2017 Wellness Watch:
Living a Healthier Lifestyle
Written by Gracious Melody, Anita Wallace

The new year is still young so you still have time to figure out how you & your family can live healthier.

Don’t feel pressured to make a “New Year’s Resolution”. Did you know that only 8% of Americans stick to their New Year’s resolutions? Most people give up between February & March.

Like anything else in life that you want to achieve, you must **plan out the details & establish goals**.

If you want to lose weight, be more toned, eat more clean, become a trainer, etc. you have to have realistic plans & goals.

Many people are uncomfortable with the word “diet” or they don’t truly understand what a diet is. Whatever you eat *(healthy or unhealthy)* is part of your daily “diet”. So let’s focus on the word “lifestyle”. According to the experts, a “healthy lifestyle” encompasses good food & fitness which is a better way of looking at being healthy, rather than just on food. (see page 4 for Tips).
Monday, January 16, 2017- was a day of service and celebration of the life of civil rights leader Rev. Dr. Martin Luther King Jr. It is also a day where many Americans contribute their time to strengthen their communities by serving at local food pantries, volunteering at shelters, refurbishing schools and community centers, and building homes for needy families. Gracious Melody Sharon Harleston and Gracious Melody Dr. Nathalie Lilavois attended A Day of Service Luncheon, sponsored by the Town of Brookhaven, honoring the memory and work of Rev. Dr. Martin Luther King, Jr. held at the Mill Pond Country Club, Medford, NY. The event was well attended and inspirational as each presenter spoke about the influence of Rev. Dr. Martin Luther King, Jr., upholding his ideals of unity, peace, equality and justice not only for African American but for all Americans. Looking around the room, there were guests from diverse backgrounds fellowshipping for the afternoon as one. One of the speakers was co-chairperson, Councilwoman Valerie Cartright. She quoted Rev. Dr. Martin Luther King, Jr. –

"Life's most persistent and urgent question is What are you doing for others?"

She stated that if you haven’t done anything then you should start; and if you are doing for others, ask yourself could you do more. She invited all guests to commit themselves to a community service pledge and agree to report on their service progress at the luncheon next year. After the luncheon, guests participated in a Service Project for the day which consisted of three stations:

- Packaging hygiene kits to give to the needy
- Writing letters to veterans thanking them for their Service
- Educational activities for the youth teaching them about the legacy of Rev. Dr.Martin Luther King, Jr.

Nathalie and I participated in the first station where a total of 400 kits were made!
Angela Pauling Scholarship

The annual Angela Pauling Scholarship is offered to African American & Latino college bound high school seniors who attend Harry S. Truman HS in the Bronx, the alma mater of Ancestor MGM, Angela Pauling. Students must have a minimum “B” average as well as an acceptance to a 4 year bachelor’s degree program who are in need of financial aid. We also look for students who have an interest in Business Administration, Management, Fashion or Human Service fields. This scholarship is also available to the children of active members of MMSI & Malik Fraternity who meet the aforementioned criteria.

The application deadline is May 1, 2017

For ideas on how you can become active and get others involved in your community, not only for MLK Day of Service, but throughout the year, visit https://www.serve.gov/site-page/mlkday.

“NOT EVERYBODY CAN BE FAMOUS, BUT EVERYONE CAN BE GREAT BECAUSE GREATNESS IS DETERMINED BY SERVICE....YOU ONLY NEED A HEART FULL OF GRACE AND A SOUL GENERATED BY LOVE.”

Rev. Dr. Martin Luther King, Jr.
Here are some simple tips for a healthier lifestyle:

**Food:**
*Eat breakfast:* High in fiber & carbs but low in sugar.
*Exercise Portion Control:* When dining out, don’t feel like you have to eat everything on your plate, but do drink lots of water. When eating at home or dining out, use a salad plate instead of a dinner plate.
*Plan Ahead:* Plan your meals & snacks.
*Better choices:* Choose low fat / low sugar foods & drinks.
*Better food:* Eat more fruits, vegetables & whole grains.
*Treat Yourself:* Plan a “cheat” snack or meal once to twice a week — This way you won’t feel deprived and the extra calories you eat will be burned easily with your exercise plan.
*Eliminate processed foods:* Avoid excess sugar, salt & preservatives.
*Beverages:* Cut back on juice, eliminate soda & drink 8-10 glasses of water daily
*Alcohol consumption:* Cut it down or eliminate it.

**Exercise:**
*Plan Your Exercise Program:* Talk to certified fitness professionals for help.
*Keep Moving Throughout the Day:* Park further away, take the stairs, choose a longer walking route.
*Walk it out:* Start walking around your neighborhood or at a local track.
*Exercise Classes:* Choose a beginner class.
*Internet Help:* Look to the internet & fitness apps for suggestions.
*The Gym:* Take the gym seriously & get your money’s worth — 80% of “New Year’s Resolution Gym Memberships” drop off by the second week of February.
*Start small:* Begin with 2-3 days a week for your fitness days.
*Partner up:* Find someone to be your partner or start a group. This way you & your Friends can hold each other accountable.
*Set realistic goals & don’t give up:* Give yourself time to achieve your goals. If you have a setback, keep going.
*Weight Loss vs. Inches:* Measure & weigh yourself (weekly or bi-weekly). Sometimes people lose inches before they see weight loss. The average weekly weight loss is 2 pounds.

If you’re consistent & stick to your goals you can achieve a healthier lifestyle.
Afrikan Poetry Theatre
❖ Serving Our Community For 40 Years
❖ MMSI’s Connection to the Theatre
Submitted by GM, Anita Wallace

The Afrikan Poetry Theatre (APT) was founded in 1977 as a not for profit organization & opened in 1978 in the basement of the Jamaica Public Library on Merrick Boulevard. The founder of the APT was MGM Kim Bright’s cousin, Ancestor Baba John Watusi Branch and he also served as the Executive Director. After Baba’s death, his son Saiku Branch oversaw the operations of the theatre.

The initial programs of the APT were lectures on African history, poetry readings & workshops. The APT was instrumental in introducing the public to our iconic historians Honorary MALIKS Dr. Yosef ben-Jochanan & Rev. Herbert Daughtry as well as, Dr. John Henrik Clarke.

In 1979 the theatre moved to its current location at 176-03 Jamaica Avenue, Jamaica, NY 11432. At this point various programs grew & new programs were implemented. The theatre was proud to present films, Jazz & African music concerts, an art gallery, Youth Programs, a research center, cultural classes & several community programs.

In 1987 the APT introduced its cultural & educational tour program “Journal To The Motherland” which has connected hundreds of people to the Motherland. The “Afriquest” program began in 1991 which is a 4 week educational program in Ghana for high school & college students. The theatre has also adopted a village in the Akuapem area of Ghana assisting with the development of that community with clean water, electricity, computer supplies & more. The Afrikan Poetry Theatre is also a co-founder of FESTAM which is an international music and arts festival in Dakar, Senegal, West Africa.

Last year a portion of Jamaica Avenue close to the theatre was named after APT founder Ancestor Baba John Watusi Branch. Another cousin of MGM Kim, Gregory Branch is on the Board of the Afrikan Poetry Theatre. In February, the APT is hosting a Black Film Festival. For information on the festival and more please visit their website: http://www.theafrikanpoetrytheatre.org
The ASA Restoration Project

The ASA Restoration Project is an MMSI initiative we started in 2008 since the project’s inception in September of that year. Our fundraising season is from Dec 26th - Feb 28th (Kwanzaa to the end of Black History Month). MGM, Kim Bright is hosting her annual Black History Month fundraiser which supports the ASARP.

The ASA Restoration Project was established in 2008 to honor the work of Dr. Asa G. Hilliard, III and support the archeological research of Egyptologist, Dr. Elena Pischikova and the South Asasif Conservation Project which she directs.

Dr. Hillard is the late husband of MMSI’s honorary member, Patsy Jo Hillard. Dr. Hilliard was an educational psychologist, master teacher, author and historian who was internationally recognized for his outstanding scholarship.

In 2006, Dr. Pischikova discovered two 25th Dynasty tombs of Kushite nobles, Karakhamun and Karabasken, and the 26th Dynasty tomb of an Egyptian noble named Irtieru. These tombs are on the west bank of Luxor, Egypt in an area known as South Asasif.

The ASA Restoration Project has funded the South Asasif excavations and has coordinated tours of the excavations. Our efforts represent the first time in history that African Americans have financed and participated in an Egyptian archeological excavation.

Tours for 2017

The Excavation Tour last 2 weeks in July or August, is no longer available because the application deadline has passed. However there is a Study Tour to Kemit (Egypt) August 6-20th which includes a visit to the ASA Restoration site. For full details on this trip, please click the link: https://www.ikgculturalresourcecenter.com/study-tour-in-egypt/
In Honor of Women

MMSI Community Partner,

Joysetta Pearse

Submitted by: Gracious Melody Sharon Harleston

Born in Brooklyn, New York, Joysetta Pearse is a graduate of Bishop McDonnell Memorial High School, Nassau Community College (A.A.) and Adelphi University (B.A.). Joysetta currently manages the African American Museum also known as the African American Museum of Nassau County located in Hempstead, New York. A Mensan, (someone who passed the High IQ Society’s qualifying test), she also serves as president of the Genealogy Federation of Long Island and is the Executive Director of The African Atlantic Genealogical Society (T.A.A.G.S.), an organization founded by Joysetta and her husband, Julius. In this role Joysetta coordinates a team providing all aspects of genealogical research, historical research and museum management. She is also a qualified Board Certified Genealogist. Joysetta is no stranger to business management, having spent 17 years as a Staff Director at NYNEX Corp., which taught her the importance of servant leadership. Joysetta helps the general public to view and appreciate African American culture, history and transition. Drawing on 50 years experience in genealogy and history, Joysetta now focuses mainly on museum management.

Joysetta has written a few books – Black Royals, Queen Charlotte published January 18, 2014. Queen Charlotte was the first Black Queen of England and was the great great-great grandmother of the present Queen Elizabeth II who lives in the expanded Buckingham House, now Buckingham Palace.

Pyrrhus Conso: Born Free published March 17, 2014. The documented facts of the life of an adventurous African American, Long Islanders, whaler, sea pilot, 49’er and ferryman; who also sailed into the port of Yeddo (Tokyo) Japan with Captain Mercato Cooper, in 1845.

The Upstanders: Jennings, Jennings, & Jennings published November 12, 2016. The long-hidden history of three outstanding members of the Jennings family. The head of the family's invention made him "Father" of an industry. The daughter fought valiantly and won a civil rights suit. The mother, a gifted orator, was a feminist before the term was coined.
Joysetta has lectured and exhibited at many sites in the U.S. and Ethiopia. I have visited the museum quite a few times and each time, Joysetta is available to take me on a tour of the museum while eagerly sharing her knowledge of the contributions of each piece of art. Most of the visitors are local elementary and secondary students on field trips and college students from the New Opportunities at Hofstra (NOAH) program. On Saturday, there are art classes as well as other special events. Joysetta is one of our Community Partners whom I introduced to our Melody Ajupa Program through the Kids in Need Foundation Partnership with Jo-Ann Fabric and Craft Stores. The Kids In Need Foundation is an American national 501(c)(3) charity the provides free school supplies to teachers and students and grants to teachers to assist in the education of America’s children. MMSI serves as the bridge between donations and distribution. Our community partners pick up donated seasonal and store inventory items from a participating Jo-Ann Fabric and Craft Store on a scheduled basis.

To contact Joysetta Pearse please email taags.aam@gmail.com or visit the African American Museum of Nassau County at 110 N Franklin St., Hempstead, NY 1150 10am-5pm Tuesday thru Saturday.

2017 MMSI Membership Drive

The 2017 Membership Dues Campaign began November 1, 2016 with a discounted Early Bird Special. At present “Regular Dues” are due by or before March 15th. After that date, the increased prices for “Late Dues” will be in effect.

Payments can be made via PayPal or check & payment plans are available as well. Sisters please email MalikMelodies@gmail.com with any questions about dues & to set up a payment plan. THANK YOU to all sisters who have already paid their dues.
MMSI Sponsored Bus Trip to the
National Museum of African American History & Culture (NMAAHC) in Washington, DC
Saturday, March 18, 2017

As a benefit of MMSI paid membership, Sisters have priority status to purchase bus tickets first! Tickets could sell out before they open to the general public. So don’t wait... we want to see you on the bus!

Contact our Sister Anita Wallace (dizjazz4@gmail.com) if you misplaced your Membership Enrollment email. We are happy to resend you the information.

Tickets for inactive sisters & the general public are available now. Tickets are $65 each. Purchase them by clicking the button below.

Honoring Our Ancestor David Nelson

By: Ras Hugh Lawrence Jr., National President, MALIK Fraternity, Inc.

Dear Malik Family,

It is with the most heavy heart and most supreme sadness that I announce the passing of arguably the greatest MALIK of our era, President and Council of Elder David Nelson. MALIK David Nelson transcended in Las Vegas, Nevada to the Salaam Kingdom on January 16, 2017 at 8:33pm Eastern Standard Time. He was surrounded by loved ones at the time of ascension. MALIK TAA Brothers Erskine Isaac, Johan Powell, Tarik El-Shabazz and Bruce Jackson all visited and comforted him during his hospital stay in Las Vegas.

The great MALIK David Nelson's love for MALIK is unrivaled in our organization. The level of respect and love the world has for him is infinite. I implore the Malik Family to pause, reflect & pay your respects to this absolute giant of a man. The essence of MALIK personified. We love you forever.