

The Graces

The Official Newsletter of the Malik Melodies Sisterhood, Inc.

JANUARY - FEBRUARY 2021



Greetings and HAPPY NEW YEAR 2021!!

Malik Melodies Sisterhood, Inc. is pleased to wish our members, Brothers, community partners, and our families a Wonderful and Healthy New Year 2021.

As the New Year dawns, new hope and expectations come on the scene. Malik Melodies Sisterhood, Inc. is thankful that the past year is gone as it was quite a struggle for our organization due to the COVID-19 pandemic. But with your dedication and great performance, joining hands and hearts, together we pulled through the difficult moments that faced us - organizationally as well as in our personal lives. To that we say Ashae!

This New Year may start with some uncertainty as we do not have a crystal ball to see what lies ahead of us; but what we can be certain of is that if we stay united and determined to make it work, our organization will surely succeed.

Malik Melodies Sisterhood, Inc. looks forward to your full cooperation to weather any storm that we may face in 2021. We look forward to a successful year together, no matter what comes our way.

The Queen in Me Salutes the Queen in You!

Warm Regards,

Nathalie C. Lilavois, Ed. D.
MMSI Executive Board President
and
Sharon Harleston
MMSI Executive Board Vice President



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In Memory
Sir Crown Kevin Simon
12/15/1956 – 12/22/2020

On December 22, 2020, we received the shocking news that Sir Crown Kevin Simon, Co-Founder of MALIK Fraternity, Inc. made his transition into the Salaam Kingdom to join the Ancestors. Kevin was one of 15 Co-Founders of the fraternity and the first Founder to make his transition.

Every member of Malik Melodies Sisterhood, Inc. while mourning the transition of our Brother, we celebrate his life. Kevin was ALWAYS full of energy and enthusiasm. He was a great supporter of MMSI and proud of our accomplishments.

We were thankful to see him at MMSI's WE LEAD: Empowering Our Girls Conference in October 2019 and share a few moments and laughs with him.

We extend our deepest sympathies to Kevin's family, friends, colleagues, and the entire MALIK family.
Rest In Perfect Peace Sir Crown, We Queens Salute YOU!





New Beginnings, New Discoveries

By: Melody Bibi Chaterpateah

It's that time of year again when it's expected that every channel you flip through has commercial advertising discounted price to join a gym or to sign up for a weight loss program. But, this year, for many of us, if not all of us, it will look and feel different and that is okay! Your fitness journey can still be your new year's resolution - it just might need some adjustments.

According to the Center for Disease Control, adults are recommended to engage in at least 150 minutes of moderate to intense aerobic activity each week and at least two days a week of muscle-strengthening activities. Examples of aerobic exercises include walking, running, cycling, and examples of muscle-strengthening activities include weight lifting and yoga. For more information, check out the CDC's website on "[How much physical activity do adults need?](#)".

Yoga, for some, may seem intimidating, but I am here to tell you that anyone can do yoga with the right support and guidance. Yoga is an explorative exercise, it allows you to explore the connection with body and mind, the capabilities of your body, the limits of your body. Yoga is also a grounding and meditative exercise that can help reduce stress, calm anxiety, and bring a sense of balance.

Personally, one of my favorite yoga gurus is Adriene Mishler, an advocate of "find what feels good". Known as "The Reigning Queen of Pandemic Yoga", Adriene provides the world with free access to yoga sequences at all levels on her YouTube channel, Yoga with Adriene. To read more about Adriene's take on yoga, check out this [New York Times](#) article and if you're up for a yoga sequence to start the new year off, check out one of my favorites, "[Yoga for New Beginnings](#)".

As we move into the new year, I implore you to keep your minds and hearts open to new ideas and opportunities. I invite you to build new traditions with your families, new habits, and new memories. Let the new year be a year of new beginnings and new discoveries!

With that, I greet you all "Ubuntu", I am because we are.



∞
*Check Out
Puzzles of Color*



Puzzles of Color is an African-American-owned business run by brother and sister duo, William and Ericka. Per their website, "*We have been doing puzzles as a family since we were in elementary school and really enjoyed the challenge it presented and the long hours of family time we spent putting together works of art. But in doing so, we noticed two distinct problems, (1) the imagery often did not represent who we were and (2) when we liked a puzzle, we couldn't find a frame that would fit them. So we decided to take matters into our own hands and create a puzzle company that addressed both of these issues. Our puzzles are framable pieces of art created by artists of color.*" Visit Puzzles of Color at: <https://www.puzzlesofcolor.com/> and listen to their journey at: <https://www.youtube.com/watch?v=l5BOXMhyteU&feature=youtu.be>.

Melody on the Move

Our Sister GM Melissa Charles is making a global impact as a Vaccine Research Scientist working for Pfizer Pharmaceutical Company in Pearl River, NY.

2020 was a year overshadowed by the SARS-CoV-2 (Covid-19) pandemic. Early mornings badging into the lab, leaving long after scheduled work hours, and even coming in on weekends to meet rigorous timelines it never occurred to me that my position in Vaccines Research would amount to having a global impact. Nor did I realize how important it is for the world to know that a face like mine worked tirelessly to release a preventative treatment to help heal the world.



This year my hard work was rewarded with a promotion to "Scientist". The weight this carries is beyond my wildest dreams. I often get the "You work at Pfizer? You worked on the vaccine?" Followed by a look of utter shock and disbelief. Black women in science do exist, and I hope to inspire many more to follow this path because representation matters.

The past several weeks viewing my timeline has left my heart filled. All those who maintain their faith and trust in science, I thank you. We try our best to help keep our communities informed and lead by example especially when it is so easy for misinformation to spread.

"I love and believe in what I do,
and I believe that Science Will Win" - Melissa Charles



My Grandma Ana's Tea Recipe

By Melody Melissa Pacheco



- Fresh ginger (about thumb length), chopped up in slices
- Anise stars
- Cloves
- Cinnamon sticks
- Sugar to taste (can put honey, sometimes I use Mexican brown sugar)
- As much water as you want.

*Recommend for a large cup of tea use:
2 cinnamon sticks, 5-6 cloves, and 3 anise stars

Hot Tea: Has a deeper cinnamon taste and is better for congestion
Cold Tea: Has more of an iced tea taste and good for soothing cough.



"I love how the aroma Grandma Ana's tea fills the house with warmth and comfort every time I make it"
- Melissa





Youthpreneurs!

Skylar and Sunday Curwen are youth entrepreneurs and are the CEOs of Sun In The Sky Enterprises, LLC which they co-founded with their mom, Tricia Messeroux-Curwen. Sun In The Sky Enterprises, LLC is a high fashion sunglass line for members of Alpha Kappa Alpha Sorority, Inc. (AKA). They have successfully obtained their license to use the AKA brand on their sunglasses. Both Skylar and Sunday were presenters at MMSI's Inaugural WE LEAD: Empowering Our Girl's conference.

<http://www.sunintheskypink.com/>
[Sun In The Sky Production - YouTube](#)



Bellen Woodard is the world's first Crayon Activist and Founder of "More Than Peach" crayons. She further developed a non-profit organization, "Bellen's More Than Peach Project" to get multicultural crayons in the hands of every student so that no kid feels "disincluded". She says, "My messages and exclusive products are created to empower students; build awareness; support opportunities in gifted education; and dismantle "perception gaps"—providing an enriching experience to students & adults and creating a platform for all to be heard!"

Bellen is a member of American Mensa and was recently named as an Anti-Defamation League Honoree, and is one of Time Magazine's Top 5 Honorees for Kid of the Year in 2020. To learn more about Bellen and her global campaign to get people to stop thinking of the peach-colored crayon as the "skin color" crayon, visit: <https://www.morethanpeach.com>. Listen to Bellen share her story about More Than Peach – Click here: <https://vimeo.com/411858073>.



Mikaila Ulmer is a 15-year-old social entrepreneur, student, bee ambassador, and author from America. She is the founder of Me and the Bees Lemonade, a thriving company that donates a percentage of its profits to bee conservation. She started the company with a lemonade stand for a children's business competition in Austin, Texas when she was in Kindergarten. Today, after ten years in business, Me and the Bees is a national brand, and its lemonade is sold in 1,500 stores in more than 40 states across America. In 2015, Mikaila appeared in ABC's hit show, Shark Tank, and received \$60,000 from Daymond John; she subsequently met with President Obama and made an \$11 million deal with Whole Foods. The interesting thing about Mikaila Ulmer's business is that it is centered on a cause "saving the bees" which caters to consumers who want to consume with purpose. Mikaila is also the author of BEE- Fearless, Dream Like A Kid. Visit Mikaila's website at:

<https://www.meandthebees.com/>

Source: 10 Young Entrepreneurs To Keep an Eye on in 2020 - ABOUT INSIDER



Make the Most of Every Moment by Living Mindfully in 2021

By [GM Lori Dee Frazier](#)

Mindfulness is focusing your mental energy on the present moment while accepting and acknowledging your feelings. Focusing on the present helps give you a greater ability to enjoy life as it comes.

Try these 6 mindfulness techniques for a sense of calm & appreciation of the life you are living:

1-JUST BREATHE - Simply taking 60 seconds to 5 minutes a day to focus on your breathing can help calm your mind and bring your awareness to the present moment. Find a comfortable spot to close your eyes and focus on deep abdominal breathing. As you inhale, feel your abdomen and chest expand. As you exhale, gently contract your abdominal muscles. Relax your shoulders and facial muscles.

2-WALK IN AWARENESS - Make the time for mindful movement. Go for a walk with no particular destination in mind for anywhere from 3 to 15 minutes. Resist the urge to check your cell phone or look at your smartwatch frequently. Simply enjoy the feeling of movement without thinking of what you have to do next.

3-MEDITATE - Try this technique for beginners:

- Sit or lie comfortably. You may want to lie on a blanket or cushion for comfort.
- Close your eyes.
- Make no effort to control the breath; simply breathe naturally.
- Focus your attention on the breath and on how the body moves with each inhalation and exhalation.
- If you find yourself thinking, acknowledge the thought then gently guide yourself back to focusing on breathing & being.
- Resist labeling any thoughts that may come to you as good or bad.



"Meditation is a surrender. It is not a demand. It is not forcing existence your way. It is relaxing into the way existence wants you to be. It is a let-go." - Osho

4-DO YOGA - Asana is the 3rd limb of yoga, the postures, and movements that most of us associate with the term yoga. Yoga encourages you to stay present by linking your movement with your breath. It also helps you to accept what is as you gently encourage your body to bend, stretch, and balance.

"In asana practice, we learn to cherish each breath, to cherish every cell in our bodies. The time we spend on the mat is love in action" — Rolf Gates

5-TEA TIME - Take time to savor a cup of tea, fruit-infused water, or your favorite caffeine-free beverage. Simply enjoy every sensation of the experience without conversation, TV, cell phones, computers, or any other distraction. Apply this same technique at mealtime. Try simply savoring the flavors without TV, internet, reading, or conversation.

6-Catch & Release Identify any negative emotions or anxiety that you are feeling. Often worry, anxiety, and negativity are triggered by dwelling on a past bad experience or projecting energy and fear about events that may come in the future.

If you catch yourself feeling anxious, identify what is triggering it. Resist the urge to judge the feeling. Then release it by closing your eyes and focusing only on the present moment.

Using a journal is a great way to capture and guide your thoughts to a life-giving path.





Virtually Unconventional CE Program

Saturday, November 14, 2020



Technology Innovations in Telepractice for Speech-Language Pathology ---9:00 am-10:00 am

Dawn Cotter-Jenkins, MA, CCC-SLP

★CONGRATULATIONS★

Congrats to GM Dawn Cotter-Jenkins, MA, CCC-SLP!

Kudos to our Sister, GM Dawn Cotter-Jenkins who was a presenter at the NY State Speech-Language-Hearing Association Unconventional Convention on November 14th, 2020. Dawn's presentation focused on the access and critical evaluation of the technology (hardware and software) used for assessment and intervention in speech-language pathology. Dawn highlighted the fact that resources to support telepractice have been increasing

rapidly, however, this information is rarely disseminated in publication outlets that are widely accessible to clinicians – consequently resulting in a lack of knowledge. Dawn shared this is a huge detriment to the field given the far-reaching impact this method of service delivery can have for various clinical populations who may lack access to services. Her presentation provided professionals and pre-service clinicians with the following: knowledge of the pros and cons of telepractice considering various clinical populations and age groups, information regarding where to access technology, and strategies to evaluate technology in determining clinical utility. Well Done Sis!! CONGRATS on leading the way!

In December Dawn also earned a second Master's degree - MS in Healthcare Informatics from Adelphi University, New York. Congratulations Dawn!!



Our Sister, Melody Brittany S. Johnson is a nurse working on the front lines to fight COVID is also a member of the Atlanta Women's Chorus (AWC). On December 17, 2020, the AWC hosted a virtual annual Holiday "Blend" Concert. The concert consisted of a blend of previous holiday performances and current virtual performances! This is Brittany's first year with the chorus. Please tune in to see the YouTube recording of the concert at <https://www.youtube.com/watch?v=fS1ZSnMKZYI> and be sure to keep an eye out for Melody Brittany!!!!



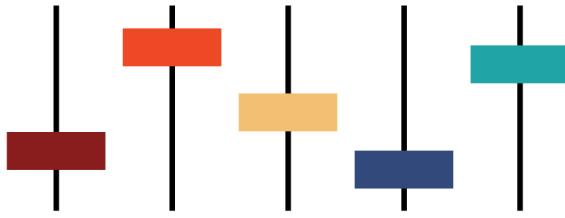
Congrats to our Sister, GM Tawanikka Smith, Purchasing Director of LaGuardia Community College for her on-line interview with the college President Kenneth Adams discussing her team's recent success.

Tawanikka and her team surpassed their Minority and Women-Owned Business Enterprises and Service-Disabled Veterans-Owned Businesses (MWBE/SVOV) procurement goals. The NY State quarterly mandate is that 30% of contracts are to be with MWBE/SOV businesses, however, Tawanikka and her staff far exceeded their goal achieving 53% for the first quarter of their fiscal year!! WAY TO GO!!!

Check out the YouTube interview at:

<https://www.youtube.com/watch?v=zpUcCQLiyOY&feature=youtu.be>





NATIONAL MUSEUM OF AFRICAN AMERICAN MUSIC



ANOTHER AFRICAN AMERICAN HISTORY MILESTONE!

The National Museum of African American Music (NMAAM) will be opening soon in downtown Nashville, Tennessee. Due to COVID-19 the museum's Labor Day weekend grand opening was postponed and is now (tentatively) scheduled for January 18, 2021.

NMAAM will be the only museum dedicated to preserving and celebrating the many music genres created, influenced, and inspired by African Americans. The museum's expertly curated collections will share the story of the American soundtrack by integrating history and interactive technology to bring the musical heroes of the past into the present.

The museum is 56,000 square feet featuring seven galleries—six permanent and one rotating—that chronicle Black musical traditions from the 1600s up to the present day. More than 50 genres and sub-genres of American music are explored from spirituals and gospel to jazz, blues, hip-hop, R&B, and more. The museum will share the story of the American soundtrack by integrating history and interactive technology to honor Black musical heroes of the past and the present.

Some ask, "Why Nashville?"

Per the museum's website: Historically, Tennessee was the center of the Great Migration, when approximately 6 million African Americans left the South—with their musical traditions in tow—to relocate to large cities and other areas of the Northeast, Mid-West, and Western states. They are preserving the history of America's soundtrack in a place where music is truly celebrated daily. Additionally, Nashville also known as "Music City" is a place where significant African American music events and artists thrived. The Fisk Jubilee Singers, Jimi Hendrix, Ray Charles, and Little Richard are just a few of the pioneering artists who were a part of the Nashville music scene in the early stages of their career.

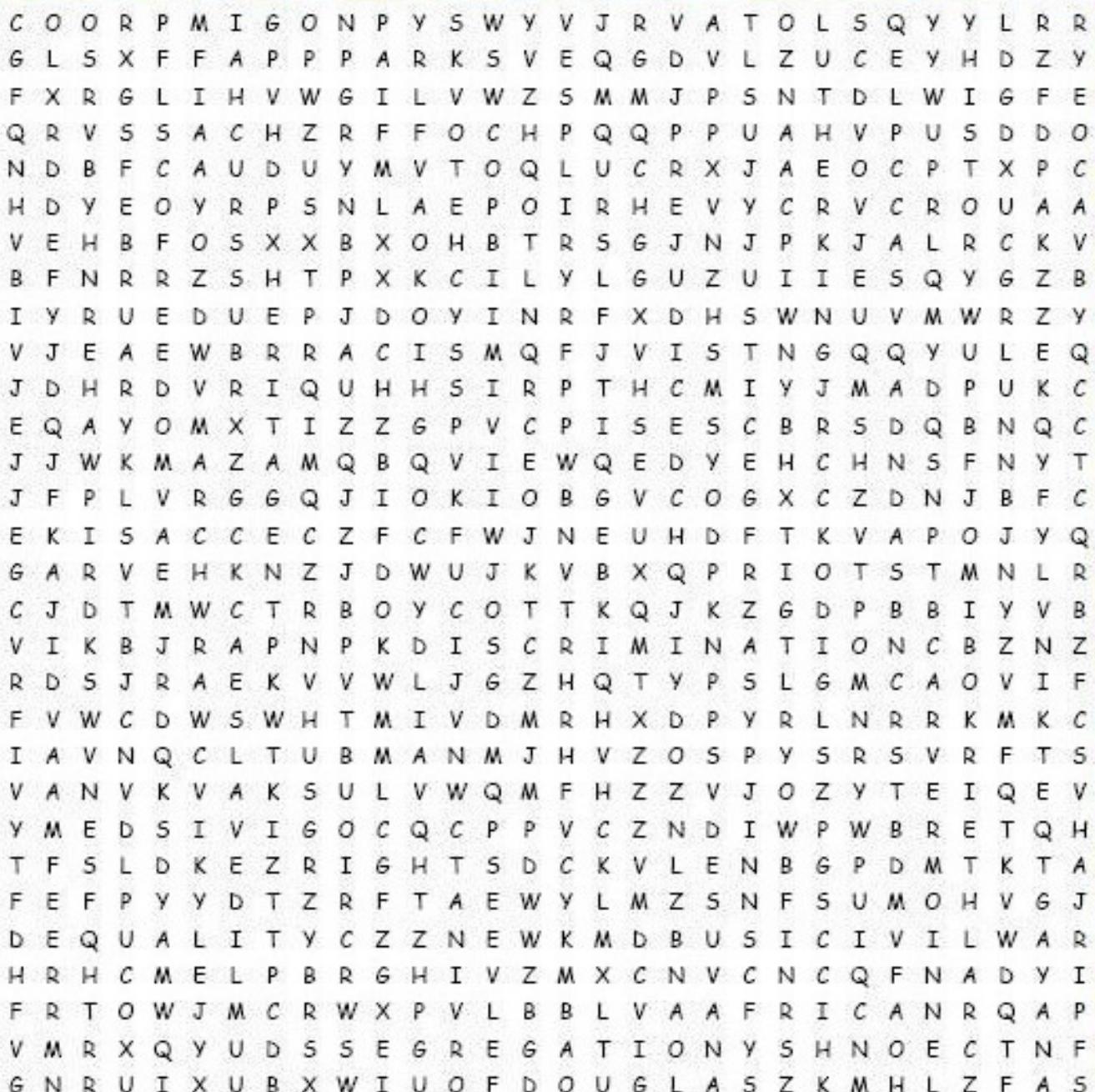
To take a virtual tour of the museum: [Click here: Coming Soon: National Museum of African American Music - YouTube](#)

To learn more about the National Museum of African American Music and its programs visit <https://nmaam.org/>

Celebrate & Remember

Dr. Martin
Luther King Jr.

BLACK HISTORY MONTH



AFRICAN
BOYCOTT
BUS
CARVER
CIVIL WAR

DISCRIMINATION
DOUGLAS
EQUALITY
FEBRUARY
FREEDOM

HERITAGE
HISTORY
JUSTICE
LUTHER KING JR
MARCH

NAACP
PARKS
PREJUDICE
RACISM
RIGHTS
RIOTS
SEGREGATION
SLAVE
TUBMAN
VOTE



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

December 1, 2020

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, its not too late to contribute!

We are continuing our fundraising efforts throughout 2021 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



Upcoming Events- January & February

January 17, 2021, 3:00 pm (EST)
Annual Martin Luther King, Jr. Celebration

THE TIME IS NOW: FORWARD!
Queens College will honor and pay tribute to Dr. King in a virtual celebration of his powerful legacy and connection to student activism and engagement today. Please [Register HERE](#) for this event before January 17, 2021 @ 2:45PM



Melodies,
Check Your Email For Details



Black History Month at
Jamaica Center for Arts & Learning (JCAL)

2/24/21, 7pm - Riddim Section - Afrobeat | Calypso | Chutney | Kompa | Reggae | R&B

2/27/21, 7pm - Fanike African Dance Troupe

For Info & Tickets Visit: <https://www.jcal.org/>



Click here to Register

This summit will spotlight top medical experts and entertainers who will discuss the most critical health topics. These virtual panels, lectures, and interactive workshops will leave you with the inspiration, support, skills and knowledge to make immediate health improvements! You don't want to miss this.

February 5-6, 2021

Black Health & Healing Virtual Summit - Is a 24-hour event on Zoom and **registration is required**. Please share with your family, friends and colleagues. We believe the organizers are providing ASL access during the entire event!

<https://blackhealth.queenslibrary.org/>

TEDx DeerPark Women "FEARLESS"

www.tedxdeerpark.com



We witnessed another fantastic presentation from TEDxDeerPark - FEARLESS on November 21, 2020. This virtual TEDx event featured twelve FEARLESS WOMEN speaking on topics such as race, leveraging your platforms, activism, diversity, inclusion, empowerment, women & leadership, while walking and working through your fears. They all encouraged the audience to be FEARLESS despite the circumstances of life.

We extend a special thank-you to the curator of TEDxDeerPark, GM Dr. Nathalie C. Lilavois for another amazing event! To check out all the presentations [CLICK HERE](#), or visit the TEDxDeerPark Facebook page.



Producer:

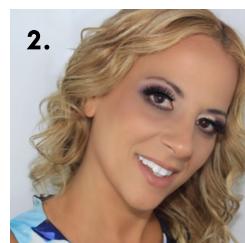
George Andriopoulos

MC

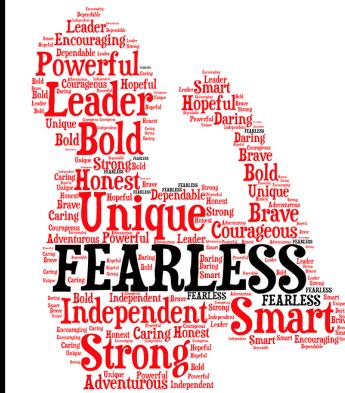
MALIK Brother, Marc D. Branker

Speakers & Topics:

1. Dr. Coralanne Griffith-Hunte - "Fearless in the Middle"
2. Mary Drew - "Declaring Myself a Success"
3. Lissarette Nisnevich - "Take What You Give"
4. Renee Winters - "A Gift for Your Daughter"
5. Dr. Firdos Sheikh - "The Power of Resilience: Reclaiming Identity as a Minority"
6. Winneshia Stansberry - "Unlocking Your Hidden Potential with Music"
7. Mariela Dabbah - "24-Hours to Change the Gender Inclusion Reality"
8. Marsha Guerrier - "How Women of Color Can Rise to the C-Suite"
9. Jessica Toussaint - "Embracing My Story"
10. Dr. Jasmine Escalera - "Conquering Workplace Conformity as a Woman of Color"
11. Monique Denton-Davis - "You Don't Know How Good You Are"
12. Sue Fearless - "Be Bold, Be Fearless, Be You"



TEDx
DeerParkWomen
x = independently organized TED event



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JANUARY-FEBRUARY 2021

Our Sister, Dr. Lisa Love Whittington, Ed.D. Has Power In Her Paintbrush



She is called “Middle Passage”

“...and out of disgust, frustration, determination, passion, and love, a new artwork is (re)born.”

- Dr. Lisa Love Whittington, Artist

<https://www.lisalovewhittington.com/>

MMSI MONTHLY MEETINGS:

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

Professional Branch – 3rd Tuesday at 8:00 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

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