

Inside This Issue

Reflections from
the EB President 1

Melodies on the
Move!! 2

Angela Pauling
Memorial
Scholarship
Recipient 3

Kathryn Mealing
Inaugural
Scholarship 3

MMSI's Artist
Mentee 3

What's New?! 4

Save the Date
Black History 7

MMSI's Anniversary
Broadway Outing 8

MEMORY LANE

REMINDER!!

- ♦ 35th Anniversary
Gala Photos may
be viewed or
purchased below:

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The Graces

The Official Newsletter of Malik Melodies Sisterhood, Inc.



January / February 2015

Reflections from the Executive Board President

Greetings Family,

Let us reflect as 2014 has come to a close and give thanks for our health, existence and achievements. Each year seems to fly by faster than the year before. With every year we can reflect on the milestones we've achieved because it brings us one step closer to our anticipated goals. Last year's theme was geared toward "Professional Accountability." A year that was dedicated to building a more secure infrastructure across all levels of membership, hence our newly elected Professional Branch (PB) cabinet trainees and our newly appointed Executive Board Secretary. Our Professional Branch cabinet has worked tirelessly to solidify a foundation for the future. Achievements such as these are vital to the viability and growth of MMSI. It truly takes unwavering passion and love to take strides such as those of the Professional Branch cabinet. I am forever proud and thankful!

MMSI would not thrive without the support of our Sisters who actively push us to new heights. Relationships with our community partners help us with continued growth down the avenue of success. Every year we continue to raise our level of expectations, as well as outline realistic goals to provide resources for our membership and for the community-at-large. In 2014 the PB piloted our Health and Fitness Initiative that provided awareness and resources to our members. Our members became active participants through a virtual campaign to better their physical, mental and emotional well-being. It was an overall success! Over the summer we awarded the Angela Pauling Memorial Scholarship to Mr. Kelvin Nyamadi, a recent graduate of Harry S. Truman H.S. Our partnership with Long Island Cares remains to be a vital resource in our community endeavors. Our "Binky Patrol" and our Artist Networking and Mentor Initiatives continue to flourish and have proven to be successful resources for our communities. It's imperative that I mention that these initiatives would not exist without our fierce Sisters running the show behind the scenes. A world of thanks to you!

A new year is upon us. A new year that promises room for ambition and growth. I bid each of you blessings and well wishes for a joyous new year!

Sherlyn Ortiz-Suárez
Executive Board President



Melodies On The MOVE!!



GM Lori Dee Frazier (aka Larie) was born in Brooklyn and raised on Long Island. Her parents encouraged her and her siblings to read, travel, & exercise & supported their participation in numerous activities including church & school choir, girl scouts, band, drama club, key club, French club, and bowling leagues. Along with three sisters and two brothers, Lori's childhood home was filled with more than two dozen foster children over a fifteen year period, from the time Lori was in first grade through her sophomore year in college. Lori embraced and loved her new siblings during their time with the Frazier family. Lori feels these experiences taught her to love and give easily and accept impermanence. She loved spending time with her extended family of over one hundred cousins. Conversely, Lori also learned to value the peace and quiet of solitude that she did not often experience in her busy childhood home.



Her parents' encouragement to experiment and experience different things translated to Lori's beginning her college studies in psychology and switching to sociology, history, economics, accounting and marketing before graduating with almost a year of extra credits and a degree in Finance in 1985. Lori's love of campus life, including her rich experiences as a Malik Melody, also fueled her motivation to remain in college. Lori felt she had hit the lottery by being able to attend CW Post in the company of Malik Melody founders, MGM Kim Bright, MGM Natalie Yeager and MGM Felicia Peterson. These ladies garnered respect and taught her Scale of nine Sisters how to focus and work as a team while finding their own voices. Jokingly, they were unofficially nicknamed the 'Trouble' Scale. Nine women, nine personalities and nine different backgrounds that somehow came together to form a family of Sisters that completed projects, studied, learned and grew together. Such is the fabric of the Malik Melodies Sisterhood, Inc.

After graduating C.W. Post, Lori became an internal auditor at a bank. Realizing quickly that her interest was more into people than numbers, Lori migrated to the profit side of banking, first as a branch manager, then, a Vice President Market Manager who managed a region of branches and was responsible for commercial lending. Her years as a banker gave her the opportunity to help others develop financial management skills and achieve their financial as well as their career goals. Lori enjoyed a rewarding career for twenty of the twenty-five years she spent in banking. After the 'financial crisis' when the ability to lend to small businesses declined, she began to realize that she was no longer living a life that served a purpose. She had reached a stage where she was driven by the desire to have her life *mean* something. She enjoyed activities that had positive impact on the planet; helped provide financial stability to businesses and individuals; and worked with non-profits whose missions aligned with her interests.

Even during her banking career, Lori had a passion for fitness. She had worked part time as an aerobics instructor at several locations including Lucille Roberts, Mitchell Field Marine Base, Baltimore Fitness and Tennis, and LA Fitness. She enjoyed helping others achieve mental and physical health and with this rekindled focus, she left the banking industry in April 2013 with no regrets. Lori spent a month in Costa Rica earning her yoga teacher's certification, and went on to become a certified personal trainer, certified nutrition coach, Zumba instructor and Cycle instructor. GM Lori now offers wellness services from her home and as an independent contractor for Red Brook Health & Wellness, a local boutique health club.

The Malik Melodies Sisterhood, Inc. continues to be a source of support and encouragement, giving her access to a loving circle of women with a wide range of strengths and skills. This network of Sisters have graciously shared their professional insights, skills and talents to support her as her business evolves.

Coupled with her passion for travel, Lori aspires to become a traveling wellness professional who works at resorts in a wide variety of areas across different countries. We can certainly count GM Lori Dee Frazier as a woman living her life to make her community better... *After all, that's what Melodies do!*



Contact GM Nathalie Lilavois at nlilavois910@gmail.com to submit candidates for **Melodies on the MOVE!!**

Nathalie C. Lilavois, ED.d



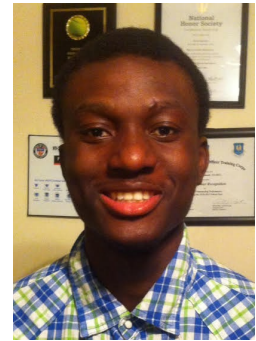
*We Are The
Shoulders of
Today for
Tomorrow's
Future!*

2014 Angela Pauling Memorial Scholarship Recipient

Congratulations to Mr. Kelvin Nyamadi, the 2014 recipient of MMSI's Angela Pauling Memorial Scholarship!! The APM Scholarship was named in honor of Angela Pauling-Taylor, one of MMSI's 24 Founders diagnosed with cancer became an Ancestor in 2010. The scholarship is open to college bound seniors from Angela's high school, Harry S. Truman in the Bronx, NY.

Mr. Nyamadi was awarded a \$1,500 scholarship and is currently attending Vaughn College of Aeronautics and Technology majoring in Aircraft Operation.

To learn more about the APM Scholarship and how you can donate to the fund, visit: www.malikmelodies.org.



*Think like a
Queen.
A Queen is not
afraid to fail.
Failure is
another
steppingstone to
Greatness"*
- Oprah Winfrey

Kathryn Mealing Inaugural Scholarship Awarded



*Our very own
Honorary Melody
Kathryn Mealing was
honored with a scholar-
ship in her name and
memory. The inaugural
scholarship award was
presented during the
C.W. Post /L.I.U Home-
coming weekend on Oct.
18, 2014 to
Ms. Michelle Isaac*

~Rest In Peace Kaye~



*Inward...
Onward...
Upward!!!*

CONGRATS
Kelvin,
Michelle &
Chi-chi!!

Congrats to MMSI Artist Mentee Chidinma Dureke!!

Congrats to Chidinma "Chi-chi" Dureke, participant in MMSI's Artist Networking & Mentor Initiative on being selected by the Howard County Arts Council in Maryland to participate in a Juried Art Exhibit. Out of the 600 applicant received, Chi-chi was one of 43 artists whose work was selected for the exhibit which was on display from 10/31 - 12/10/14. Visit ChichisArt.com to view more of her work.



What's New?! *Melodies Making it Happen in 2014!*

CONGRATS to
GM Juceliz Batista on being
selected "*Teacher of the Month*"
at her school in Atlanta, GA.



- J. Batista

*"I've come a
long way
from the
frantic,
unorganized,
emotional
teacher from
last year.
What a
difference a
year makes."*

**CONGRATS to the
MMSI Professional Branch Cabinet-Elect**

President - GM Lorianne Rivas
Vice President - GM Christine Delgado
Asst VP - GM Julia Diaz
Secretary - GM Stacey Leveille
Historian/Parliamentarian - GM Janelle Natal
Officers will assume their cabinet positions in October 2015



Congratulations to
GM Christine Delgado on
her
appointment as
**MMSI Executive Board
Secretary!**



CONGRATS!!!

Congrats to our Sister
Wendy Brown-Rashad who
was ordained to Reverend on
October 19, 2014.

We wish her much success!!

We celebrate **GM Vanessa Miller** on
her new position as the *Training Coordinator* at NYU College of Nursing. We
are so excited for Vanessa!!!

Well done Sis!!

Sweet Reunion!!

Sisters **Michelle Taylor, Vicki Palmer & Vanessa Miller** had a great reunion Brunch to celebrate
their 35th Scale Anniversary and Vicki's departure
to Dubai.

We wish all the
Queens from our very
first Scale Happy 35th
Anniversary!....

We love you
phenomenal women!



Kudos to **GM Lori D. Frazier** on passing
her *National Nutrition Coach Certification Exam!!!* Continue your wellness
into 2015 and visit our Sister's website
at: www.beautifulfitfree.com



Presidential Service Award

The U.S. President Council on Service and Civic Participation was established in 2003 to recognize valuable contributions, volunteers are making in our community and to encourage more people to serve.

The *President's Volunteer Service Award* recognizes United States citizens and lawfully admitted permanent residents of the United States who have achieved the required number of hours of service over a 12-month time period – or cumulative hours over the course of a lifetime. To earn an Award, individuals, families, and groups must keep a record of volunteer activities served. Each volunteer must create a record of service. Go to the website: www.presidentialserviceaward.gov and select [Track your hours].



CONGRATULATIONS On Your 2014 Presidential Service Award!

- ◆ MGM Kim Bright (bronze)
- ◆ GM Sharon Harleston (bronze)
- ◆ GM Lisa Kirkland-Sutherland (silver)
- ◆ GM Sherlyn Ortiz-Suarez (bronze)
- ◆ GM Nathalie C. Lilavois (silver)

Volunteer Service Hours

Gold - 500 Hours or more

Silver - 250-499 Hours

Bronze - 100-249 Hours

You can link your volunteer service to MMSI as your certifying organization by using the MMSI Record of Service Key previously distributed to all active members. MMSI uses March to March as the award period so we are currently accruing service credit for the 2014-2015 award period ending on Feb 28, 2015.

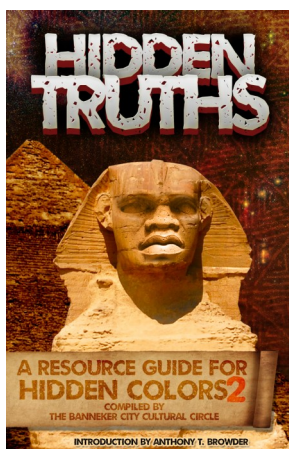
If you need assistance, please email GM Nathalie C. Lilavois at nlilavois910@gmail.com

A New Author!

Congrats to **MGM Kim Bright**, Co-Author of *Hidden Truths*, a resource guide to supplement the documentary *Hidden Colors 2*. To purchase copies contact MGM Kim at mskbright@gmail.com or visit www.hiddentruthsbook.com



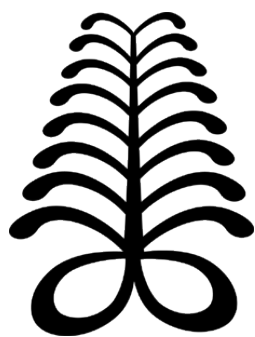
(Photo By: SC Bryant Stafford)



♥SWEET 16 ♥

Our inspiration behind MMSI's Artist Networking and Mentor Initiative celebrates her 16th Birthday!!
Happy Sweet 16 and Congratulations **Brianna Lilavois!!** Keep Shining!
We Are So Proud of You!!





Malik Melodies

~

***36 Years of
EmpoweHERing
Women Leaders***



SAVE THE DATE!!

On **February 21, 2015 at The Eastwood Manor in the Bronx, NY**

The Noble Brothers of MALIK Fraternity will be having our Inaugural **Black Tie / Black History Gala** not only celebrate our peoples achievements but to highlight and honor three individuals who have contributed to the development of our youth in our communities.

The theme of the event is "Educating our youth one mind at a time."

We will be honoring:

Bronx Democratic Assemblyman Carl Heastie, champion politician for District 83.

David Banks founder and CEO of Eagle Academy Foundation and The Eagle Academy for Young Men School in the Bronx.

Horace Moore Founder/Director of the Chionesu Bakari Program for at risk youth in Brooklyn.



Further, the newly formed MALIK Fraternity Foundation will be introduced to the world with the mission to facilitate education and health/wellness to our youth in underserved areas.

Come on out and enjoy the open bar cocktail hour, the silent auction of beautiful African art, the premium spirits raffle, complimentary photos on the "black carpet", live band ballroom dancing! All for a worthy cause!

Purchase Tickets online at:

<https://www.eventbrite.com/e/malik-fraternity-black-history-gala-tickets-13944300779>

National President Hugh Lawrence Jr.

MALIK Fraternity Inc. ®

EmpoweHERment Quote!

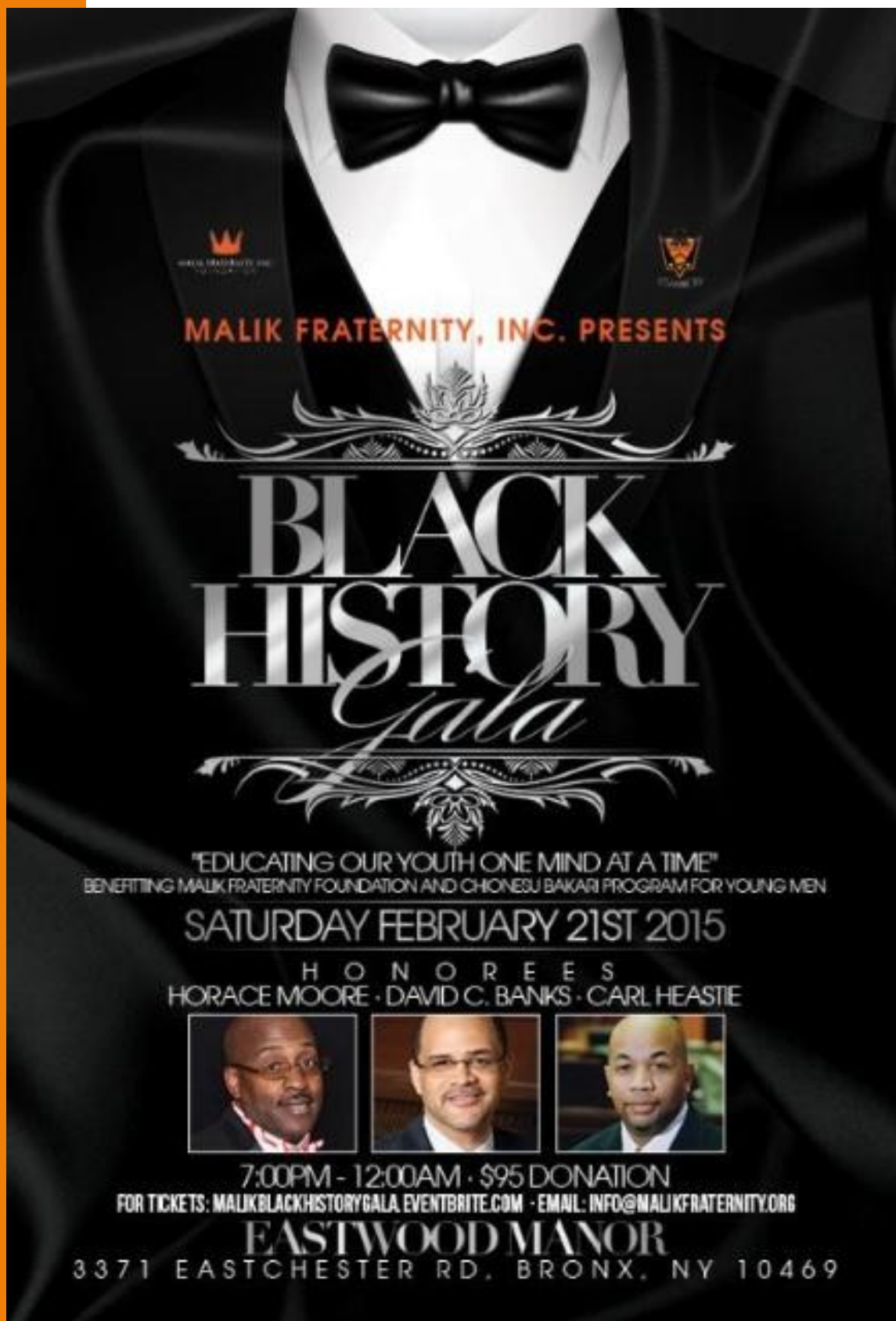
"One thing I cannot deny is the power and connection we create as women. I am a firm believer in the 'village' saying as well as the power of Sisterhood. Unbiased, trustworthy, loving, lean on my type of sisterhood love. Despite our situations, status and decisions we make in our lives, when we get together we connect on a level that relieves stress and ignites inner strength."

-Alysia Cunningham*

*Alysia Cunningham, is a blogger, author and photographer of [Feminine Transitions](#) and forthcoming book [I Am More Than My Hair, Bald and Beautiful Me](#), a social-change photography book celebrating the beauty of bald girls and women who have lost their hair involuntarily, related to medical conditions and autoimmune disorders. It also includes portraits of females who bravely cut their hair in support of a loved one.

Ms. Cunningham is a mentor in *MMSI's Artist Networking & Mentor Initiative*. She also donates a portion of the *Feminine Transitions* book sales to MMSI as part of her philanthropic giving to women and girl organizations. **Let's support her new project on Kickstarter beginning January 12th, 2015.**

SAVE THE DATE!!

The poster features a black tuxedo with a white shirt and a black bow tie. On the lapels, there are two small logos: a crown on the left and a shield on the right. The text is centered and reads: "MALIK FRATERNITY, INC. PRESENTS" in red, followed by "BLACK HISTORY Gala" in large white letters with a decorative flourish. Below this, it says "EDUCATING OUR YOUTH ONE MIND AT A TIME" and "BENEFITTING MALIK FRATERNITY FOUNDATION AND CHIONESU BAKARI PROGRAM FOR YOUNG MEN". The date "SATURDAY FEBRUARY 21ST 2015" is prominently displayed. Underneath, it lists the honorees: "HONOREES HORACE MOORE · DAVID C. BANKS · CARL HEASTIE". There are three small portrait photos of these men. At the bottom, it provides the time "7:00PM - 12:00AM", the donation amount "\$95 DONATION", the ticket website "MALIKBLACKHISTORYGALA.EVENTBRITE.COM", the email "INFO@MALIKFRATERNITY.ORG", the venue "EASTWOOD MANOR", and the address "3371 EASTCHESTER RD. BRONX, NY 10469".




MALIK FRATERNITY, INC. PRESENTS

BLACK HISTORY
Gala

"EDUCATING OUR YOUTH ONE MIND AT A TIME"
BENEFITTING MALIK FRATERNITY FOUNDATION AND CHIONESU BAKARI PROGRAM FOR YOUNG MEN

SATURDAY FEBRUARY 21ST 2015

HONOREES
HORACE MOORE · DAVID C. BANKS · CARL HEASTIE



7:00PM - 12:00AM · \$95 DONATION
FOR TICKETS: MALIKBLACKHISTORYGALA.EVENTBRITE.COM · EMAIL: INFO@MALIKFRATERNITY.ORG

EASTWOOD MANOR
3371 EASTCHESTER RD. BRONX, NY 10469



Sisterhood, Inc.

MALIK MELODIES SISTERHOOD, INC.

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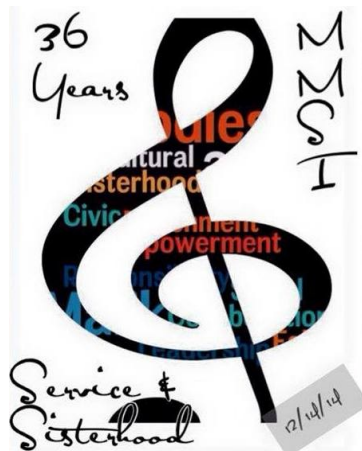
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ideas for articles for future
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[TheGracesNewsletter@
gmail.com](mailto:TheGracesNewsletter@gmail.com)

January / February 2015

Page 8

HAPPY 36th ANNIVERSARY & FOUNDER'S DAY TO MMSI!!

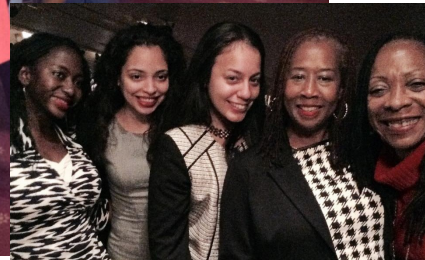


Sisters of Malik Melodies celebrate MMSI's 36 Anniversary & Founder's Day with an evening on Broadway enjoying Alvin Ailey American Dance Theater.



36th Anniversary Participants

Anita Wallace, Christine Delgado, Claudette Edwards, Dawn Cotter-Jenkins, Doreen Riley, Janelle Natal, Lisa Kirkland-Sutherland, Lisa Rodriguez, Lori D. Frazier, Lorianne Rivas, Mary Richardson, Bro. Kenneth Blackwell, Mildred Ngminebayihi, Nathalie Lilavois, Rosita Timm, Sharon Harleston, Sherlyn Ortiz, Shirell Roebach, Stacey Leveille & Vanessa Miller.



All The Best to You & Your Families for a Wonderful New Year!

**Happy
New Year
2015**
Malik Melodies Sisterhood, Inc.

Malik Melodies Sisterhood, Inc. is a non-profit 501c4 leadership development organization dedicated to fostering cultural enrichment and advocating civic and social responsibility. To learn more about MMSI visit www.malikmelodies.org.

**MALIK
MELODIES**
SISTERHOOD, INC.

**LEADERSHIP.
EMPOWERMENT.
COLLABORATION.
FAITH.**

www.malikmelodies.org

We Are the Shoulders of Today
for Tomorrow's Future

Cultural Enrichment & Education
Civic & Social Responsibility

