

# The Graces

The Official Newsletter of the Malik Melodies Sisterhood, Inc.



JANUARY-FEBRUARY 2020



## Greetings from our President

The close of 2019 gives us a chance to reflect on our accomplishments and challenges. Take time to revel in your successes, rather than dwell on any perceived failures. You are here. You are alive. You are loved. We take these things for granted as we set incredibly lofty goals for ourselves and then beat ourselves up for not attaining them. Instead of being your own worst critic, how about being your best friend? In small doses, self-critique is healthy and allows us to be introspective, self-aware, and seek ways to build more positive relationships with others. However, the harsh, negative talk of our inner critic can have detrimental consequences to our self-confidence, mental well-being, health, and relationships, which then impedes our progress. A new year brings new opportunities to take care of yourself and silence that nagging, negative little "not-good-enough" voice in your head. Being kind to yourself is just as important as being kind to others. Acknowledge even small achievements. Compliment yourself. Practice positive self-talk. Be patient with yourself. Remember that we are all humans and humans are not perfect. Most importantly, forgive yourself. Rewrite the negative story so that the mistakes become learning opportunities for growth and self-discovery. Only then can you harness your energy towards achieving your goals. Give yourself the gift of peace of mind so you can continue to be the amazing person you are. In the words of Oprah Winfrey, "Create the highest, grandest vision possible for your life, because you become what you believe." On behalf of the Malik Melodies Sisterhood, Inc., I wish you a wonderful year full of blessings, joy, and prosperity.

Warm Regards,  
Nathalie C. Lilavois, Ed.D.  
Executive Board President  
Malik Melodies Sisterhood, Inc.

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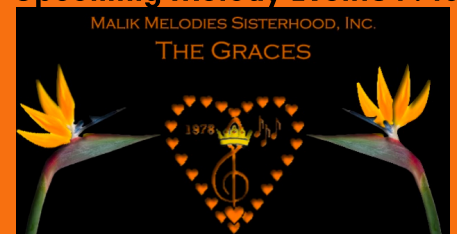
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Thank you to everyone who supported Malik Melodies Sisterhood, Inc. on Giving Tuesday in November! We fell short of our campaign goals and need your help. Our fundraising efforts will continue in 2020 with our "The Gift of Giving" campaign. Our work would not be possible without support from our members and friends like you. Each gift helps us achieve our goal to provide scholarships, empower girls and women, and to support ground breaking history at the Asa Restoration Project in South Asaif Egypt.

Our programs and initiatives impact hundreds of people in the U.S. and in Egypt. Your support helps make that impact possible. Your contribution will help us in 2020 to further develop the capacity of our programs listed below, develop innovative programs/workshops, and to improve the infrastructure to support our work.

1. The Angela Pauling Memorial Scholarship

2. WE LEAD:

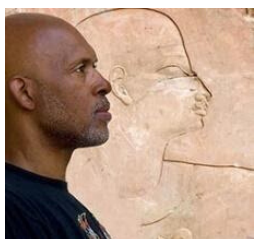
- Empowering Our Girls
- Nurturing Our Leaders
- We Inspire!

3. The Asa Restoration Project

We hope you will join us in supporting Malik Melodies Sisterhood, Inc. and our *The Gift of Giving* campaign with a gift that is significant to you. To learn more about our programs and to make your secure contribution, please visit our website <https://www.malikmelodies.org/> or click [here](#) to donate. Thank you in advance for your generosity!



MMSI has proudly supported the Asa Restoration Project (ARP) since it was established in 2008 by Anthony T. Browder to honor the work of Dr. Asa G. Hilliard, III, and support the archeological research of Dr. Elena Pischikova and the South Asasif Conservation Project which she directs.



Anthony T. Browder (top left) is Director of ARP in addition to the Executive Director of IKG Cultural Resource Center (IKG) in Washington, DC. Mr. Browder has written and lectured extensively on African and African-American history and culture for three decades. He has invested his time and talents to support projects dedicated to the positive portrayal of the worldwide African experience. IKG, an educational organization is devoted to the rediscovery and application of ancient African history, culture and wisdom. Founded in 1981 seeks to challenge the distorted perceptions of Africa that are perpetuated in the media and classrooms worldwide.



Dr. Hilliard (bottom left) is the late husband of MMSI's honorary member, Patsy Jo Hilliard. Dr. Hilliard was an educational psychologist, master teacher, author and historian who was internationally recognized for his outstanding scholarship. Dr. Hilliard conducted primary research on the history of Kemet (ancient Egypt) for over 3 decades. He was a founding member of the Association for the Study of Classical African Civilization (ASCAC) and led thousands of educators and laypersons on annual study tours to Egypt and West Africa.



Dr. Elena Pischikova (top right) is an Egyptologist and an authority on Egyptian and Kushite Art of the Late Kingdom (740 - 332 BCE). In 2006, Dr. Pischikova discovered two 25th Dynasty tombs of Kushite nobles, Karakhamun and Karabasken, and the 26th Dynasty tomb of an Egyptian noble named Irtieru. These tombs were found on the west bank of Luxor, Egypt in an area known as South Asasif. Dr. Pischikova's discoveries helped establish a cultural relationship between the Kushite rulers of the 25th Dynasty (740 - 657 BCE) and the pyramid builders of Dynasties 3 - 6 who lived 2000 years earlier. She is one of a small group of Egyptologists who acknowledges that the ancient Egyptians were of African descent and that the Kushites were their descendants and contemporaries.



The Asa Restoration Project has funded the South Asasif Conservation Project excavations for the 2009 through 2019 seasons and coordinated tours for the multiple excavation missions. Their efforts represent the first time in history that African Americans have primarily financed and participated in an Egyptian archeological excavation. Currently ARP is financing the conservation of the tombs of Karabasken and Irtieru, and Karakhamun.



Thanks to generous donations supported by MMSI's fundraising efforts along with donations of many others the work is well on its way towards completing the restorations in South Asasif and towards the goal of opening the site to the public in 2023. The 2019 was ARP's most successful excavation season to date and accomplished the following:

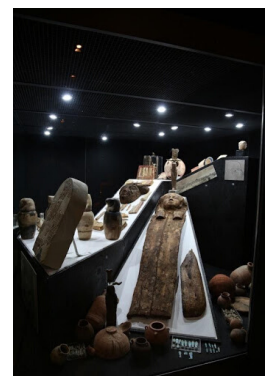
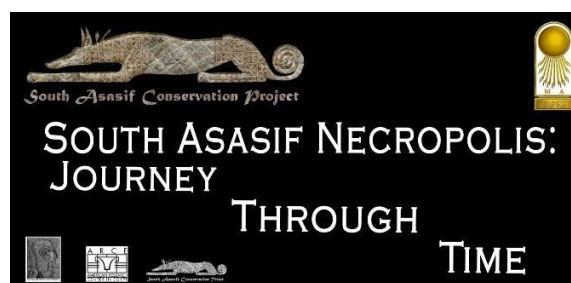
- Restored all 8 pillars in the 1st hall of Karakhamun's temple-tomb. See before and after photos below.
- Installed a temporary roof to protect the restored pillared halls
- Purchased new tools for our conservators



On September 8, 2019 the Luxor Museum opened a new exhibition featuring the artifacts discovered by the South Asaif Conservation Project. The opening was attended by a host of dignitaries including the Egyptian Minister of Antiquities and the Secretary General of the Supreme Council of Antiquities.

The museum opening was followed by a gala dinner at the Luxor Temple where Anthony Browder, Director of the Asa Restoration Project was introduced as the new General Director of the South Asaif Conservation Project. Please view the short video highlighting these events on our website by clicking [here](#). Unmute the sound for a fuller experience!

To follow the work of the project visit the [conservation blog](#).



# Census 101

Together, we can ensure  
that our community receives the  
resources it needs.

United States®  
**Census**  
**2020**

Learn more at [2020census.gov](https://2020census.gov).

What is the Census and why is it important? Once a decade, America comes together to count every resident in the United States, creating national awareness of the importance of the census and its valuable statistics. The purpose of the Census is to count the population and households, providing congressional seats and distributing billions of federal funds in an equitable manner.

These funds will support local states, counties and communities' vital programs — impacting housing, education, transportation, employment, health care and public policy. A few key challenges to the census capturing the complexity of the diverse cultural makeup of the United States today, general distrust of the government and the technological advances make communication harder instead of easier for some individuals. Most households can start participating around mid-March, when letters with instructions are scheduled to most homes.

The 2020 count will be the first one to allow all U.S. households to respond online. Paper will still be available, and, for the first time, you can call 1-800 numbers to give responses over the phone. Census workers will make home visits to remote areas — including rural Alaska, parts of northern Maine and some American Indian reservations — to gather census information in person. Households in the rest of the U.S. that do not respond themselves by early April may start receiving visits from door knockers trained to conduct census interviews and collect responses using smartphones. It is important to know that the Census Bureau will not send unsolicited emails to request your participation in the 2020 Census. Further, during the 2020 Census, the Census Bureau will never ask for:

- Your Social Security number
- Your bank account or credit card numbers
- Money or donations

In addition, the Census Bureau will not contact you on behalf of a political party. If you suspect fraud, call 800-923-8282 to speak with a local Census Bureau representative. If it is determined that the visitor who came to your door does not work for the Census Bureau, contact your local police department. Click [here](#) for important facts about the Census.

## *The Importance of Cancer Screenings for Everyone*



GM Anita Gillespie-Wallace



No one likes to talk about the “C” word, but everyone should talk about cancer and cancer screenings. As a breast cancer survivor of 11-years, my life is a testimony to the value of the cancer screening process. Whether cancer runs in your family or not, all adults should be tested for various cancers per discussion with your primary care doctor. If the disease is prevalent in your family, testing should be done regularly. Early detection is vital for proper medical treatment and saving lives!

Per the American Cancer Society, African-Americans have the highest death rate and the shortest survival rate of any other ethnic group in the country. The causes of death for African-Americans is highest from heart disease, followed by various cancers and diabetes. A few reasons why the death rates are so high for people of color are because people are not well informed, do not visit the doctor regularly and/or do not have proper access to health care. Thanks to the internet, everyone can have access to researching FREE cancer screenings.

Did you know that 42% of all newly diagnosed cancers can be avoided by maintain a healthy diet, regular exercise, vaccinations, no alcohol/tobacco use, regular visits to the doctor, and keeping your body weight under control? Excess body weight is a critical contributing factor for various cancers. The top 5 most common cancers for men & women are:

- Breast
- Colon
- Kidney
- Leukemia
- Liver/Bile duct cancer



The most common cancer screenings are as follows: mammograms (breast cancer); colonoscopy (colorectal cancer); tomography (lung cancer); pap test (cervical cancer); PSA test (prostate cancer); skin exams (skin cancer). You can also receive a full-body cancer exam.

If you care about yourself and your loved ones, please make the time to schedule regular doctor appointments as well as cancer screenings. Keep your family informed about your health. If you have any health issues, make sure you have the emotional support you need from friends, family, and a health organization. For general information on various cancers and screenings, please visit your local Department of Health online or the following websites:

- American Cancer Society: <https://www.cancer.org/>
- Memorial Sloan Kettering Cancer Center: <https://www.mskcc.org/Sloan>
- Department of Health, NY: <https://www.health.ny.gov/diseases/cancer/screening/>

## *A Tribute to Dr. Martin Luther King Jr.*

Martin Luther King Jr. Day is an American federal holiday observed on the third Monday of January each year, marking the birthday of Martin Luther King Jr. which is January 15th.



Martin Luther King Day honors the achievements of Dr. Martin Luther King Jr. He was a Baptist minister who advocated the use of non-violence to end racial segregation. Dr. King came on to the national scene during the bus boycott in Montgomery, Alabama, and continued to become one of the most influential civil rights leaders.

Thanks to Dr. King, the Civil Rights Act (1964) and the Voting Rights (1965) became law and remain critical pieces of legislation today.

His legacy lives on today as Founder, Preacher, and Laureate, but most of all, as an Activist for the rights of people.

## *2020 National Puerto Rican Day Parade Scholarship*



This year, NPRDP will award one hundred (100) \$2,000 scholarships to exceptional Puerto Rican High School Seniors and full time two/four years accredited Puerto Rican College undergrad students who are making a difference in their community.

Applicant shall be:

- of Puerto Rican descent
- demonstrate Grade Point Average (G.P.A.) of 3.0 or better or the equivalent high school grade
- be High School or College/University (undergrad) students between the ages of 17 and 25
- be enrolled in an accredited two/four year College/University (Freshmen through Junior) or a senior in High School
- have proof of volunteer/community service
- undergo an interview with the Selection Committee

Folks that are interested in learning more about the scholarship should checkout the link: [www.nprdpinc.org](http://www.nprdpinc.org). Application packages are due on Saturday, Febraury 29th, 2020.

# Taking Care of You

Fall in love with taking care of yourself.  
Fall in love with the path of deep healing.  
Fall in love with becoming the best  
version of yourself but with patience,  
with compassion and respect to your own journey.  
– Sylvester McNutt

This year our Queens and Regal Sisters are making a commitment to self-care and we invite you to join us on this journey. We are committing to a year of spiritual healing, self-discovery and self-love by showing up for ourselves and others. We commit to listening to the movement our bodies, the thoughts of our minds, and the instincts of our spirits. We commit to love ourselves unconditionally by nurturing our souls and nourishing our intellects. This journey begins with kindness for oneself and others in celebration of Random Acts of Kindness Week, February 16 - 23, 2020.

## A Note of Kindness

Everyone we meet is facing some kind of challenge we know nothing about. A simple smile or act of kindness might make their whole day, and it costs us nothing. We all have different ideas of what it means to demonstrate kindness, but the most common denominator amongst all deeds of kindness is that it brings about feelings of warmth and makes us feel like a better person. Kindness can also be a route to better health and longer life. Kindness strengthens our immune system, reduces aches and pains, improves our cardiovascular profile, and boosts energy and strength.

Fall in love with taking care of yourself. Mind. Body. Spirit.						
Leave a love note for your partner or family member	Reconnect with an old friend	Post inspiring quotes in your home or office	Refrain from complaining for a week	Write a letter to yourself	Donate clothes or essential winter items to someone in need	Compliment the first three people you see today
Write thank you cards for the janitor or workplace staff	Express gratitude for a coworker	Call your mentor and thank them	Buy coffee or a treat for a coworker	Start a kindness or gratitude journal	Mentor someone by sharing your expertise	Send a friend a book or a playlist they will love
Volunteer at a local organization	Spend a day doing what makes you happy	Share a post about someone influential in your life	Practice a moment of self reflection	Make a purchase from a local business	Plan to attend a cultural event	Praise or acknowledge someone doing something great
Read a book about a topic that is new to you	Start each day with an affirmation for a week	Put together a self-care basket for a friend or relative	Learn something new	Create a kindness jar for workers to add and grab from	Walk, bike, or carpool to reduce your carbon footprint	Plan a family game night
Make a "feel good" music playlist	Listen to an inspirational podcast	Invite your neighbors for dinner	Ask someone to be your accountability partner and set goals together	Plan a vision board party with your friends	Prepare a nutritious meal for yourself	Spend some time tapping into your creative self



# *In Honor of Women*

Dr. Ayanna Howard

A Leader In Education, Science and Artificial Intelligence



Would you like to join an expedition to Mars? As an expert in robotics & artificial intelligence, Dr. Ayanna Howard can help make that happen. Dr. Howard worked at NASA for 12 years as a senior robotics researcher. She also has over 20 years of research and development experience for various projects that have been supported by companies such as ExxonMobil, Procter and Gamble, Intel NASA and the Grammy Foundation. She holds 3 engineering degrees including a bachelors from Brown University, a PhD from the University of Southern California and an MBA from Claremont University. Currently Dr. Howard serves as the Chair of the School of Interactive Computing at the Georgia Tech College of Computing. She is also the founder of Zyrobotics LLC, where she is the chief technology officer. At Zyrobotics, Dr. Howard and her staff develop educational technology applications that address the needs of children with disabilities. Her areas of research dealing with human & robot interaction and learning have been documented in well over 150 peer-reviewed publications. The accomplishments of Dr. Howard have also been highlighted in publications such as TIME Magazine, Black Enterprise, and USA Today. She has been recognized as one of the Top 50 US Women Tech by Forbes Magazine as well as one of The 23 Most Powerful Women Engineers in the World by Business Insider. Dr. Howard also directs a three-million-dollar Traineeship Initiative in Healthcare Robotics which she founded in 2015. Dr. Howard is definitely ahead of the curve in technology, making history and an inspiration for all women & men of color.

## *Melody on the Move*

Symone Sutherland hails from Queens, New York. She is the daughter of Gracious Melody Lisa Kirkland-Sutherland and Frederick Sutherland. Her mother was born and raised in New York; her father was born in Trinidad and moved to NY with his family. Growing up, she was always interested in learning more about her Trinidadian culture. Living in NY and traveling abroad has allowed Symone to explore her father's culture, as well as numerous other cultures. She enjoys experiencing diverse cultural community events, international cuisines and listening to a variety of music from around world. While in college, Symone organized a group to participate in an annual AIDS walk in New York which was well attended by family and friends. During this time, she realized community service was a passion of hers. Symone participated in two mentoring programs, Sister-to-Sister and Rose Petals. These two organizations were in place to allow college students to mentor the youth of Hampton Roads, VA. Within these organizations, she mentored 15 young teens and expressed the importance of continuing their education after middle and high school. As the president of Rose Petals in her junior year, Symone organized events for the young ladies to meet with authors and engaged with other young ladies who were questioning if they wanted to continue their education. Symone is very passionate about mentoring young adults and knowing she can make a positive difference in their lives is what keeps her going. While in college, Symone interned with Standard & Poor's Rating Services for two summers and learned much about the financial industry. Upon graduating from Hampton University with her Bachelors in business management, she began work at Wesco Distribution, Communication Supply Corporation as a sales development trainee. Within this position/program, Symone learned all aspects of the business within distribution and supply chain industries. The one-year rotation program allowed Symone to participate in assisting the operations, warehouse, and the indoor/outdoor managers in their day-to-day jobs. Symone in her second year with the company has been promoted to a Customer Service Buyer working with her client Pratt & Whitney purchasing material to build helicopters.



# Giving our Sisters Applause



## 20-Years of Dedicated Service!

Congratulations to Sharon Harleston for reaching a milestone at her place of employment – Future Tech Consultants of NY Inc. which specializes in Engineering, Inspections and Testing nationwide. Sharon celebrated her 20th anniversary with the company. She, along with two of her colleagues were recognized in December during the company's annual employee holiday party at Westbury Manor in Westbury, NY for their accomplishments. Sharon is also the first woman and African-American to be employed at her company job for 20-years.

Kendra Rivers path in activism is still growing. Recently, Kendra joined the Ella Baker National Training Team for Children's Defense Fund, Freedom Schools. This is a program that is an extension of the Mississippi Freedom Summer, which was instrumental in the Civil Right Movement. She will hold the responsibility in training numerous educators and college students from all over the nation in facilitating literacy sessions.



# Supporting Our Brothers

Join the Brothers of MALIK Fraternity, Inc. in contributing to the #Project77 initiative.

#Project77 is up and running for the new year and we need all hands on deck. The goal is to collect as many items of clothes and non-perishable foodstuffs in January 2020 for distribution in February 2020 at multiple locations in the tri-state area.

Please see below for your closest distribution center:

February 1st

Brother Efrin Martinez's Top Icon Center

604 Woodfield Road, West Hempstead NY

February 8th

NYC Relief

Corner of 125th Street & Park Ave

February 22nd

First Baptist Church of Crown Heights

450 Eastern Parkway, Brooklyn NY

February 22nd

Brother Reverend Lee Trollinger's Calvary Baptist Church

188 Orawapum Street, White Plains NY

February 29th

Fellowship Baptist Church

83 Elizabeth Ave, Newark NJ

**COLLECTING CLOTHES AND NON PERISHABLE FOOD STUFF**  
TO DISTRIBUTE TO NEEDY FAMILIES AND COMMUNITIES THROUGHOUT THE CARRIBEAN, CENTRAL AND SOUTH AMERICA, AFRICA, REFUGEE CAMPS IN THE MIDDLE EAST AND HOMELESS AND BATTERED WOMEN SHELTERS IN THE UNITED STATES.

**OUR GOAL:**  
**COLLECT AND DISTRIBUTE 77,000 DONATIONS ANNUALLY**  
CONTACT ANY BROTHER TO DONATE

*Giving is a lifelong endeavor. Donate your old clothes this holiday season.*  
- Brother Erskine Isaac

**CONTACT 7 FRIENDS  
DONATE 11 ITEMS EACH  
- OR -  
DONATE \$7.70**

**MALIK FRATERNITY INC.**  
**#PROJECT 77**  
FOUNDED 1977



# Upcoming Events



Date Night Raffle is a fundraiser to help raise funds to develop and hosts programs to empower girls. This 3 hour event will have 2 types of raffles. One for our single people, and of course for our couples! The Date Night Raffle will start at 7:30pm and the basket raffle to assist you with your next date with your spouse or love one starts at 8:15pm. There will be 10 or more single men and women for you to bid on and 6 baskets and gift cards to be raffled off. The first 20 people will receive a free raffle ticket!

If you cannot make the event and would like to donate to the cause, please click [here](#).

The 4th Annual TEDxDeerPark event will take place on Saturday March 7, 2020. Please check out the website for sponsorship and volunteer opportunities. Visit the website for more information: [www.tedxdeerpark.com](http://www.tedxdeerpark.com). Spread the word throughout your network! Tickets are available on <https://tedxdeerpark.yapsody.com/>. Follow us on facebook for updates and discounts!

Saturday, March 7th, 2020

Van Nostrand Theater, Suffolk Community College Michael J. Grant Campus Brentwood, NY 11717



**Save the Date!**  
**Saturday, March 28th, 2020**  
**11AM-4PM**

MMSI is kicking off 2020 with our first program supporting our WE LEAD: Empowering Our Girls initiative.

**A Brand Called YOU** is a 5 hour workshop that provides young girls a creative space to craft their personal brand by producing vision boards. Participants will also learn the importance of professional networking in various settings.

More information to follow. We are kindly asking Sisters to keep magazines, brochures, newspapers, and any creative items to be used for the vision boards.



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JANUARY - FEBRUARY 2020



## Upcoming Melody Events

### **Sisterhood/Cultural Enrichment Anniversary Event**

**Saturday, February 29th, 2020, 7PM**

Step Africa's Drum Folks Presentation

New Victory Theater

209 W 42nd Street New York, NY 10036

*Please check your emails for more details.*

### **Professional Branch Monthly Membership Call**

The third Tuesday of the every month

8PM-9PM

*Please check your emails for updates.*

### **Monthly Newsletter Committee Call**

The last Wednesday of the every month

8PM-9PM

*Please reach out to the Graces Staff should you want to get involved with our newsletter.*

# RENEW YOUR MEMBERSHIP

**Malik Melodies Sisterhood, Inc.**

**Look For Details In Your Email Regarding  
Your 2020 Membership Renewal**

## The Graces Staff

**Kim J. Bright**

**Bibi Chaterpateah**

**Jillian Gibson**

**Sharon Harleston**

**Nathalie Lilavois, Ed.D**

**Kendra Rivers**

**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**

**Malik Melodies Sisterhood, Inc.**

**P.O. Box 260430**

**Bellerose, NY 11425**

**P.O. Box 92944**

**Washington, DC 20090**

**malikmelodies@gmail.com**

**www.malikmelodies.org**

