

JUNE 2009

FCAC Lifeline
A Year In Review

ISSUE THREE

Dear Sorors of FCAC,

My how the time has flown as we bring to a close the first year of our administration. Ingrid, Tessa and I are still excited by the opportunity to serve and in awe of your dedication to Delta's ideals and service to the Washington, DC community.

I am grateful and humbled to work with such a committed, intelligent and impactful group of sorors. Each of you holds the key to unlock FCAC's future.

Over the course of this year, we have made great strides. I would like to briefly highlight some of our accomplishments. We started the work of re-branding our chapter by creating a new logo and launching a new website. We will continue to utilize technology to highlight the excellent work and community impact of FCAC.

We are engaging our membership through a series of member orientations designed to welcome and introduce new Sorors to FCAC and refresh and retain existing FCAC sorors.

Programmatically, FCAC has demonstrated its unique commitment to impacting our core service area. Our partnership with Miner Elementary School, Principal Bunche and Wards 5&6 are progressing. I applaud the Educational Development, Arts and Letters and Community Outreach teams for providing enrichment opportunities for Miner Elementary students and parents. Our Social Action efforts have been innovative, timely and inspiring.

Fundraising has been a watershed year! While we met our goal, it was primarily due to the significant effort to execute the Inaugural Gala. As you know, this was a one time occurrence and the Fundraising Committee is to be commended for seizing this opportunity. Other Fundraising activities have been moderately successful, but with your support could have been even more successful. FCAC's scholarship and community outreach programs are funded by dues and fundraising activities. We need your continued financial support.

Sorors, let's be proud of our accomplishments. Let's celebrate great work. Let's celebrate each other. However, there is still much to be done and we need you! We still have limitless opportunities to be an even more effective chapter. We need every FCAC Soror! Give consideration to being even more committed to FCAC in the coming Sorority year.

Have you committed to become a member of one committee or more? Have you completed your financial commitment this year? Are you confirmed for the 40th Anniversary weekend? Have you spoken to or reached out to at least one FCAC Soror with a sisterly note, call or gesture? Let me take this time to encourage you to do all of the above.

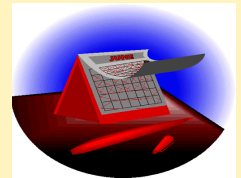
As we move into the summer season, Sorors, take time. Take time to refresh your spirits as women who are always ready to work. Take time to revive and renew your spirits. We can only be effective and impactful when we are of sound mind, body and spirit. Finally, take time to renew your commitment to Delta Sigma Theta Sorority, Inc. and The Federal City Alumnae Chapter.

There are still opportunities. You are a valuable member of FCAC. Let's take our commitments and impact to yet an even higher height! Let's demonstrate the supreme legacy of FCAC as we continue to enrich lives through service. See you at our September chapter meeting!!!

Sisterly,

Rosie Allen-Herring

Mark
Your
Calendars!



47th
Eastern
Regional
Conference

June 19-21, 2009
Baltimore, MD

Get On Board
In Baltimore!

Keep up
to date
with
FCAC!

<http://www.thefcacadst.org>

Social Action

· Voter Registration / Black Family Reunion - The Social Action Committee supported NCNW's 23d Annual Black Family Reunion taking advantage of that opportunity to set up voter educational materials and conduct voter registration.

· Be Like Barack Panel - as a follow up to the Inauguration, at the end of January, we conducted a "Be Like Barack" Panel for the community. The panel was designed to assist the over 65 community members present on how to advocate on issues that they face, how to talk to their elected officials, and how to organize the community around change.

· Yes You Can - Run for Office or Become a Campaign Professional - In April, the chapter hosted a "Yes You Can!! - Run for Office or Become a Campaign Professional" Program. Our goal with this program was to reach out to those individuals to educate them and expose them to others who have run for office or those who earn their living working on campaigns. One Participant stated in their evaluation, "I'm more excited today than ever before. This training is confirmation that my goals are worth the time and energy"



· Delta Day at the DC City Council - Additionally, as the Sorority year draws to a close, we are preparing for 5th Annual Delta Day at the DC City Council on Wednesday, May 27. This is a joint venture with Washington DC Alumnae Chapter. The theme for this year is in keeping with what FCAC has attempted to accomplish -- that is, "Deltas in Action - Advocating for the Citizens of DC".

· Social Action Guide publication - At the May Sorority meeting, the Social Action Committee will be distributing a Social Action Guide to the chapter members. This guide is a comprehensive resource for sorors that is published and reflects the names and contact information for current, elected officials in the Washington DC Metropolitan area; as well as other vital information that is key to becoming more involved from a social action perspective.

· Election Watch Party - As the Nation itself was awakened in the month of November, the sorors of FCAC and their guests gathered together to view the historic events as the chapter sponsored an Election Watch Party. The Watch Party was held at an African American owned establishment that was recently opened in the historic H Street corridor in the District.

· Training Sorors to be Poll Workers - Realizing the importance of ensuring fairness and preventing disenfranchisement, over 15 FCAC sorors were trained to serve as poll workers or election judges for the November Election in Washington, DC.

· Attendance at Delta Days in the Nation's Capital - there were 13 chapter sorors that registered and attended Delta Days in the Nation's Capital. The report that was brought back to the chapter in March was invigorating and educational as sorors were informed of the National Social Action major focal areas.

· Legislative Updates - In December, the Social Action Committee began distributing Political & Legislative Updates to sorors at each chapter meeting -- additionally to ensure education and awareness for chapter sorors and to promote increased advocacy. Have you missed one??? It's on our Website!



The FCAC Red Umbrella Program

The Red Umbrella is comprehensive program set to inspire and empower the citizens of Washington, DC - particularly those in the Ward 5 and 6 communities. The Umbrella is designed to provide support services to address the educational, financial, health and post-secondary training needs of the entire family structure, while also continuing to support Miner Elementary School through our ongoing partnership. Miner is located in Ward 6.

Delta Gems



This year we celebrated the accomplishments and growth of 25 Delta G.E.M.S through dynamic programming put on by approximately 35 Sorors serving as advisors and mentors.

2008-2009 Programming

- Dating Violence Workshop
- Fall College Tour
- Self-Esteem Workshop
- Project Give Back Service Project
- Social Activity @ Lucky Strike
- Kwanzaa Activity
- Sexual Awareness / STDs Workshop
- 2 Day Sisterhood Retreat
- Cultural Museum Tour
- Financial Management and Empowerment
- Career Planning & College Preparation Workshop
- Stomp D.A.T. (Drugs, Alcohol, and Tobacco) Step exhibition
- Financial Book Club
- Entrepreneurship Workshop

Congratulations to our GEM Gianni Boler-Davis who was a contestant in the Miss Maryland Teen Galaxy 2009 Pageant.



Dr. Betty Shabazz Delta Academy

The goal of the Dr. Betty Shabazz Delta Academy is to develop well rounded young women who are educated, compassionate and community minded. FCAC's objective with the Academy is to provide girls, aged 11-14, with an opportunity to improve their academic skills, self esteem, and confidence through participation in a program focused on leadership and service learning. In addition, the girls are exposed to various educational opportunities and careers, especially non-traditional ones.

Their 2008-2009 Activities were:

- Leadership Development Seminar
- Helping the Homelessness (Service project)
- Kwanzaa Activity with Delta G.E.M.S
- Washington Center for the Aging (Service project)
- Managing Your Money Seminar
- Blacks in Wax Museum Tour
- Teen Dating Violence Seminar
- Friendship Workshop
- Etiquette Seminar

Project A.C.E.

FCAC continues to support Project ACE in many different ways throughout the sorority year. Not only do we heed the call to support our local collegiate chapters monetarily -- we also serve as Collegiate Chapter Advisors. We support their attendance at Delta Days in the Nation's Capital, Alpha Chapter's Woman to Woman Conference as well as co-hosting the Project ACE Christmas Party. At the end of a successful academic year, we celebrate with our Graduating Sorors with a Project ACE Graduation Reception where Soror Gwendolyn E. Boyd was our featured guest speaker.



REGIONAL DAY OF SERVICE

The Federal City Alumnae Chapter's Regional Day of Service merits special recognition because it was comprehensive and successful in addressing the needs of our community and served to galvanize the chapter around a very important issue. The approach that was taken by the chapter this year was to combine the efforts of more than one committee to jointly plan and implement a comprehensive program around domestic violence. No sleep was lost as the chapter realized how important this issue truly was after the death of our soror from Towson University, Mu Mu Chapter, as a result of domestic violence.

Activities in support of "Dating Violence" Workshop for the GEMS Overall, the GEMS learned something that they can use in their day-to-day lives. One of our GEMS stated, "I believe some things I already knew about, but I didn't know touching someone was a form of sexual violence. I've known friends who just accepted it without thinking it can escalate. Now they need to do something about it." Another one of our GEMS said, "I learned a lot about sexual violence. I thought it was just abuse alone."

D.C. Coalition Against Domestic Violence in "Purple Thursday"

Continued Support for the House of Ruth, Washington, D.C, a shelter for women and children

Partnered with the DC Coalition for Domestic Violence and the District Alliance for Safe Housing (DASH) to furnish useful items for women and children to start anew.

Issues Forum. themed, "Domestic Violence: Myths, Facts, and Signs...It's Everyone's Business."

Domestic Violence will now become a permanent part of what we focus on under the Physical and Mental Health Programmatic thrust.



ECONOMIC DEVELOPMENT

Letter writing campaign in support of increasing the availability of Pell Grants and funding so that students of color can have access to college funding. Funding for higher education was subsequently treated as one of the top federal funding priorities and the amount for Pell Grants was increased to \$5200.

Career Day Poster / Take Your Child to Work Day Initiative - this initiative is scheduled to take place in May and consists of two parts as follows: 1) an I Can Be Anything! poster contest for the Miner Elementary 4th grade students and 2) A field trip to a professional organization, where the students will be exposed to various careers and have the opportunity to speak with professionals in those fields.

Career Exploration Workshop - this workshop was held for the parents of Miner Elementary School students. The workshop was conveniently held in the school's resource and media center. A plethora of resource information was made available to attendees. There was also a hands-on component as parents were instructed on-line as to how to search for jobs that they qualify for within the government.

Back to School Night - a Back to School Night was held by Miner Elementary and FCAC was featured as a school partner. Part of the presentation included over 50 Back to School gift kits filled with a new book bag, school supplies (erasable pens, pencils, composition notebooks and a chapter brochure. This was the first night that we were able to introduce our new, signature program - The Red Umbrella Program.

Helping Hands Initiative - Food Share Program - this program was designed to purchase healthy food items for complete meals for those families that are of need within our target community. We distributed food to 11 Miner Elementary.

Helping Hands Initiative: Laundry Supplies Program - this program was designed for chapter sorors to donate laundry supplies in support of the needy families that we serve for Miner Elementary School. Over 30 sorors participated to provide 130 laundry and cleaning supplies to 15 needy families at Miner.



Educational Development

Literary Exposition - The chapter sponsored an expo on April 25, primarily for authors to showcase their talents and sell their books.

Stomp D.A.T. - Take A Stand (Annual Youth Step Show to stomp out Drugs, Alcohol, and Tobacco) - FCAC's 7th Annual Stomp D.A.T. was held and Six step teams competed for \$1500 in prize money plus trophies. This year's winners were: 1st place - Lady Wildcats (White Oak Middle School); 2nd place - Lady Kappas (Northwest High School); 3rd place - Alpha Stomp Omega (Northwestern High School).

DC Students to DC Superior Court - FCAC planned and implemented a preparatory session for 5th grade students of Harriet Tubman Elementary School. Sorors worked with teachers to plan classroom activities designed to prepare and excite the students

Accent on the Arts publications - FCAC publication centered on the many components of the arts in the Washington, DC Metropolitan area. Two of these publications were done this year and distributed to FCAC chapter members as a guide for local arts / museum attractions and will be include in our Quarterly newsletter going forward.

Literacy Program - as part of the support for our partnering school, the sorors of FCAC Adopted the 4th Grade Class of Miner Elementary School. We began the year by providing each student with a new book from their teacher-prescribed curriculum list - *Tales of a Fourth Grade Nothing* by Judy Blume. FCAC sorors also served as Testing Proctors and Hall Monitors during the course of a week to assist the school in its testing process. During that week, the chapter provided sharpened pencils and healthy snacks to the students to ensure that they had 'fuel for the fight'.

Cultural Arts Workshops - there were two cultural arts workshops held at Miner for the 4th grade class over the course of they year. FCAC sponsored two artists to come in and prepare a lesson for the class. Both artists were story tellers and provided the children with an exciting presentation.

Letter writing campaign addressing funding support of HR 3221, the Housing and Economic Recovery Act of 2008. This was our first letter writing campaign - many chapter sorors signed in support of this initiative and the Social Action Committee forwarded to the appropriate representatives.

College Bound Workshop - this workshop was held on November 24, 2008 at 10:30am at Eastern High School in Washington, DC. Information concerning general college admissions, financial aid resources, and the chapter's scholarship program was disseminated. Approximately 100 students attended.

Kennedy Center Partnership - FCAC has a partnership with the Kennedy Center to receive tickets to several theatre performances - tickets received primarily go to support FCAC's youth programs to expose them to the arts.

Scholarship Program - FCAC's scholarship program consists of 4 scholarships that are awarded to deserving Washington, DC public or charter high school students.

International Awareness and Involvement

International Monetary Support Initiatives - the chapter chose to make monetary contributions to Mary Help of the Sick Mission Hospital and Delta's Water Well Program.

Letter writing campaign in support of accelerated Debt Cancellation for Haiti and an immediate moratorium on the country's debt service payments. It also involved sorors calling the Department of Homeland Security to request the halting of deportations and in support of temporary protected status for Haitians living in the US. In April, we realized the impact of our grass root effort, and others like us, as President Obama's administration pledged \$20 million to cover Haiti's remaining debt payments to the World Bank for the rest of 2009.



Physical and Mental Health

Angel Tree Program and Fellowship - The chapter participated in the Angel Tree program, which was designed to provide wrapped Christmas gifts to children of incarcerated parents. Over 80 "angels" were distributed and gifts returned. Smiles were immeasurable that evening and the caregivers for the children were extremely thankful. The Committee also owes a debt of gratitude to Safeway Foods as they were solicited and provided the food for the fellowship.

Eco-Friendly Initiative

FCAC began the beginning stages of recognizing the need to "Go Green" to preserve the planet for our own physical and mental health. Check the website for more eco-friendly tips from the Social Action committee.

Health Awareness Initiative

Information Sharing / Health Minutes - FCAC supported living a healthier lifestyle this past year through Quarterly Health Minutes and Information Sharing at Sorority Meetings. This years topics were Breast Health information, Heart Disease and Women's Health issues.

FCAC Chapter Walks

- Veterans Day Walk - About 15 members of FCAC, as well as 15 members of the National Guard participated in a 1.5 mile walk in support of our troops and veterans. We took a scenic route to the DC War Memorial where we laid a wreath and provided historical facts about the DC War Memorial.

· Chapter Walk - On May 30, the chapter came together to kick off "Get it Right, Get it Tight".

HIV/AIDS Awareness

· World AIDS Day Recognition - in an effort to raise awareness levels, red ribbons were distributed and Sorors were asked to wear them on December 1st in observance of World AIDS Day.

· Partnership with Metro Teen AIDS - Metro TeenAIDS (MTA) hosted a 30 minute "MTA Cafe" where their program staff and youth educators and talked about their work and facilitate a general discussion about HIV/AIDS in Washington, DC.

· Letter writing campaign in support of increasing funding for mental health services and health care coverage in the District of Columbia.

Get It Right, Get It Tight Initiative

We began an initiative entitled, "Get It Right, Get It Tight!" to stress the importance of physical fitness to our members. We launched the program with a 45 minute fitness demonstration of exercises that can be done at home or at work.

Healthy Tips

Summer is the time when we all try to get it right and get tight. If you're finding that getting into last year's bathing suit isn't as easy as it once was, here are some healthy tips to last not only through the summer, but throughout the year.

1. Drink Water - Surprisingly enough, most of us are dehydrated. We lose more water through urination and/ or perspiration and our water intake does not replace what was lost. How can you tell if you're dehydrated? Look at your urine. It should be odorless and colorless unless you take certain medications. If your urine is yellow or darker, then there's a good indication your body is dehydrated. Your body needs water to lubricate joints, protect a variety of organs and maintain your body temperature.

2. Eat - Make sure you start the day with breakfast, snack smart throughout the day and eat balanced meals. Your goal should be to consume 2,000 - 2,200 calories a day, but avoid any single food item that has 400 calories per serving. Make sure you limit your intake of saturated fats, trans fats, cholesterol and sodium. Instead, increase your consumption of food that contains potassium, fiber, vitamins A and C, calcium and iron.

3. Work it Out - Engage in at least 30 minutes of physical activity "most" days of the week. Physical activity is anything that gets your body moving, increases your heart rate and causes you to sweat. Physical activity will not only help you lose weight, but also help manage or reduce your risk of hypertension, dyslipidemia (high cholesterol), Type 2 diabetes, coronary heart disease, osteoarthritis, stroke, sleep apnea, respiratory problems and some cancers. Examples of physical activity include: taking the stairs instead of the elevator. If you have arthritis, participate in water aerobics it is great exercise and relieves joint pain. If you don't have a gym membership: mow the lawn, walk briskly around the block or play tennis with a friend or family member.

Congratulations

FCAC SOROR TERRI JOHNSON WON THE COLLEGIATE ADVISOR OF THE YEAR AWARD FROM WDC PAN-HELL.

A HEARTY ROUND OF APPLAUSE GOES TO THE

*Internal Audit committee
Amenities Secretary
Rituals & Ceremonies Committee
Founders Day Committee*

YOU ALL HAVE EXEMPLIFIED THE GRACE, DRIVE AND TALENT THAT IS FOUND IN OUR CHAPTER!

Financial Fortitude



FCAC has always embraced Financial Fortitude as an initiative and attempted to incorporate financial learnings throughout our calendar and programs. We ensured chapter awareness of financial issues and also forwarded the Regional Financial Fortitude calendar during the month as well as the culmination of learning in the well attended workshop entitled, "Fortifying Your Home, Your Credit, and Your 401k."



Visit our website to get more info on our action packed weekend of events.

You may also contact us at anniversary@thefcacadst.org

*Highlighting Summer 2009
cultural events in the
Washington D.C.
metropolitan area:*

CONCERTS

BIRCHMERE

All tickets available through Ticketmaster (202) 397-7328
Thur. Jun 25; **JAZZ ATTACK!**
FEAT. JONATHAN BUTLER
AND RICK BRAUN
Wed. Jul 8; **LES NUBIANS**
Fri. Jul 17; **OLETA ADAMS**
Thur. Jul 30; **JODY WATLEY**
Mon. Aug 10; **ETTA JAMES** And
The **ROOTS BAND**
Fri. Aug 21 **WALTER BEASLEY**
Sat. Aug 29 **KIM WATERS**
Fri—Sun Sep 4-6 **MAYSA**
**WOLFTRAP CENTER FOR
THE PERFORMING ARTS**
Tue. Jun 16 8:30 PM **RASTA**
**THOMAS'S BAD BOYS OF
DANCE**
Sun. Jul 5 8 PM **GLADYS KNIGHT**
Thur. Aug 13 8 PM **BILL COSBY**
Sat Aug 15 8 PM **THE TEMPTA-
TIONS**
AND THE FOUR TOPS
Sun Aug 30 8 PM **B.B. KING**
@SUNSET CONCERT SERIES
AT NATIONAL HARBOR
Selected Thursdays; May 14—
August 8th. 6:30 PM For tickets
and schedule, visit
www.sunsetconcerts.com or
call 866-707-2289
CARTER BARRON
Sat. Jun 13 **LEDISI**
Sat. Jun 27 **THE STYLISTICS**
Fri. Aug 21 **BONEY JAMES**
16th & Colorado Avenue, NW,
Washington, DC. All Shows start
at 7:30 pm. Tickets available
through Ticketmaster.
**CAFÉ AGAPE AT ST. PAUL
UNITED METHODIST CHURCH**
6634 St. Barnabas Road, Oxon
Hill, MD
Featuring jazz and blues artists
every 3rd Friday in a jazz and
fish fry format
Jun 19 7:00—9:00 PM **SANDRA Y.
JOHNSON**
winner of the Billie Holiday Vocal
Competition
Admission \$5 plus the cost of
food

2009 Literary Expo Authors and Poets

If you missed our Literary Expo Presentation on April 25th, you missed a treat! Please continue to support our Literary Expo participants this summer and throughout the year.

Erica Austin, Children's Author
Barbara A. Jackson
Marquita Siler

Sherryle Kiser Jackson, Author, Christian Fiction
Antonette Yvonne Jefferson
Deira Squire

ON STAGE

@Arena Stage at Crystal City, 1800 S. Bell Street,
Arlington, VA

STICK FLY Jan 1—Feb 7, 2010

Playwright Lydia Diamonds account of African-American aristocracy and their relationships

@Arena Stage at the Lincoln Theater, 1215 U Street
NW, Washington DC

DUKE ELLINGTON'S SOPHISTICATED LADIES

Apr 9—May 30, 2010

THE COLOR PURPLE

Jun 30—Aug 9, 2009

The Kennedy Center for The Performing Arts

@MetroStage 1201 N. Royal Street,
Alexandria, VA

PEARL BAILEY BY REQUEST

Nov 19—Dec 20, 2009

MAHALIA

Jan 21—Mar 14, 2010

Exhibits

@National Geographic Museum

1145 17th Street NW, Washington, DC

TERRA COTTA WARRIORS:

Guardians of China's First Emperor

Nov 19, 2009—Mar 31, 2009

This exhibit is the last stop of a four-city U.S. tour,
and is expected to draw 300,000 visitors.

Tickets go on sale May 12. For tickets, go to www.
warriorsdc.org

Children's Activities

@Reginald F. Lewis Museum

830 Pratt St. Baltimore, MD

STORY HOUR: CITY

GREEN, by DyAnne DiSalvo-Ryan

Sat. Jun 13 11 am—1 pm

Hear the story about reviving an urban neighborhood
through landscaping and create a garden. Saturday
Child Series (For kids ages 6-10 and their families)

@Strathmore Arts Center, Bethesda

www.strathmore.org

KIM AND REGGIE HARRIS

Backyard Theater present **MUSIC AND THE UN-
DERGROUND RAILROAD** Songs and stories

Thur Jul 30 9:30 and 11:30 am

Tickets: \$6. Kids 3 and under FREE

FESTIVALS & CELEBRATIONS

**4th ANNIVERSARY CELEBRATION OF THE
REGINALD F. LEWIS MUSEUM**

Sat/Sun Jun 27—28

Festivities include music and
dance performances, activities
for children and a tour of the
latest exhibit.

830 Pratt St. Baltimore, MD

443 263 1800

www.africanamericanculture.org

5TH ANNUAL POETRY IN THE PARK

Aug 21 7:30 PM

Carter Barron Amphitheatre,

AMERICAN BLACK FILM FESTIVAL

Jun 24 - 27

Miami, FL

Join ABFF in Miami for 3 days
of independent films, panels,
workshops, premieres, live
entertainment, and annual
ABFF Awards Ceremony. For
more info: www.abff.com

JUNETEENTH AND MORE

Discussion and Book Signing

Sat. Jun 13 11 AM

Professor William Wiggins will
sign copies of his book *Jubilation!*
*African American Celebrations in the
Southeast*

Smithsonian Anacostia Community
Museum, 1901 Fort Place SE

Washington DC

Historic Dates

Jan 27, 1961 - Soprano Leontyne Price's Metropolitan
Opera debut

Mar 11, 1959 - Lorraine Hansberry's play
"A Raisin in the Sun" opened on 'Broadway'

Apr 10, 1833 - Ira Aldridge acclaimed in London as
Othello

June 30 1917 - Singer/actress Lena Horne born

July 24 1802 - Writer Alexander Dumas born

Sept 27 1935 - Poet James Weldon Johnson spoke at
NYU

Dec 29 1746 - First Poem written by Lucy Terry

Dec 5, 1784 - Death of poet Phillis Wheatley