

# The Graces

The Official Newsletter of the Malik Melodies Sisterhood, Inc.



Sisterhood, Inc.

**C  
A  
L  
L  
T  
O  
A  
C  
T  
I  
O  
N**

In Celebration of our 40th Anniversary  
& the United Nation's International Day of the Girl Child

**MALIK MELODIES SISTERHOOD, INC.**

PRESENTS

**WE LEAD**

**EMPOWERING OUR GIRLS CONFERENCE**



This event will be a fun filled day with  
Music, Raffles, Food,  
Performances, Motivating Messages,  
Inspirational Speakers, Award Presentations  
and so much more!

FREE & OPEN TO THE PUBLIC

RESERVE YOUR SPOT

**SATURDAY OCTOBER 13, 2018**  
10AM - 4PM

**JAMAICA PERFORMING ARTS CENTER (JPAC)**  
153-10 JAMAICA AVE  
JAMAICA, NY 11432



Register online at [www.malikmelodies.org](http://www.malikmelodies.org) by August 31.

**4  
0  
t  
h  
A  
n  
n  
i  
v  
e  
r  
s  
a  
r  
y**

In celebration of the International Day of the Girl Child, our WE LEAD: Empowering Our Girls Conference aims to highlight and address the needs and challenges girls face, while also promoting girls' empowerment and the fulfillment of their human rights. MMSI's goal is to engage the entire family and young girls' mentoring organizations in an effort to make a difference in today's youth by providing awareness. This unforgettable celebration will focus on inspiring attendees to work to create a better world for girls, women and everyone. This event will be a fun-filled day with music and performances as well as enlightening and inspiring, with messages from women on the challenges they faced in different industries and how they pushed past them. There will also be entertainment, raffles and food. The day will culminate with the "Gems Among Us" awards presentation, honoring outstanding individuals and organizations for their commitment to uplifting and empowering our girls. JOIN US!

Register online [www.malikmelodies.org](http://www.malikmelodies.org)! Deadline Extended!

Don't Miss it!

July / August 2018

## In This Issue

MMSI WE LEAD	Pg. 1
New and Noteworthy	Pg. 2
MGM Gloria Bradshaw	Pg. 3-4
Summer Skin Care	Pg. 5
International Black Travel Month	Pg. 6
Staying Hydrated	Pg. 7
MMSI Supports	Pg. 8
MMSI Summer Mix n Mingle	Pg. 9 -10

## The Graces Staff

Kim J. Bright  
Nathalie Lilavois, Ed.D.  
Lisa Rodriguez  
Sharon Harleston

## Executive Board

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

Malik Melodies Sisterhood, Inc.  
P.O. Box 260430 Bellerose, NY 11426  
P.O. Box 92944  
Washington, DC 20090  
[malikmelodies@gmail.com](mailto:malikmelodies@gmail.com)  
[www.malikmelodies.org](http://www.malikmelodies.org)

Please send comments or ideas for articles for future newsletters to [TheGraces@gmail.com](mailto:TheGraces@gmail.com)

## NEW AND NOTEWORTHY

### THE NATIONAL MUSEUM OF AFRICAN AMERICAN HISTORY AND CULTURE

#### WAKANDA FOREVER

The National Museum of African American Culture (NMAAHC) announced that it will acquire several items from the blockbuster movie, *Black Panther* to place in their *Taking the Stage* gallery. The museum hosted a special advanced screening of *Black Panther* on February 11,



2018, five days ahead of its nationwide release. Black Panther is the first black superhero who appeared in Marvel comics in 1966 paving the way for other African American superheroes. Black Panther is the 18<sup>th</sup> Marvel film and considered one of the best in the Marvel Cinema Universe. It is the highest grossing movie of 2018 (\$1.3 billion worldwide) and the third highest grossing film ever in the United States. See the NMAAHC newsletter, *Through the Lens* (Vol.4:2) for more information.

---

The NMAAHC is hosting a Community Day on August 25<sup>th</sup> where there will be music, dance, presentations and activities. The day commemorates the significant events that occurred on **Aug 28<sup>th</sup>** throughout history:

- 1833 slavery abolished in the British Empire;
- 1955 Emmitt Till's murder fueled the Civil Rights movement
- 1961 rise of Motown with Please Mr. Postman topping the music charts
- 1963 March on Washington
- 2005 Hurricane Katrina
- 2008 President Barack Obama accepted the presidential nomination of a major political party, becoming the first African American to receive this endorsement.

---

NMAAHC New Special Exhibit: *Watching Oprah: The Oprah Winfrey Show and American Culture* is currently open and will run through June 2019. Visit <https://mnaahc.si.edu/watchingoprah> for details.

Submitted by GM Nathalie C. Lilavois, Ed.D



## *Congratulations and Happy Birthday!*



Dear Rev. Dr. "Most Gracious Melody" Gloria Bradshaw,

On behalf of the Executive Board and every member of Malik Melodies Sisterhood, Inc., Happy 60<sup>th</sup> Birthday!! Unfortunately, we are unable to attend this wonderful celebration due to prior commitments, however, we couldn't let this momentous occasion go by without sharing our gratitude and appreciation for you.

This year marks the 40th Anniversary of Malik Melodies Sisterhood, Inc. (MMSI). We would not be able to celebrate this milestone without acknowledging you as one of the founding members. You along with 23 other conscientious women founded this organization on December 14, 1978 at C.W. Post College, Long Island, NY. Your vision and leadership as a college student was truly ahead of your time and has had an incredible rippling effect within society.

MMSI, a progressive women's leadership organization is dedicated to fostering cultural enrichment and advocating civic and social responsibility. Since our founding in 1978, MMSI's primary focus has been to develop leaders, install motivation, self-esteem, determination and a sense of commitment within women who address issues that confront them in the educational and professional environment as well as in the communities where they reside. All this is because of you!

MMSI's core values of Leadership, Empowerment, Collaboration, Faith, Cultural Enrichment and Education, Civic and Social Responsibility and Sisterhood has positively impacted the lives of hundreds of women. Empowered women who stood upon your shoulders have in turn lifted others within their families, within their careers, and within their communities.

We thank you from the deepest parts of our hearts Sister Gloria - We wish you an abundance of happiness and God's blessings to live life to the fullest as you continue to lift the spirits of all you encountered.

You are elation, revelation and inspiration!

We Queens Salute the Queen in You!

Happy Birthday Sis!!





**HAPPY BIRTHDAY REV. DR. MOST GRACIOUS MELODY  
GLORIA BRADSHAW**



Pictured left to right CW Post Alumni: Rev. Sheldon Brown with  
**MALIK FAMILY ROYALTY**  
Sir Crown Kyle Little, **Most Gracious Melody** Gloria Bradshaw and  
Sir Crown Darryl Mitchell





## SUMMER SKIN CARE by GM Sharon Harleston

“Drums please! **Summer, Summer, Summertime – Time to sit back and unwind**”– lyrics of the all time summertime anthem (Summertime by Jazzy Jeff and the Fresh Prince (Wil Smith). Summer is the time for backyard barbeques, picnics in the park, getting the sand between your toes at the beach. But it is also the time for skin problems due to the long hours spent out under the sun rays which are stronger during the summer months. Listed below are a few common skin problems and solutions.

**Heat Rash** – caused by the overheating of the body that triggers redness and slight bumps on your skin.

- ✓ *Solution* – Cool down the affected area with a wet towel or take a cool shower to relieve the painful situation. To reduce irritation during this time avoid wearing fitted clothing scented soaps and scented skin products.

**Sun Burn** - skin irritation or damage from overexposure to sun or ultraviolet light.

- ✓ *Solution* – Before heading outside liberally apply sunscreen (preferably with a SPF (sun protection factor – measure of how long a sunscreen will protect you from ultraviolet (UV) B rays) of 15 or more. If you do get sun burned to relieve the pain take an over-the-counter anti-inflammatory drug such is ibuprofen (Advil, Motrin). Take a cool shower, avoid scrubbing your skin and let it dry naturally. Apply Aloe Vera lotion or gel to the affected area. Topical over-the-counter 1% hydrocortisone cream can also be applied.

**Mosquito Bites** – are round, puffy itchy bumps that clear up in a few days

- ✓ *Solution* – Avoid outdoor activities when mosquitos are most active (dusk to dawn). Use insect repellent that contains DEET. If you are using sunscreen put the sunscreen on first – wait 20 minutes and then apply the insect repellent. Around you home empty objects collecting water (breeding areas for mosquitos). If you are bitten avoid scratching the area - put ice cubes on the affected area to reduce itching and redness. Apply Calamine Lotion or Caladryl (calamine lotion and itch reliever). Lavender oil can be used also to soothe irritation.

Remember to wear a wide- brimmed sun hat to protect your hair and skin along with your shades to protect your eyes from the sun’s ultraviolet (UV) rays.

**ENJOY YOUR SUMMER!**

**MMSI is**





### JULY IS INTERNATIONAL BLACK TRAVEL MONTH!

#MyBlackIsGlobal

**MYTH:** Black people don't travel.

**FACT:** Black travelers spend over \$50B per year on travel and more than \$24B on international travel from the US each year.

Excerpted from: <http://blacktravelmonth.com>

### DID YOU KNOW



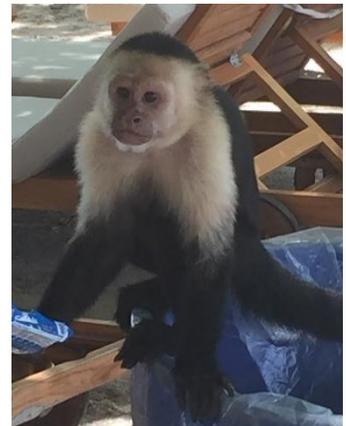
This year, I visited **COSTA RICA** with my DDT Travel Family for SUMMER MADNESS XI. Costa Rica is a country in Central America



bordered by Nicaragua to the north, Panama to the southeast, the Pacific Ocean to the west, the Caribbean Sea to the east. As a group of almost 500 members, we

meet for a special trip filled with friends and fun each summer, sharing stories like relatives at a family reunion! Even new members can't help but become enchanted by the family atmosphere where

everyone looks out for everyone and as its founder, Doug Colon says, " it's a love thang". Another important and meaningful aspect of these trips is the mantra: "We start with a prayer and end with a prayer". Reverend Dr. Irie Lynn Session gives an uplifting and motivating Sunday sermon on the beach, whether in Punta Cana, Riviera Maya, Jamaica, Turks and Caicos, Aruba, or Costa Rica. Each year donations are collected to support her work with trafficked women as well as other important issues, such as creating a college fund for a member's young child after his homegoing. Our resort, Dreams Las Mareas was a beautiful paradise surrounded by breathtaking views of green mountains and jungles on Playa El Jobo in the Guanacaste region of Costa Rica. There are celebrity performances, themed events, pool parties and countless other fun activities as well as the opportunity to just relax on the beach if you so desire. I



look forward to seeing my DDT family and the adventures that await us on our next trip in 2019! For more information visit [SAPPHIRE CREW-DDT TRAVEL GROUP](#) on Facebook.

By GM Nathalie C. Lilavois, Ed.D.



## STAYING HYDRATED DURING THE SUMMER

by GM Sharon Harleston

For your overall health everyone knows the importance of staying hydrated. But not everyone knows that we need to pay close attention to this especially during the summer. We're not drinking enough water and this can be dangerous especially with the increased outdoor activities along with the extreme heat and humidity. Here are several tips to make hydration a habit for you and your families yourself.

**H**ave Water Handy - The standard for healthy hydration is 8 glasses of water. During the summer months you may want to increase your water intake to 12 to 15 glasses of water a day. Those of us who engage in physical activity such as runners – make sure you have a water bottle handy and access to a water source for refills.

**L**isten to your body – When your body is dehydrated you may experience fatigue, dark urine, swelling of the feet or a headache. Drinking water immediately will help some of the issues subside. Some people believe that thirst is the best indicator that you need to drink water. This is not true – if you get thirsty, you're already dehydrated.

**E**at a diet rich in whole foods – On daily basis eating fruits, vegetables and yogurt you will increase your fluid intake. Avoid sugary drinks, alcoholic beverages and drinks containing caffeine (caffeine is a diuretic and will cause you to lose more fluids). By staying hydrated it will help you maintain your energy and help you to focus more so you can go through your day more efficiently.



**WE LEAD**

Empowering Our Girls

Malik Melodies Sisterhood, Inc.

DON'T FORGET TO REGISTER! [WWW.MALIKMELODIES.ORG](http://WWW.MALIKMELODIES.ORG)

**WE LEAD: Empowering Our Girls**  
**October 13, 2018**  
**Jamaica Performing Arts Center**

# CONGRATULATIONS

On June 24, 2018 GM Mary Richardson, Dr. Lisa Kirkland-Sutherland and Sharon Harleston attended a Summer Kick Off Boat Party hosted by Strong Youth Inc., on the Captain Lou Fleet from Freeport, NY honoring community partners. Strong Youth Inc., is a youth, family and community development organization specializing in youth and gang violence prevention and intervention. To learn more about Strong Youth Inc., visit [www.strongyouth.com](http://www.strongyouth.com)



Honorees: **Michelle Magalios** of STRONG Youth and **Antonio Kelley**, photographer, videographer & GM Mary Richardson cousin)



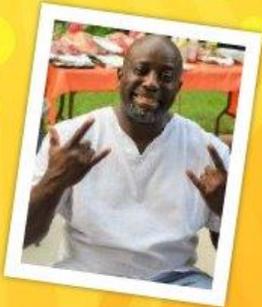
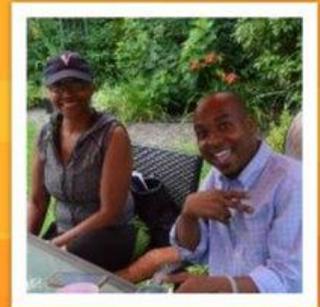
GM Mary Richardson, Sharon Harleston & Dr. Lisa Kirkland-Sutherland



Malik Brother Kenneth Blackwell and GM Mary Richardson

# MMSI SUMMER MIX N MINGLE - CENTRAL ISLIP JULY 28, 2018

Hostess: GM Dr. Nathalie Lilavois Grill Master: GM Kathleen D. Taylor



**WE LEAD**

Empowering Our Girls

Malik Melodies Sisterhood, Inc.



**WE LEAD**

Empowering Our Girls

Malik Melodies Sisterhood, Inc.



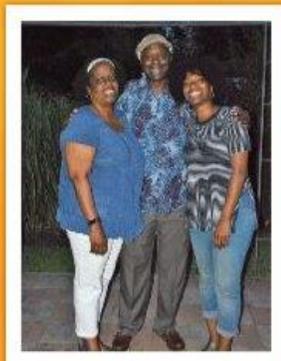
**WE LEAD**

Empowering Our Girls

Malik Melodies Sisterhood, Inc.



**MMSI SUMMER ANNUAL MIX N MINGLE!  
FAMILY, FRIENDS AND FUN!**



4



**CELEBRATING  
40 YEARS OF  
SERVICE!**