

The Graces

The Official Newsletter of the Malik Melodies Sisterhood, Inc.



Celebrating a Legacy



New York, NY – The Executive Board of **Malik Melodies Sisterhood, Inc. (MMSI)** announced that **Sherlyn Ortiz-Suàrez** has stepped down in her role as MMSI’s Executive Board President.

MMSI wishes to recognize the outstanding leadership that **President Emeritus Sherlyn Ortiz-Suàrez** has provided to Malik Melodies Sisterhood, Inc. It was her shared vision which propelled MMSI out of dormancy reviving the importance of building women leaders at the collegiate level and beyond. Sherlyn was incredibly impactful translating her vision and that of the Executive Board’s into a strategy and execution. Leveraging technology, she educated and brought the “old guard” into the digital age and created a virtual environment where any member may participate regardless of their geographical location and model MMSI’s programs in their communities. Sherlyn has set the foundation and vision for the future that will allow MMSI to thrive far beyond her tenure. We are forever grateful.

Passing the Torch

At the October 2017 Membership Meeting the new slate of Executive Board officers were confirmed and the Executive Board (EB) Presidential torch was passed on to an equally dynamic leader, President Nathalie C. Lilavois, Ed.D. Dr. Lilavois has the great ability to inspire, energize and connect with community partners.



We are also very excited to welcome **Sharon Harleston** and **Anita Wallace** to the Executive Board leadership. Sharon will serve as the Vice President and Anita as Secretary. As we enter our next chapter, we are confident MMSI will be even more impactful and empowering within our communities in the years to come.

November/December
2016

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The Graces Staff

Anita Wallace
Kim J. Bright
Lisa Rodriguez
Nathalie Lilavois, Ed.D.

Executive Board

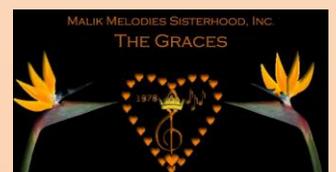
Kim J. Bright, Co-Founder
Nathalie Lilavois, President
Sharon Harleston, Vice President
Anita Wallace, Secretary
Mary Richardson, Parliamentarian
Lisa Kirkland-Sutherland
Lisa Rodriguez

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Please send comments or ideas for
articles for future newsletters to
TheGracesNewsletter@gmail.com



"It is truly an honor to serve as the President of the Executive Branch of Malik Melodies Sisterhood, Inc. I look forward to collaborating with my Sisters to strengthen relationships, build capacity, and expand our sphere of influence. Together, we make an impact that matters and we will remain steadfast in our civic and social responsibility. Now, more than ever, we must galvanize our collective expertise and embolden each other to exceed expectations for the execution of even the most challenging endeavors. I am excited to work alongside such dedicated women who will succeed despite the clear and present obstacles entrenched in our society." – Nathalie C. Lilavois, Ed.D

EXECUTIVE BOARD OFFICERS



*Nathalie C. Lilavois
President*



*Sharon Harleston
Vice President*



*Anita Wallace
Secretary*



*Kim J. Bright
Treasurer / Co-Founder*



*Mary Richardson
Parliamentarian*



*Lisa Kirkland-Sutherland
Member*



*Lisa Rodriguez
Member*

"There is nothing more rewarding than becoming a Malik Melody. It was no easy task. Rebuilding an organization was no easy task. But being a Melody is a feeling, it's a lifestyle, that takes dedication, perseverance, determination, and courage. For the past 8 years, MMSI has played an integral role in my life. Serving as your President was nothing shy of a labor of love. Choosing to retire was probably the most difficult decision I have ever made. Knowing that I serve a wonderful God, has helped me to embrace my decision and focus on my role as mother and wife. Every situation in life is temporary and I believe it's important to bask in your blessings while you have the opportunity to do so. I'm proud of who we are as an organization today, but even more excited for our bright future. I'm confident and proud to leave my position in the hands of the most competent and deserving Sisters. Congrats Nat! Thank you Sisters for your support and encouragement during my transition." – Sherlyn Ortiz-Suàrez

2017 MMSI MEMBERSHIP RENEWAL

Dear Sisters,

As 2016 comes to a close we reflect on the past year and look forward to the possibilities of the new year. We had a busy 2016 and Malik Melodies Sisterhood, Inc. thanks you for your participation in our planning and activities.

As you know, every fall we begin our Membership Drive for the coming year. Dues are vital to the overall success of MMSI which helps provide funds for various operating expenses including our website, annual scholarship, social events, community service projects, special membership keepsakes, paraphernalia, mailings and more. As a special thank you to active/paid members, we are offering Membership Discounts for events & paraphernalia, as well as continuing to offer special membership keepsake items.

This year we are again offering an *Early Bird Membership Special* with discounted rates which runs **from November 1st to December 31st**.

Please Note: This year is the first year we are not mailing out membership information.

If you have not received your email with your 2016 Enrollment Packet please contact me at MalikMelodiesPB@gmail.com to request your copy.

Thanking you in advance,
Anita Wallace

Executive Branch Secretary



MEMBERSHIP BONUS!!

**2017 MMSI Trip
to the
National Museum of
African American History
& Culture (NMAAHC) in
Washington, DC**

**SAVE THE DATE
MARCH 18, 2017**

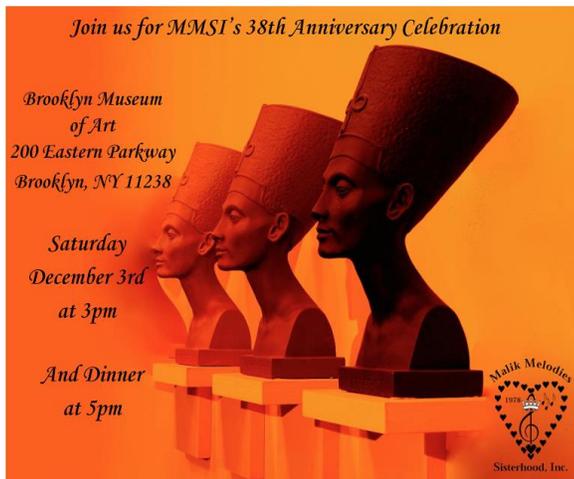
Tickets will be available to Sisters who renew their 2017 Membership

There are a limited amount of tickets.

NEXT MMSI MEMBERSHIP MEETING: January 10, 2017 at 8:00 pm (EST)

Look for your email invite with the conference call information, or contact MalikMelodiesPB@gmail.com with your current email address to receive your invite.

**SAVE THE DATE: Malik Family Convention
June 9-11, 2017, White Plains, NY – Stay Tuned for Details!**



Come Celebrate With Us!!!
Malik Melodies Sisterhood, Inc. 38th Anniversary
Mix & Mingle

In honor of our 38th Anniversary, please join us on December 3, 2016 at the Brooklyn Museum of Art and for Dinner. We will meet at the museum at 3pm and anticipate going to dinner at 5pm.

Brooklyn Museum of Art

200 Eastern Parkway, Brooklyn, NY 11238
 General Admission: \$16.00
 (Intersection of Eastern Parkway & Washington Avenue)

Transportation

Trains: #2 & #3 to Eastern Parkway/Brooklyn Museum

Transfer to #2/3 from the 4/5 at Nevins Street as well as the B,Q,N,R & LIRR (at Atlantic Terminal/Barclays)

Buses: B41 & B69 to Grand Army Plaza / B45 to St. John's Place & Washington Ave

Please RSVP to MalikMelodiesPB@gmail.com or to the Facebook event by **Monday, November 28th**. Dinner details to follow via email for confirmed attendees.

Haitian Relief Efforts

MMSI is participating in a Donation Drive with Haitian Americans United for Change (HAUC) to support the people of Haiti who are desperately in need of many items in the wake of Hurricane Matthew.

Along with your donation, please sign & include a copy of MMSI's Relief Effort Letter ([Attached HERE](#)). Please email us a list of the items you donated to MalikMelodiesPB@gmail.com.

Our first collection deadline is **Saturday, December 3rd**. Please give what you can.

All items may be either dropped off or mailed to:

Eglise Evangelique Baptiste
 1547 Islip Avenue, Central Islip, NY 11722
The church is open for collections only on Saturdays from 9am - 2pm.

Suggested Donation Items:

- Clothing: new or gently used (infant to adult sizes - spring/summer clothing)
- Toiletries
- First Aid Kits
- Flashlights & Batteries
- Sleeping Bags & Tents (new or gently used)
- Bottled Water
- Non-Perishable Food Items

We greatly appreciate your participation in this very important donation drive.

What's New?!

**Love and Congrats
Zainab & Rashawn Robinson!**

Zainab & Rashawn tied the knot in a private ceremony and celebrated with family and friends on September 25th! This happy couple and their sons are doing great things! Zainab completed her Master's Degree and now she and her family will be relocating to Florida. Rashawn will be attending the University of Miami for an accelerated nursing program. We wish our Sister and her beautiful family all the best and look forward to updates from Florida!!



Malik Family Celebrates with our Sister!
(L to R): Lorianne Rivas, Stacey Leveille, Sasha Powell, Lorraine Sanchez, Troy Braithwaite, Sharon Harleston.

Surprise Reunion!



(L-R: Vanessa, Karen & Nathalie)

While enjoying an evening out at the [Black Violin Concert](#), Sisters Lisa Kirkland-Sutherland, Kathleen D. Taylor, Vanessa Miller, Nathalie Lilavois & their families had surprise reunion with our Sister Karen Toomer!!

Cooperative Economics!



Eye Exam Time!

Bro. Bedel Saget and his mother supporting MMSI's very own Dr. Lisa Sutherland-Kirkland at Bright Eyes Vision Care.

If you need the best eye care, this is the only place to come – B. Saget



So What Is An Inter-Mental Symphony?

"Inter-Mental" means "between mind and mind." It is a [Vygotskian](#) principle that thinking occurs first on the social plane; between people engaged in joint sociocultural activity. This joint creative effort results in the symphony that expresses the relationship between people sharing ideas.... particularly those worth spreading....

Our Sister, **Dr. Nathalie C. Lilavois** is the Curator and Executive Producer of **TEDxDeerPark** which is a full-day conference happening on **Saturday, Feb 11, 2017** with over 14 remarkably talented speakers and performers. This exciting event brings together unique and creative ideas across a variety of disciplines to provoke thought and promote conversation. You are invited to engage in this shared experience and create your own knowledge through this **Inter-Mental Symphony**. Don't miss it!

EVENT SUMMARY:

The TEDxDeerPark schedule begins with **Registration at 8am and ends with a Reception at 4 pm**. Lunch and breaks are incorporated into the schedule as well as a creative exhibit space for the audience. There are four sections or "Movements" to the day to correspond with the symphony theme: **Sonata 9:00-10:45am; Adagio 10:50am-12:00pm; Minuet 12:35pm-2:00pm; and Rondo 2:05pm-3:30pm**.

To learn more about TEDxDeerPark visit: www.TedxDeerPark.com.

GET YOUR TICKETS HERE!!

www.TedxDeerPark.com
DEER PARK HIGH SCHOOL
1 FALCON PLACE
DEER PARK, NY 11729
SAT, FEBRUARY 11, 2017
8:00 AM – 4:00 PM

SPEAKERS

- ✧ [Sons of Serendip](#), Music Quartet
- ✧ [Angela Darrisaw](#), Business & Career Coach/ Social Entrepreneur/Digital Media Strategist/ Brand Ambassador
- ✧ [Bernice McFadden](#), Author
- ✧ [Dee Avery](#), Clinical Microbiologist
- ✧ [Erskine Isaac](#), Photographer
- ✧ [Irie Session](#), Resident Pastor | Director of Spiritual Support and Survivor Leader Program for New Friends New Life
- ✧ [Jay Goldman](#), Volunteer/Advocate/Speaker
- ✧ [Kathleen Taylor](#), Deafness Consultant/Sign Language Interpreter
- ✧ [LaShawne Bryant](#), Founder/CEO Poetics
- ✧ [Lillie B. Crowder](#), Retired Architectural Engineer
- ✧ [Lisa Whittington](#), Art Educator/Artist
- ✧ [Marc Anthony Bynum](#), Chef/Owner
- ✧ [Omar Edwards](#), Rhythm Tap Dancer
- ✧ [Rob Goldman](#), Artist/Educator
- ✧ [Robbi Kumalo](#), Songstress
- ✧ [Shawn Dove](#), CEO, Campaign for Black Male Achievement
- ✧ [Thandi Weza](#), Graduate Student, NYU
- ✧ [Tricia Messeroux](#), Photographer/Creative Director



Planning & Health Tips to Relieve Holiday Stress

The holidays are coming up so your stress level may be up as well. Before we're all in full swing with planning holiday festivities, we should try our best to NOT stress out. You may have a laundry list of things to do but it's all manageable with a sensible plan.

Planning:

If you're hosting a holiday event, time management and an outline are critical. If you never made a Holiday Task List before it may sound silly, but it will keep you organized and dramatically reduce your stress. It's important to be **very realistic** with your list & the timeframe you allow yourself to get your tasks done. Give yourself ample time for each task & make sure you get help when needed. Make a weekly and daily list to stay on task.

Please don't stress out before or during the holidays. **Create an outline or a Task List with these key points in mind**

- Prepare all tasks as early as possible
- Prepare tasks in stages / stick to your timetable
- Be realistic with your task list & time management
- Get help when needed
- Practice breathing when things get hectic
- Schedule in exercise daily
- Get proper sleep

Exercise:

You should add one more item to your task list... **exercise**. Scheduling time to exercise is key to relieving your stress.

1) The first exercise you should do is practicing abdominal breathing. Place one hand on your chest & the other on your belly. As you breathe in slowly through your nose, your belly should extend. Hold your breath for 5 seconds & breathe out through your mouth making a "whooshing" sound. Repeat this process about 10 times.

2) On a daily basis, do at least 20 minutes of any exercise you enjoy... walking, jogging, yoga, dancing, Zumba, toning with weights, stretching, etc. You don't need a gym or exercise equipment. If you're not sure what to do, there are plenty of exercise videos on YouTube.

Articles & Videos:

For more information on managing stress and suggested exercises, please check out these links.

Tips on managing holiday stress:

<http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>

Two breathing exercises from WebMD...

<http://www.webmd.com/balance/stress-management/tc/stress-management-breathing-exercises-topic-overview>

Suggested YouTube Exercise Videos:

*Walking at Home: <https://www.youtube.com/watch?v=DYuw4f1c4xs>

*Toning for Beginners: <https://www.youtube.com/watch?v=8ql0mt-ixAs>

*Basic Zumba Moves: <https://www.youtube.com/watch?v=3bZOu-7eL94>

*Yoga Basics with GM Lori Dee Frazier:

<https://www.youtube.com/watch?v=ucvQX2IM6ow&feature=youtu.be>

<https://www.youtube.com/watch?v=rqIJmfQQ0bl&feature=youtu.be>



Happy Holidays! Too blessed to be stressed!

Melodies Having An Impact in Their Greater Communities

Impacting the Arts: Dawn Cotter-Jenkins



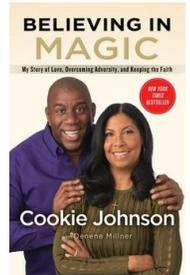
Our Sister, **Dawn Cotter-Jenkins**, principle owner of [World Class Speech Services](#) currently serves as a Board Member of the **Jamaica Center for Arts and Learning (JCAL)**. JCAL is a non-profit organization that offers visual, performing and literary arts, arts education, and artists' programs to encourage participation in the arts and to contribute to the cultural enrichment of Queens [NY] and the Greater [NY] Metropolitan area. On October 21st JPAC held their "Celebrating a Creative Jamaica Benefit Gala" with an with legendary artists and. JCAL also honored [New York City Councilman I. Daneek Miller](#), former JCAL Board Chair Tonya Cantlo-Cockfield, and [Jamaica Funk creator Tom Browne](#), featuring art work by [Emmett Wigglesworth](#). To learn more about JCAL visit: <http://www.jcal.org>



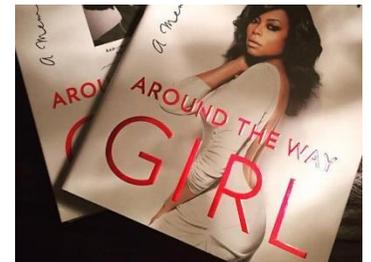
Impacting the Literature: Denene Millner



Our Sister, **Denene Millner** author, journalist, blogger, and Founder of **My Brown Baby** (www.MyBrownBaby.com) continues to be on FIRE! On November 6, The New York Times Book Review listed **Around the Way Girl**, by **Taraji P. Henson with Denene Millner** as #19 on their Best Sellers list! This is Denene's 6th NYT Best Seller and her second within the last month **Believing in Magic**, by **Cookie Johnson with Denene Millner**. Our Sister has published a total of 25 books and recently partnered with Agate to launch **Denene Millner Books**!! "In her new contributing editor role at Agate, Millner will lead the acquisitions and editorial effort for her imprint, and also play a prominent role in the marketing and promotion effort."



Keep an eye out for our Sister's next two books under her own children's book imprint "**Denene Millner Books**. In March 2017, she will release **MyBrownBaby: On the Joys and Challenges of Raising African American Children**, a collection of essays on the intersection of parenting and race. In April 2017, **Early Sunday Morning**, a children's picture book about a little girl's first church solo will be released. (Denene's Photo Credit: Ivision Photo by Erskine Isaac)

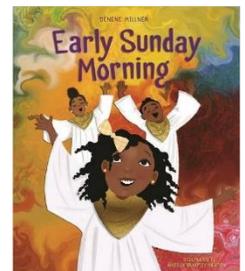
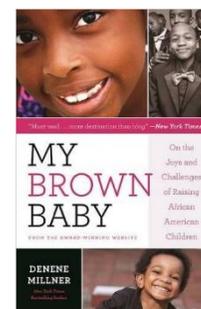


THE NEW YORK TIMES BOOK REVIEW

November 6, 2016

Print Hardcover Best Sellers

	WEEKS ON LIST	THIS WEEK	Nonfiction Extended
1	17	17	WHEN BREATH BECOMES AIR , by Paul Kalanithi. (Random House)
2	18	18	THE BOOK OF JOY , by the Dalai Lama and Desmond Tutu with Douglas Abrams. (Avery)
3	19	19	AROUND THE WAY GIRL , by Taraji P. Henson with Denene Millner. (Atria / 37 INK)



Impacting Social Services: Kim J. Bright



MMSI's Co-Founder, **Kim Bright** also serves as the current Board President for the **Edgewood/Brookland Family Support Collaborative (E/BFSC)** whose mission is Strengthen Families and Build Vibrant Communities in Washington, DC. E/BFSC came into existence as a result of a national and local demand to change the manner in which states and cities were addressing the needs of children and families in low-income and high crime neighborhoods. On November 4, 2016, Kim co-hosted E/BFSC's 20th Anniversary Celebration "**20 Years / 20 Stories**". Sister Kim was also honored for her service to the E/BFSC for 15 years of service on the Board of Directors. To learn more about E/BFSC and its programs, visit: <http://ebfsc.org/>

Video: Sis. Kim at the celebration <https://youtu.be/DrKNKD0DxIQ>.

Video: Sis Kim's at ribbon cutting for Ionia Whipper Home, transitional housing for young mothers ages 16-25, with children under the age of 6: http://ebfsc.org/wp-content/uploads/2016/07/IMG_7783-1.m4v?_t=1.

Impacting Health Care & Wellness: Mary Richardson



Our Sister Mary Richardson was the Event Coordinator for the 4th Annual "Get Fit and Be Healthy" Community Walk and Health Fair in Freeport, NY. The event held on August 28th, was sponsored by Freeport Medical Supply Inc. / Xtra Care Pharmacy in partnership with the American Diabetes Association.



MMSI Sisters, Nathalie Lilavois, Sharon Harleston, and Lisa Kirkland-Sutherland collaborated with Mary to lend logistical and ground support. Several MALIK Family members came out to support the event. The walk and health fair was an amazing success and recently Mary and MMSI were recognized by the American Diabetes Association with an Appreciation Dinner on November 9, 2016. (Photo (L-R): Bro. Kenny Blackwell, Mary Richardson, Lisa Kirkland-Sutherland, Nathalie Lilavois)



Impacting Education: Nathalie C. Lilavois, Ed.D



This fall, our Sister and Executive Board President, **Nathalie C. Lilavois, Ed.D** took leave from her role as an elementary school principal to serve as the District Director for Elementary Curriculum, where she will develop and standardize the curriculum and associated resources for teachers throughout the Three Village Central School District in Stony Brook, New York.

We are equally excited to share Sister Nathalie will be teaching as an inaugural member of the faculty for the newly created **Blue Ribbon Schools Academy** blueribbonschools.com/academy. Per the Blue Ribbon Academy website, the Academy is an online program that brings educators together for peer-to-peer learning, instructional teaching from influencers in education, interactive discussions and more. This professional development opportunity includes power-packed programming, where educators collaborate and exchange best practices, learn about new tools and resources and hear from leading experts. These courses can be used for professional development hours or for Graduate Credits through Kent State University. Nathalie's course, **Building Capacity Through Community Engagement School, Family, and Community Partnerships** is open to the public and you may register at: <http://blueribbonschools.com/academy/school-family-community-partnerships/109-building-capacity-through-community-engagement-school-family-and-community-partnerships.html>





Impacting the Community: Through Our Passions

Our Sisters, **Kathleen D. Taylor**, **Lisa Kirkland-Sutherland**, **Mary Richardson**, and **Nathalie Lilavois** were guests on the Internet Talk Show "**Passion for Life**" with **Dee Avery and Friends** produced by Mad House TV. To see their interviews and learn about our Sisters and what motivates them to be the empowering women they are, visit the below links:

- ✦ Dr. Lisa Kirkland-Sutherland discusses her passion for eye health and eye care: <https://youtu.be/Z8SMkAdwSd0>. "The eyes are the window to the soul"
- ✦ Mary Richardson, discusses her passion for health and wellness: <https://youtu.be/o0S5VgwcKFg>
"As health care professionals, often we don't take care of our own health; we must take care of our own health so that we can take care of others."
- ✦ Dr. Nathalie Lilavois appeared twice on the Dee Avery Show. During her first visit, Nathalie discusses her passion for empowerment and commitment: <http://www.youtube.com/watch?v=FjOsPkGUhg>
"Communicating, connecting, and networking with other like-minded women and young people; helping them to actualize and reach their potential."
- ✦ Kathleen D. Taylor, her 8-year old daughter Raven, and Nathalie Lilavois visit with Dee Avery discussing bullying as well as their passions. Kathleen's passion is providing access to everyone, especially people who are deaf; making sure they have access to all forms of communication. Her mantra is "True communications by any means necessary". Raven's passion is dancing and singing. Nathalie discusses her passion for education and her top priority is children and leaving them a legacy: <https://youtu.be/YE1s04hwXuM?t=294>



Empowerment Extravaganza!!

On November 6, 2016, **MYD Hair Solutions** in partnership with **Malik Melodies Sisterhood, Inc.** held an **Empowerment Extravaganza**. The event was held at the Brentwood Country Club in Brentwood, NY. It was a beautiful event complete with networking, empowerment workshops and a fantastic fashion show in which our own Mary Richardson participated in. This was the 14th Annual Empowerment Extravaganza hosted by MYD Hair Solutions and MMSI is proud to be a part of this empowerment legacy. Our Sisters, **Nathalie, Lilavois, Sharon Harleston, Anita Wallace, Mary Richardson and Lisa Kirkland-Sutherland** contributed to an outstanding and successful evening. Sisters, you are elation, revelation, and inspiration! Keep up the great work with our community partners. (Photo: Sisters Kathleen D. Taylor, Sharon Harleston, Nathalie Lilavois, Lisa Kirkland-Sutherland, Mary Richardson)





MALIK on the Move

Bedel Saget

Written by GM Anita Wallace



Most Noble Lord **Bedel Saget** was born in Port-Au-Prince, Haiti but grew up in Jamaica, Queens, NY where he attended August Martin High School. Bedel hails from Stony Brook University (Jeem Chapter) where he earned a BA in Political Science & Africana Studies. While at Stony Brook he was active as a student leader with various student clubs, a Certified Mediator with Student Judiciary, an Admissions Ambassador & was on the Black World Student Newspaper staff. Bedel also enjoyed photography and videography in college. As an alumnus Bedel is active with Stony Brook's Alumni Association Board and serves as the President-Elect of their Executive Committee.

Bedel is employed at the New York Times where he is a Sports Graphics/Multimedia Editor and Photographer. Our Brother has over two decades of experience as a journalist and is an award winning photographer as well as an Emmy nominated producer. During his tenure at the New York Times, Bedel has received numerous awards and citations from the Associated Press Sports Editors, Publisher of the New York Times & the Society of Newspaper Design.

Most recently Bedel was in Rio De Janeiro covering the 2016 Summer Olympics! In fact, Bedel has had the honor of covering six Olympic Games internationally. In addition to that, he has photographed and reported on Super Bowls, Grand Slam Tennis events, World Cups and many other major sporting events all over the globe.

As an active Malik, he has shared a unique experience with the Sisterhood. Within the Malik Melodies collegiate orientation process, we engage Malik Brothers to interact with our students. Brothers are given the title of "Padrino" from MMSI which means Godfather in Spanish. As a Padrino, Bedel acted as a mentor to our future sisters, and also helping them to understanding the bonds between Malik and Melody.

In Bedel's spare time, he enjoys cycling, traveling, restoring antique cars and is an active member of *Malik Fraternity, Inc.* and *Malik Foundation, Inc.* Within the Malik Foundation, Bedel participates with mentoring and strategic planning. In addition to that, Bedel is a volunteer with *Huntington Manor Fire Department* and *Huntington Community First Aid Squad*. Our Brother is culturally active within his community as well. He's volunteered with various civic groups and is on the Board of the non-profit, *YAM Community Resource* in Huntington, NY which provides various services to Haitian residents. Bedel continues to be involved with relief efforts for his homeland of Haiti through these organizations.

Bedel Saget is definitely a "Malik On The Move" making his mark professionally & culturally, in his community and around the world.



Photos: 1) Bedel Volunteer Fireman, 2) Collegiate Years, 3) Bedel with Kim Rhode, 6-time Olympic medalist in shooting

CELEBRATING KWANZAA

Greetings Sister Queens,

Kwanzaa is an African American and Pan-African holiday which celebrates family, community and culture. Celebrated from December 26 through January 1, its origins are in the first harvest celebrations of Africa from which it takes its name. The name "matunda ya kwanza" which means "first fruits" in Swahili, a Pan-African language which is the most widely spoken African language.

Kwanzaa consists of seven days of celebration, honoring African heritage, featuring activities such as candle-lighting a kinara (candle holder) and pouring of libations, culminating in a feast and gift giving. It was created by Maulana Karenga and first celebrated from December 26, 1966 to January 1, 1967.

This Kwanzaa, I encourage our Sisters to reflect on what Malik Melodies Sisterhood, Inc. has achieved during the year keeping in mind our 7 **Holistic Harmonic Philosophies: Leadership, Empowerment, Collaboration, Faith, Sisterhood, Cultural Enrichment & Education, and Civic & Social Responsibility** in relation to practicing the Seven Principles of Kwanzaa. Take note how each one of our philosophies simultaneously influences the other just like the Seven Principles of Kwanzaa:



- ❖ Strive to build unity in our families and neighborhoods (the principle **Umoja/Unity**)
- ❖ Build and maintain our neighborhoods together, and make our sisters' and brothers' problem our problems, solving them together (the principle **Ujima/Collective Work and Responsibility**)
- ❖ Believe in each other (the principle of **Imani/Faith**)
- ❖ Define ourselves, create and speak for ourselves **Kujichagulia/Self-determination**)
- ❖ Share and pool our resources together (**Ujamaa/Cooperative Economics**)
- ❖ Building and developing our communities (the principle of **Nia/Purpose**)
- ❖ To do as much as we can in order to leave our communities more beautiful and beneficial (the **principle of Kuumba/Creativity**)

The Regal Sisters of Malik Melodies Sisterhood, Inc. *embodies important developmental conditions*: the love and care for each member to thrive. A thriving member is one who has a devoted and caring family (our Sisterhood) actively *engaged* in her life. Those members love the Sisterhood, spend time with each other, and are interested in what the Sisterhood sets out to accomplish. Kwanzaa is an occasion when families and friends gather to reinforce the ties that bind us together, reminding all of us what we mean to each other.



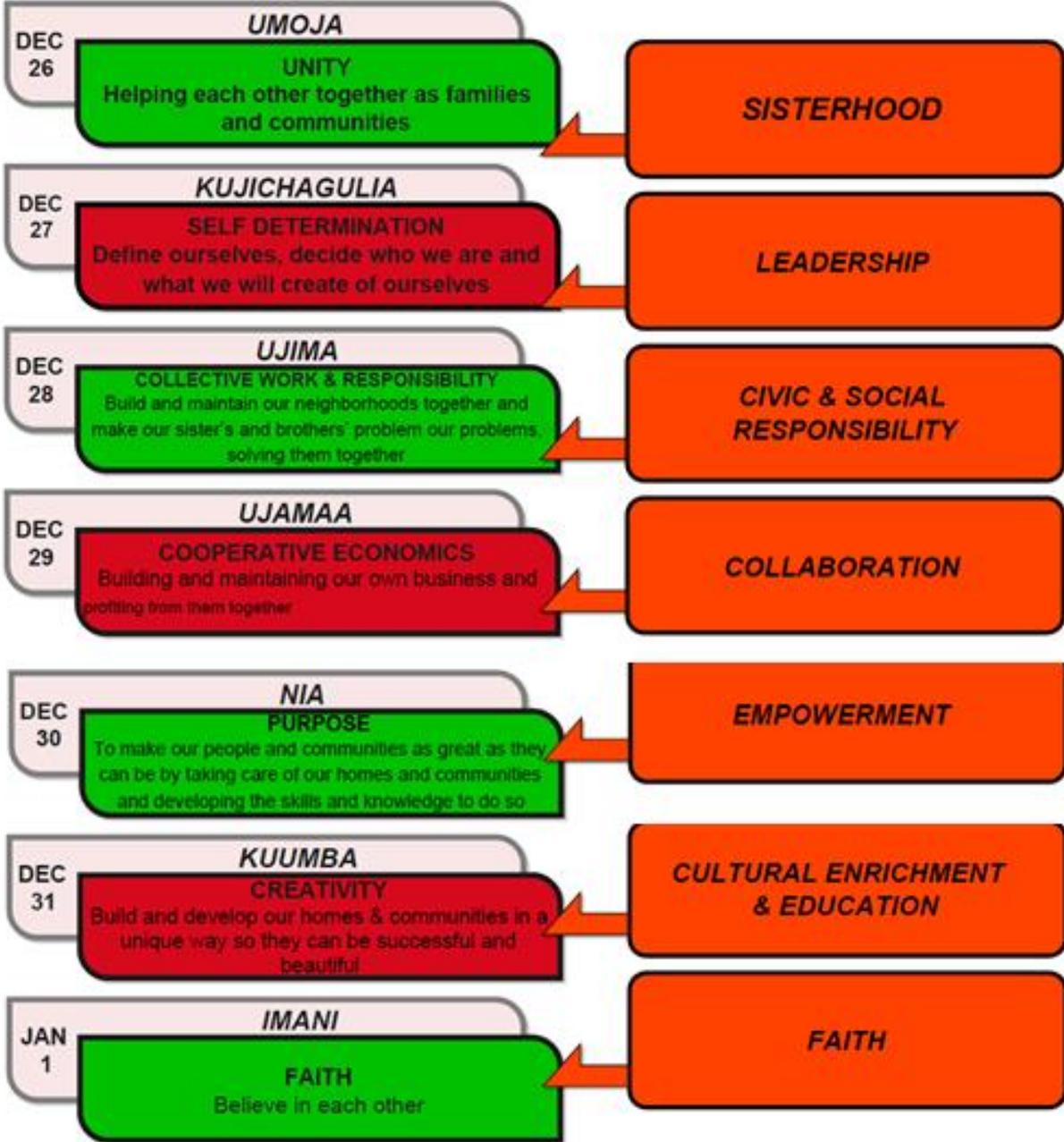
By, Sharon Harleston
MMSI EB Vice President



The mystical number 7 is at the core of the celebration
 There are 7 days, 7 principles, and 7 symbols.
<http://www.slideshare.net/jjstclair/celebrate-kwanzaa>

**7 PRINCIPLES OF KWANZAA
 NGUBO SABA**

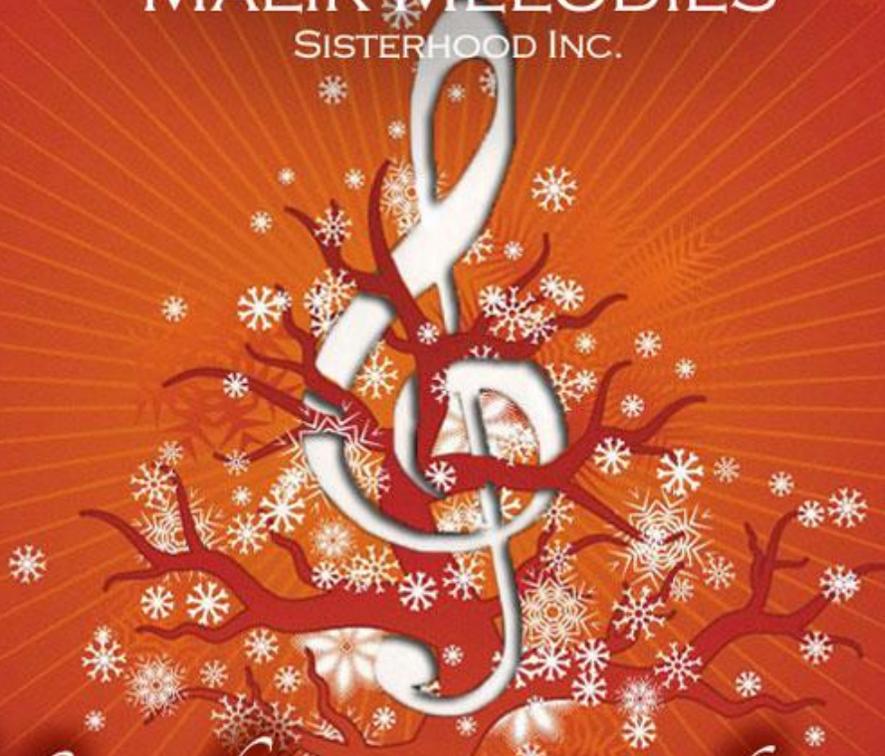
**7 HOLISTIC PRINCIPLES
 OF MMSI**



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.*

