds to my luster. In her book, *Sisterhood: Political Solidarity Between Women*, bell hooks wrote, "Since energy wanes and hope diminishes, it is absolutely necessary for feminist activists to renew our commitment to political struggle and strengthen solidarity."

Finding balance between our personal, professional, and Swing lives is one of the toughest endeavors I have dealt with in the last year. In 2010, I suffered tremendous losses and a test of my faith. Through it all, I looked to my family and friends as a means of support. Even when I refused to complain or even admit to my Swing Sisters I was experiencing great challenges, I put on my "indifferent" face and persevered on. Despite the fact I wanted to be fierce in the face of my challenges, my responsibility to Swing began to wane and I struggled to maintain my commitment to our work. I had often heard and read from Sisters about *leaning on the shield* but never really applied it in my life.

Only recently have I come into an understanding of this phrase after interviewing and conversing with Sisters across Swing Land. Rather than being devastated by the unexpected, I learned that leaning on the shield was more about creating bonds of commonality, and less about my pride and isolation from my Sisters in times of struggle.

It is very easy to hide from Swing in our

personal lives when our struggles seem paramount to the work that needs to be done in our chapters and communities. Especially when we feel isolated as we are *going through*, we sit in silence and wonder why the love and support we need from our Sisters never makes it our way. We are devastated by feeling unexpectedly forgotten.

My Sister! Never forget: you are a voice in this world! Let yourself be heard! You are not forgotten nor are you erased from the memory of Swing Phi Swing. True Sisterhood is a political force; it grows stronger with each battle, mightier with every wind that attempts to blow it off course, and fiercer as it grows in love and faith. A woman's body is political so why wouldn't a woman's bond to another be so? Sisterhood is not concerned with power, *but* it is the authority on justice. Our bond as Sisters is not what we can do for Swing, but our collective and purposeful work to never forget each other, our mistakes, and our successes; to always forgive even when our pain from one has turned to resentment towards all; to always do our best; and to love and care for one another and our communities.

As you look through this double issue, you will see how our Sisters fought a good fight in 2010 against the obstacles that impacted us, our families, and our communities in perilous ways. By rolling up our sleeves and lacing up our trainers, Swing can mobilize and make real social change within and throughout. Our struggle is not just within our collective; the true struggle is understanding that our political responsibility is diminished if we do not use our Sisterhood as a means of solidarity. bell hooks parallels women's political solidarity with our "willingness to accept responsibility for

using conflict constructively, as a way to enhance and enrich our understanding of one another, [and] as a guide directing and shaping" our Sisterhood's mission.

Finally, my Sisters, I want to share one pearl of wisdom I heard from Sis. Founder Roz Tandy during the Southeast Regional meeting in November 2010 that blew mind and touched my heart. She said, "**One of the greatest qualities a person can have is to be wounded and still not quit.**" Keep this in your heart Ladybugs as you persevere on but do know that your Sisters are here.☺

Leaning on the shield and OLA,

Melonee D. Griggs  
Editor-in-Chief

If you would like to read more on Black women's perspective on sisterhood, here are two of my personal favorites:



**Feminism is for EVERYBODY: Passionate Politics**  
by bell hooks

**Embracing Sisterhood: Class, Identity, and Contemporary Black Women**  
by Katrina Bell McDonald



# The Editor's Desk

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# Living Legacy: The Founders Series

## Part III: Brenda Travers-Satterfield

By Sis. Tameka Reynolds, Groove Chapter

*I had the opportunity to interview Sis. Founder Brenda Travers-Satterfield during the holidays and I was delighted by her sweetness and honesty. What I learned was interesting not only about Swing but about herself in general and how honest she was. Some people in this world try to make themselves out to be so grand because of their living legacy, but she was really honest and humbling. I enjoyed the interview and I wish we could have had it over a cup of coffee with a tape recorder present so I could have really got some good information. I hope you enjoy reading my Q&A as much as I loved doing it.*

Born in Boston, MA and raised in Washington, D.C. by her parents Mary and James Wilson, Brenda Travers-Satterfield always felt like a Southerner:

*"In my heart I was a southern person but I was in the city. Everything was in cement but I wanted a garden and I wanted to grow stuff. Had a garden when I got older I got a garden: okra and scotch bonnet peppers. Okra is so pretty when it is not open. Okra is a part of our African roots, when they made soups and stews they used okra to bond everything together."*

**Tell me about your hometown and the atmosphere of it when you were growing up.**

*"We have all the national monuments but we don't appreciate them because we see them every day. When I talked to other people I noticed how excited they were about them. We would walk to the monuments everyday and I didn't realize how much other people appreciated them. Now I appreciate them more."*

**Tell me about your experiences prior to entering Winston-Salem. Who were you then?**

*"I was just a regular girl and I was sent to school but I didn't want to go because you had to go to school based on your grades in your district. The only person I liked was my gym teacher whom I loved the most and attended Winston-Salem; so I wanted to go. My childhood friend and I came to Winston-Salem together. She didn't do Swing but she helped me through it. She supported me, Ellen Tomlinson (Carter) and Anita Chase (Watson) through the process too."*

**So your parents were happy you were going to college?**

*"Yes, they supported me in whatever school I chose. I have no regrets choosing Winston-Salem State. I was so excited about going to the country. All my friends went to the country in the summer because they had family there but I had no family in the country so I could not go."*

**What did it mean to be Black to you in 1969?**

*"People needed to understand that we were not ignorant. I was really clear on what I needed to do. People looked at me but I was not gonna be the one who was not gonna be looked at negatively, so I started rebelling. When I showed up and showed out, my friends loved me. Before I knew it, I started doing things better than [my White counterparts]. Today, I'm probably the prettiest girl you'll ever see...People would say 'Oh Brenda they're gonna get ya' and my response would be 'AND?' I was 17 years old when I went to Winston-Salem. Beverly Dorn (Steele) was 15 at WSSU. They appreciate me more with my black face."*

**So what was it like going to Winston Salem State at what many consider the**



**height of the Black Power Movement but in the South?**

*"At Winston-Salem, I would wake up to the smell of tobacco from RJ Reynolds Tobacco Company. People at Winston-Salem were so understanding and willing to work with you. I met some sisters that came from different walks of life and we all had something in common. 'We are gonna make it.' We were together, blended together. I was the tom-boy type because I had no sisters but grew up with an older brother. [It was the] best time...meeting women who would stay your friends for life and 41 years later we are still friends. I have always been the one to step up and be the rebel. They were probably sick of me but they love me now." She laughs.*

**Her laughter at the end of this is charming, but now I was intrigued by her "rebellious" nature.**

**How did your time in Swing and WSSU change you?**

*"I felt I had done something that made a difference and I had not done that before. I was already a little different because I only wore pants and people there looked at me a little different. But, lots of people wanted to be Swings, but when it melted down only a few of us made it. About 20-25 wanted to do it,*

*(Continued on page 9)*

# ON THE MOVE: SOUTHEAST REGION

By Sis. Anita M. Johnson, Southeastern Region Administrator

Here are a few of my favorite photographic highlights from my first ever Southeastern Regional Meeting as the Regional Administrator! We are an integral region since we are home to many national executive officers, board members, and founders, and, most importantly, we were founded in the South.

One of my proudest moments was handing over a \$2000 check to the women and children of Weaver Gardens. Many thanks to all the chapters who provided monetary and handbag donations for our Purses with a Purpose.

I can't wait until next year's meeting in Fayetteville, NC. We are on the move!  $\Phi$



*National President Sharon M. Chandler was a special guest during Sis. Anita Johnson's inaugural regional meeting. Johnson was congratulated by Madame President Sharon M. Chandler for a job well done.*



# MORE THAN JUST A WALK

By Sis. Melissa Frederick & Sis. Jazzlyn Farrell

Many chapters like New CONN Graduate Chapter joined millions across America to raise funds for breast cancer research. Like many, they all have personal experiences with the illness.

More than just a walk, Making Strides Against Breast Cancer describes the progress we're making together to help save lives. On Sunday October 17, 2010. The Greater New York & Connecticut Graduate Chapter along with three local undergraduate chapters (Adelphi University, SUNY Albany, and College of New Rochelle) took strides against breast cancer at Jones Beach, Long Island. The walk is an annual community service for several sisters, but this year was the first time we participated under the Banner of NewConn Grad Chapter, there truly is power in numbers.

Supporting the American Cancer Society for breast cancer research and awareness is very dear to all members of the chapter as we



have all been affected by this disease in some way. It falls especially close to home for Sis. Nicole Derrick, the president of New Conn who has lost an aunt and has survivors of this disease in her family.

To share our stories, share the effects its had on us, and show a united front against Breast Cancer the sisters the night before the walk had a slumber party and in the morning traveled together to Long Island. The unity and sisterhood is growing, all in the name of SWING PHI SWING, SFI. We surpassed our goal and raised over \$1,200. We like to thank all sisters and brothers who supported us in this cause.

Although there is no guaranteed way to prevent breast cancer at this time (which is why yearly mammograms are so important),

there are steps you can take to reduce your breast cancer risk:

- Maintain a healthy body weight
- Engage in moderate to vigorous regular physical activity (at least 45-60 minutes on 5 or more days of the week)

Reduce the amount of alcohol you drink, if you drink at all, to no more than 1 drink per day for women (and no more than 2 drinks per day for men)

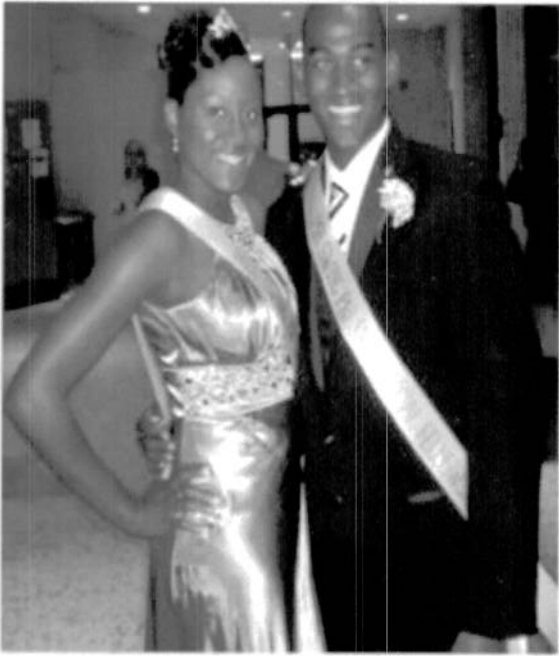
To learn more about breast cancer and what you can do to reduce your risk and stay well, please visit [cancer.org/breastcancer](http://cancer.org/breastcancer). ♡



*Pictured left: Sisters of Garden State Graduate Chapter participated in the Making Strides Against Breast Cancer Walk in Newark, NJ; (above) Tayla Harper of the Subira Chemwuapu Chapter at Johnson Wales University joined her line sisters Shanika Santiago and Seponono Motloenya for the 2010 Making Strides Against Breast Cancer in Providence, Rhode Island. They also left their Swing mark on the Pink Heals Firetruck during the event.*

## AGGIE SISTER REPRESENTS SWING DURING UNIVERSITY CORONATION

By Sis. Naquandra Williams, Groove Chapter



**ABOVE:** *Sis. Naquandra Williams poses with her escort Phillip Lake during coronation festivities at North Carolina A&T University.*

**RIGHT:** *Sis. Williams (center) poses with her Groove Chapter Sisters (from left to right) Brittany Ervin, Ashley Thomas, Denice Luke, Journia Jones, Audrey Elliott, Keeana Sutton, and Natalie Jones.*



NC A&T Coronation was held on October 7th, 2010 and our very own Groove Chapter NaQuandra Williams represented us well. She was accompanied by Phillip Lake. She had the chance to experience the best of both worlds by participating in an HBCU event while attending University of North Carolina Greensboro.

She will also represent Swing in the NC A&T yearbook. Groove Chapter showed their support and pride in their Sister by attending the coronation festivities. Because of the chapter's strong show of support, there is no doubt in the strength of our Sisterhood.☐

## UMES CONTRIBUTES TO LOCAL FOOD BANK

Submitted by Sis. Josanne Davidson, Maisha Chapter of University of Maryland Eastern Shore



The Sisters of the Maisha New Birth Chapter at the University of Maryland Eastern Shore have pledged to give back to their community. During the holiday season, they donated their time to the Salisbury Food Bank which is part of a Maryland system that provided 18.6 million pounds of food in the state in 2010.☐

**LEFT:** *Sisters Ashanti Hunter, Adara Watts, Lachelle Adams, Courtney Scarborough, CharNell Fitchett, Alissah Battle-Reed, Josanne Davidson take a break in community service at the Salisbury Food Bank.*



# THE RALEIGH GRADUATE CHAPTER HOSTS SPRING COLLEGE TOUR FOR SWING SOCIETY

By Sis. Cheryl Kornegay, Raleigh Graduate Chapter

Swing Society, a mentor program for girls ages 9-18, began its year successfully with 24 young women from a variety of schools in the Wake County district. The year began with a parent meet and greet and then an orientation to the program for the girls. Since then the program has grown to 31 members.

Planned activities for the year are as follows: a visit to the Civil Rights Museum in Greensboro, NC, a Young Women's Empowerment workshop, Girl Talk Day, a College tour and scholarship luncheon. Each girl will participate in community service and receive certificates of service credit. The importance of academics, sisterhood and community service will be instilled in each young woman throughout the program. Members must remain in the program until they are a senior in HS, apply to and become accepted to an accredited college or university and they will receive scholarships toward their education.



The college tour will take place from April 18-20, 2011 and will visit Fayetteville State University, The University of Maryland at Eastern Shore, Hampton University and Virginia State University.

If you are interested in the program or the upcoming college tour, please

call Cheryl Kornegay at 919-676-6724 or email her at

[cherylkornegay2@yahoo.com](mailto:cherylkornegay2@yahoo.com).

Swing Society wants to thank the Raleigh Graduate Chapter of Swing Phi Swing Social Fellowship, Inc. and a special thanks to Sisters for coming out and supporting the program:

Crystal Kearney  
Franchelle Evans  
Kim Williams  
Jewyl Dunn  
Tina Quiller-Morgan  
Raquel Rouse  
Donna Pinder  
Celeste Pleasant  
Anita Johnson  
Cynthia Watson  
Cheryl Kornegay  
Tammy Russell-Meadows

Φ

See more of Swing Society  
on the page 18



# SWING SOCIETY: A PROGRAM OF EXCELLENCE

By Sis. Cheryl Kornegay, Raleigh Graduate Chapter



Since August 2010, Swing Society has been a busy organization. The program has grown this year to thirty participants and has been involved in several activities; fundraising, academic excellence, social grace and community service has been their focus this year.

The group's mission is to foster academic excellence and opportunities through scholarship and positive life experiences. Each girl will participate in community service and receive certificates of service credit. The importance of academics, sisterhood and community service will be instilled in each young woman throughout the program. The girls must remain in the program until they are a senior in HS, apply to and become accepted to an accredited college or university and they will receive scholarships toward their education.

On October 16, 2010 they co-sponsored and participated in a Health and Wellness Day. This event took place at Tarboro Road Community Center in Raleigh, NC and served as their first

scholarship fundraiser. The girls participated in CPR training (*pictured right*), Vision and Blood Pressure Screenings, Nutritional Information Station, Face

Painting and a fun Zumba class con-

ducted by Sister Tina Quiller-Morgan. In

November they participated in an Eti-

quette Day (*pictured above*) conducted

by Sisters Raquel Rouse and Cheryl

Kornegay in which the girls dressed for

success and learned how to set a table

both formally and informally. They also

worked on participation in group discus-

sions, interview and speaking skills. Af-

ter the session, the young ladies set the

table informally and enjoyed lunch to-

gether. The girls left with the charge of

setting the table for their family's

Thanksgiving dinner.

In December the girls exchanged gifts

from a prior grab bag, received gifts from

the Raleigh Graduate Chapter and partici-

parted in a discussion about friends,

bullies, hygiene and making good/bad

choices. Minister Adrienne Keller and

Cynthia Watson, MSCW, both members

of the Raleigh Graduate Chapter were on

hand for more professional advice for the

young ladies. The girls donated eleven

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**ABOVE: Swing Society Members are trained in CPR, by Master Sergeant Richard Watson.**

## TWO SISTERS' JOURNEY: THE RECESSION



### Sis. Nneka Shoulds

*Nia Maryland Graduate Chapter*

The recession may be over. I have seen more jobs being advertised and improvements in the stock market, but that does not mean people aren't still struggling. I have been unemployed since May 2010. I was employed under a Center for Disease Control and Prevention funded grant project. The project was only funded until May 2010. When the funding period ended, I was laid off.

Many people who lost their jobs are still unable to balance the demands of financially sustaining their ways of life. These people deserve a bail out as well. I think it is extremely unfortunate what the leaders of the country allowed to happen to Americans and to our financial system. I am from Fort Washington, MD and I spent 3 1/2 years in college and bought a home in 2008 at the age of 22. I was extremely fortunate to have been able to purchase a home and to be able to rent several of my spare rooms out to friends or family members. This additional income greatly contributes to ensuring my financial ends are met each month.

I'm not at the point where I would say that a higher degree is not worth attaining. I am, however, glad that I do not currently have any student loan debt. I do believe in the American Dream, but I feel that many

of the policies and standards our society has in place are extremely outdated. Our generation has a more open minded idea of how a society should function, and that idea differs greatly from the idea of past generations.

I feel I have grown the most spiritually since being laid off. I have had time to be extremely introspective and to practice peace. Many friends have been telling me how happy I look now. I am truly a better person through this experience. I became a Swing in the Spring of 2006 through the Marali Nubia Bear Chapter at Morgan and Towson Universities. Swing sisterhood has helped me tremendously through this time. Countless sisters have sent well wishes and job info they receive. My best friend Traci Leach (*pictured right*) is also a Swing. She was my initial shoulder to cry on, and immediately offered to assist me financially any way she could.

I have had many profound realizations. This has been the most intensive introspective period of my life. Instead of spending forty hours a week working at a full time job that I hated, I was able to travel, exercise, visit friends, and to study various topics of interest.

### Sis. Fatoumata Cissoko-Willis

*Detroit Graduate Chapter*

As dire as the situation may be currently, I actually have great expectations for the city of Detroit in the future. Although a slow and challenging process, this city is going to rise to the level of improvements and success that it has all the potential to be. The changes that have oc-

curred over the course of years has forced changes in the political climate of Detroit, the residential demographics and the business front. The city needed these drastic measures to occur in order to bring attention and uproot the many years of corruption, disenfranchisement and disregard for its citizens. The squeaky wheel gets the oil and Detroit is not only squeaking, but bursting out in a top-of-your-voice yell for help and I feel confident that that help has begun to arrive.

Yes, the state of the economy has affected the chapter to a certain extent in that women are not as receptive to becoming a part of a greater organization that can have impact on a greater amount of people because everyone is scuffling to survive themselves. I believe that the heart is right with the women in the city of Detroit, but the mind is focused on individual survival which detracts interest in organizations such as ours. Even in our own chapter, daily struggles and challenges cause us to neglect the need to reach out to one another and remember to keep one another lifted up in this great time of need.



The worst I've seen and am still seeing is the high unemployment rate in the state of Michigan and more drastically, in the city of Detroit. Many social/community programs have been cut which in turn impacts the recipients in the

*(Continued on page 24)*

## ANWAR ROBINSON: A BROTHER WITH A SMOOTH GROOVE

Special to **The Ebony Pearl**

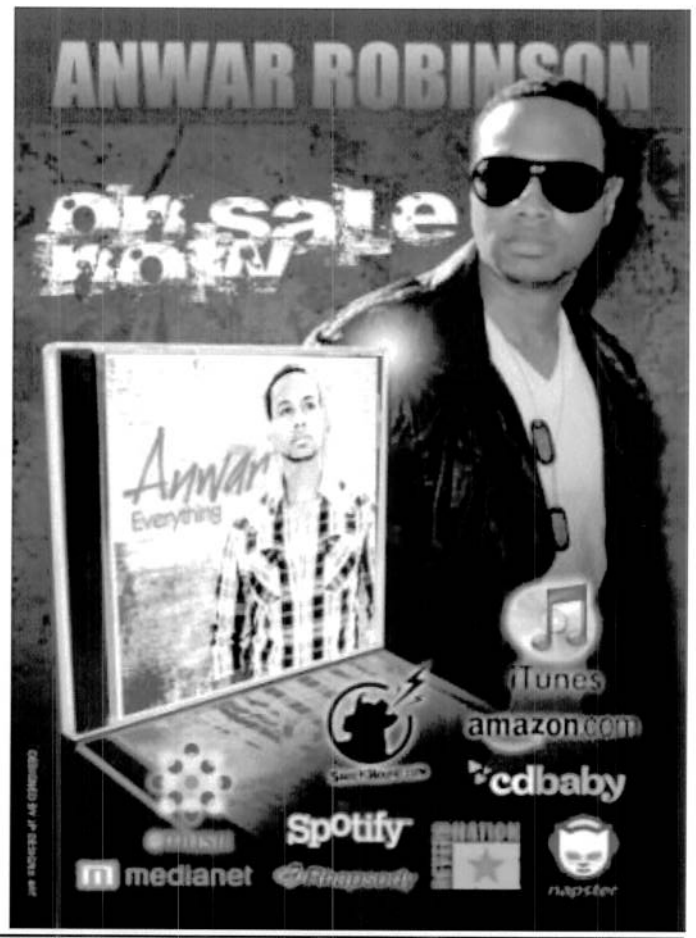
Fl. Anwar Robinson is a Groove brother with a smooth *groove* we can all appreciate. His new single "Come Over" and his complete independent CD "Everything" were released on January 25, 2011. Sis. Cheryl Scott-Southard had this to say on our Swing Facebook page about her recent download of his album: "I have Anwar in my iPod already! I love the CD. Wishing him much success."

A former American Idol contestant and one of the stars in a Broadway reproduction of *Rent*, Robinson was thrown into the limelight when he took some of his former music students to an Idol audition and ended up auditioning on a dare. After being voted off, he set to work on establishing his career.

In 2009, Anwar independently released three singles: "Night's Hot", "Exceptional" and, his powerful self-composed original piece, "Chosen". Although the inspirational message is universal, his previously released single "Chosen" was written and arranged by Robinson in honor of people who have won and or lost their battles with breast cancer.

All three songs are currently available on most online music retailers, such as iTunes, Amazon & Rhapsody. They are also available at all online music retailers and on [www.anwarrobinson.com](http://www.anwarrobinson.com).

Robinson became a member of Groove Phi Groove Social Fellowship, Inc. in November 2010 with the New Jersey Graduate Chapter.



## Swing Mommies (Continued)



Fl. Jameel and Sis. Tai Matthews (Garden State Grad) welcome Noah Riley Jameel Matthews on March 10, 2011 at 5:47pm. He weighed 8.9lbs and was 20.5inch.

Sis. Tanya Matthews (Garden State Grad) is a happy grandmother and is tickled White & Black.



Congratulations to Corey and Sis. Jessica (Reed) Canty on the arrival of Olivia Joy Canty who was born on November 16, 2010 and who weighed 8lbs 6.6oz and was 20.5in. Sis. Canty shares her thoughts on motherhood:

*Ever since I was a little girl two of my life's goals were to be a wife and mother. The day we found out that God was going to bless our family with a precious new addition, I prayed that he'd give me the wisdom and courage to do my best. My little ladybug has taught me what is truly important in life, love and family. She has brought so much joy to her family and we are eternally grateful that we get to be a part of such a wonderful little girl's life. Being a mother is an ever giving gift that can be surpassed by no other feeling.*



Sis. Patience Smith (Tri-State Grad) gave birth to her daughter Zalayah on August 5, 2010.

# MD GRAD OFFERS EXPRESSO KITS

By Sis. Keisha Reed, Nia Maryland Graduate Chapter



Have you found yourself looking for that last candleholder at the wrong moment? Or even realize that you have no idea what icebreaker to use at the Espresso? Well look no further! The Sisters of Nia Maryland Graduate chapter have got you covered! Our handmade baskets for Espresso and ceremonies are now available for purchase.

Surprise your local undergraduate chapter with one of our beautiful baskets and know that they are prepared for anything. With our kits starting at just 30 dollars, you will be assured knowing that your meeting will be something that will be remembered.

To place your order, send email to [niamdgrad@gmail.com](mailto:niamdgrad@gmail.com) or call Sis. Alicia Richardson at (734) 657-1158

**GREAT DEALS FOR EVERY CHAPTER'S BUDGET!**

(Continued from page 20)

## herStory: The Recession

community. The closing of so many schools in the city and the exodus of residents to bordering suburb communities and schools. The city's population is unfortunately in a steady decline, which puts a greater strain on the citizens remaining. A city once supported by a million plus number of residents is being supported now by less than 800 thousand.

There are, in my opinion, signs of hope in the stimulus packages that have been given to the state of Michigan. Con-

struction is definitely waging forward as I sit in traffic everyday watching the orange cones and yellow hard hats.

While the president's hard efforts in Washington have not fully manifested here in Detroit, I am confident that over time (not very long) we will begin to see and feel the positive effects of sharing the wealth.

Besides the obvious financial devastation to so many communities and families, the moral, spirit and confidence of the citizens of Detroit has been impacted and weakened to a degree. At the same time, for those with the spirit to overcome have shown great resil-

ience and fight despite the challenges that face the citizens day to day.

Yes, I am a victim of the unemployment epidemic, however, I stay encouraged and know with all confidence that there is an opportunity for me. I have taken advantage of the No Worker Left Behind Act, which provides up to \$10,000 for education and career change opportunities. I have not met with my destined next job as of yet, but I do know a number of individuals that have....so hope is alive and kicking!☺

Sis. Cheryl Scott-Southard (2nd from left) hosted a Sister meetup and dinner at her home in Houston, TX on January 22, 2011. From left, Sisters Theta Robinson, Shanda Jones and Jackie Lyons represented for Houston, Texas. A day full of story telling, laughter, and food, the Sisters are looking forward to the next fellowship.



Congratulations to Sis. Josanne Davidson who graduated from The University of Maryland Eastern Shore on December 17th, 2010. She was a member of the Maisha New Birth Chapter. She has a Bachelor of Science in Rehabilitation Services.



The Sisters of Mid-South Grad were happy to host Madame President Sharon M. Chandler during 2010 Memphis in May festivities. Sis. April Foxx (right) is the graphic designer for the international festival which is best known for its barbeque competition.

On October 2, 2010, Swing Society, a mentoring program of the Raleigh Graduate Chapter, supported Saint Augustine's College Homecoming by marching proudly in their Homecoming Parade.



Members of the Mid-Atlantic Region participate in belly dancing classes during The Diva Health/Wealth Awareness Day in October 2010. Sis. Dr Ro served as the keynote speaker where she launched Dr. Oz's "Just 10" weight loss initiative. She wants SWING to take the lead for DC. On average, a person can burn nearly 100 calories with just 15 minutes of belly dancing as their fitness routine.



Sis. Shanika Santiago (*Subira Chemwuapu Chapter at Johnson & Wales University*) leaves her Swing mark on the *Pink Heals Firetruck* during Making Strides Against Breast Cancer during October 2010 at Jones Beach in Long Island.



# The Ebony *pearl*

The Official Voice of  
Swing Phi Swing SFI



**SWING SOCIETY**  
of the Raleigh Graduate Chapter  
*A Program of Excellence*

Chapter News | page 16

# BACK TOGETHER AGAIN!

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## 2011 Joint National Convention Atlanta-Stone Mountain, GA



**Reserve your room TODAY!**  
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800-228-9290 and request the *Swing Phi Swing* block.



## SISTER FOUNDER BEVERLY DORN-STEELE RESIGNS AS BOARD CHAIR FOR SHE FOUNDATION

Special to **The Ebony Pearl**



sition. However, I will remain on the Board and continue to work on researching grants. Serving as Chair of the Foundation Board has been a tremendous opportunity for me and I look forward to working with Marilyn and her team.

The Swing Phi Swing Foundation, Inc.® was incorporated and received its 501(c)(3) in 2004. The foundation was designed to serve as a separate philanthropic arm to Swing Phi Swing Social Fellowship Inc.®

In an effort to more clearly define our goals and purpose, the Foundation Board of Directors voted to change the name from the **SWING** Foundation to the **SHE** Foundation, Inc. (Supporting Health & Education Initiatives).

The Foundation's goals remain the same ensuring that we remain in compliance with our mission to distribute scholarship funds and to affect social change and enhance the



quality of life for women.

We will continue to devote our efforts to advancing health and wellness to women and girls through advocacy, community health initiatives, education and leadership development.--

If anyone has any unique fundraising ideas, please email ideas to Sis. Marilyn Berry (pictured right), SHE Foundation Board Chair, to [mghberry@aol.com](mailto:mghberry@aol.com).



As always donations to the Foundation can be sent to:  
**The SHE Foundation, Inc.®**  
1374 Tewkesbury Place, NW  
Washington, DC 20012-2922

Many thanks to Marilyn Berry for stepping up to the plate to Chair the Foundation Board. Due to many personal obligations, it is imperative that I step down from this po-

## NATIONAL VICE-PRESIDENT PARTICIPATES IN STATEWIDE CIVIC LITERACY EDUCATION COUNCIL

Special to **The Ebony Pearl**



Sis. Brenda Noble, National Vice President, continues to excel as a dynamic and influential educator in the state of New Jersey. She, along with nine state educators, were invited by the New Jersey Department of Education to develop strategic guidelines and standards for civic literacy in middle and high schools to implement for the 2011-2012 school year.

According to UrbanAgenda.com, civic literacy is "the knowledge of how to actively participate and initiate change in your community and the greater society. It is the foundation by which a democratic society functions."

Noble teaches at Maxson Middle School in Plainfield, NJ.

## FYI



### Swing Online Document Storage

Using Box.net, Swing now has an online document storage where sisters can obtain important documents related to membership. You will find forms, Swing Explosion documentation, contact information, and more. You can even find fillable versions of every ROP form allowing you to complete and submit the forms electronically.

This is just the beginning, because soon you will be able to find words & audio of the Swing Songs, videos, national media kit, pictures, and much more.

To access the site go to [www.box.net](http://www.box.net) and log in using the username [forms.box@swingphiswing.org](mailto:forms.box@swingphiswing.org). Contact your chapter president or your regional administrator for the password. I am sure we've missed something, so if you have suggestions about what should be added or questions, send them to [forms.box@swingphiswing.org](mailto:forms.box@swingphiswing.org).

# HAITI RELIEF TASK FORCE GIVES THANKS

Submitted by Sis. LaDonna Barnes, Haiti Relief Task Force Committee Chair



I would like to thank the following Sisters and Chapters for assisting The Haiti Relief Task Force in the Soap for Survivors campaign:

- Judy Ivory
- Pleshette Askew
- Dawn Simmons
- Michelle Harris
- Ellen Carter
- Raquel Rouse
- Anita Johnson
- Central Carolina Grad Chapter

- Y. Renee Joyner
- Ann Johnson
- Garden State Grad Chapter
- National Board of Directors and Executive Office Team

I am also happy to announce that Swing Phi Swing is now an official partner of Family Health Ministries. In addition to the Soap for Survivors donation, the HRTFC also sponsored 10 childhood immunizations in Haiti through Family Health Ministries (Familyhm.org).

\*The National Office of Swing Phi Swing is still encouraging all chapters to continue to assist Haiti in the coming years and would like to thank all that have assisted the Haiti Relief Task Force. Many thanks to our official partnerships with Yéle Haiti, National Council of Negro Women, and Family Health Ministries for allowing us to contribute to Haiti's renewal and progress.Φ



## NEW AD RATES FOR THE EBONY PEARL

*The Ebony Pearl* has established ad rates for all future issues. If your chapter or business would like to advertise in our national newsletter and e-bulletins, please make a note of the following rates and specifications:

- 5 line ad: \$5
- 1/4 page or banner: \$10
- 1/2 page: \$20
- Whole Page: \$35

Graphics must be at least 300 dpi or higher and in jpeg format. These ad rates are effective as of February 1, 2010. Please contact Melonee Griggs at [ebonypearl@swingphiswing.org](mailto:ebonypearl@swingphiswing.org) for more information.

*The Ebony Pearl* is the official national newsletter for Swing Phi Swing Social Fellowship, Inc.®

### We are always looking for content for the following sections:

- Letters to the Editor
- Swing Mommies
- Swing Phi Book Club
- Express Yourself - a creative space
- BackSwing
- Faith & Spirit
- Health & Fitness
- herStory

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# The wait is over!

If you want to receive *The Ebony Pearl* via email, *opt-in* to our new service by sending your name and preferred email address to [ebonypearl@swingphiswing.org](mailto:ebonypearl@swingphiswing.org) with the subject line "Ebony Pearl E-service".

FASTER. EASIER. DIGITAL.

*(Continued from page 8)*

only 12 survived. Grooves knew who they wanted and they kept driving us. I was not impacted negatively. I never had sisters and I was able to have sisters who loved me and we were able to do what we needed to do."

**If there was one word that describes you 41 years ago when Swing was founded, what would it be and why?**

"Rebellious. My way on how things should be done. Rebellious then but flexible now."

**What makes you less rebellious now?**

"Life let me know it is not always about me. For women like Marilyn Reid (also known as Chocolate Doll) and myself, in our era color meant something. We were on the other end of the color line. Marilyn and I call each other Chocolate Dolls. I recently met with Marilyn and we talked about how the light skin girls were THE girls and I was a dark skin woman who made her way through anything. My Groove brothers from DC pushed me to become a Swing because they knew how strong and rebellious I was."

**In what ways did your education at Winston Salem State University impact the way you are today?**

"I learned to live independently from my mother. My mother pulled me out of school and I went out on my own. I was crazy and I did whatever I wanted. I did some things that got me kicked out. So I left and came back to Winston-Salem until the money wasn't there which lead me to finally return to DC however...I never forgot my roots at Winston-Salem. I will come back to homecomings. I never forgot Winston-Salem."

**We are blessed to be a Sisterhood with active Founders and we are happy to be a part of this blossoming organization. What amazes you still about Swing?**

"Pushing on and pressing on. There was a period where we had stopped but thanks to the

'Middle Passage' we returned. Thank You, Tanya McKoy-Sutton and Cheryl Kornegay (former National Presidents). I thank them because they were able to bring Swing back! We have to thank them because we might have started it but they brought us back. I am so excited about you young ladies coming down the pike. I don't know Sis. Melonee Griggs (National Media Affairs and Public Relations Officer) personally but I wanted her to know that I love her and that she's just a darling."

**What is the greatest change you have seen to the organization?**

Becoming a nonprofit 5013c I have to thank Beverly Dorn-Steele because she's the one who got it for us.

**When I asked her about life after 1969, she was noticeably short on words. It only adds to the mystery and romantic notions in that time of Swing's history.**

"In 1969, we could do what we wanted to do. In 1970, I left Winston-Salem and moved back to D.C. where I attended Federal City College. I was so ahead of everyone else at Federal, I did my work and graduated after only a year and half (she received a degree in social work). In 1980s, I started my career working with the Department of Human Services. Then I decided I didn't want to do that. Mental health counseling was my Graduate degree. I knew I needed to get a license in what I was gonna do so that's why I went back to school to get my mental health counseling degree. I still do that to this day.

**In what ways can we engage more productive and positive communication between women despite age, organization, and even race/ethnicity?**

"We need to understand ourselves and how we can help. We need to understand what we are doing. And there are so many women who don't understand or know what needs to be done. We need to understand who our sisters are and what they do for us. WE ARE SISTERS AND WE NEED TO DO WHAT WE

NEED TO DO. When there is a problem we need to talk about it however we get angry and go do other things. LET'S GO THROUGH IT! I don't do that and I know that's what I need to work on. In Swing we need to look at ourselves and see what we are doing and what we are not doing."

**What's a pearl of wisdom you could share with our Sisters?**

"I would recommend the Bible verse Hebrews 13:2 which states, "Don't forget to show hospitality to strangers, for some who have done this have entertained angels without realizing it!" [As women], we have issues with ourselves that we put on other people. It's really about us but we ourselves have things we need to deal with."

**What is your greatest hope for Swing in the next 5 years? What part do you hope to play in this?**

We have to get our financial foundation together. We made some mistakes but I think we can get that together. As we look at the undergrad ladies, I think we need to do some things different. We need to gather the money to help them and give them different rates. We need to have things available for them, so they can do community service without having to pay for what they are doing. We need to step up and do things so they can get their money together. My chapter is the best chapter and I need to do more to help them. ☐

# MID ATLANTIC REGIONAL DAY OF SERVICE GOES INTO "DIVA" MODE

By Sis. Rose Anne Matthew, Mid Atlantic Regional Administrator

The Mid-Atlantic Regional Day of Service took place at Howard University in Washington, D.C. The day began with a round-table discussion focusing on the overall development of the region, continual support for the undergraduate chapters, raffles and fellowship. The undergraduate and graduate chapters within the region were well represented. Immediately, after the round-table discussion there was a Diva Health /Wealth Awareness Day which DC Metro Graduate Chapter diligently organized.

The Diva Health /Wealth Awareness Day composed of various presentations, health screenings, manicures, hand massages, belly dancing and informational tables. Sis. Dr Ro served as the keynote speaker where she launched Dr. Oz's "Just 10" weight loss initiative. She wants us (SWING) to take the lead for DC.Φ



Sis. Rovenia "Dr. Ro" Brock (center) poses with Sisters Sharifa Riley and Jasmine Benns of the TABU Chapter at Lincoln University. Dr. Ro served as the keynote speaker for The Diva Health /Wealth Awareness Day at Howard University. She was there to launch the Just 10 weight loss initiative. Find out more at on her website at [EverythingRO.com](http://EverythingRO.com).

Engaged. Supportive. Vocal.  
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## Benefits to membership

- Subscription to **The Ebony Pearl**
- Discount on National Events
- Ebony Pearl Scholarship program
- Opportunities for professional development on national communities ranging from policy development, fundraising, grant writing, publishing, marketing, and finance
- A network of Sisters and Brothers committed to promoting Black cultural awareness and the evolution of Sisterhood

And much more in the making!



## RUBU DONATES SCHOOL SUPPLIES TO LOCAL ELEMENTARY SCHOOL

By Sis. Sharon D. Anderson, RUBU Graduate Chapter

The RuBu Chapter donated school supplies to Mineral Springs Elementary School. The relationship between RuBu and Mineral Springs has included other activities. In February, the Chapter took 12 fifth graders to the Ringling Brothers, Barnum and Bailey Circus in Greensboro. During the upcoming school year, RuBu will expand its involvement even further.

The supplies were accepted by, from left to right: Mike Nuckols, Counselor; Constance Hash, Principal; Melissa Rivera, Home School Coordinator. **Φ**



## PHILLY GRAD PARTICIPATES IN PHILLY AIDS WALK

Special to *The Ebony Pearl*

Members of the Philadelphia Graduate Chapter participated in the 2010 Philly AIDS Walk last fall. Stephanie Turner (pictured below, left) works the registration table at the annual event. The Sisters had a great time walking for a great cause and representing "seasoned" endurance! **Φ**



Philadelphia Grad supports AIDS Awareness.

*Pictured from left clockwise: Judy Ivory, Angela Robinson, Mona Evans, & Stephanie Turner*

# TRI-STATE GRAD JOINS FORCES WITH THE GEM PROJECT

By Sis. Pat Chalmers, Tri State Grad

On October 30th, 2010, Swing Phi Swing's Tri-State (NY, NJ, & CT) Graduate Chapter collaborated with The Gem Project, a Newark, NJ based non-profit organization, by sponsoring a Breast Cancer Awareness Symposium and Walk at Rutgers University, Newark.

Attendees minds, bodies and souls were nourished as our Tri-State Sister Survivor Lola Martin shared a personal, passionate story of trials and triumphs as she celebrates life after a malignant diagnosis. Northeast Regional Administrator Sis. Sandy Cayo, an oncology nurse, offered potentially life-saving clinical information before the group moved on to march on to nearby Rutgers University.

Our Chapter assumed the cost of hosting the symposium meeting space and providing wholesome brunch delicacies and delicious warming beverages at the African-American owned and operated Coffee Cave located in downtown Newark. Tri-state also purchased, prepared and distributed awareness gift bags stuffed with breast cancer awareness booklets, self-exam demo cards, pink, white and black commemorative scarves, awareness pens, pencils, planners and many other promotional materials and vital information.

Special thanks to the sisters who joined with us in this endeavor. SWING received excellent press coverage in the Star ledger (NJ's largest daily newspaper). Newark LIVE entertainment section gave us quite a bit of space in promoting this very worthwhile event. ☉



The Gem Project was founded on March 26, 2006 as an outreach to educate the youth on important issues that affect our world and community.

Founded by Amanda A. Ebokosia, The Gem Project's current programs include College Campus Walks, Awareness Luncheons, Interactive Literacy Programs, Community Organizer Academy, Benefit Photo Shoots, Circulating Showcase Displays, PSAs, Galas, and an ongoing Autism Awareness Quilt.

Learn more about  
The GEM Project at  
[www.thegemproject.org](http://www.thegemproject.org).

**GARDEN STATE GRAD BELIEVES IN *MIRACLES****Special to The Ebony Pearl*

The Garden State Graduate Chapter participated in the 10th Annual Miracle Walk in Verona Park, NJ. The walk benefits the Neonatal Intensive Care Unit (NICU) at St. Barnabas Medical Center which is where Sis. Zakia Benyard (center) gave birth to her son Idris who received assistance.

According to their website ([www.miraclegwalk.org](http://www.miraclegwalk.org)), "Miracle Walk was created by a family in gratitude for the care their daughter received during a three month stay in the Saint Barnabas Medical Center Neonatal Intensive Care Unit. A team of dedicated parents have joined together to organize and participate in this annual walk-a-thon to raise financial support for the NICU."

## GEAR UP FOR THIS YEAR'S MIRACLE WALK WITH NEW JERSEY GRAD!

# 11<sup>th</sup> Annual Miracle Walk

to benefit the  
Saint Barnabas Medical Center  
Neonatal Intensive Care Unit



Sunday, October 2, 2011, Verona Park, Verona, NJ

# SWING SOCIETY: A PROGRAM OF EXCELLENCE, INTELLIGENCE, AND SISTERHOOD

coats and numerous toys to Interact, Inc. on this same day.

On January 8, 2011, Swing Society fulfilled part of its community service efforts by participating in the sorting and counting of coats with the Salvation Army of Raleigh NC.

Other planned activities for the year are: a visit to the Civil Rights Museum in Greensboro, NC, a Young Women's Em-

powerment workshop, Girl Talk Day, a College tour and scholarship luncheon.

Along with the Raleigh Graduate Chapter, Swing Society will be sponsoring a college tour from April 18-20, 2011. For more information on the tour please contact Cheryl Kornegay at [cherylkornegay2@yahoo.com](mailto:cherylkornegay2@yahoo.com) or 919 676-6724. ☎



**ABOVE:** Our very own Southeastern Regional Administrator Sister Anita Johnson is happy to have her blood pressure checked by Ms. Laverne Swain, blood sister to Sister Tammy Meadows of the Raleigh Graduate Chapter.



**ABOVE:** On October 30, 2010 the girls hosted their second fundraiser at the Skate Ranch on Trawick Road in Raleigh, NC.

**BELOW:** Members in Swing society embrace academic achievement, service, and Sisterhood. Upon completion, they will receive scholarships towards their higher education.



**ABOVE & BOTTOM RIGHT:** Sis. Raquel Rouse conducts an Etiquette Day seminar to Swing Society members. The girls learned the importance of dressing for success, setting a formal table, and speaking skills.





# SWING has hit the Motherload!

Let's congratulate our new Mama Bugs who gave birth from Fall 2010 to Winter 2011!



*"The phrase bundle of joy wasn't meant to describe the baby - it was meant for the mass amount of laundry your baby will create! That is my take on motherhood thus far...And when he smiles the whole world stops and stares for awhile."*  
~Sis. Shanelle Watts



<<Fl. Harold "BuccWild" Butler (South Carolina Grad) and Sis. Della Davis (South Carolina Grad) welcome their new addition Le' Vaughn Del Roi Butler who was born February 18, 2011 and weighed 8 lbs. Sis. Davis notes, "No matter if its the first blessing of a child or a third, a mother learns something new and different with each birth and rearing."

Sis. Shanelle Watts (Nia Maryland Grad) & Tita H. Nwanna are sharing their new son, Tita H. Nwanna Jr., with the world! Weighing in at 7.48 lbs & 21 inches, this little man knows a few things about peace. Read more of Sis. Shanelle's thoughts on motherhood at her blog [JustCallMeHairy.com](http://JustCallMeHairy.com).

*Some mothers are kissing mothers and some are scolding mothers, but it is love just the same, and most mothers kiss and scold together.*  
~Pearl S. Buck



*[Motherhood] is beautiful; the smallest moments are the ones that I cherish the most, Like the first time she laughed out loud. All I could think is "Why is that so funny to her?" Being a mother is not as hard as I expected. The hardest part was leaving her for the first time to go back to school and my internship. I have at least 50 pictures of her on my phone, so I found myself looking at them throughout the day just to make it through.*



<<Abram James Salley was born January 9, 2011 at 4:09pm. He was 6 lbs 12 oz and 19 3/4 inches. Congratulations to Abraham Salley & Sis. Brandis White (South Carolina Grad).

*The first month of losing sleep felt horrible but after a while I did not need as much sleep as I used to; I guess she broke me in. I just love playing with her, singing to her, and cuddling with her. Her daddy makes her so happy; when she sees him her entire face just lights up. She is our everything.*

>>Anthony Gunter Jr., better known as TJ, was born January 21, 2011 to Sis. Maya McGeathey (former National Parliamentarian) and Tony Gunter. He weighed 8lbs 6oz was 21 inches long. Sis. McGeathey noted that being a new mom is a "rewarding and challenging experience. We have never been so blessed and happy."



JáZael Lizann Neshay Batts was born on November 20, 2010 to Sis. Jasmine August Wynn (Marali Nubia Bear Chapter - Morgan State University) and Raphael Charles Batts.

Every beetle is a gazelle in the eyes of its mother. ~Moorish Proverb





## "How to Beat the Feeling of Being Broke"

With the holidays past us, think about the money you spent showing our love to those close to us. I don't necessarily believe one should have to be done in order to fulfill the other, however, that's an entirely different article! Ultimately what's going to happen is what always happens...We spent, spent, spent and then we ended up with a bunch of stuff around the house, and as with the New Year, it's like we're starting from rock bottom financially. Well, there's something I have been doing for the past few months that I think will help you set your mind straight towards getting your money right, and I'd like to share it with you.

Now, this is no major secret or complicated formula ... Just a concept I picked up in my studies. Would you agree with the phrase "cash is king?"

*The Ebony Pearl* is happy to bring Fl. Harold S. Reed Jr. as a regular contributor. With straight talk for real people, our fellowman will be sure to provide advice to keep you on the right path to success.

# From a Brother's Perspective

I'm sure you do. With cash you can get and do just about anything anywhere. Let me ask you this...When do you feel most broke? Not after all the bills are paid. Not even while paying the bills! If you're anything like me, you feel most broke when you step out the house and you know damn well your wallet or your pockets are **TIGHT!** So how do we solve that particular problem? **WE FATTEN UP THOSE POCKETS!**

How do we do that? Simple...**WE STACK PAPER!** Every week put aside a certain amount of money to carry on your person. How much is entirely up to you. If you add a \$20 bill every Friday for two months, you've got \$160.00. In 5 months you've got \$400.00. Here is where the discipline comes in ... **YOU DO NOT SPEND THIS MONEY UNLESS IT IS A DIRE EMERGENCY!** If something should come up where you have to spend some or all of it, mission #1 becomes replacing it!

Other than that, just enjoy the feeling of having that money in your pocket. Every so often, reach down and touch it. Every so often, take it out and count it (**OBVIOUSLY discretion is key here**). Depending on how much you're carrying or eventually will carry, enjoy the feeling of knowing that there's very little that can happen that you can't get yourself out of.

Personally, I've set the goal to carry

\$1000 on me. Not in some kind of strip-club "*make it rain*" knot of assorted singles, fives, tens, etc...**NO.** Just something as subtle as ten \$100 bills. Right now I'm at \$700 plus whatever few bucks I may need to get me through the day.

Ask me if I feel broke? **NO!** Now *this is NOT about flashing money about*, nor is it about stacking up to spend on something that happens to catch your eye. The key here is to "**BEAT THE FEELING OF BEING BROKE,**" and how broke could you possibly feel if you've got an extra \$200, \$500, or even \$1000 right at your fingertips?

Start with what you carry on your person. Then work your way into a savings account; hell, work your way into a couple of accounts. Branch off into investments ... Bottom line if wealth exists at the top of the ladder, there's only one way to get there...You have to start at the bottom.❶

---

*Fl. Harold S. Reed Jr. is the founder and CEO of HRJR Enterprises, a certified life coach, and the author of **Finding a Way to Make A Way- You're Either Part of the Solution or Part of the Problem!** (2007). He is married with two children and resides in New Jersey. Learn more about HRJR Enterprises and booking Fl. Reed at [www.hrjr-enterprises.com](http://www.hrjr-enterprises.com).*

*The views and opinions expressed by Fl. Reed are his & his alone and do not necessarily reflect those of the National Office or any affiliated chapter of Groove Phi Groove Social Fellowship Incorporated ® and Swing Phi Swing Social Fellowship, Inc.®.*



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In the next **ISSUE**  
**The Ebony Pearl**

**Part IV of Living Legacy: The Founding  
 Chronicle of Swing Phi Swing -  
 Rosalind Marshall Tandy**

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All articles must be submitted by the following **deadlines** to [ebonypearl@swingphiswing.org](mailto:ebonypearl@swingphiswing.org) in order to ensure publishing in the upcoming edition.

Issue	Article Deadline
Spring 2011	March 25, 2011
Summer 2011	June 25, 2011

For more information about working with **The Ebony Pearl**, and receiving press releases, media kits, brochures, e-newsletters, and marketing related issues, please contact the National Media Affairs and Public Relations Officer, Sis. Melonee Griggs at [mediaaffairs@swingphiswing.org](mailto:mediaaffairs@swingphiswing.org).

Check out the **Ola Report** in your email every month!

