

The Graces

The Official Newsletter of the Malik Melodies Sisterhood, Inc.

NOVEMBER-DECEMBER 2021



Throw Kindness Around Like Confetti!

Greetings Queens, Friends and Family!

For the holiday season let's focus on the act of giving. When was the last time you gave someone a small gift or helped someone out in some way? Not only did this action make the recipient smile, I can guarantee you that you felt pretty awesome as well. When you give, you are more likely to reduce your stress levels, improve your mood and boost your social connections.

Here are some things you can freely do for others to help give yourself a sense of greatness:

1. Time - Take the time to find what you value, and prioritize your day around that. Be present in the moment and focus on the current conversation instead of thinking into the future.
2. Smile - Smile even if you are not having a great day - we all have days like this. Giving a genuine smile to those you meet can bring happiness to others.
3. Energy - Try to adopt a positive mindset and attitude. Communicate this to others you meet. To your surprise you have inspired them to do the same.
4. Compliments - Everyone loves to receive compliments. When you compliment others, remember to take the time to tell them why you like a particular thing and inquire about it to show your interest.

Giving back to others is more important than ever right now. I hope you will take full advantage of the giving spirit this time of year. Have a safe and wonderful holiday season!

Thank you,
GM Sharon Harleston

MMSI Executive Board Vice-President



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Checking in with our MMSI Angela Pauling Scholars

by GM Sharon Harleston

MMSI reached out to see what our scholarship recipients have been up since we last corresponded with them. Here's what they had to say!

*Renee'
Franklyn*

2021 Angela Pauling Scholar



Many students attending college have different experiences. For me, college is my initial step to finding my future career. I am Reneé Franklyn, a first year at Barnard College of Columbia University. I started college on August 9th, so I have been here for quite some time now. College is not what I imagined it to be, not even close, especially at an Ivy League school. The slogan “Work hard, play smart” is used a lot here and I can definitely see why. When I first got here I was so nervous about meeting new people, but I can say I have met some amazing and intellectual people in my 4 months here. College was scary at first but I got the hang of it with the help of my advisors and friends.

A day in my life as a Barnard student? I get up every morning at 8:00 am to get ready for my 9:00 am classes. I have a total of 5 classes and 17 credits; as a first year I am supposed to take 12 credits but I like the challenge, as it keeps me on my feet. My classes are wonderful and the professors here are great! But as a student, time management is not my best friend. Honestly, I sometimes don't even have the time to eat due to all the assignments, work, and studying I have to do for my classes. It can get very overwhelming at times but then I remember, the race will never be easy and hardships are what will make me stronger. The work itself is not hard to do, it is the workload that is sometimes difficult to manage.

I am aspiring to pursue a Biochemistry major or a Cellular and Molecular Biology major, either one I know requires a lot of work. Barnard is definitely preparing me for medical school. The rigorous classes, the support, and love I receive from my academic advisors is amazing. Living in Manhattan is also definitely a wonderful experience, I have both Barnard, Columbia, and the entire city to explore. After a long week of classes, my friends and I will go out to dinner, visit a museum or go to the movies. With my college ID, I have free tickets to museums and discounted movie tickets so I definitely use it to my advantage.

Checking in with our MMSI Angela Pauling Scholars

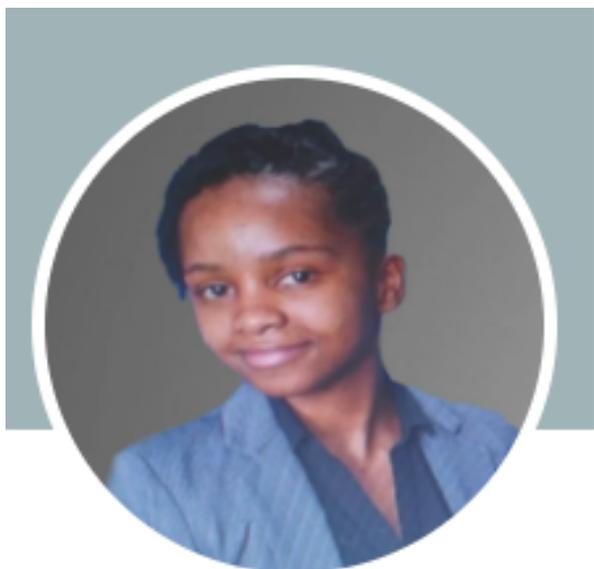
by GM Sharon Harleston

MMSI reached out to see what our scholarship recipients have been up since we last corresponded with them. Here's what they had to say!

I normally finish my days around 4-5 pm and after, I grab something to eat at one of the dining halls. The food at both Barnard and Columbia is amazing, there is so much to choose from! After eating lunch, I usually head to the library or to my room to complete some assignments and readings. By 8pm, I head back to the dining hall to grab dinner with my friends, and after dinner we do some more assignments and possibly watch a movie.

College is a whole different world, as there are no parents here to help. You are living by yourself and spending your own money, and trying to save it at the same time. It is a fun experience to have, I wouldn't change this life for anything, because I know once I put my mind to it, I can do anything!

Reneé Franklyn
Barnard College of Columbia University '25



2016 Angela Pauling Scholar

Jodie-Ann Williams

Jodie-Ann Williams earned her Bachelor's Degree as Culinary Arts Management major, graduating from Johnson and Wales University, Rhode Island in 2019.

She interned at Harker School, San Jose, California.

Currently, Jodie-Ann is working as an Accounting Coordinator for a few hotels in Cape Cod, Massachusetts.

She is still passionate about the culinary arts!





#GIVINGTUESDAY is a global generosity movement unleashing the power of people and organizations to transform their communities and the world on November 30, 2021, and every day. It was created in 2012 as a simple idea: a day that encourages people to do good.

On this **#GIVINGTUESDAY and Beyond Through Our "GIFT OF GIVING" Campaign**, we are requesting your support for **MMSI's Annual Memorial Scholarship** and our Annual **WE LEAD: Empowering Our Girl's Conference**.

Malik Melodies Sisterhood, Inc. (MMSI), a 501(c)4 non-profit organization was established on December 14, 1978, at the C.W. Post Campus of Long Island University by 24 conscious and innovative women. Since 1978, MMSI's primary focus has been to develop leaders, install motivation, self-esteem, determination, and a sense of commitment within women who address issues that confront them in the educational and professional environment as well as in the communities where they reside.

The Angela Pauling Memorial Scholarship is dedicated to honoring MMSI Co-Founder who succumbed to cancer in 2010. The scholarship is earmarked for Angela's alma mater, Harry S. Truman High School in the Bronx, NY, and we are excited to continue Angela's legacy with the issuance of our 10th annual scholarship in 2021. Because of support from donors like you, this year MMSI awarded multiple scholarships for the first time! With your help we look forward to increasing future scholarship awards!

[Click Here](#) to learn more about our Angela Pauling Scholars or visit <https://www.malikmelodies.org/angela-pauling-memorial-scholarship>.

In 2018, MMSI launched the [Inaugural WE LEAD: Empowering Our Girls Conference](#) (in Queens, NY) to have a more meaningful and far-reaching impact within our communities. Our conference aims to highlight and address the needs and challenges girls face, while also promoting girls' empowerment and the fulfillment of their human rights. This amazing event provides motivating messages and workshops from women on the challenges they faced and how they pushed past them. The day culminates with the **"Gems Among Us" Awards** presentation, honoring outstanding individuals and organizations for their commitment to uplifting and empowering our girls.

We hosted a successful virtual [3rd Annual 2021 WE LEAD: Empowering Our Girls Conference](#) in collaboration with Casita Maria Center for Arts & Education, located in the Bronx, NY. In 2022, we will host the 4th Annual Conference and programs to Empower OUR Girls.

Please help us give back to the community and to expose young ladies and girls to opportunities that can positively enhance their lives.

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." & mail to P.O. Box 260430, Bellerose NY, 11426

DONATE VIA ZELLE to malikmelodies@gmail.com. Please email any related questions or comments to WeLead@malikmelodies.org. Follow Malik Melodies Sisterhood, Inc. on [Facebook](#) and [Instagram](#).

Thank You again for your generous donations and continued support!

Melody on the Move

GM Christal M. Cherry



A big believer in the power of leadership, Christal M. Cherry, The Board Pro, works with nonprofits to help equip and empower their board of directors to support their missions and change the world. Christal is no stranger to nonprofit work, having spent 23 years as a nonprofit fundraiser working for higher education institutions, seminaries, and human service organizations. With more than two decades of experience, Christal understands that Who's At The Top Matters. This is her mantra and inspiration for supporting those who want to make a difference.

Christal enjoys being a guest on industry podcasts, teaching courses on fundraising and board development, and blogging for multiple industry magazines and donor fundraising platform companies like Bloomerang, QGiv, Network for Good, and Candid.

Now as an author, Christal has contributed to and authored three publications. The first is an E-Workbook that she created to help nonprofit boards implement and center race equity into their policies and practices. This eBook can be purchased on her website at www.theboardpro.com. In the second book, she is a contributing author. *Collecting Courage, Anti-Black Racism in the Charitable Sector* is a powerful and moving collection of 15 first-person narratives shared by accomplished Black fundraisers and equity, racial, and social justice advocates, documenting their experiences confronting and surviving racism working in charitable and philanthropic spaces across North America. You can learn more about this book at www.collectingcourage.org. Last, is Christal's newest work – a children's book. *Mac and Cheez, Being Different is Okay*, is a story that teaches children about acceptance and inclusion and can be purchased on Amazon.

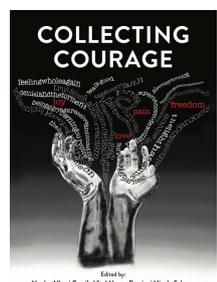


Christal earned a MA in Counseling from Hampton University, a BA in Liberal Arts from Hofstra University, and professional development certifications in nonprofit leadership, social media fundraising, and nonprofit management. She currently serves on the board of the Villages of Carver YMCA in Atlanta where she lives with her 12-year-old son, Malcolm. Christal also enjoys her membership in the African American Development Officers Network, Toastmasters, and **F3, Fabulous Female Fundraisers** which she founded.

Christal M. Cherry <https://www.theboardpro.com/>

Nonprofit Boards: Who's at the Top Matters - Christal M. Cherry, CEO The Board Pro – youtube.com

<https://www.youtube.com/watch?v=MoWu00P9ICQ&feature=youtu.be> (40:31 minutes)



WE SALUTE YOU QUEEN!



MALIK on the Move

Jacquiel Bullock



Jaquiel is a Speaker, Artist & Financial Planner and was recently the recipient of the **Career Success Award from New York Life** (rated #1 in Fortune's Most admired Companies.) A big believer in "*Inward Development for Outward Expansion*", Jaquiel supports people of all ages & identities in transforming their outlook on themselves and the world around them, to bring out the greater gift of life within them.

Before joining New York Life in 2021, Jaquiel worked for 13 years for a diverse range of organizations, including The Department of Labor, New Rochelle School District, Syracuse University, Monroe Community College and The Rochester City School District. In these roles, Jaquiel was responsible for development, planning and Organizing a variety of Resources and individuals.

Jaquiel now offers a wide range of programs and services - from Personal Development Training, to Life Insurance and Retirement accounts. Passionate about the human potential and purpose, Jaquiel provides leadership services that help students and teachers believe in themselves and the work they do, bringing communities closer together. He also helps families create means of financial stability and assists retirees in securing a smooth transition into retirement clear of the poverty line.

"I Can Fly" /TEDxDeerPark <https://www.youtube.com/watch?v=nHm8jTiY3Pk&t=1s>

To contact Jacquiel Bullock please email Jaquielbullock@yahoo.com or jbullock02@ft.newyorklife.com. Jaquiel is available for private consultations and can be reached at (315) 766-4402.

WE SALUTE YOU KING!

Comments



From our past issues 2021

January/February Issue

What a wonderful newsletter to start the New Year! I applaud the determination and effort of each staff member on the newsletter team. Looking forward to seeing all of the great engaging and inspirational articles in the upcoming year!

The Queen in Me Salutes the Queen In You
GM Sharon Harleston
MMSI Executive Vice President

May/June Issue

Greetings Queens,

I am full this morning as I read my mom's email about my feature in The Graces. You're guilty, once again of humbling me. But this email is not about me. It's about you!

I want to commend the entire publication staff on a job well done. The layout is professional.

The visual graphics are clear. And communication is very comprehensible. The spirit of brother/sisterhood flows throughout the issue.

Job well done.
Salute!
GM Tawanikka Smith

I found this newsletter to be well served during a time of crisis and uncertainty. I was happy to see a diverse group of members during the COVID-19 pandemic; contributing and doing their part to serve the greater community. The advice on coping and wellness during isolation will definitely hit home to those who are struggling with it. Keep it up!

Best,
Brother Christopher Dowdy

Comments



Hi Sisters!
I would like to send a special "thank you" to all the members of The Graces Newsletter Team!! Since September 2019 we changed our format which became an easier read.

I APPLAUD each of you including myself for the dedication and ongoing effort to create informative, well-researched and engaging newsletters.

Warm regards,
GM Sharon Harleston
MMSI Executive Vice-President

September/October Issue

Great job Sisters! Love it.
Sincerely,
Brother Atul

Congratulations on another beautiful and informative newsletter!
Sincerely,
Nathalie C. Lilavois, Ed.D.
Zahara Crown, Inc.

Love the newsletter- amazing work and dedication
Thank you for sharing
GM Maria Lopez

Fantastic publication, Queens!
Brother Christopher Moxley

I love this newsletter.
Thank you for sharing it with me.

Be blessed,
Sister Monique Akil

Thank you so much for sending this, Kim!
It's great to hear from you and I hope things are going well for you and everyone at MMSI these days!

Respectfully yours,
Alex Raiké
College Advisor / Science Teacher
Harry S. Truman High School
Bronx, NY



Kwanzaa is a holiday that celebrates African-American culture. Kwanzaa lasts for seven days; it starts on December 26th, and ends on New Year's Day. The word "Kwanzaa" means "first fruits" in Swahili.

It was created by Maulana Karenga, based on African harvest festival traditions from various parts of Africa, including West and Southeast Africa. Kwanzaa was first celebrated in 1966.

According to Karenga, the name Kwanzaa derives from the Swahili phrase *matunda ya kwanza*, meaning "first fruits". First fruits festivals exist in Southern Africa, celebrated in December/January with the southern solstice, and Karenga was partly inspired by an account he read of the Zulu festival *Umkhosi Wokweshwama*. It was decided to spell the holiday's name with an additional "a" so that it would have a symbolic seven letters.

Nguzo Saba (originally Nguzo Saba – the seven principles of African Heritage). They were developed in 1965, a year before Kwanzaa itself. These seven principles comprise *Kawaida*, a Swahili word meaning "common".

Each of the seven days of Kwanzaa is dedicated to one of the principles, as follows:

Umoja (Unity): To strive for and to maintain unity in the family, community, nation, and race.

Kujichagulia (Self-Determination): To define and name ourselves, as well as to create and speak for ourselves.

Ujima (Collective Work and Responsibility): To build and maintain our community together and make our brothers' and sisters' problems our problems and to solve them together.

Ujamaa (Cooperative economics): To build and maintain our own stores, shops, and other businesses and to profit from them together.

Nia (Purpose): To make our collective vocation the building and developing of our community in order to restore our people to their traditional greatness.

Kuumba (Creativity): To do always as much as we can, in the way we can, in order to leave our community more beautiful and beneficial than we inherited it.

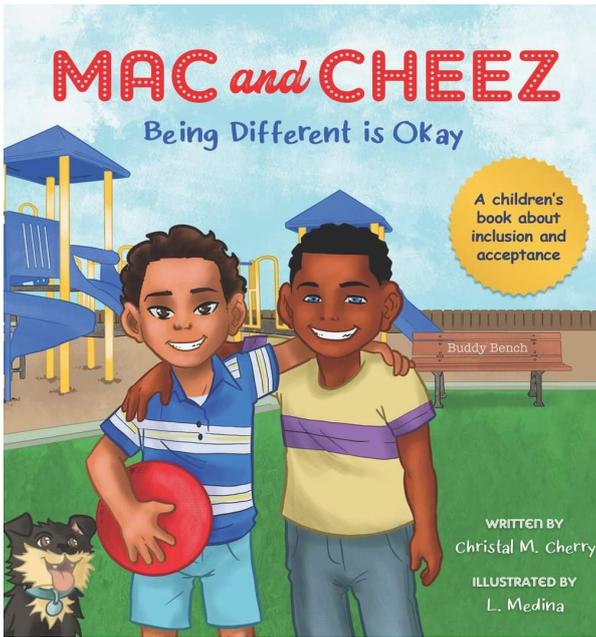
Imani (Faith): To believe with all our hearts in our people, our parents, our teachers, our leaders, and the righteousness and victory of our struggle.

Symbols

In the Spirit of Kwanzaa please take moment to check out
THE QUEENS BOUTIQUE on pages 10-12
Thank you for your support!!

THE QUEEN'S BOUTIQUE

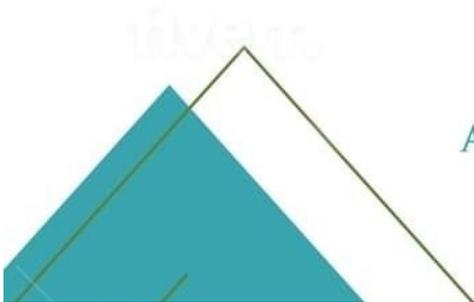
Christal M. Cherry



Let's celebrate difference every Friday between now and Christmas. I will share a wonderful resource for you to use to talk to your kids (grandkids, nieces, students, and mentees) about difference and acceptance. In this current, climate, this is so important. That's why I wrote a children's book about diversity and acceptance and it is available for purchase on Amazon.

https://www.amazon.com/s?k=christal+m+cherry&ref=nb_sb_noss_2

Give the gift of knowledge, self-acceptance, and love to the little ones in your life this holiday season. Check out my new website at www.macandcheez.com.



Founder: Krystal Hooper



Please allow me to introduce you to my nonprofit, **A LITTLE FOOD AND COMMUNITY, INC!!**

It was July of last year when I couldn't wait one more moment to form my organization! Driven by my passion for service and a desire to do more somehow, but also in a different way, I decided to go ahead and start something new! From a single idea, a nonprofit was formed that is primarily focused on the issue of food insecurity. We aim to do our part to help bridge the food access gap that exists in various communities, but we also NEED YOUR HELP!

Please join me and my team on this journey and support our organization by making a tax-deductible contribution today! Thank you in advance for your support! I look forward to updating you on how your donation has been put to work! As we grow, we will be expanding our team and our reach.

YOU CAN MAKE A DONATION THROUGH PAYPAL USING THE LINK:

https://www.paypal.com/donate?hosted_button_id=HPA5JUVNH7KDN

Please feel free to send any inquiries to: info.alittlefood@gmail.com.

"How wonderful it is that nobody needs to wait a single moment before starting to improve the world." – Anne Frank

Literature: "Sisters Inspiring Sisters"

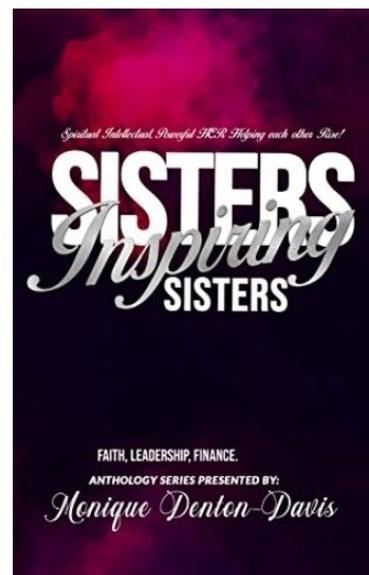
Contributing Author: Dr. Nathalie C. Lilavois, Ed.D



I'm super excited to share my news with you: I am a co-author in an inspiring new book called ***Sisters Inspiring Sisters, Faith, Leadership, Finance.***

This book is a compelling compilation of 22 dynamic women who share their stories, expertise, and success in the areas of having unshakeable faith, leadership, and financial empowerment.

This book is our equivalent to "*Chicken Soup for the Soul.*"



Shop: "Sisters Inspiring Sisters, Faith Leadership, Finance " via:

<https://www.amazon.com/Sisters-Inspiring-Faith-Leadership-Finance-ebook/dp/B09LSF75QM>



Fashion: "ICONI Activewear"

Founder: Angel Johnson



ICONI is a functional activewear line for men and women.

The mission of the company is to use its products to motivate its customers and serve the community. The company was born out of founder Angel Johnson's frustration with expensive and poor quality activewear. The company launched in January 2020 and maintains high standards to produce top quality activewear.

ICONI has been featured in "O" magazine by Oprah Winfrey and on OprahMag.com, also Women's Health, Shape, and People magazines, Yahoo News; MSN News and more.

The company believes in philanthropy and 10% of ICONI's profits are donated to nonprofit organizations.

ICONI is an acronym which means "***I Can Overcome, Nothing's Impossible.***"
ICONI's core values are empowerment, philanthropy, and excellence.



Photo Credit: André Correa

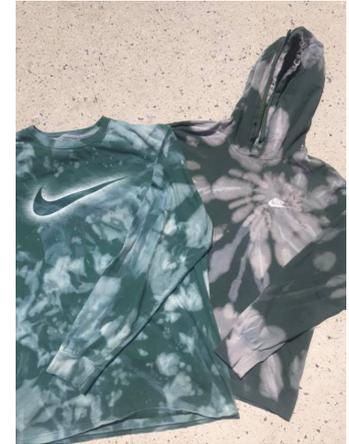
Shop ICONI activewear at:
<https://iconileggings.com>





Lilac'sVibe is the creation of Founder and CEO, Brianna Lilac.

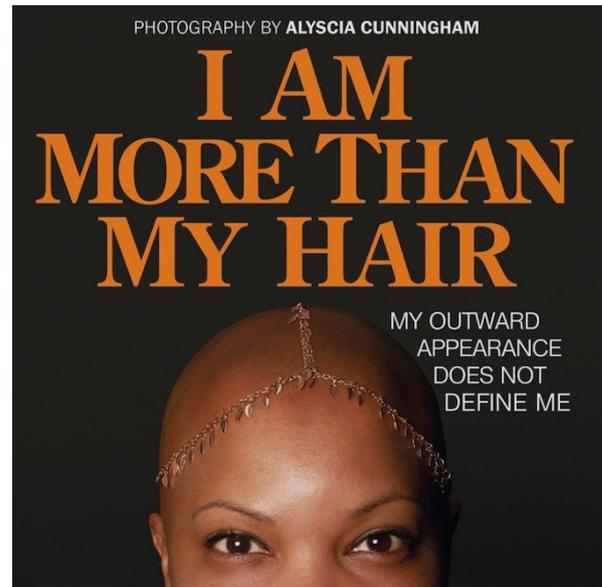
Her designs are "Thrifted and bleached pieces made with good vibes". Brianna's line is comprised of tie-dyed and patch-worked tops, pants, shorts, two-piece outfits, bandanas & masks.



Shop Lilac's Vibe at: <https://www.facebook.com/Lilacs-Vibe>
<https://www.instagram.com/lilacsvibe/>



Literature: "I Am More Than My Hair"
Author: Alyscia Cunningham



"I Am More Than My Hair" is a movement shared with our communities as a documentary as well as a photography book written by Alyscia Cunningham. The book features over 100 portraits of 46 women who share their journeys with alopecia. The book also highlights women who cut their hair to show solidarity for a loved one.

Shop "I Am More Than My Hair" at:
<https://www.alyscia.com/shop>
https://www.amazon.com/gp/product/0692328696/ref=ox_sc_act_title_1?smid=A12070SMIV1IVC&psc=1

Upcoming Events- December & January



Register for our FREE online event at www.tedxdeerpark.com

"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 this year's virtual TEDxDeerParkWomen, we'll hear 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'll learn the "what now?" in fields including design, technology, science and culture — and together, we'll envision a future we can build together!"



National Coalition of 100 Black Women
Long Island Chapter, Inc. Presents
Kwanzaa 2021

Education Equity: A Spotlight on School Recovery Strategies



Program Will Feature Speakers,
Candle-Lighting Ceremony, Libations &
Cultural Dance Performances

Friday, December 10, 2021
7:00PM - 8:30PM

REGISTER:

<https://us02web.zoom.us/meeting/register/tZMucumuqT8tHNKLLuMAn3xjKXAlnqt07T5s>

Join the Long Island Chapter for their annual Kwanzaa Virtual Celebration. There will be candle-lighting and libation ceremonies and a dance performance.

Register using this link

<https://us02web.zoom.us/meeting/register/tZMucumuqT8tHNKLLuMAn3xjKXAlnqt07T5s>



As the world's first holiday show highlighting the African American tradition of stepping, the Magical Musical Holiday Step Show is a feast for the eyes and ears. Fabulous and furry friends from the Arctic Kingdom – Popper the Penguin along with polar bear twins, Pinky and Polo-ensure a fun and exciting experience for the entire family! Step Afrika!'s Magical Musical Holiday Step Show is the most vibrant holiday celebration in town! This fun, family-friendly performance will have you stomping your feet and clapping your hands to energetic beats from Step Afrika! Why celebrate the holidays sitting still when you can step with Step Afrika! **Click here to buy your tickets: stepafrika.org**

SAVE THE DATE

Malik Melodies Sisterhood, Inc.

Virtual Retreat

MLK Weekend

January 14-16, 2022

Mix n Mingle

Professional Development

Business Meeting

and more!

The Graces



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NOVEMBER-DECEMBER 2021

Happy Holidays

and Abundant Blessings!

FROM THE REGAL SISTERS OF THE
MALIK MELODIES
SISTERHOOD, INC.



*Thank you for your continued support of
The Malik Melodies Sisterhood, Inc.*

*We wish you good health, prosperity,
happiness, and peace in the New Year!*

The Graces Staff

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

Executive Board

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