

The Graces

The Official Newsletter of the Malik Melodies Sisterhood, Inc.



In This Issue

The Graces Newsletter Staff
Message

MMSI Chip & Sip
MMSI Membership Renewal

The Gift of Giving / Fundraising

Latinos Making History

MALIK on the Move

TEDxDeerPark Women - WHAT NOW?

Black Love Day

MMSI Goes Red For Heart Health
Month

What's New?

Checking In With Our 2021 Angela
Pauling Scholar - Brandon Peterson

Calendar of Events



The Graces Newsletter Staff Message

WELCOME 2022

Happy New Year!! We made it out of the crazy & tumultuous 2021. We are happy to welcome the year 2022... In hopes of change, prosperity, and a healthier year for the world. We hope to say goodbye to COVID-19 as soon as possible to start celebrating life again, spending quality time in person with our friends and family.

Of course as individuals, we have no control over COVID-19, but we'll do our best to protect ourselves and others. Living through this pandemic has been stressful and depressing. However, we must change the narrative and strive to live our best lives.

So how will you move forward in 2022? How will you let go of the negativity of last year? What are your goals? What's most important is your health, family, happiness, and how you sustain yourself. So make those things a priority with a positive frame of mind

Best Wishes Queens & Kings!
The Graces Newsletter Staff

MMSI Chip & Film Series Presents

A DOCUMENTARY FILM SCREENING
& DISCUSSION WITH THE DIRECTOR ALYSCIA CUNNINGHAM

MMSI hosted an AWESOME documentary and panel discussion on January 28th.

DOCUMENTARY SYNOPSIS:

From the time we are young, girls are pressured into a set belief of beauty standards. Hair is certainly high on the list and is often labeled as our "crown and glory." Where does this notion fit for females with alopecia (the partial or complete absence of hair from areas of the body where it normally grows)? *I AM MORE THAN MY HAIR*, is a documentary film, inspired by the photography book, that includes stories of women who have experienced hair loss due to a health-related condition and their journey of self-empowerment to see beauty beyond the media's standards.

The documentary chronicles women who have lost their hair to illness or shaved their hair in honor of a loved one who lost their hair. The film also addresses the stigma and discrimination of bald women and tackles perceptions of true beauty versus the "standard" of beauty. The film is inspiring and thought-provoking... which inadvertently addresses other issues about hair within all cultural communities.

The film has currently been entered into various film festivals and therefore only available for viewing via screening presentations. It will be available to the general public in the future.

To support Alyscia Cunningham and learn more about her projects, please check out her website:
<https://alyscia.com>



MALIK MELODIES SISTERHOOD, INC.
PRESENTS
Chip & Sip Film Series
DOCUMENTARY & PANEL DISCUSSION

I AM MORE THAN MY HAIR
MY OUTWARD APPEARANCE DOES NOT DEFINE ME

From the time we are young, girls are pressured into a set belief of beauty standards. Hair is certainly high on the list and is often labeled as our "crown and glory".

Where does this notion fit for females with alopecia (the partial or complete absence of hair from areas of the body where it normally grows)?

Alyscia Cunningham

Anita Wallace
Moderator

FILM SCREENING: JAN 26-28, 2022
DIRECTOR'S Q&A: FRI. JAN 28, 7:30PM (ET)
Free! REGISTER AT: EVENTIVE

Chip & Sip Film Series
PRESENTED BY Malik Melodies Sisterhood

RENEW YOUR MEMBERSHIP

Malik Melodies Sisterhood, Inc.

Look For Details In Your Email Regarding Your Membership Renewal



THANK YOU!!! THANK YOU For Your Support on #GIVINGTUESDAY

November 30, 2021

We are truly grateful for everyone's support!

As a part of Malik Melodies' continued commitment to supporting our communities, empowering our girls, and having a global impact, we are incredibly grateful for the generous donations received to support:

- [The Angela Pauling Memorial Scholarship](#)
- [WE LEAD: Empowering Our Girls Conference and Mid-Year Workshops](#)
- [The Asa Restoration Project](#)

We know you could have supported many other worthy organizations and we are so very thankful for your trust in our work. Please know that we value your friendship and advocacy. It is more important than ever during these challenging times.

On behalf of the Executive Board and all Members of MMSI, THANK YOU!!!



It's Not Too Late To Donate!

If you missed #GivingTuesday, it's not too late to contribute!

We are continuing our fundraising efforts throughout 2022 with the "Gift of Giving Campaign."

Please Donate and Join MMSI In Making a Difference!!

DONATE ONLINE by clicking here:

https://www.paypal.com/cgi-bin/webscr?cmd=s-xclick&hosted_button_id=AR5KKZZ7WGQJS&source=url

DONATE BY CHECK payable to "Malik Melodies Sisterhood, Inc."
and mail to P.O. Box 260430, Bellerose NY, 11426

DONATE VIA ZELLE to malikmelodies@gmail.com



Latinos Making History



On July 30, President Biden announced his intent to nominate Lisette Nieves, distinguished clinical professor of educational leadership and policy studies at Steinhardt, as a member of the Board of Directors of AmeriCorps.

For over 25 years, Nieves has served in a variety of cross-sector leadership positions. She is an experienced social entrepreneur, public sector leader, and scholar, and she founded Lingo Ventures, which is focused on growth, talent recruitment/retention, and change management.

This nomination is Nieves's second from the Executive Office of the President: she served as an Obama appointee on the White House Initiative on Educational Excellence for Hispanics, where she co-chaired the higher education subcommittee and supported the production of two reports and convenings.

Nieves holds a BA from Brooklyn College, a BA/MA from the University of Oxford, an MPA from the Woodrow Wilson School at Princeton University, and a doctorate with distinction in higher education management from the University of Pennsylvania. She is a Truman Scholar, Rhodes Scholar, Aspen Pajara Fellow, and a Richard P. Nathan Public Policy Fellow.

Nieves is also president of the Fund for the City of New York (FCNY), where she is charged with developing and helping to implement innovations in policy, programs, practices, and technology to advance the functioning of government and nonprofit organizations in New York City and beyond.

AmeriCorps seeks to improve lives, strengthen communities, and foster civic engagement through service and volunteering. They disperse more than \$800 million in funding each year and partner with more than 2,000 organizations committed to helping communities nationwide annually.

Latinos Making History



Charles F. "Chuck" Sams III was ceremonially sworn in as Director of the National Park Service (NPS) by Secretary of the Interior Deb Haaland today. Chuck is the first Tribal citizen to lead the agency, which has been without a Senate confirmed leader for nearly five years.

"Everyone should have access to the outdoors no matter where they live, how much money they have, or what their background is. Chuck Sams understands the importance of connecting people to nature, and I am thrilled to work with him as the Interior Department works to make our national park system accessible to all Americans," said Secretary Haaland. "Under his leadership, the National Park Service will continue to protect our public lands for generations to come and make critical investments in the vast infrastructure that sustains our public lands and national parks."

"I am honored to serve as Director of the National Park Service and thank President Biden and Secretary Haaland for entrusting in me the care of one of America's greatest gifts: our National Park System. I am also incredibly proud to work with the dedicated employees of the National Park Service. I have no doubt that together, we'll be able to expand access to the outdoors, protect America's public lands, and upgrade our nation's infrastructure system through the Bipartisan Infrastructure Law," said Director Sams.

In his capacity overseeing the NPS, Chuck will help implement the Great American Outdoors Act and the Bipartisan Infrastructure Law. In addition to historic funding for climate resiliency initiatives and legacy pollution clean-up, the infrastructure law provides for a five-year reauthorization of the Federal Lands Transportation Program, which will help invest in repairing and upgrading NPS roads, bridges, trails and transit systems. The law also invests in projects that will help fund bridge replacements and resiliency, repair ferry boats and terminal facilities, and maintain wildlife crossings that keep people and surrounding wildlife safe.

Chuck has worked in state and Tribal governments and the non-profit natural resource and conservation management fields for more than 25 years. He most recently served as a Council Member to the Northwest Power and Conservation Council, appointed by Oregon Governor Kate Brown.

He has held a variety of roles with the Confederated Tribes of the Umatilla Indian Reservation, most recently as their Executive Director. He has also had roles as the President/Chief Executive Officer of the Indian Country Conservancy, Executive Director for the Umatilla Tribal Community Foundation, National Director of the Tribal & Native Lands Program for the Trust for Public Land, Executive Director for the Columbia Slough Watershed Council, Executive Director for the Community Energy Project, and President/Chief Executive Officer for the Earth Conservation Corps.

Chuck holds a Bachelor of Science degree in business administration from Concordia University-Portland and a Master of Legal Studies in Indigenous peoples law from the University of Oklahoma. He is a veteran of the U.S. Navy. Chuck is an enrolled member, Cayuse and Walla Walla, of the Confederated Tribes of the Umatilla Indian Reservation, where he lives with his wife and their four children.

www.nps.gov

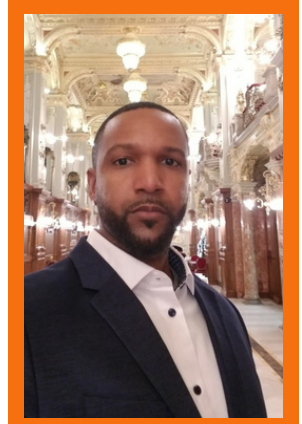
About the National Park Service. More than 20,000 National Park Service employees care for America's 423 national parks and work with communities across the nation to help preserve local history and create close-to-home recreational opportunities. Learn more at www.nps.gov, and on Facebook, Instagram, Twitter, and YouTube.

MALIK on the Move

Christopher Dowdy is a Physician Assistant who believes that patient care should be a health care provider's priority. Born and raised in New York, Christopher obtained his Bachelor of Health Sciences and Physician Assistant studies at the University of Stony Brook, NY and currently practices as the Chief Physician Assistant of Emergency Medicine in Port Jefferson, NY.

Aside from being a medical provider, Christopher is an entrepreneur, a philanthropist, and a globetrotter.

He provided community service and care to those in need of emergency food and supplies through his non-profit organization, which he is the Founder/CEO - Lanterns of Hope, Inc., established and Incorporated (2019) provided ground disaster relief and aid to the Bahamas after Hurricane Dorian (2019). Established food pickup and drop-off services during the Covid-19 Pandemic (2020) as well as donating over \$1000 in food gift cards to unemployed families in Long Island, NY due to the Covid-19 Pandemic (2020).



Christopher has been involved in other Community Service Leadership roles such as:

- Haiti Medical Mission - where he provided medical care and treatment to Haitians living in underserved/remote areas (2015).
- Community Health Fair - Established, chaired, and created a health fair in collaboration with Queens Hospital Center in Jamaica, NY that would provide blood pressure, diabetes, HIV screenings to the local Queens community (2012)

Through his entrepreneurship he provides access to affordable options for Telemedicine services to those without. Owner and President Christopher established and created Docturnal Health, LLC (2020).

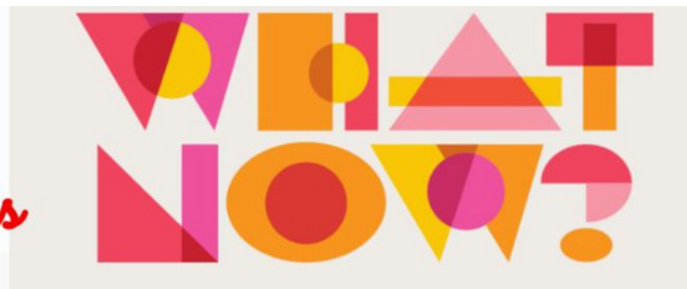
Docturnal Health is a Telemedicine software company that connects patients with licensed healthcare providers virtually using cloud-based software whose services include medical, mental health, substance disorder/addiction.

Christopher has held several positions within MALIK Fraternity, Inc., the man is non-stop! Currently he is serving as National Public Advocate. His past roles include: Chairman, Virtual Indaba/National Convention (2021), National Representative (2018-2021), Nobility Night Committee Member, NY (2018), NY Long Island Shabazz Founder and 1st Chapter President(2010-2012), National Undergraduate Vice President (2004), National Undergraduate Liaison, (2004) and Jeem Chapter (Stony Brook University) Vice President (2003)

His main passion is travel and exploration. During his free time, Christopher travels and seeks out new cultures, adventures, and relaxation. He has traveled to over 53 countries, and he believes in balancing life and most importantly providing community service to others.

A favorite quote:

"If you want others to be happy, practice compassion. If you want to be happy, practice compassion." Dalai Lama.



THEME: What a time it has been! The past year has upended so much for so many, and forced global reckonings with systems, processes and policies that too often let us down. So - What Now? At the 2020 virtual TEDxDeerParkWomen, we heard from speakers who are imagining new possibilities and exploring new ideas for how we might live and work better together in the years to come. We learned the "What Now?" in fields including design, technology, science and culture – and together, we'll envision a future we can build together!

TEDxDeerParkWomen: What Now? By Nathalie C. Lilavois, Ed.D.

On Dec. 11, 2021, TEDxDeerPark presented TEDxDeerParkWomen: WHAT NOW? 12 dynamic women presented on a variety of diverse topics. TEDxDeerPark is a 501(c) (3) charitable organization which means your donation is tax deductible. We have been fortunate enough to offer FREE virtual events during the pandemic due to our generous sponsors. We anticipate returning to an in-person venue in 2022. To do so, we will need your help to ensure a positive and safe experience. Please visit our Sponsor page for details. You can use PayPal.Me to support our fabulous event! The Call for Presenters is always open so if you or someone you know would like to apply, just complete the application. For more information, please visit: www.tedxdeerpark.com.

Speakers & Topics:

1. Lavada Humphrey - "Voice. Identity. Power"
2. Dr. Cam Caswell - "Parenting Teens: We're Making It Harder Than It Needs To Be"
3. Sakinah Bunch - "Dying In The Shadow Of A Pandemic"
4. Melissa Fleury - "How To Be The CEO Of Your Career"
5. Alyssa Dver - "How Your B Game Makes You Better"
6. Jacqueline Shaulis - "Introverts At The Intersection"
7. Tracey Gray - "Strength Of The People. Power Of the Community"
8. Dr. Michelle St. Jane - "Living Legends Are Not Just Whales"
9. Dr. Ali Griffith - "Simplify Your Life And Business: Three Powerful Lessons From Parenting Autism"
10. Serena Brothers-Mohamed - "Sisterhood Is Our Superpower"
11. Randi Crawford - "From Panic To Purpose"
12. Sarina Jain - "What's Your Cultural Expression?"





FEBRUARY 13

BLACK LOVE DAY, FEB 13 IS THE ALTERNATIVE TO VALENTINE'S DAY. THE AKOMA IS THE ORIGINAL AFRICAN SYMBOL NOW CALLED A VALENTINE.

BLACK LOVE DAY (BLD) WAS FOUNDED IN 1993 BY AYO HANDY KENDI, FOUNDER/DIRECTOR OF THE AFRICAN AMERICAN HOLIDAY ASSOCIATION. BLD IS AN AFRICAN-CENTERED, ALTERNATIVE TO THE COMMERCIAL HOLIDAY THAT IS VALENTINE'S DAY

THE HOLIDAY IS BASED ON FIVE TENETS: LOVE TOWARD THE CREATOR, LOVE FOR SELF, LOVE FOR THE FAMILY, LOVE FOR/WITHIN THE BLACK COMMUNITY AND LOVE FOR BLACK PEOPLE.

HERE ARE A FEW WAYS YOU COULD CELEBRATE BLACK LOVE DAY:

- DISPLAY THE "AKOMA" AN ADINKRA (WEST AFRICA) SYMBOL OF LOVE, PATIENCE, GOODWILL, FAITHFULNESS AND ENDURANCE.
- GIVE THE GREETING, "NYA AKOMA" (N-YAH AH-COMA) WHICH MEANS "GET A HEART, BE PATIENT!"
- PERSONAL LOVE RITUALS, COUPLE LOVE-INS OR COMMUNITY RELATIONSHIP CEREMONIES.
- BUY CONSCIOUS LOVE GIFTS FROM BLACK MERCHANTS TO RECYCLE BLACK DOLLARS TO LOVE OUR COMMUNITIES.
- READ "THE BLACK LOVE BOOK" TO INSPIRE US TOWARD LOVE'S HEALING POWER. BEYOND FEB. 13, PRACTICE THE PRINCIPLES OF BLACK LOVE, RETURNING TO LOVE EVERY DAY TO HEAL ALL OUR RELATIONSHIPS AND BETTER THE PLANET!



FOR 29 YEARS, BLACK LOVE DAY GLOBAL ACTIVITIES' YEARLY FOCUSES ON A THEME WHICH IN 2022 IS: "FINDING SPIRITUAL JOY THRU BLACK LOVE".

FOR DETAILS VISIT:

WWW.AFRICANAMERICANHOLIDAYS.ORG

G

MMSI GOES RED FOR HEART HEALTH MONTH - FEBRUARY

ARE YOU AT RISK FOR HEART DISEASE?

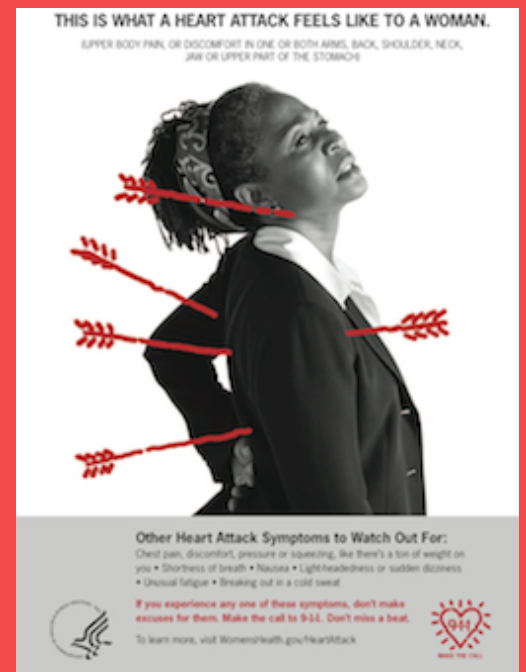
HEART DISEASE AND STROKE ARE IMPORTANT HEALTH ISSUES FOR ALL WOMEN. HEART DISEASE IS THE NUMBER ONE KILLER OF AMERICAN WOMEN, AND STROKE IS FOURTH. WHILE HEART DISEASE IS MOST COMMON IN OLDER WOMEN, MOST WOMEN BETWEEN 40 AND 60 YEARS OLD HAVE AT LEAST ONE RISK FACTOR FOR HEART DISEASE.



THE GOOD NEWS IS YOU CAN LOWER YOUR RISK FOR HEART DISEASE AND STROKE AT ANY AGE!

SOME OF THE SYMPTOMS AND RISK FACTORS FOR HEART DISEASE AND HEART ATTACK ARE DIFFERENT FOR WOMEN THAN MEN. THESE SYMPTOMS INCLUDE:

- PAIN IN THE BACK, NECK, JAW, OR THROAT
- INDIGESTION
- HEARTBURN
- NAUSEA (FEELING SICK TO THE STOMACH)
- VOMITING
- EXTREME FATIGUE (TIREDNESS)
- PROBLEMS BREATHING (SHORTNESS OF BREATH)



DID YOU KNOW?

CERTAIN HABITS AND HEALTH PROBLEMS CAN RAISE YOUR RISK FOR HEART DISEASE. THERE ARE SOME FACTORS YOU CAN CONTROL (DIET, EXERCISE, NOT SMOKING), SOME FACTORS YOU CAN IMPROVE (HIGH BLOOD PRESSURE, OBESITY, DIABETES), AND SOME FACTORS YOU CANNOT CHANGE (AGE, FAMILY HISTORY AND MENOPAUSE).



WHEN IT COMES TO PREVENTION, THERE ARE THINGS YOU CAN DO EVERY DAY TOWARDS A MORE HEART-HEALTHY LIFESTYLE. AND A BIG BENEFIT IS THAT BEING MORE HEART-HEALTHY ALSO LOWERS YOUR RISK FOR OTHER DISEASES LIKE CANCER AND DIABETES. **CLICK HERE TO LEARN MORE ABOUT LIVING YOUR BEST HEART:**

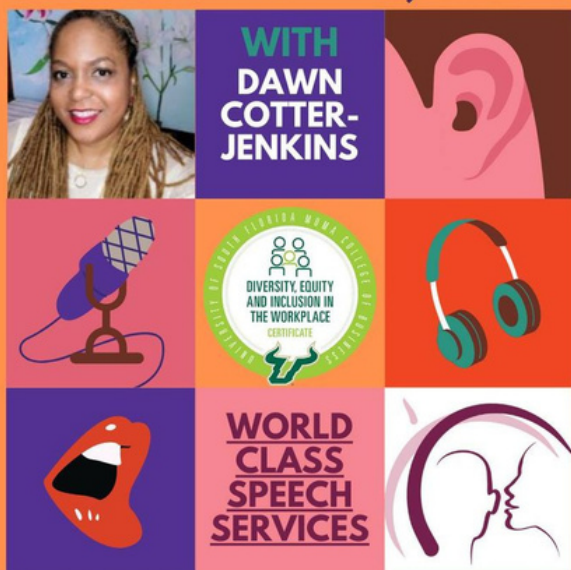
[HTTPS://WWW.WOMENSHEALTH.GOV/HEART-DISEASE-AND-STROKE/HEART-DISEASE?](https://www.womenshealth.gov/heart-disease-and-stroke/heart-disease?utm_medium=email&utm_source=govdelivery)
[UTM_MEDIUM=EMAIL&UTM_SOURCE=GOVDELIVERY](https://www.womenshealth.gov/heart-disease-and-stroke/heart-disease?utm_medium=email&utm_source=govdelivery)



What's new!



THUR. JAN. 20, 2022



LINKEDIN LIVE

Queen-Sisters,

I'm getting ready to LAUNCH my LinkedIn Live weekly video podcast, DEI Speech IQ, in January 2022!!

I will be discussing topics of all things related to Diversity, Equity and Inclusion in speech and hearing services. The format will be guest interview style with an interactive audience access.

SAVE THE DATE -THURS, JANUARY 20th, 2022.
Join me if you can for a LinkedIn Live Lunch and Learn.

Click on this event link to get FB reminders:

<https://www.facebook.com/events/335623894698872>

Connect with me on LinkedIn for more updates.

<https://www.linkedin.com/in/dawncotterjenkins/>

Peace!

GM Dawn Cotter-Jenkins



Dr. Maya Angelou will be the 1st Black Woman to appear on the U.S. Quarter!

Flashback Photos:

Top: Dr. Angelou & MGM Kim Bright

Bottom: Dr. Angelou & GM Mary Richardson



What's new!

New Barbie Honors Journalist Ida B. Wells



A new Barbie doll honoring Ida B. Wells has been released and is currently on sale in stores and online.

Ida B. Wells, was born into slavery and became a prominent African-American journalist beginning in the late 1800s. She was also an educator, activist and researcher who made a significant impact with the civil rights and women's rights movements. She was very outspoken about lynching not only in the United States, but internationally through her travels.

The Ida doll is the latest addition to the "Inspiring Women" Barbie series. The doll depicts Ida in an 1800s-style full length black dress with a ruffled high neck, holding a Memphis Free Speech newspaper. This inspiring Barbie is definitely a collectible.

buttah.

BY DORION RENAUD

GLOW WITH CONFIDENCE, DISCOVER BETTER SKIN
BUTTAH WAS CREATED FOR ALL MEN AND WOMEN WITH
MELANIN SKIN TONES THAT WANTED AN ENRICHED BEAUTY
REGIMEN THAT WORKS. WE GOT YOU!

WWW.BUTTAHSKIN.COM

Checking In With Our 2021 MMSI Angela Pauling Scholar

Brandon
Peterson



Coming to Howard this fall was definitely a new experience for me and I'm very thankful I was able to spend my semester on campus. Having attended boarding school, I knew coming in I wouldn't be worried about homesickness or adjusting to living on my own. What was new for me was adjusting to living in a city. Although it has its ups and downs I enjoy the change in my environment.

One of the positive aspects of college is that I have the freedom to create a flexible work schedule while still being able to have fun. The lively culture and atmosphere of Howard University are one of the main reasons why I chose this school. Communication with professors and administration can be tough at times but overall I had a great first semester and finished strong.

The school has been so much fun so far and I can't wait to see how the rest of my experience will turn out.



"I NEED TO SEE MY OWN BEAUTY AND TO CONTINUE TO BE REMINDED
THAT I AM ENOUGH,
THAT I AM WORTHY OF LOVE WITHOUT EFFORT,
THAT I AM BEAUTIFUL,
THAT THE TEXTURE OF MY HAIR AND THAT THE SHAPE OF MY CURVES,
THE SIZE OF MY LIPS, THE COLOR OF MY SKIN, AND THE FEELINGS THAT
I HAVE ARE ALL WORTHY AND OKAY."

—TRACEE ELLIS ROSS

Upcoming Events- February



19th Annual Virtual Black History Celebration & MMSI Fundraiser

**Saturday, February 19, 2022
7:00 PM**

Guests are requested to give a brief (1-2 minute) oral presentation on an event or person in Black History, preferably one that is **NOT** well known or promoted within the mainstream.

\$10 Per Person / \$20 Per Family
Tax deductible donations will benefit the Asa Restoration Project (ARP).

[Click Here To Register](https://www.malikmelodies.org/asa-restoration-project)

Zoom Link To Be Forwarded Upon Registration

To learn more about the ARP visit:
<https://www.malikmelodies.org/asa-restoration-project>



19th ANNUAL BLACK HISTORY CELEBRATION and MMSI FUNDRAISER

You are invited to participate in the Virtual 19th Annual Black History Celebration & MMSI Fundraiser to support the Asa Restoration Project! We hope that you will join us in a wonderful evening of networking and celebrating our rich history, past and present.

Guests are requested give a brief (1-2 minute) oral presentation on an event or person in Black History, preferably one that is NOT well known or promoted within the mainstream.

All tax-deductible proceeds from this event will go to support the Asa Restoration Project.

If you can't attend, please consider making a donation by [Clicking Here](#) and to learn more about the Asa Restoration Project.

Note: Your Eventbrite registration confirmation will provide the Zoom.com link to the celebration!

We thank you for your support and look forward to seeing you virtually on February 19th!!

Space Is Limited, So Register Soon!

REGISTER AT: https://mmsi_black_history_celebration.eventbrite.com

The Graces

The Official Newsletter of the Malik Melodies Sisterhood, Inc.



Angela Pauling Memorial Scholarship

\$20/22 Scholarship Fundraising Campaign

We Need Your Help
To Ensure Bright Young Minds
Can Fulfill Their Dreams Of
Attending College.

Please Support
Malik Melodies Sisterhood, Inc.
10th Annual Angela Pauling
Memorial Scholarship



DONATE ON-LINE with [PayPal, Credit or Debit Card](#) at
<https://www.malikmelodies.org>
OR Via Zelle at MalikMelodies@gmail.com

WE ARE THE
SHOULDERS OF TODAY
FOR TOMORROW'S
FUTURE!

MALIK MELODIES
SISTERHOOD, INC.



MMSI



MMSI MONTHLY MEETINGS:

Executive Board – 2nd Tuesday of every month
at 8:00 pm

Professional Branch – 3rd Tuesday at 7:30 pm

The Graces Newsletter Staff – Last Wednesday
at 8:00 pm

The Graces Staff

Kim J. Bright
Bibi Chaterpateah
Jillian Gibson
Sharon Harleston
Lisa Rodriguez
Anita Wallace

Executive Board

Kim J. Bright, Co-Founder
Nathalie Lilavois, President
Sharon Harleston, Vice President
Mary Richardson, Parliamentarian
Lisa Rodriguez
Anita Wallace

Malik Melodies Sisterhood, Inc.

P.O. Box 260430
Bellerose, NY 11426

P.O. Box 92944
Washington, DC 20090

malikmelodies@gmail.com
www.malikmelodies.org

