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The theme for Hispanic Heritage Month 2024 is "Pioneers of Change: Shaping the Future Together". The theme recognizes Hispanic and Latino trailblazers who have paved the way for future generations and driven positive change. It also calls on people to embody the change they want to see in the world.

Hispanic Heritage Month is celebrated from September 15 to October 15. It honors the history, culture, and contributions of Hispanic Americans, and the achievements and influence of Hispanic Americans in various fields. The month also encompasses the independence anniversaries of several Latin American countries.



# Did you Know!

## Check out these 10 Facts about National Hispanic Heritage Month

- 1. President Lyndon B. Johnson issued the first Hispanic Heritage Week after Congress passed Public Law 90-48.
- 2. National Hispanic Heritage Month begins in the middle of September because many Latin American countries observe their Independence Day on September 15.



- 3. According to the U.S. Census, 1 in 5 people in the United States identify as Hispanic/Latino / Latinx (or 6 million people).
  - 4. Hispanics make up the largest minority group in the United States.



- 5. Hispanic Heritage Month celebrates the histories and cultures of American citizens whose ancestors came from Central and South America, Mexico,
  Spain, and the Caribbean.
  - 6. 13 states have a population of at least one million Hispanic residents.



7. Ellen Ochoa became the first Latina astronaut in space in 1991. She brought her flute two years later to play on the Space Shuttle Discovery.



8. Roberto Clemente was the first Hispanic American baseball player to win a World Series and the first Latino elected to the Baseball Hall of Fame.



- 9. Hispanic Heritage Month is celebrated across the country through various celebrations including, parades, art shows, festivals, and community gatherings.
- 10. Spanish is the second most spoken language in the United States (Second to the English language).



# Latin Recipes by Brother Chef Giancarlo Llaverias aka Chef Maestro



## Recipe w/o meat:

Papa a la Huancaína is a traditional Peruvian dish with boiled potatoes with a spicy, creamy cheese sauce. This dish is named after the Huancayo region in Peru and is often served as an appetizer or side dish. Best served chilled or at room temp.

## Ingredients:

- 6 medium yellow potatoes (Yukon Gold or a similar variety)
- (7 oz) cream cheese
- 1-2 ají amarillo peppers (or substitute with yellow chili paste)
- 1/2 cup evaporated milk
- 4 saltine crackers (or 2 slices of white bread with the crusts removed)
- 1 tablespoon vegetable oil
- Salt and pepper to taste

## Instructions:

#### 1.Boil the Potatoes:

Boil the potatoes in salted water until tender (about 20-25 minutes). Drain and let them cool before peeling. Cut them into thick slices once cooled.

## 2. Prepare the Ají Amarillo:

If using fresh ají amarillo, remove the seeds and veins, then boil them for 10 minutes to reduce spiciness. Drain and set aside. (If using yellow chili paste, skip this step).

### 3. Make the Huancaína Sauce:

Ina blender, combine the ají amarillo (or yellow chili paste), cream cheese, evaporated milk, saltine crackers, garlic, and oil. Blend until smooth. If the sauce is too thick, add more evaporated milk or a little water to achieve a creamy consistency. Season with salt and pepper to taste.

## Plating:

Place a few leaves of lettuce on the bottom of your plate. Place potatoes on top of lettuce and pour cream on top and garnish with hard boiled egg cut in half or olives.



## Recipe w/ Chicken:

Ajiaco is a traditional Colombian soup, particularly famous in Bogotá. Its roots date back to the pre-Columbian era, when Indigenous peoples in the Andes used various types of potatoes and local herbs to create hearty soups. Over time, Spanish colonizers introduced chicken and other ingredients, enriching the dish.

## Ingredients:

4 chicken breasts (bone-in or boneless)
2 ears of corn, cut into halves or thirds
3 types of potatoes:
5 small yellow potatoes (papa criolla), peeled
5 red potatoes, peeled and cut into halves
5 white potatoes, peeled and cut into halves
1 bunch of scallions (about 4), finely chopped
2 cloves garlic, minced
8 cups chicken stock
1 cup heavy cream
Fresh cilantro, chopped (for garnish)
Salt and pepper to taste

#### Instructions:

Cook the Chicken: In a large pot, bring the chicken stock to a boil. Add the chicken breasts, corn, scallions, and garlic. Reduce the heat to medium and let it simmer for about 30 minutes until the chicken is fully cooked. Skim off any foam that rises to the surface.

Prepare the Potatoes: Add the red and white potatoes to the pot, letting them simmer for another 20 minutes. Then add the yellow potatoes, which will help thicken the soup. Continue cooking until the potatoes are tender, about 15-20 minutes.

Shred the Chicken: Remove the chicken breasts from the pot and shred the meat into large chunks. Return the shredded chicken to the soup.

Serve: Serve the ajiaco hot in bowls. Top each serving with heavy cream, a spoonful of capers, and slices of avocado. Garnish with fresh cilantro. Optional sides: Serve with white rice.

# Latin Recipes by Brother Chef Giancarlo Llaverias aka Chef Maestro



## Recipe w/Fish

Pescado con Coco is a traditional dish from the Samaná region of the Dominican Republic, known for its rich coconut-based cuisine influenced by the area's Afro-Caribbean roots. The dish features fresh fish cooked in a creamy coconut sauce, combining tropical flavors with local herbs and spices. It reflects the island's coastal lifestyle, where seafood and coconuts are abundant, and is a staple in Dominican culinary tradition, especially in coastal communities.

## Ingredients:

4 fish fillets (snapper, grouper, or any firm white fish)
1 lime (juice, for marinating)
2 cloves garlic, minced
1 small onion, finely chopped
1 bell pepper (red or green), sliced
2 ripe tomatoes, chopped
1 can (14 oz) coconut milk
1/4 cup fresh cilantro, chopped
1 tablespoon tomato paste
1 tablespoon olive oil
Salt and pepper to taste

#### Instructions:

## Marinate the Fish:

Season the fish fillets with lime juice, salt, pepper, and minced garlic. Let them marinate for 15-20 minutes.

#### Prepare the Coconut Sauce:

In a large pan, heat the olive oil over medium heat. Add the onions, bell pepper, and tomatoes. Cook for about 5 minutes until the vegetables soften.

Stir in the tomato paste, coconut milk, and half of the cilantro. Let the sauce simmer gently for 10 minutes to thicken and blend the flavors.

#### Cook the Fish:

Add the marinated fish fillets to the pan, nestling them into the sauce. Cover the pan and let the fish cook for about 8-10 minutes (depending on thickness), or until the fish is cooked through and flaky.



## Recipe w/ Beef

Asado is more than just a meal in Uruguay; it's a cherished social event and a cultural tradition. This method of cooking involves grilling various cuts of beef, often over an open flame or charcoal and is typically accompanied by friends and family. The social aspect is as important as the food itself, often taking hours and bringing people together to enjoy not just the meal but each other's company.

## Uruguayan Asado Recipe Ingredients:

Beef Cuts: Popular choices include ribs (asado de tira), flank steak (vacío), and sirloin (bife de chorizo).

Salt: Coarse salt is traditional.

Chimichurri Sauce: For serving (optional):

1 cup parsley, chopped 4 garlic cloves, minced 1/2 cup olive oil

1/4 cup vinegar (red wine or apple cider)

Salt and pepper to taste Red pepper flakes (optional)

## Instructions:

#### Prepare the Chimichurri Sauce:

In a bowl, mix parsley, garlic, olive oil, vinegar, salt, pepper, and red pepper flakes. Adjust to taste. Let it sit to meld flavors.

## Prepare the Grill or Pan

Heat the grill or prepare an open fire. If using charcoal, let it burn until covered with ash.

## Season the Meat:

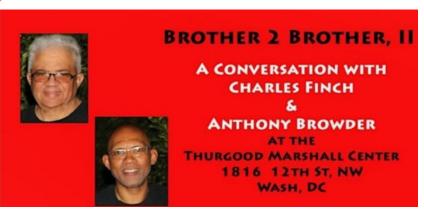
Generously sprinkle coarse salt over the beef cuts. Let them sit at room temperature for about 30 minutes.

#### Grill the Meat:

Place the beef on the grill or pan, cooking time varies by cut, but generally, aim for 20-30 minutes for medium-rare.

#### Serve:

Once the meat is cooked to your liking, remove it from the grill and let it rest for a few minutes. Slice and serve with chimichurri sauce on the side.





On September 20, 2024, a conversation with Dr. Charles Finch, MD and Anthony T. Browder was held in person in Washington, DC and virtually discussing brotherhood, peoplehood, culture & their work. The discussion was lively, fun, emotional, and empowering. Everyone left more enriched and supercharged with appreciation for these two giant scholars, and the significance of their impactful and historical work rewriting and correcting the narrative of our history.

On September 21, 2024, the 16th Anniversary of the Asa Restoration Project (ARP) culminated with a special fundraising reception and gala, where Anthony Browder discussed the next phase of the ARP, presented ARP video highlights over the last 16 years and was graced with the by the beautiful songstress and graphic artist, Ms. Free Benjamin. The evening ended with a private tour of the Tutankhamun: His Tomb and His Treasures exhibit which features 1,000 replicas discovered in the tomb of King Tutankhamun, the famous boy King in 1922. There was also a book signing by Dr. Finch and Mr. Browder and a commemorative poster provided to each guest.

The evening was made extra special by having the Dr. Asa G. Hilliard's family present to commemorate this significant ARP milestone. MMSI Co-Founder, MGM Kim Bright had a wonderful reunion with MMSI's Honorary Member Patsy Jo Hilliard, wife of Dr. Asa G. Hilliard! Sister Kim presented Sister Hillard with her MMSI pin which she proudly wore during the gala!

Anthony T. Browder









Honorary Member, Patsy Jo Hilliard & MMSI Co-Founder, Kim Bright



Kim Bright & Dr. Charles Finch



Liani Mataka & Free Benjamin





IKG's Wisdom Wednesday Forum on History and Culture is a free virtual event offered monthly on the third Wednesday of the month from 7-9pm.

Upcoming 2024 webinars are as follows: Free and registration required.

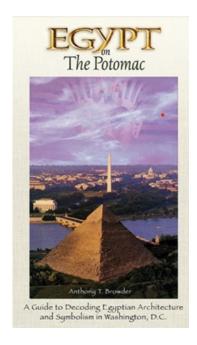
October 16th – Friends of the Congo "Break the Silence Week" November 20th – Dr. Ric Mathis "Ancestors Intelligence vs. Artificial Intelligence"

December 18th – Ausar Auset Society of Washington, DC – Winter Solstice Meditation

Recordings of previous Wisdom Wednesday presentations can be found on IKG's YouTube channels at:

http://www.youtube.com/@Browderfiles and https://www.youtube.com/@anthonybrowder331

To receive notifications about upcoming events, join the Wisdom Wednesday Listserve by <u>CLICKING HERE</u>



## 2024 EGYPT ON THE POTOMAC FIELD TRIP SERIES TICKETS, SATURDAY, NOVEMBER 2, 2024

The Egypt on the Potomac Field Trip is a guided journey through Washington, DC that uncovers secrets hidden in plain sight. Did you know there is information and wisdom embedded throughout the landscape of the city: in federal building architecture, street alignments, symbols on parks and buildings, and numerical patterns found within all of these elements, among others?

By examining this embedded information, and exploring aspects of Nile Valley mythology, African American, American, and Washington DC history, the Field Trip illuminates the ancient Egyptian influence on the founding fathers of the United States of America, as well as their acknowledgment of the Nile Valley origins of civilization.

The Egypt on the Potomac Field Trip is sponsored by IKG Cultural Resource Center and was created by author and cultural historian Anthony T. Browder. A facilitator guides participants to understand the story of DC's history that has been hidden in plain sight.

## MONTHLY FIELD TRIPS OCCUR APRIL THROUGH NOVEMBER.

Can't make it to Washington, DC, purchase the book on IKG's Website at <a href="https://ikgculturalresourcecenter.com/ikg-store/books/egypt-on-the-potomac/">https://ikgculturalresourcecenter.com/ikg-store/books/egypt-on-the-potomac/</a>

## TUTANKHAMUN: HIS TOMB AND TREASURES EXHIBITION IN WASHINGTON, D.C.

"Tutankhamun: His Tomb and His Treasures is an exhibition that offers guests an unprecedented glance into Ancient Egypt. The exhibition features 1,000 perfectly reconstructed objects, breathtaking decorations and fascinating explanations, allowing visitors to step right into the wonder of the most famous archaeological discovery site of the 20th century. An unparalleled glimpse into the young king's life!" Source: <a href="https://tutankhamunexpo.com/washington-dc/">https://tutankhamunexpo.com/washington-dc/</a>

The exhibit will be on display until the end of November 2024 unless extended. Don't delay get your tickets and bring the family!!! It's a unique experience and extremely beautiful exhibit!

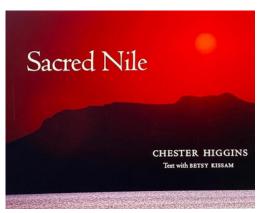
Get your tickets <a href="https://tutankhamunexpo.com/washington-dc/">https://tutankhamunexpo.com/washington-dc/</a> (Group sales available)

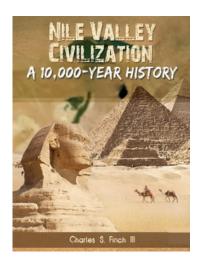




## Sacred Nile

Is an AMAZING book of incredible images by Chester Higgins (Photographer), Betsy Kissam (Contributor) and is the story of our collective spiritual imagination and practice. Chester Higgins celebrates the agency of people of African descent and their influence on the foundation of Western religion. His images illustrate how faith migrated up and down the River Nile from Ethiopia to Egypt leaving vestiges of ancient practice in today's worship. This visual portrayal of faith reexamines our spiritual beginnings." Sacred Nile can be found at most bookstores, but please support Black-Owned bookstores such as Black Classic Press at https://www.blackclassicbooks.com/.





## Nile Valley Civilization A 10,000 Year History, By Dr. Charles S. Finch, III

"Conventional history places the beginnings of ancient Egypt at 3100 B.C. In this work, Dr. Charles Finch demonstrates that the civilization of ancient Egypt did not begin a mere 5,000 years ago, but rather was part of a much longer, much more widely-based history of civilization." He further states, "Certain European scholars have tied themselves into knots trying to 'de-Africanize' ancient Egypt. Using their own 'conventional'

historical timeline is one way these scholars have been able to give the world this distorted view of Nile Valley history."

To view some of Dr. Finch's lectures visit his YouTube channel at https://www.youtube.com/user/charlessfinch.

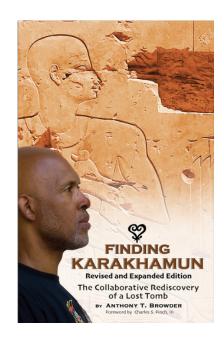
## Finding Karakhamun, Revised and Expanded Edition, The Collaborative Rediscovery of a Lost Tomb, by Anthony T. Browder

An account of the excavation of the 2700 year-old tomb of Karakhamun, a 25th dynasty priest. The tomb was discovered in 2006 on the west bank of Luxor, Egypt and the excavation is funded by the ASA Restoration Project.

MMSI has proudly supported the ASA Restoration Project since it's inception, please purchase this book to continue to support this important and historical work.

INVEST AND BE A PART OF HISTORY!

Purchase the book directly from IKG's website at:
<a href="https://ikgculturalresourcecenter.com/ikg-">https://ikgculturalresourcecenter.com/ikg-</a>
<a href="mailto:store/books/finding-karakhamun-the-collaborative-rediscovery-of-a-lost-tomb/">https://ikgculturalresourcecenter.com/ikg-</a>
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# Past Events

## WE LEAD & WE LAUGH!!!

MMSI's WE LEAD & WE LAUGH!!! A Comedy Fundraiser was held on Saturday, August 3, 2024, to support the planning and execution of our forthcoming WE LEAD: Empowering Our Girls Conference.

The evening was filled with a night of fun and hilarity provided by the talented host and comedic lineup, along with great music from our awesome DJ Tim Stokes, and the excellent food and waitstaff at 275 Park, Home of the Laffaholics, located at 275 Park Avenue,

Brooklyn, NY. <a href="https://www.275parkbk.com">https://www.275parkbk.com</a>.

On the lineup was our fantastic host Sinck kept the flow going all night. He and Comedy Queens, Mugga and Stephanie Kay had our sides hurting from laughing so hard! The men weren't to be outdone... Brooklyn Mike and the legendary Hamburger had us all in tears from laughing!!! I think we heard a few laughing snorts too!! Overall it was a great night for a great cause. We hope you will continue to support our fundraising efforts for our WE LEAD: Empowering Our Girls Conference in the months to come.













# PAST EVENTS



## MMSI Virtual Mix & Mingle Series-Health is Wealth Feeding Your Body

was held on Friday, September 20, 2024 via Zoom.
Our presenters for the evening was Melody Lori D.
Frazier; Ashley Lambrecht (daughter of Melody
Charlene and George Lambrecht. This
informational webinar consisted of choosing the
right diet/meal plan for an individual; benefits of
healthy eating; some popular eating styles; how to
eat the rainbow; tools for success. Melody Deirdre
Avery shared a very moving and personal testimony

"Let food be thy medicine and medicine be thy food" - Hippocrates

"The food you eat can either be the safest & most powerful form of medicine or the slowest form of poison" - Ann Wigmore







# PASTEVENTS













QUEENS AND KINGS It's a MALIK FAMILY AFFAIR!!

# Energizing the Young Vote

## BY TAWANIKKA SMITH

With a little over a month remaining until the 2024 Presidential election, one group thatcan turn the tide of the direction our country is going in is young voters. Traditionally, the young vote is low in numbers, but we are seeing an uptick in their participation in the process. Organizations, like "Energizing Young Voters", donor organizations, and educational institutions are pushing to get young people more involved in the process, because they realize that it is the young people that will drive this election.

LaGuardia Community College's College Association has been working hard to engage students with voter registration. Since the last election, Student Affairs staff became concerned about the lack of awareness and engagement from the students. In 2022, they held an ice cream social and voter registration drive, "Get the Scoop on Voting". One hundred-seventy-seven students showed and only five registered to vote. There are various reasons for the lack luster registration, including ineligibility (LaGuardia is a Hispanic Serving Institution (HSI)), and reluctance. But, the most disturbing was the feeling of defeat and of oppression amongst students of color.

For the 2024 registration drive, the draw was pizza. Three Hundred sixty-six students attended and One Hundred and Twenty registered. Donniece Davis, Director Student Life mentioned that there was a noticeable change in the student's attitude towards voting. The pizza was donated by an organization that gets donors to foot the bill for pizza at registration events. Who can turn down pizza?! But Davis believes it's more than the pizza. Young people are becoming more aware of what's happening and taking steps for action. They see first hand that the country is in shambles and we need change.

In a continued effort to energize and ignite the students to become passionate about civic engagement and social responsibility, LaGuardia's College Association will be hosting a screening of "Loud Mouth. The Life and Battles of Reverend Al Sharpton", followed by an in-person interview with the Reverend on October 23rd.

Information from Vote.org:

In the 48 hours following President Joe Biden's withdrawal of his 2024 bid for the presidency, 38,500 new voters registered themselves for the upcoming election.

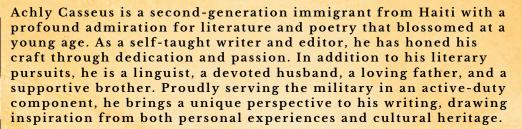


CLICK HERE TO REGISTER IN YOUR STATE HTTPS://VOTE.GOV/

# Congratulations!







To cope with being separated from his family, while stationed overseas. Achly lead into his passion and created A Book of Poetry Love, Lust & Desire. A book that's speaks to emotions and actions we all experience. At times we mistake Lust & Desire for Love or vice versa. Taking the time to identify how each entity in its purest form fall into their perspective place provides freedom to feel each emotion in its entirety. Whether good or bad it will then allow you to begin to see yourself fully.



"I would write without knowing where each poem or thought belonged. With time they began to fall into place. As is such with life as whole. To Love, To Lust, To Desire or to experience all three and begin to understand them. The question ultimately becomes how do you see yourself? Thank you for reading and I leave that question for you." - Achly Casseus

The book is a labor of love. My husband and I would love to have your feedback and support on this project. Love, Lust & Desire can be found on Amazon and Kindle for purchase https://a.co/d/45OHmzk. Follow on Instagram @letters2my.muse for daily inspirational posts from the book and author.

Thank you, Stacey Leveille-Casseus



Congratulations Melissa Pacheco-Wilson on your new catering business venture BorikénBitesNYC



https://borikenbites.mystrikingly.com



Congratulations Kim
Bright on your
retirement from the
Edgewood/Brookland
Family Support
Collaborative Board of
Directors.
May you be proud of
the work you have
done, the person you
are, and the difference
you have made!



August 22, 2024 our Sister
Mary Richardson and Brother
Kenneth Blackwell were joined
together as one.
Wishing them both much joy
and a long, happy, healthy,
fun life together!





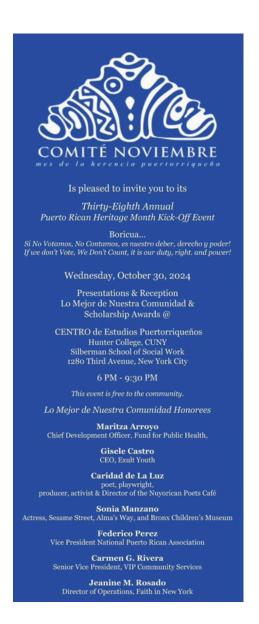
## Spotlight Activities

Comité Noviembre's 38th Annual Puerto Rican Heritage Month Kick-off Event - Wednesday, October 30, 2024 6:00 pm-9:30 pm at Centro, The Center for Puerto Rican Studies at Hunter College - 1280 3rd Avenue, New York, NY 10035

This event is free to the community

# comité noviembre congratulations to our Sister Maritza Arroyo on receiving the Lo Mejor De Nuestra Comunidad Award!!

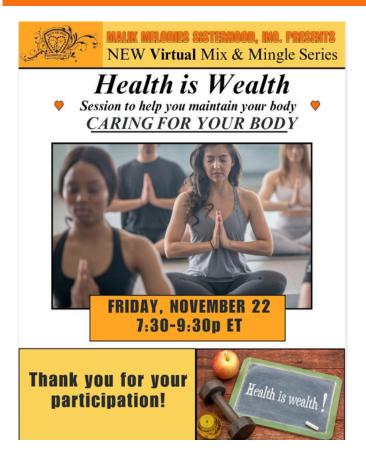




## Scholarship Recipients Comite Noviembre Scholarship for Volunteerism Robert Hernandez, Guttman, Community College/CUNY Alana Cristina Pesante, Adelphi University Alexis Rosario, Mercy University, NY Madison Elaine Taylor, Univesity of Delaware Nashali Zambrana, Guttman Community College/CUNY Ernesto Malave Scholarship for the Arts Adriana Maldonado, University of Alabama Tuscaloosa Daniel De Jesus Ramirez, University of Southern California Solana Martinez, Point Park University, PA Richie Perez Scholarship for Peace and Justice Mila Bello, Case Western Reserve University Mandel School of Social Work, OH Nolda Vivó Scholarship for Bilingual Education Evelina Antonetty Scholarship for Community Activism Celine Cardona, University of Connecticut The Ana Beatriz Domenech Scholarship for Nursing Magaly Racioppo, Stoney Brook University/SUNY The Bello Family Scholarship for Community Service Gabriela Livingston, Kean University, NJ The Cruz Cordero Family for Journalism or English Lola Fontnez, Emerson College, Boston, MA The Loh Collado Family Scholarship for Engineering, Pre-Med or Computer Science Eduardo Miguel Arribalzaga, Manhattan College, NY The Wallace Edgecombe Scholarship for Affecting Change Joseline Cabral, Boricua College, NY Isabel Tiburcio, Yale University, CT Andres Alejandro Huart, Howard University, Washington DC The Santiago Carrasquillo Family Scholarship for Public Policy, Civic Engagement, or Political Science To be determined



## Spotlight Activities





Join Us For MMSI's Next Virtual Mix & Mingle

We will discuss the importance of caring for your body. This event is open to women and men. our .

We look forward to seeing you on Zoom, Friday, November 22, 2024, at 7:30pm (ET)!

Note: Registration for this event will be shared soon!





# COMING SOON! GIVING TUESDAY

December 3, 2024



As a part of Malik Melodies' continued commitment to supporting our communities, empowering our girls, and having a global impact, we will participate in **Giving Tuesday** again this year on **December 3, 2024** with our *Gift of Giving Campaign*. Support from generous donors enabled MMSI to provide 3 scholarships to deserving students in the scholarship's 12-year history. To learn more about our **Angela Pauling Scholars** visit:

https://www.malikmelodies.org/angela-pauling-memorial-scholarship.

The philanthropy of our donors also supported the phenomenal work of the **Asa Restoration Project**; now in their 16th year of historical archaeological work in South Asasif, Egypt. To learn more visit: <a href="https://www.malikmelodies.org/asa-restoration-project">https://www.malikmelodies.org/asa-restoration-project</a>.

We are so very thankful for your trust in our work. Please know that we value your friendship, advocacy, and financial support. Thank you for empowering us to be able to empower others! On behalf of the Executive Board and all Members of MMSI, **THANK YOU** in advance for your support!!! **To Donate Now, CLICK HERE**.

# The Graces

The Official Newsletter of the Malik Melodies Sisterhood, Inc.

## **Angela Pauling Memorial Scholarship**

## \$20/24 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. 12th 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

Check: Malik Melodies Sisterhood, Inc. - P.O. Box 92944, Wash., DC 20090

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

MALIK MELODIES SISTERHOOD, INC.



MMSI

## 2024 Campaign Please Nonate Today!



## 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
Sharon Harleston
Lisa Rodriguez
Tawanikka Smith
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.

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