

The Graces

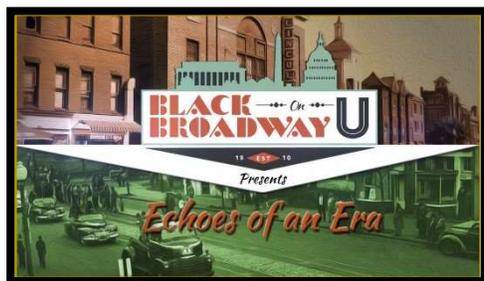
The Official Newsletter of the Malik Melodies Sisterhood, Inc.



BLACK BROADWAY ON U: A Transmedia Project

Black Broadway on U: A Transmedia Project is a groundbreaking multi-platform story and public history initiative created to amplify, chronicle, preserve and enhance, the under-told story, cultural legacy, local memories and voices of Washington, DC's marginalized Black community along the historic greater U Street community when it was known as "Black Broadway", a city within a city...

... They are "our ancestors, our torchbearers" who overcame America's and our nation's capital's racial and social barriers making considerable, significant contributions to enhance the civic and cultural fabric of America. Most importantly, the project will shed light on the "hidden history" that lies beneath the surface through the lens and voices of native Washingtonians who remember it best."



THE MISSION of Black Broadway on U: A Transmedia Project is to: "EDUCATE greater audiences about the important role of African American civil rights activists, culturalists, educators, entertainers, intellectuals and entrepreneurs (all in a little Washington, D.C. neighborhood) played in shaping American history. ENTERTAIN with compelling historical and digital

content to promote positive cultural identity. EMPOWER through the sharing of "authentic" stories of these black leaders and civic places of prosperity that are part of our past and the points the way for our underserved youth's future."

To learn more about the history and cultural legacy of Washington DC's Black Broadway on U visit <http://blackbroadwayonu.com/>.



VIDEO: "The Story of DC's Black Broadway on U before Harlem"

<https://vimeo.com/106750806> "It's May 1940, and the illustrious actress/singer, Pearl Bailey (portrayed by D.C. native/actress, Roz White) is in her dressing room getting dolled-up before her performance at U Street's historic Lincoln Theatre in Washington, D.C. Pearl shares her tale about the music filled evenings, culture, entertainment, rich history and heritage and heydays of D.C.'s Black Broadway on U despite the tough Jim Crow laws of the day this black community continued to strive and thrive." REPRINTED FROM: <http://blackbroadwayonu.com/>

January/February/March
2018

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I RESOLVE!!!



As each year ends and the new one begins we become introspective make promises, goals, affirmations to improve our lives. It's March... so if you haven't started with your goals... it's time to get back on track. This issue will weave in a few reminders a few reminders to help you along your way.

Every day is a chance for a new beginning... LET GO of any guilt you have about not getting started yet. Give yourself permission to forgive yourself. Remember... Starting is the hardest part... but once you do you will be proud of yourself, smile and say "***That***

wasn't so hard and I ROCK!!" Take that next step forward and you will be closer to your goals. You will do it! One step at a time.

I RESOLVE TO... To Keeping It Simple: Just commit to 1-3 goals.

I RESOLVE TO ... Being Healthier: Find an activity that you ***enjoy and that you will do.*** Walking, Dancing, Zumba, Swimming, Jump Rope. Just Move! ***Keep it Simple...*** Take the stairs and park further away in the parking lot. Schedule your annual check-ups and stay hydrated, **DRINK MORE WATER!** ***Never ignore pain,*** it's our body's way of telling us something is wrong... don't ignore that little voice, your spirit is talking to you. Don't be scared of the "***What If?***"; if you are scared, let loved ones know so they may provide moral support and go with you to your appointments. ***Don't forget to get to get more sleep at night.***



I RESOLVE TO: Get Friends and Family to Help Me. Ask folks to join in. It doesn't have to be the same people each time... "***Diversify to Fortify***" your resolve.

I RESOLVE TO... Stop Procrastinating. Set realistic deadlines for yourself; add them to your calendar with alarmed reminders. Keep your appointments with yourself. You are your most important client!

I RESOLVE TO... Reduce Stress. Do something that brings you joy (*that is not connected to social-media*). Keep it Simple (remember that?) Gardening? Dancing? Monthly massage? Luxuriate! Soak in the tub "***let Calgon take you away***" (with a glass of wine or your favorite beverage ... don't forget the candles & soft music). Laugh more

I RESOLVE TO... Use Cash Instead of Credit / Improve my credit / Start Reducing Debt. ([5 Easy Steps To Debt Reduction](#))

I RESOLVE TO... Spend Quality Time With People I Like, Love, and/or Who Empower Me

I RESOLVE TO... REMEMBER THAT...

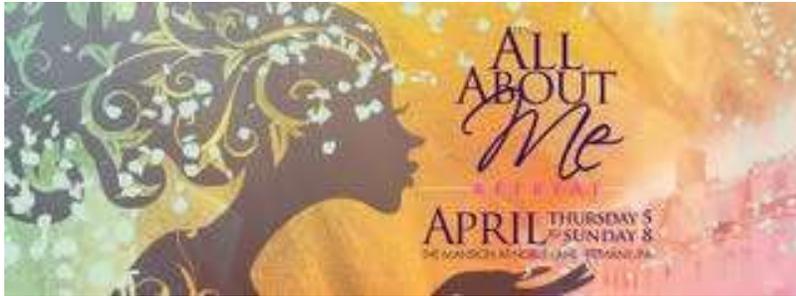
I AM STONG!

I AM SMART!

I AM BEAUTIFUL!

I AM WORTH MAKING TIME FOR MYSELF!





[CLICK HERE TO REGISTER](#)
and
To See The Schedule of Events.

April 5-8th, 2018
Mansion At Noble Lane
[37 Noble Lane](#)
[Bethany, PA 18431](#)

To help you along with staying empowered and rejuvenated join our **Sister GM Brigitte Collins** as she hosts her **6th Annual It's All About Me Retreat!!** Enjoy the 2017 photos and video below.

The *It's All About Me Retreat* is a weekend away from all significant others for the purpose of concentrating on you. A time to convene without interruptions and create a platform, which properly addresses our wellness, health and overall wellbeing. Don't miss out on this powerful, interactive, stimulating event featuring opportunities for you to connect and communicate with other women who want to attain the same goal; time out to Reflect, Relate, Renew and ultimately Re-invent!

Click here for a video recap of the 2017 It's All About Me Retreat:
<https://vimeo.com/216202154>



See the It's All About Me Retreat on Oprah's OWN show **Checked Inn** (Episode 6) on "On Demand" OWN Channel.



Registration Link: <https://www.eventbrite.com/e/its-all-about-me-retreat-tickets-41461523533?aff=affiliate1>

Click on the Sign Up button to Register vial FaceBook: <https://www.facebook.com/AllAboutMeRetreat/>



Above:
(Nikka with her friend Marcella & her Mother, Barbara Oliver)

Right:
(Nikka with Dr. Gail O. Mellow)

Photo Credits:
LaGuardia Community College



CONGRATS to our Sister!!

Dr. Lisa Kirkland-Sutherland will be honored on Sunday, **June 3, 2018** by the National Council of Negro Women, Inc. at their 31st Annual Awards Banquet!

The theme to the banquet is “*Our Commitment to Leadership, Legacy And Loyalty*”. A well deserved honor for our Sister who exemplifies all these characteristics and more!

If you wish to attend the banquet contact Lisa at melodylisataa@gmail.com for ticket information.



On March 16, 2018 **Melody Tawanikka “Nikka” - Oliver-Smith**, was honored by NY State Assemblywoman Catherine Nolan and LaGuardia Community College President, Dr. Gail O. Mellow for Women’s History Month. Nikka was honored as a woman who has distinguished herself professionally and made a positive impact in her local community, showing leadership and being an inspiration to all.

We are so proud of our Sister!!



GM Maria Lopez on Featured YouTube!

Sister Maria Lopez was featured on *Lauren’s Crazy Pet Show*, a YouTube program highlighting her beautiful artistry and her Precious Paws Boutique, LLC. To see the program visit: <https://youtu.be/EU1VB5NGbmU>.

To get an outfit for your furbaby contact Maria at:

PreciousPawsBoutique912@gmail.com

<https://www.facebook.com/PreciousPaws912/>

<https://www.etsy.com/shop/PreciousPawsBoutique>





Melodies on the Move

Melody Jemma St. Lawrence-Martin &

Gracious Melody Dr. Lisa Whittington

MMSI Sisters Collaborate in the Visual Arts



Jemma & Lisa

St. Lawrence & Martin is an art consultancy that started its operations in 2014 in Brooklyn, NY with a mission to give exposure to underrated or underserved emerging and independent artists and to promote acquisitions among community residents at large, locally, nationally and globally. Our Sister, newly inducted, *Melody Jemma St. Lawrence-Martin* is the curator, lead consultant, and operates the venture with her business partner and partner in life, MALIK Crown, Larry B. Martin. Jemma had already built a strong connection to the MALIK/Melodies family and could see a vision for working within the MALIK family circle, a most talented and intelligent group of brothers and sisters, to strengthen art appreciation and do good within the arts community, which is her passion.

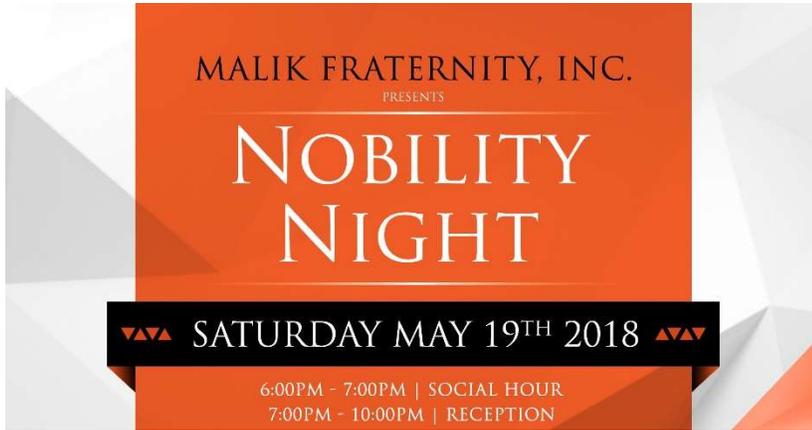
After moving to Charlotte, NC in April 2017 things took off, with a gallery exhibit feature June 25 through July 30, 2017 featuring a local collage artist, John R. “Trey” Miles, III. Followed by a collaboration with [NoDa@28th Creative Arts Studio](#) developed after a chance meeting with a shop owner named Ja-El, who was a resident in the space and connected Jemma to Jermaine Nakia Lee who owns and runs the community arts space in a trendy Charlotte neighborhood in the same building as an Amelie’s French Bakery location. The first exhibit in the NoDa space went exceedingly well and the potential for growth became apparent. Heading into the next exhibit, Jemma knew that she wanted to feature women artists and began to reach out to women who were trending in her artists’ circle.

GM Lisa Whittington was an obvious choice for Jemma; being a Malik Melody as well and having followed Lisa’s artistic career and growth over several years. Dr. Lisa Whittington, based in Atlanta, GA, has 20 artworks featured in the current exhibit which runs from **January 14 to April 12, 2018** along with three other artists based in the Charlotte, NC area. Artist Lisa Whittington’s work reflects historic accounts and social statements of African-Americans in artform delivering powerful and indelible historic and cultural stories and also records of truth to audiences who view her work. Lisa recently spoke at the Reece Museum in Tennessee about the Emmett Till tragedy to a mostly Caucasian audience, many of whom did not know much about his story, and featured her work, *Mamie Till* alongside an image of *Emmett Till* from her collection of artworks. Additionally, a recent controversy that ensued around The Whitney Museum’s inclusion of an Emmett Till image painted by a Caucasian woman which prompted a backlash from audiences, noted and included in the collection of hashtag: *#Museumssowhite*, brought an opportunity to Lisa to respond when a major news outlet, NBC news contacted her for a response. [Lisa’s critical and thoughtful response was printed verbatim](#) and demonstrated the powerful platform an artist like Lisa possesses in bringing truth out into the world and taking the opportunity to put the spotlight on the struggles of African-Americans, due to historic oppressive systems of racism, and, also the struggles of women in light of the *#MeToo* Movement. Visit Lisa’s website to view her amazing work and videos at: <https://www.lisalovewhittington.com/>. **If you are in Charlotte, be sure to visit the exhibit before it ends on April 12th!**

St. Lawrence and Martin is in the process of developing an online platform called *ARTBNC*, that seeks to be a critical platform and marketplace for emerging and independent artists to showcase their work and to interact directly with audiences, art buyers and collectors. They seek to advance the opportunities for African-American and Latino artists, and all artists globally who are making courageous statements and expressions within their spheres while providing historic accounts of what is happening in the world, or just creating artworks for lifestyle enhancement. They value art as a product and we want artists to have their own marketplace space where the value of their products is recognized and supported. *Stay Tuned!!*



Save the Dates



SAVE THE DATE

National Nobility Night Saturday, May 19, 2018

Malik & MMSI Awards
Keynote Speaker Tariq El Shabazz
David Nelson Video Tribute

Social Hour 6:00 - 7:00pm
Reception 7:00 - 10:00pm

VistaMar Restaurant and Lounge
565 City Island Avenue
Bronx, NY 10464

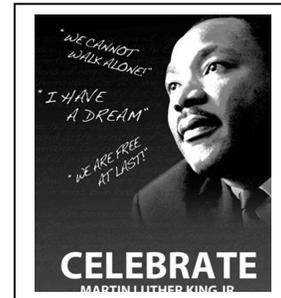
Tickets will be on sale soon at
www.NobilityNight.EventBrite.com

Ticket Sales will END May 1st 2018



What Do You Stand For?

MMSI Celebrating
Martin Luther King, Jr. Day
by GM Sharon Harleston



January 15, 2018 marked the 89th birthday of Rev. Dr. Martin Luther King, Jr. Many across the nation celebrated this day by attending programs held in churches, community centers, as well as marches. I celebrated Rev. Dr. Martin Luther King, Jr.'s legacy by attending a program titled "**What Do You Stand For**". This event was presented by The Mother's Club of Wheatley Heights, NY, The Concerned Fathers Association & The Half Hollow Hills Community Library, located Dix Hills, NY.

The afternoon was filled with presentations including short documentary films about Dr. King, a skit on the Montgomery Bus Boycott, poetry, music and dance from the youth of the community, as well as short speeches from members of the Concerned Fathers Association. There was a book raffle; each selection was noted as receiving the "*Coretta Scott King Book Award*". The "*UPSTANDERS*" *What Do You Stand For* – was a youth presentation where each stated what they stood followed by the audience joining in. This *Day of Service* also included The Mother's Club of Wheatley Heights, NY request of new socks donations which was provided to the Gerald J. Ryan Outreach Center of Our Lady of Miraculous Medal Catholic Church in Wyandanch, NY.

Photo above: GM Sharon Harleston met children's author **Linda Taylor**. Linda Taylor has been teaching students for over 25 years. Her current book series, **Amazing Annabelle** is about a 3rd grader who lives in Long Island, NY engaging in several life lessons such as bonding, bullying and encouraging her peers. To learn more about Linda Taylor and the *Amazing Annabelle* series visit <http://amazingannabelle.com>

HERSTORY IS OUR HISTORY



BLAZING THE TRAIL!!!

Nancy Abu-Bonsrah made history as the first Black woman neurosurgeon resident at John Hopkins Hospital. Dr. Abu-Bonsrah who was born and raised until the age of 15 in Ghana began her 7-year residency in 2017.

She aspires to return to Ghana during her career to help build a sustainable surgical infrastructure.

DID YOU KNOW...

Lauren Anderson is an American ballet dancer and a former principal dancer with the Houston Ballet.

In 1990, she was one of the first African American ballerinas to become a principal for a major dance company, an important milestone in American ballet.



The 6888th Central Postal Directory Battalion



The 6888th Central Postal Directory Battalion was the first African-American, battalion of the Women's Army Corps. The 6888th had 855 Black women, both enlisted and officers, and was led by Major Charity Adams Earley who would later retire as a Lt. Colonel. It was the only all-black, all-female battalion overseas during World War II. The group was nicknamed "Six Triple Eight" and their motto was "No mail, no morale". The 6888 was the first all-female battalion to be shipped overseas into a combat zone.

For more info visit <https://history.army.mil/html/topics/afam/6888thPBn/index.html>. Photo: Abbie Campbell, executive officer, inspect the 6888th Central Postal Directory Battalion in England in February 1945. Photo Credit: National Archives and Records

Two Sisters Become Youngest Women To Open Beauty Supply in California

In 2016, then 19-year old Kayla and 21-year old Keonna Davis became the youngest women to open a beauty supply in the state of California. Located in Moreno Valley, California, since KD Haircare Supply officially opened its doors they have received an overwhelmingly positive response.

Visit and support at <http://www.kdhaircare.com/>



Keonna & Kayla Davis



In Honor of Women

Shellée M. Haynesworth, Keeping “Our Story” Alive

Shellée M. Haynesworth, a multi-generational native Washingtonian is the Founder of Indigo Creative Works and creator of [Black Broadway on U: A Transmedia Project](#).

Shellée M. Haynesworth, an award-winning multimedia maker, brand builder, content creator and storyteller is the owner and lead creative force of [Indigo Creative Works](#). Her creative and storytelling experience has moved between the intersections of arts and culture, education, humanities, social justice and multicultural engagement. As a storyteller, her focus has been to examine the African Diaspora and shed light on the “untold” human stories and “hidden” contributions of African American and Latino changemakers in history, social justice, arts, culture and humanities. Shellée firmly believes, “*Creativity can have powerful and transformative effects — on people, community, culture and causes.*”

Throughout her more than 20+ year career, she has produced documentaries, multicultural and digital media projects for clients such as USAID, U.S. Department of Education, Smithsonian Institution, Gates Foundation, PBS, NBC, Black Entertainment Television, TV One, HBO/Time Warner, and King World Entertainment, among others. Some of her documentary and broadcast credits include Latino Voices: Art & Culture (PBS/Smithsonian), The History Makers: An Evening with Quincy Jones (PBS), Latino Music Greats (National TV Syndication), Women’s Land Rights: A Ripple Effect (USAID/Gates Foundation) and A Tribute to Madiba: Nelson Mandela Special (TV One/News One Now), among others.

Sources:

- ✚ Reprinted from <http://blackbroadwayonu.com/#events-section-discover>
- ✚ Indigo Creative Works visit <http://www.indigocreativeworks.com>
- ✚ <https://savingplaces.org/stories/who-tells-your-story-u-streets-african-american-legacy-dc#.WoNbzUxFzel>



I RESOLVE TO... Get More Sleep and Drink More Water --- search “[Infused Water Recipes](#)”.

I RESOLVE TO... REMEMBER THAT... I AM **STONG!**

I AM **SMART!**

I AM **BEAUTIFUL!**

I AM WORTH MAKING TIME FOR MYSELF!