

The Graces

The Official Newsletter of the Malik Melodies Sisterhood, Inc.



LATINO HERITAGE MONTH

Mes de la Herencia Hispana
September 15 to October 15

Presidential Proclamation

NATIONAL HISPANIC HERITAGE MONTH, 2014 BY THE PRESIDENT OF THE UNITED STATES OF AMERICA

12 September 2014

THE WHITE HOUSE
Office of the Press Secretary
Washington, D.C.
September 12, 2014

A PROCLAMATION

Nearly 50 years after the United States first observed what was then National Hispanic Heritage Week, Hispanics represent a vibrant and thriving part of our diverse Nation. Their histories and cultures stretch across centuries, and the contributions of those who come to our shores today in search of their dreams continue to add new chapters in our national story. This month, we honor the rich heritage of the Hispanic community and celebrate its countless achievements.

This month's theme, "*Hispanics: A legacy of history, a present of action and a future of success*," reminds us of all the ways Hispanics have enriched our Union and shaped our character. From those with roots that trace back generations to those who have just set out in pursuit of the promise of America, they have come to represent the spirit of our Nation: that with hard work, you can build a better life for yourself and a better future for your children. Hispanics have served honorably in our Armed Forces, defending the values we hold dear. They have transformed industries with new, innovative ideas. And they have led and inspired movements that have made our Nation more equal and more just.

In these accomplishments, we recognize that when we lift up the Hispanic community, we strengthen our Nation; when we create more ladders of opportunity, we provide the chance for all Americans to reach their greatest potential. My Administration is committed to supporting and fighting for policies that help Hispanics succeed. We are investing in programs that better prepare students and workers for today's economy, continuing to address disparities in health care, and pushing initiatives that grow our middle class.

(continued on Pg 2)

September/October
2014

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Please send comments or ideas for
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<http://www.hispanicheritagemonth.org>



(Proclamation continued from Pg.1)

Reforming our immigration system remains crucial for our economic future. When workers educated in America are unable to stay and innovate here, we are deprived of their full contributions, and when immigrants have to labor in the shadows, they often earn unfair wages and their families and our economy suffer. That is why I continue to call on the Congress to enact comprehensive immigration reform, and why I am determined to address our broken immigration system through executive action in a way that is sustainable and effective, and within the confines of the law.

America has always drawn its strength from the contributions of a diverse people. Throughout our Nation, Hispanics are advancing our economy, improving our communities, and bettering our country. During National Hispanic Heritage Month, let us renew our commitment to ensuring ours remains a society where the talents and potential of all its members can be fully realized.

To honor the achievements of Hispanics in America, the Congress by Public Law 100-402, as amended, has authorized and requested the President to issue annually a proclamation designating September 15 through October 15 as "National Hispanic Heritage Month."

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, do hereby proclaim September 15 through October 15, 2014, as National Hispanic Heritage Month. I call upon public officials, educators, librarians, and all Americans to observe this month with appropriate ceremonies, activities, and programs.

IN WITNESS WHEREOF, I have hereunto set my hand this twelfth day of September, in the year of our Lord two thousand fourteen, and of the Independence of the United States of America the two hundred and thirty-ninth.

BARACK OBAMA

**2014
Hispanic
Heritage
Month
Theme**

*"Hispanics:
A legacy of
history, a
present of
action and a
future of
success"*



Executive Board Vice President's Message

*For every dark night,
there's a brighter day
-Tupac*

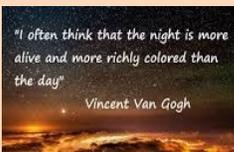
There is a well-known proverb that says, "Every ending is a new beginning." And so it is with September, where we say goodbye to summer and welcome, albeit reluctantly, the crisp chill of autumn, and its reminder that winter will soon follow. This year, the autumnal equinox brought fall to the Northern Hemisphere on September 22 at 10:29 P.M. From that point on, the days started to get shorter than the nights. The word *equinox* comes from the Latin words for "equal night" and this balancing of light and dark resonates to the symbolism of restoring equilibrium. In other words, it is a perfect time for us to consider some balance to our lives.

It is no accident that the zodiac sign associated with late September is Libra, the Scales. Just like that balancing mechanism that wants to stay even, we need to reflect on striking the right balance between competing priorities in our lives. Our days are marked with rushed activity usually in the service of others; our nights are a time for recapturing peace, quieting the mind, relaxing the body, and creating a sacred space for the *self* to rejuvenate. The elements in life that require the most balancing typically fall into two categories: internal (mind, heart, health) and external (work, social, family & fun). Even specific elements within each category may require balance. For example, *challenging yourself intellectually vs. creating opportunities for your mind to rest*¹ complement each other in achieving a healthy mind balance. Family is often an area where we struggle to develop a balance between *fulfilling responsibilities* and *setting healthy boundaries*² that would allow us to carve time out for ourselves.

Frances Booth, author *The Distraction Trap: How to Focus in a Digital World* writes, "When we think about balance, for many of us it's work-life balance that we're striving for. In the digital age, when the boundaries around work can blur and shift, we need to be conscious of the pull of digital demands, and the impact this can have on work-life balance."³ So as we enter this season, be realistic about how you are spending your energy and time. **How are you balancing your day and your night?**



by Nathalie C. Lizarois, Ed. D.



*1, 2 See Jasmin Tanjeloff's blog <http://tinybuddha.com/blog/9-tips-to-create-a-balanced-life/>

*3 Frances Booth is one of the UK's leading experts in digital distraction and digital detox and is author of *The Distraction Trap: How to Focus in a Digital World* (Pearson)



Sisterhood, Inc.

Melodies on the Move

Lisa Marie Rodriguez

Gracious Melody **Lisa Marie Rodriguez, LMSW** hails from the Bronx and her roots take us to her beloved Borinquen / Puerto Rico. As an active member of **Comite Noviembre**, she supports their mission “to promote, teach and create an awareness of the rich culture, language and heritage of the Puerto Rican community. Comite Noviembre celebrates the outstanding accomplishments of Puerto Ricans in all aspects of life and society from science, medicine and technology to music, dance and theatre.” Lisa serves as the co-chair of the Scholarship Selection Committee.



GM Lisa Rodriguez graduated from the C.W. Post Campus of Long Island University with a Bachelor of Arts in Sociology in May 1992. She continued her graduate studies in the Hunter College School of Social Work, where she earned her Masters in Social Work in January 2002. Lisa is a Licensed Master Social Worker and holds multiple certificates such as Y-USA Senior Director; Seminar in Field Instruction (SIFI); and Not-for-Profit Management Middle Management Program for Youth Service Organizations from Columbia University.

Currently, Lisa is the school social worker at the NYC Department of Education’s Bronx Studio School for Writers and Artists where she works with students, families, staff members, and partnering organizations to enable students to build their social skills and emotional awareness in order for them to achieve success in school and life. In her previous role as Director of Teen Leadership Programs at the YMCA of Greater New York, she managed teen leadership initiatives for 19 YMCA branches. Lisa was also the Managing Director of the Leadership Development Program of ASPIRA of NY. Prior positions include leadership trainer and consultant for SALMON CORPS, an AmeriCorps Program & Assistant Director for the National Youth Leadership Council.

Through these multifaceted roles, Lisa has worked with many community based organizations and public and private schools to develop curriculum, manage program budgets, organize and facilitate workshops, train staff, and provide direct service to her students and the community.



Lisa is a well-established and well-recognized powerhouse in her field. She received the AYP Robert Ross McBurney Award for Global Teens South Dakota Trip Design in 2003 and the YMCA Executive Cabinet Leadership Recognition in 2005. Lisa also participated in the YMCA of Greater New York Delegation to Peru, International Camp Counselor Program in 2006 and the YMCA of Greater New York Delegation to Colombia with Global Teens in 2007.

One of the most challenging parts of putting together this issue’s MOTM was locating pictures of Lisa alone! With her warm personality, unlimited energy, and always-ready-to-help attitude, this distinguished Sister is always surrounded by friends and family! We wouldn’t expect anything less from this AMAZING Gracious Melody!



“Everyone wants to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down.”

~Oprah Winfrey



FUN FACT: Lisa celebrates the New Year by participating in the Polar Bear Plunge! Brrrrrrrrr!



In the Spotlight: *National Council of La Raza*

Source: www.NCLR.org

The National Council of La Raza (NCLR) was founded in 1968 and is the largest national Hispanic civil rights and advocacy organization in the United States. This organization works to improve opportunities for Hispanic Americans through its headquarters in Washington DC; regional offices in Chicago, Los Angeles, Miami, New York, Phoenix, and San Antonio; and nearly 300 affiliated community based organizations. NCLR is a private, nonprofit, nonpartisan, tax-exempt organization that conducts applied research, policy analysis, and advocacy, providing a Latino perspective in five key areas—assets/investments, civil rights/immigration, education, employment and economic status, and health. Its current President and CEO is Janet Murguía. Much to her credit, Murguía has been selected twice as one of Washingtonian magazine’s “100 Most Powerful Women in Washington” and was featured in Newsweek magazine’s “Women and Leadership” issue. Additionally, she was chosen as one of the Non Profit Times’ “Power and Influence Top 50” leaders; People en Español’s “100 Most Influential Hispanics,”; Hispanic Business magazine’s “100 Most Influential Hispanics”; Hispanic magazine’s “Powerful Latinos,”; Latino Leaders magazine’s “101 Top Leaders of the Hispanic Community”; and Poder magazine’s “The Poderosos 100.” (from http://www.nclr.org/index.php/about_us/leadership)



One of Murguía’s priorities has been the visibility of Latinos in the media. Through her efforts, the NCLR ALMA Awards® returned to television in 2006 as part of NCLR’s strategy to promote fair, accurate, and balanced portrayals of Latinos in the entertainment industry. The **2014 ALMA Awards** will broadcast live **on Friday, Oct. 10 at 10:00 p.m.** ET on MSNBC followed by one-hour news special on issues affecting the Latino community hosted by MSNBC’s Alex Wagner with **Janet Murguía** and others at 11:00 p.m. ET on MSNBC. (See <http://www.almaawards.com> for details.)

La Raza

Hispanics are an ethnically and racially diverse population. The terms “Hispanic” and “Latino” are used interchangeably by the U.S. Census Bureau to refer to persons of Mexican, Puerto Rican, Cuban, Central and South American, Dominican, Spanish, and other Hispanic descent; they may be of any race. The term “la raza,” has its origins in early 20th century Latin American literature and translates into English most closely as “the people” or, according to some scholars, “the Hispanic people of the New World.” Mexican scholar, José Vasconcelos coined the term to reflect the fact that the people of Latin America are a mixture of many of the world’s races, cultures, and religions. Some people have mistranslated “la raza” to mean “the race,” implying that it is a term meant to exclude others. In fact, the full term coined by Vasconcelos, “la raza cósmica,” meaning “the cosmic people,” was developed to reflect not purity but the mixture inherent in the Hispanic people. This is an inclusive concept, meaning that Hispanics share with all other peoples of the world a common heritage and destiny.

(from www.NCLR.org)



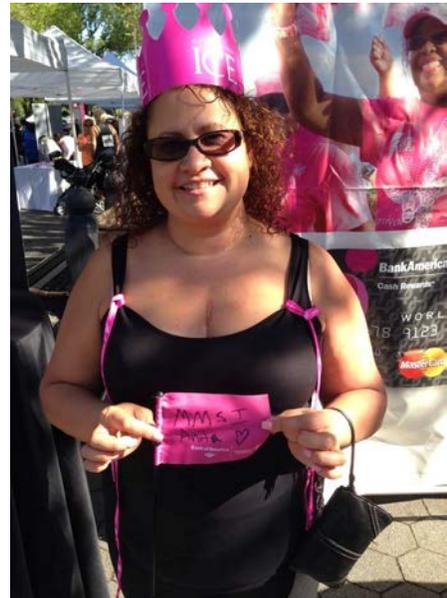
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CONGRATULATIONS



*Congrats Sister Brittany S. Johnson
on receiving her Nurse's Cap
at Tuskegee University
She is one step closer towards graduation
and becoming a Registered Nurse!!*



GM Maria Lopez successfully completes the "Making Strides Against Breast Cancer" Walk on Sept 7, 2014

Condolences



In Honor of Our ANCESTORS...

*Sending our love, condolences & prayers to our
Sisters, Brothers and their families.*

Clara M. Burgman, Mother of GM Beverly Burgman-Tucker



Veronica Lambrecht, Mother of SC George Lambrecht



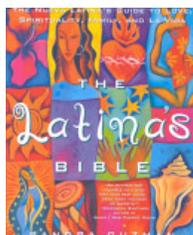
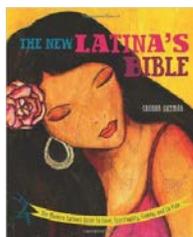
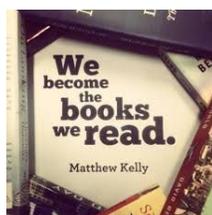
Lily T. St. Lawrence, Mother of Jemma Martin (SC Larry Martin)



Sisterhood, Inc.



KEEP CALM AND READ ME



The New Latina's Bible: The Modern Latina's Guide to Love, Spirituality, Family, and La Vida

by Sandra Guzman

For nearly a decade, *The Latina's Bible* has been the go-to guide for Latinas everywhere. In this updated and expanded edition, author Sandra Guzmán continues to use her trademark warmth, humor, and wisdom to explore a wide range of topics, from dating and sexuality to family and career. *The New Latina's Bible* charts new territory, adding chapters that cover important issues such as sexual abuse, domestic and dating violence, interracial love, and gender identity. Guzmán once again provides a hip, empowering, highly readable guide for women who are facing the trials and joys of living and loving as twenty-first century Latinas.

When I Was Puerto Rican by Esmeralda Santiago

In this first volume of her bestselling trilogy, Santiago brilliantly recreates the idyllic landscape and tumultuous family life of her earliest years and her tremendous journey from the *barrio* to Brooklyn, from translating for her mother at the welfare office to high honors at Harvard.

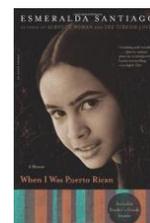
Almost A Woman by Esmeralda Santiago

Following the enchanting story recounted in *When I Was Puerto Rican* of the author's emergence from the barrios of Brooklyn to the prestigious Performing Arts High School in Manhattan, Esmeralda Santiago delivers the tale of her young adulthood, where she continually strives to find a balance between becoming American and staying Puerto Rican.

The Turkish Lover by Esmeralda Santiago

At the heart of the story is Esmeralda's relationship with "the Turk," a passion that gradually becomes a prison out of which she must emerge to become herself. The expansive humanity, earthy humor, and psychological courage that made Esmeralda's first two books so successful are on full display again in *The Turkish Lover*.

(publication descriptions excerpted from amazon.com)



What is the Polar Bear Plunge?

Feel free to join Lisa on January 01, 2015 at Coney Island, Brooklyn at 12 noon to raise money for Camp Sunshine. Camp Sunshine provides respite, support, joy, and hope to children with life-threatening illnesses and their immediate families from around the world through the various stages of their journeys. The year-round program is free of charge to all families, and includes 24-hour onsite medical and psychosocial support. Camp Sunshine also provides bereavement sessions for families who have lost a child to supported illnesses.

<http://www.polarbearclub.org/polarbears/charity.htm>

Consider yourself **CHALLENGED!**





Sisterhood, Inc.

By MGM Kim Bright

What's New?!



It's been a fun summer of celebration and great gatherings!

Melody Summer Mixer, July 26, 2014



Malik Family Cookout – August 16, 2014



Photos by Kim Bright & Ivision Photo by Erskine Isaac (bottom left photo)





Sisterhood, Inc.

The Malik Family Cookbook

Our very own

Honorary Melody Kathryn Mealing
*will be honored with a scholarship
in her name and memory.*

*The inaugural scholarship award
will be presented during the*

*C.W. Post /L.I.U Homecoming
weekend, Oct. 18, 2014th / 5-8pm*

In the Great Hall.

~Rest In Peace Kaye~



Submit recipes that are personal favorites, a family recipe, original recipes, or a tweaked recipe that you've made your own.

Each recipe should be submitted in the following format:

1. Name of Recipe
2. Submitted by: Your Name
3. Picture of Your Recipe
4. Short story or description of where the recipe comes from (*ie:* "Grandma's recipe", or "After eating at a famous NYC restaurant, I decided to recreate it at home.")
5. List of Ingredients
6. Directions
7. Serving Size (*ie:* Serves 6)

Cookbook Chapters Are:

- Breakfast & Brunch
- Lunch & Dinner
- Vegan & Vegetarian
- Appetizers
- Beverages (*Smoothies, Cleanse/Green drinks, Cocktails etc.*)
- One Dish Meals (*Multiple ingredient dishes such as Casseroles & Salads*)
- Desserts
- Orange Twist - any recipe featuring orange food

SUBMIT YOUR RECIPES NOW

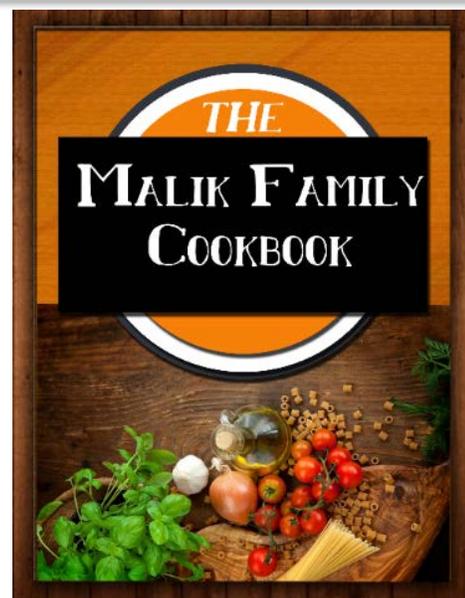
To

MalikMelodiesPB@gmail.com

DON'T MISS THIS SPECIAL

COLLABORATION OF

AMAZINGRECIPES!!





Sisterhood, Inc.

“How your kids learn to manage it [money] may be one of the greatest indicators of how successful and responsible they will be as adults.”

~ Dina Isola



Guest Author,
Dina Isola is
Director of

Community Relations
for [Lift Up Long
Island](#); COO and
Director of Investor
Relations at ATI
Investment
Consulting Inc; and
owner at
[RealSmartica, Inc.](#);

*In a world that
emphasizes grades
and scores, there is a
type of intelligence
that is actually more
important to long-
term success: real
smarts. Handling
money responsibly
and making the most
of this resource is a
survival skill that is
not taught, and yet
everyone must
master this in order
to be truly successful.*

*The mission of
RealSmartica, Inc. is
to empower families
to make well-
informed financial
decisions to their
benefit through two
programs:*

1. Centsability is an
educational program
designed to teach
children and adults
about handling
money responsibly in
all phases of life; and
**2. Green for Grey
Matters** helps
parents navigate
preparing for college.

TEACHING YOUR TEEN FINANCIAL STRENGTH

DINA ISOLA, PRESIDENT, REALSMARTICA, INC.

WWW.REALSMARTICA.COM

Teens crave independence and want to be taken seriously; and, as parents we have to find ways that they can assume more responsibility in a way they can handle. **Money just may be the answer.**

While we make sure our kids learn reading, writing and arithmetic, there is something noticeably absent from their school education, and that is money smarts. Unfortunately, your teen may be able to go through life with little understanding of geometry but no one goes through life without having to deal with money. How your kids learn to manage it may be one of the greatest indicators of how successful and responsible they will be as adults. It's never too soon to get started, and while they may groan at first, your teens will start to quickly realize the power that comes from making choices on their own, and they will become more self-confident in the process. Here are some ways you can help your teen work towards financial independence:

- 1. Adult conversations.** Teens love to “listen in” and partake in adult conversations. Unfortunately, our adult response can be “This doesn't concern you.” We try and shield our kids from all the responsibilities they will face some day, but all we are doing is delaying their growth and progress. Have open conversations about finances in front of your kids. Take the time to discuss the decisions you are facing, whether it is buying a new car, refinancing your mortgage, or funding a family vacation. Let them see the way you research and sort through your options to come up with the best fit. Walk them through the math, as you analyze which outcome is best and then show them how you factor in the “quality of life” issues, such as saving time or convenience to make your final decision. Find out what they think and why.
- 2. Basic banking.** If your kids don't have bank accounts of their own, set out with them and research which banks offer the best account for their needs. Show them that the interest rate earned on the account is only one factor to consider; the fees the bank charges, and the convenience (be it location, operating hours, or ATM availability) also will determine where to bank. After you do this research you may even find yourself switching your bank account. Have them open an account and show them how to keep track of checks, deposits and withdrawals in the transaction register. Also show them how to balance their checkbook.
- 3. Savings.** If they are earning money, have them commit at least 20% of their income to savings. If they have received gift money, encourage them to save a portion of that as well. This money should go towards a long range goal like college, or buying a car.
- 4. Budget.** Have your kids write down any money they earn or receive from you or others as gifts or allowance. Then have them write down everything that they spend money on. Back out at least 20% and make an item called “savings”. Then, based on what is left over, allow them to decide how they will choose to spend this money. At the same time, consider what you have been giving them to spend on items such as clothing, entertainment, and sports/clubs/hobbies. Now would be the time to adjust some of these numbers if you find yourself shocked by what you have been spending. If there is a difference that needs to be made up, your kids should decide if they will use the money in their budget to close the gap, or go without one activity to pay for one that they value more. Show them how delaying gratification now may make them able to save more money to purchase an expensive item they really want instead of buying a bunch of less expensive items they really didn't need.
- 5. Maintenance.** Help them keep their budget on track by having them monitor what they have saved and what they have spent every month. Make sure they keep up with reviewing their bank statements and/or balancing their checkbook.
- 6. Earnings.** If they want a bigger budget, they will need to earn more. Guide them in ways they can earn money, such as babysitting, lawn work, tutoring, etc. Don't forget to have them give their savings account a raise as they start to earn more.
- 7. Charity.** It's always good for kids to realize their blessings and the importance of giving back to those less fortunate or to causes that help others. Help them decide on an amount to donate every month.

Finally, the best lesson you can give them is to put your money where your mouth is: be organized and know where your money is going; pay your bills on time; live within your means; and finally, enjoy your money but be responsible with it.

As always, there is no substitution for setting a good example!