

The Graces

The Official Newsletter of the Malik Melodies Sisterhood, Inc.



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MMSI Executive Vice President Message

Greetings and Welcome Summer!!

Summer is one of the most beautiful seasons of the year. The air holds a vibrancy that winter seems to lack; the sky appears more blue and the future feels more promising.

The symbolic meaning of Summer:

Maturity – Summer can represent the prime of a person's life, as a person continues to grow and strengthen their identity.

Warmth – It goes without saying that summer is associated with warmth. Summer is basically the warmest season of the year with the sun high up and days longer than nights.

The summer months are filled with fun activities that you can enjoy with your family, from outdoor activities to indoor activities, summer has something for everyone.

I encourage you to let the warmth of the summer embrace you. Let's enjoy every moment of summer whether it's at work, play, or travel. Be joyful, and grow into selfless service. I hope you and your families have a wonderful and safe summer.

Sharon Harleston
MMSI Executive Vice-President



Congratulations

MMSI Angela Pauling Scholars !!



MMSI is excited to announce the recipients of our 11th Annual Scholarship and our first-year awarding **FIVE** scholarships!

Thanks the philanthropy of our amazing donors we have continued the expansion of our scholarship program. We had an outstanding pool of candidates once again this year, however the 2023 Scholarship recipients were exceptional. We thank everyone for your contributions and investment in our Scholars' success!

Our 2023 Angela Pauling Scholars are
Mr. Curtis Adu-Poku, Ms. Brittania Brown, Ms. Stephanie Albarracin,
Ms. Jennovia Mais, and Ms. Kennedy Stewart.

To learn more about all of our Scholars visit
<https://www.malikmelodies.org/angela-pauling-memorial-scholarship>.



CURTIS ADU-POKU



STEPHANIE ALBARRACIN



BRITTANIA BROWN



JENNOVIA MAIS

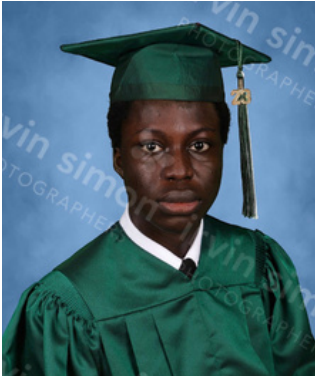


KENNEDY STEWART

KUDOS to the MMSI 2023 Scholarship Committee:

Brenda Allen, Kim Bright, Claudette Edwards, Sharon Harleston,
Felicia Peterson, Kathleen D. Taylor, and Charlene Thomas-Lambrecht

MMSI Angela Pauling Scholars



Mr. Poku attended Harry S. Truman High School, Bronx, New York where his passion for helping others was evident. He was a member of the Africa Club, Project Peace, a participant in the Relationship Abuse Prevention Program, and the Chess Club, and served as Secretary of Student Government.

“Curtis is also a very active member of both the school and neighborhood community.”-Elizabeth Stout School Counselor. He believes in supporting others and wants to be involved in providing solutions. He was a volunteer for the breast cancer walk, the Truman Family Day, the community service

organization named buildOn, and a member of the Crafty Hands Club – which crocheted and knitted blankets for babies in the hospital. He also participated in the Brides March that brings awareness to domestic violence stating that “I want to play my part in solving this problem (violence against women).”

“Curtis consistently requested challenging classes, always with college goals in mind”- Elizabeth Stout, School Counselor. He plans to pursue a Bachelor of Science in Biology and Society at Cornell University, Ithaca, New York. We wish Mr. Poku great success and look forward to hearing more about his achievements.

Success is very largely a matter of adjusting one's self to the ever-varying and changing environments of life, in a spirit of harmony and poise.

Napoleon Hill



Ms. Albarracin attended Harry S. Truman High School, Bronx, New York. She is a member of the National Honor Society. “Stephanie’s absolute favorite subject is Science. She is interested in studying nursing in college and wants to become an Emergency Room nurse because she loves helping people.” – Andrea Joubert, Harry S. Truman High School Guidance Counselor/College Advisor. Her desire to help and inspire others could be seen in her countless hours of community service, at the Girls on Fire Club, and Girls Inc. She was a member of the softball club, the Mock Trial, and served as co-captain of the volleyball team.

Ms. Albarracin believes advances the rights of women and empowering one’s self-worth through self-love. “We need more girls to know their worth and become confident themselves so then, they could be leaders” - Ms. Albarracin. She also believes in showing leadership to the next generation of women.

Ms. Albarracin will pursue her Bachelor of Science in Nursing at Iona University, New Rochelle, New York. We are confident that she will achieve her goals and inspire others along the path to success.

MMSI Angela Pauling Scholars



Ms. Brown attended Harry S. Truman High School, Bronx, New York. She was described by her teacher as hard-working and goal-oriented. "She enjoys challenging herself academically and has taken seven AP courses while attending Harry S Truman High School"- Ms. Annette Galloway-Teacher. She was a member of the National Honors Society. She was class president of her 11th and 12th grades, Captain of the Varsity Volleyball Team, participated in Crafty Hands Club, and found time to teach in Dance Club. She believes in helping others and tutoring fellow classmates.

Ms. Brown is concerned about the disparities and economics involved in the lifestyles of women. She desires to see more women empowered and holding higher positions in the field of business. She aspires to have a company someday where she can propel women to higher positions.

Ms. Brown plans to study Business and the Performing Arts at Iona University, New Rochelle, New York. With her dedication, we are sure she will be one of those women holding the higher position.

"There is no greater gift you can give or receive than to honor your calling. It's why you were born. And how you become most truly alive."

OPRAH WINFREY



Ms. Jennovia Mais attended Harry S. Truman High School, Bronx, New York where her passion for education and giving back to the community were clearly evident.

"She takes all of her classes very seriously and works not to just get a good grade in the subject, but she wants to excel and have a complete understanding so that she can build on to further her academics"- Ms. Lunsford, Harry S. Truman High School Counselor.

Ms. Mais has shown great leadership skills in serving as the Girls' Varsity Basketball Team Manager, the Step Team Manager, and the Captain of Flag Football. She believes in giving back to the community through volunteer service within the school's library, the food pantry, park clean-ups, and public gardening.

Ms. Mais plans to attend John Jay College of Criminal Justice in New York to pursue a Bachelor of Science in Criminal Justice. She is a proven leader in serving as Cadet Chief Master Sergeant in the Air Force Junior Reserve Officer Training Corps. She aspires to work in law enforcement potentially as a police officer. We have no doubt that Ms. Mais will be an asset wherever she chooses to serve.

MMSI Angela Pauling Scholars



Ms. Kennedy Stewart attended Harry S. Truman High School, Bronx, New York where she was not afraid to take on challenging courses such as Honors Chemistry. Along with being a member of the National Honors Society, she spent countless hours doing community service at the NE Bronx YMCA and at the JADE Multi Family Center. She was also a member of the Girl's Empowerment Club, Dance, and the After School Culinary Club.

"A better community makes a better world, and we should all do our part to shape the type of community we would like to see."- Ms. Stewart. This is reflected in her achievements by reaching Ambassador level in the Girl Scouts, serving as President of the Co-op City Youth Section of the National Council of Negro Women, and being a GEMS participant of the Delta Sigma Theta Sorority, Inc.

"I feel that Kennedy is a true leader and has what it takes to be successful in college and beyond"- Andrea Joubert, Harry S. Truman High School Guidance Counselor/College Advisor.

Ms. Stewart plans to attend Morgan State University, Baltimore Maryland to pursue nursing. With her positive attitude and focus, we are sure that she will achieve her goals.

Angela Pauling Memorial Scholarship

**\$20/23 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.
11th 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

Thank You!

*We are forever grateful to all
the generous donors who
supported our scholarship
campaign this year. May
your blessings be returned
abundantly.
THANK YOU!*

Checking in with Our Community Partners



FOUNDER AND PRESIDENT LA'SHON WINSTEAD OWNER OF BRICKS 4 KIDZ JAMAICA-BROOKLYN

Girls Who Build STEAM, Inc. was born because of my passion for educating girls. After being nominated for the GEM Among Us award at the Malik Melodies Sisterhood, Inc. We Lead: Empowering Our Girls Event, as the founder of Bricks 4 Kidz-Jamaica, I was able to see the many possibilities that my program offers to Children. But there was something special about the girls in the program. The We Lead: Empowering Our Girls event helped me to see that there is a need in our community. Therefore, in my Bricks 4 Kidz programs, I took a special mental inventory of how girls reacted to learning about robotics, coding, and the overall STEM and STEAM they were doing. Not to my surprise, they were excelling, while there were some distractions from time to time in the class.



I understood what that distraction could mean for a girl who is just getting familiar with the STEM and STEAM concept. I could relate to what they were going through, because of my own experience when I started high school in the 10th grade. I had aspirations of becoming an electrical engineer. My light was quickly diminished when I was the only girl in the electrical engineering class. I decided to change my career choice because I couldn't handle the pressure and had no support at the age of 14. Therefore, my passion is to help any girl who showed interest at a young age in STEM and STEAM careers I will not let her light go dim because of distractions or lack of support. That little spark growing inside of me turned into a blazing fire. We Lead Events motivated me to think about what our girls can do with an entire STEM and STEAM PROGRAM just for girls—born My Girls Who Build STEAM, Inc 501(c3). I realize how impactful I could become after listening and seeing others walking in their truth-speaking their truth and living their truth. Thank you, Malik's Melodies Sisterhood, Inc.



Girls Who Build STEAM Inc. was born in November of 2019 we did a soft launch in January 2020 just before the pandemic. Due to the pandemic, we were able to pivot our seedling organization to online classes. We had an All-GIRLS SUMMER CAMP in-person and virtually simultaneously in the summer of 2020. We launch our read-aloud book club where we learn about STEM, STEAM but also Self-esteem through reading. We have our coding club where girls learn to code from scratch, Minecraft, Roblox, JavaScript, and Python. We have a sewing program where girls learn about sewing, which is a lost art. We have a robotics program where our girls are learning to use the tools of the trade as they build robots and code them. We also empower mothers and daughters at our yearly Mother and Daughter Building bonds and empowering Date Night. We just had our 4th Annual Mother and Daughter Building Bonds and Empowering Event. Mothers and daughters work together to accomplish STEAM activities and received a trophy for the first 10 mothers and daughters who complete all STEAM stations. Therefore from robotics to coding, from dancing to sewing. We are teaching old-school skills with new school flavors.



GIRLS WHO BUILD STEAM INC.
WE INSPIRE, WE EDUCATE,
WE EMPOWER

Checking in with Our Community Partners



WE ARE NOW FLEEK FITNESS BY SHAUNA

BY SHAUNA WARREN

Back in 2018, when we first became involved with Malik Melodies Sisterhood, Inc. (MMSI), we were named GETFLEEKWITHUS; the logo was adorned with carefully placed butterflies which represented the idea of transformation. It was one of the first times since the organization began in 2017 that we were invited to a major community outreach event. Not only did I meet a group of women who expressed the same passion for mentoring and empowering black and brown girls, but its far-reaching potential also planted a seed in me. We were embracing a cause greater than our own. Since then, I've steadily looked forward to annual MMSI events, familiar faces filled with compassion, purpose and intention.

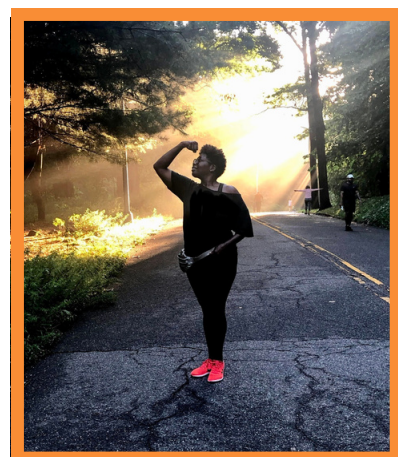
MMSI has inspired me to dig deeper. I am continuously soul searching, looking for opportunities to grow, to inspire and to gain a better perspective of my 'WHY'. I am at an age now where I've realized it's important to leave a legacy. The foundation of my elders, and this great cloud of witnesses, motivates a labor of love, of helping and of teaching.

Since the pandemic, FLEEK FITNESS BY SHAUNA has been involved with a variety of projects and ventures. The local community summer/fall fitness program with East Flatbush Village is an anticipated favorite. All the seniors and neighbors of all ages meet daily in the park for 2 hours of morning fitness. We are also teaching Cardio/Dance zoom classes to seniors while encouraging women on their journey to becoming the best version of themselves through better health and wellness. Our online course DANCE YOURSELF FREE teaches Mindfulness strategies, Meditation, Movement, and how Meaningful connections can create a life of abundance. We use dance to teach women how to Break Free from limiting beliefs. By understanding the Brain-Body connection, we can heal our body, mind, and spirit. Total wellness and self-care require an act of intentionality and commitment. We have finally realized that being a "superwoman" is NOT a badge of honor. We're not doing THAT anymore! So we explore issues concerning women's health and wellness with our podcast, THE EXPERIENCE: MERGING LIFE, LOVE, AND LAUGHTER. This is our newest baby, birthed in January 2020. Here, we take an in-depth look at the stories that transform us. We talk with guests whose tests, trials, and triumphs inspire change. We believe that the components to living a life of authenticity are representation, mentorship, and introspection.



We've changed our name to Fleek Fitness By Shauna. A transformation has occurred. We are a movement. Our conversations about health, wellness, faith and fitness will propel us to the next level.

Find us on our website, www.fleekfitnessbyshauna.com, where you can also access the podcast, on Facebook, Twitter, and Instagram @fleekfitnessbyshauna and @theexperience_lifelovelaughter, and catch our podcast on all major streaming platforms such as Spotify, Apple, Anchor, etc. Thank you!



June is African-American Music Appreciation Month



President Jimmy Carter proclaimed that June would be the month of black music on June 7, 1979. This month was meant to honor and celebrate Black artists' contributions to music on U.S. soil.

In 2009, President Barack Obama renamed Black Music Month to African-American Music Appreciation Month. He also highlighted the importance of this month and the various genres in Black music. This includes sacred music, which was one of the earliest African-American music forms in the U.S. that highlighted gospel themes and Black Christian values. Blues and R&B relayed ideas of the homeland and racial integration. Hip-hop, rap, and rock and roll quickly became popular overseas as they appealed to youngsters all over the world.

African-American music is not just music but an integral part of American history. As we mentioned before, African-Americans musicians' efforts gave birth to a number of newer genres of music like jazz and rap. Throughout the last century, these genres have redefined America's cultural landscape. When people were struggling as a nation, the music brought an entire generation together. The music that emerged in the last few decades also became an important part of the Civil Rights Movement.

The beats and sounds of these genres influenced rock, soul, gospel, swing, be-bop, boogie-woogie, and other genres of music. Famous rock bands like The Rolling Stones and The Beatles credit blues and jazz as major influences in their music. In fact, a lot of Elvis Presley's songs were originally performed by Black artists. More recently, genres such as funk, Motown, and hip-hop have also been influenced by African-American performers who have introduced new dancing and singing styles to the genres. Throughout the month of June, music lovers gather together to celebrate African-American Music Appreciation Month. They celebrate diversity, inclusivity, and the community's impact in shaping cultural conversations in modern America.



Here are 15 songs from American Masters you must listen to, to celebrate African-American Music:

<https://www.pbs.org/wnet/americanmasters/blog/15-essential-songs-must-listen-african-american-music-appreciation-month/>

CELEBRATE JUNETEENTH

Charlene T. Lambrecht!

GRAND MARSHALL!!

Saturday, June 18, 2023 - The Village of Tuckahoe celebrated its 3rd Juneteenth Celebration. Our sister, Charlene T. Lambrecht was one of the Grand Marshalls.

Charlene was the first female Police Officer in Tuckahoe, NY, hired on 10/01/1994 as Police Officer and retired on 02/15/2005 as a Detective/Sergeant. She has been a pillar in the community helping area residents for decades. Currently she is the owner/provider at King's Kids Family Childcare. Charlene, we are so proud of you - We Queens Salutes the Queen in You!



"A historic weekend for my wife. She was honored by the Village of Tuckahoe, NY and Westchester County. Charlene was the first female police officer for the Village of Tuckahoe NY. First black female police officer, first black female police sergeant and first black female sergeant to command the Tuckahoe PD detective division.

Westchester County has declared June 19, 2023, Juneteenth as Charlene Thomas-Lambrecht Day! She is truly Blessed and Highly Favored."

- George Lambrecht





Malik on the Move



Troy Brathwaite currently works for the non-for profit foster care agency Cayuga Centers located in New York City. He is also the owner of a restaurant, The Bee Tavern in Middletown New York.

In his current role at Cayuga Centers, he is the Chief Operating Officer, responsible for offices in New York, Florida, Maryland, Los Angeles, Texas, and Chicago. A big believer in child welfare, Troy supports the safety and well-being of children in the "System". Troy is a licensed social worker and holds a Master's degree from Stony Brook University.

Troy Brathwaite is no stranger to the social work field, having spent 23 years as a social worker and entrepreneur while owning three other businesses that taught him the importance of being an independent leader. Troy has more than 17 years of owning businesses such as a hair salon, barbershop, and currently a restaurant. Prior to starting his restaurant business, Troy spent over 23 years as a social worker and 16 years in management. Before joining Cayuga Centers in 2005, Troy worked for 7 years for another foster care agency specializing in adoptions, while finding the time to start his own small businesses. In this role, Troy was responsible for finalizing permanency for minors and teens in the child welfare system. Troy helped youth who were neglected, abused and abandoned to have a chance for a more stable and permanent place in society. Whether that is through adoption, preparing youth for adulthood or returning to a more stable family environment. Troy offers a wide range of programs and services - from academic support, interviewing techniques, job search as well as housing. Most important mental health services.

Drawing on over 23 years of experience in social welfare, and being an entrepreneur, Troy now focuses mainly on expanding his programs to other states and funding resources such as the federal government. After a successful career in social work, Troy now consults with other agencies wanting to start or grow their programs showing how to achieve the same success.

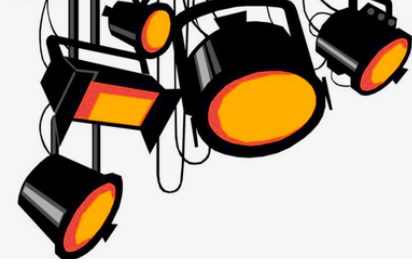
Troy has a varied background in social welfare, and the restaurant business, which provided the perfect foundation for mentoring other non-for profits and start-up businesses.

Passionate about foster care and its possibilities, Troy provides social service support that helps teens and children achieve permanency.



Troy is the proud owner of The Bee Tavern. This soul food restaurant is located at 29 Center Street, Middletown, NY (845) 467-4138 www.beesoulfulrestaurant.com

To contact Troy Brathwaite please email troysb26@gmail.com



Spotlight Activities



Greetings Queens,

It's been a long time since we have seen each other. Let's get together for good food and good times. Join us for dinner at VIRGIL'S REAL BARBECUE RESTAURANT in TIMES SQUARE 152 West 44th Street New York, NY 10036, Saturday, July 22, 2023, at 5:00 pm.

<https://www.virgilsbbq.com/locations/times-square>

This is a Melody Only Event!

Please RSVP (first and last name) by Saturday, July 15, 2023 to malikmelodies@gmail.com

Hosted by:

Vanessa Miller (917) 488-7643 & Sharon Harleston (516) 582-2696

The Queen in Me Salutes the Queen in You



Summer Recipes - Keep it Lite



FRESH PEACH SALAD

Ingredients:

1 tablespoon honey, 1 tablespoon Dijon mustard
1 shallot, thinly sliced, Kosher salt and freshly ground black pepper
1 to 2 large ripe peaches, pitted and sliced into thin wedges
1/2 cup candied pecans,
4 ounces smoked Gouda, crumbled into small pieces,
5 ounces baby arugula

Directions:

1. Add the oil, vinegar, honey and mustard to a jar with a lid. Add the shallots and season with salt and pepper. Close the jar and shake until combined.
2. Layer the peaches, pecans, Gouda and arugula in a large bowl. Pour the dressing over the top, then toss until everything is coated. Transfer to a serving bowl and serve immediately.

Note:

Dressing can be made 1 day in advance and kept refrigerated in an airtight container.



OVEN BAKED SALMON



Ingredients:

12 ounce salmon fillet, cut into 4 pieces, Coarse-grained salt
Freshly ground black pepper

Directions:

1. Preheat the oven to 450 degrees F.
2. Season salmon with salt and pepper. Place salmon, skin side down, on a non-stick baking sheet or in a non-stick pan with an oven-proof handle. Bake until salmon is cooked through, about 12 to 15 minutes.



FRUIT PUNCH

Ingredients:

2 1/2 gallon cartons store bought orange/pineapple juice
1 (2 liter) bottle ginger ale and lemon lime soda
1 orange, sliced thin
1 lemon, sliced thin
1 lime, sliced thin
Sliced strawberries

Directions:

Combine cartons of juice, with the bottle of soda.
For garnish, add in slices of fruit. Serve over ice.



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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



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*2024 Campaign
Please Donate 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
Bibi Chaterpateah
Sharon Harleston
Lisa Rodriguez
Anita Wallace
Tawanikka Smith

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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