

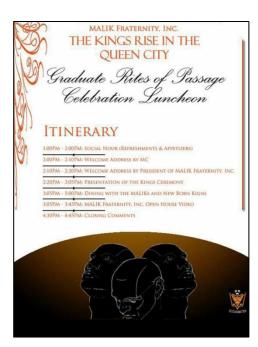
The Official Newsletter of the Malik Melodies Sisterhood, Inc.



~ ANNOUNCEMENTS ~







November/December 2015

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HONOREE Congressman Charles Rangel

The second most tenured US Congressman and one of the foremost black community leaders in the history of national politics. A giant in the Harlem community and champion of youth mentorship programs. Congressman Rangel will be retiring upon the end of his term. MALIK Fraternity, Inc will salute and honor his incredible contributions to the youth of this country. A true legend.

Tickets:malikgala2016.eventbrite.com



MALIK FRATERNITY, INC. Black

History Gala

Educating our youth one mind at a time

Benefitting the MALIK Fraternity Foundation & $\underline{\text{Chionesu}}$

Bakari Program

Donation: \$125

Saturday, February 27, 2016 7pm-12am

Villa Barone Manor

737 Throggs Neck Expwy, Bronx, NY

Tickets:malikgala2016.eventbrite.com



HONOREE Denene Millner

Best selling author, journalist and activist Denene Millner.
Denene has written 23 books of fiction and non-fiction, including co-authoring two #1 New York
Times bestsellers, Straight Talk, No Chaser and Act Like a
Lady, Think Like A Man, both with comedian Steve Harvey. She co-wrote the memoir I Am Charlie Wilson with R&B performer
Charlie Wilson, which was a New York Times
bestseller. Founder of the top black parenting website,

MyBrownBaby.com which empowers and encourages young and old mothers of color against the challenges of raising black

Gala 2015 Highlights

Don't miss this great event for a great cause! Click on link for last years highlights.



Congratulations

Melody Brittany Johnson

is working at Kings County Hospital, Brooklyn NY as a RN on the Staff Nurse Medical Surgical Floor!



8 lbs 12 oz 5:42 pm

Meet Elijah Tahir Robinson!

Born October 22, 2015

CONGRATULATIONS!

ZAINAB & RASHAWN



CELEBRATING



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



Kujichagulia

面

Kuumba

Creativity

Umoja

88

Unity

Nia

Ujima

Imani

Faith

Ujamaa

Q

Yenu lwe Na Heri

"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.



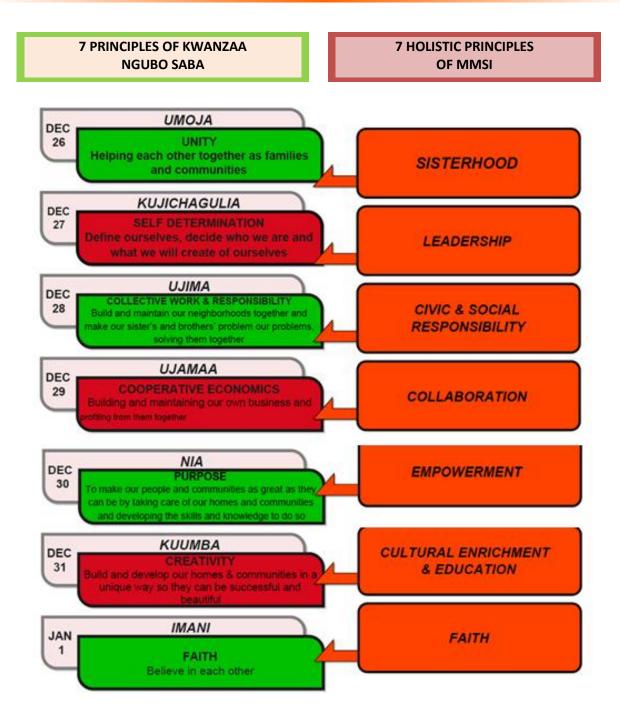
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Sharon Harleston **MMSI Professional Branch President**

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





We would love to feature your talent, hobbies, poetry, thoughts and ideas! We are always interested in diverse opinions and topics of interest by guest authors. If you'd like to contribute a feature article, please send your ideas to TheGraces@gmail.com.

Thank you!



If you wish to recommend a Sister, a Brother, or yourself for "Melodies/ MALIKs on the Move!!"

please contact
GM Nathalie Lilavois, Ed.D.

nlilavois910@gmail.com



MALIK on the Move

Horace L. Moore

- 51 young men
- 6 chaperones
- 13 days
- 101 degrees

... and a bus.



That's what MALIK Horace L. Moore is doing this summer as the Founder & Executive Director of Chionesu Bakari Program for Young Men, a program that focuses on providing opportunities to young black males through group counseling, tutoring, finance education, undoing racism training, arts and media exposure, physical fitness & nutrition, non-violent conflict mediation/resolution, leadership development, Bible study and educational and recreational trips. The "Entrusted Ones" lead by example and set a new agenda for young black men.

Horace holds a BA in Sociology & Psychology from Stony Brook University and a Masters in Secondary Education from Long Island University. As an educator in the NYC Dept of Education for over 25 years, Horace mentored youth and focused on the particular challenges facing young black males. Having grown up in Brownsville Brooklyn (NY) in a single parent household, he knew these challenges all too well. He navigated that path with a nurturing mother and strong support system that allowed him to see a range of possibilities for himself. This is what he brings to the young men of CB. His achievements were acknowledged at the MALIK Fraternity Black History Gala where he was honored along with Assemblyman Carl E. Heastie and Eagle Academy's Founder and CEO, David C. Banks.

The challenges young black men face have been well documented for decades. One has only to look at the NAACP Criminal Justice Fact Sheet to see the disturbing pattern of obstacle after obstacle placed in the path of young black men in the United States. In September of 2011, Tavis Smiley offered these statistics in a PBS report called, "Too Important to Fail":

- 54% of African Americans graduate from high school, compared to more than three quarters of white and Asian students.
- Nationally, African American male students in grades K-12 were nearly 21/2 times as likely to be suspended from school in 2000 as white students.
- In 2007, nearly 6.2 million young people were high school dropouts. Every student who does not complete high school costs our society an estimated \$260,000 in lost earnings, taxes, and productivity.

On average, African American twelfth-grade students read at the same level as white

eighth-grade students.

The twelfth-grade reading scores of African American males were significantly lower than those for men and women across every other racial and ethnic group.

Only 14% of African American eighth graders score at or above the proficient level. These results reveal that millions of young people cannot understand or evaluate text, provide relevant details, or support inferences about the written documents they read.

The majority of the 2.3 million people incarcerated in U.S. prisons and jails are people of color, people with mental health issues and drug addiction, people with low levels of educational attainment, and people with a history of unemployment or underemployment.

These alarming circumstances have continued to plague African American families to the point where in Februray 2014, President Obama announced "My Brother's Keeper", an initiative to empower young black men, in the wake of the killing of Trayvon Martin. President Obama spoke about his own background in a single parent household facing these very same hurdles, "These statistics should break our hearts and compel us to act". He reminds us that this is an issue of "national importance"... and indeed it has always been there "...like a cultural backdrop for us in movies, in television. We just assume, of course it's going to be like that."

But clearly it doesn't have to be....

"We need to give every child, no matter what they look like, where they live, the chance to reach their full potential. Because if we do - if we help these wonderful young men become better husbands and fathers, and well-educated, hardworking, good citizens - then not only will they contribute to the growth and prosperity of this country, but they will pass on those lessons on to their children, on to their grandchildren, will start a different cycle. And this country will be richer and stronger for it – for generations to come." - President Barack Obama,

February 27, 2014

"These statistics should break our hearts and compel us to act." - President Barack Obama, February 27, 2014

Bro. Horace L. Moore envisioned a different story for our African American young men when he launched <u>Chionesu Bakari</u> <u>Program for Young Men</u> in July 2006 at St. Paul Community Baptist Church (Brooklyn, NY).

There are several intentional factors that elegantly redefine the possibilities for young black males in America--

- ✓ First the name... *Chionesu Bakari* is a Swahili phrase meaning "Guiding Light of Noble Promise"; a very different, but necessary declaration of the extent of their potential.
- ✓ Secondly, the program name uses Young Men-- not boys or kids -- as the only appropriate designation for the development of its participants, ages 8-18.
- ✓ Then, there is the Mission Statement, a strong, stirring call to action about reclaiming what is rightfully theirs—

CB Mission Statement

A Swahili phrase meaning "Guiding Light of Noble Promise", is engaged in the ministry of saving and developing young black males by reclaiming, renaming, renewing and reconditioning their minds. We strive to motivate young black male children to think critically and prepare their minds and the minds of their respective parents/guardians for the men they will grow to become.

http://youngblackmanonline.org

This powerful message is further defined in the goals of Chionesu Bakari Program for Young Men:

- ✓ To increase the representation of young black men in higher education and professional endeavors.
- ✓ To improve the quality of life for participants through collaborative skill building efforts via public and private organizations.
- ✓ To effectively reduce levels of high school dropout, joblessness and the increasingly high rate of incarceration.

CB is a year round program that includes:

- > A fall program from October-June with bi-weekly meetings on Fridays & Saturdays
- A six week summer full day 9-5 program in July & August
- > Four stages for the young men based on program knowledge and maturity: Paupers, Warriors, Princes and the Rites of Passage component
- Parent/guardian workshops twice a month
- Educational trips, tours, and college visits

Currently, CB has programs in Chicago and Georgia and has set its sights on Virginia and Texas for continued expansion. CB has a proven track record that reverses the negative trend of national statistics for young men of color. CB's success is documented by their 100% graduation rate with 94% of those graduates either in college or having graduated from college. Clearly, young men's lives are being transformed through the unlimited amount of positive exposure they receive. Chionesu Bakari also supports these young men's parents and creates a powerful model for both the family and the community. However, CB does not limit its building simply to the community; they are building a city, a state and a nation of responsible thinkers who will re-define the status quo for African

American young men.



Resources for this article:

Web Links: Chionesu Bakari Program for Young Men

Challenges Facing Young Black Males

Obama Starts Initiative for Young Black Men, Noting His Own Experience

My Brother's Keeper: A New White House Initiative to Empower Boys and Young Men of Color

My Brother's Keeper

Black History Timeline

Books by Dr. Jawanza Kunjufu

- Countering the Conspiracy to Destroy Black Boys
- Developing Positive Self-Images & Discipline in Black Children
- Raising Black Boys
- Understanding Black Male Learning Styles

MELODY AJUPA PROGRAM:

Fabric of Friendskip Faskiowed by the Loom of Faith

SUBMITTED BY GRACIOUS MELODY SHARON HARLESTON

"Fabric of Friendship Fashioned by the Loom of Faith" was established as part of our Melody Ajupa Program. "Melody Ajupa" is a community service program established by MMSI in 2011. The word "Ajupa" comes from the Taino people who used the ajupa as a temporary shelter during harvest time to hold their crops before distribution to the village.

With the Melody Ajupa Program, we collect items such as food, books and clothing which are donated to organizations that distribute them to people in need.

This Melody Ajupa: "Fabric of Friendship Fashioned by the Loom of Faith" consists of MMSI Binky blankets and "Precious Hearts" character hats. Gracious Melody Maria Lopez (founder and creator of "Precious Hearts 1969") has created and donated over 100 character hats throughout the USA, Sweden, Canada, Australia and England. Sisters of MMSI have created and donated blankets aka "binkies". A "Binky" is a homemade blanket that can be sewn, knitted, crocheted or quilted. They range in size from 3 feet square up to twin bed size. Smaller binkies range from 2'x2' for preemie babies.

Members of MMSI donated knitted hats and blankets (binkies) to our Precious Heart Babies on Thursday, October 22, 2015 from 10am - 12pm at Montefiore Medical Center - The Children's Hospital, Bronx, NY.













HERE ARE A FEW HEARTFELT COMMENTS FROM OUR PARTICIPATING SISTERS:



Today we shared in an uplifting and rewarding experience. We went to Montefiore Medical Center and handed out hats and blankets to cardiac pediatric patients as well as pediatric ICU patients. It was an amazing experience. The nurses, doctors, and staff were very appreciative. The parents of the children were deeply touched and moved. Some of the patients put on the hats as soon as we handed them out and took pictures. The older children got to pick out their favorite cartoon character hats. They were truly excited to receive these gifts. You could truly feel the love in that hospital. It was great to help them out and to put a smile on their faces while they are going through such hardship. I look forward to doing it again."

Melody Brittany Johnson

"Our visit to the Children's Hospital at Montefiore Medical Center was a very humbling and emotional experience for me. To see children so young as 5 days old going through so much was heartbreaking. I am really blessed that I had the opportunity to share this experience with my Sisters as we went about greeting the children and their parents in the waiting room. To see their faces light up as we presented each with a binky and a character hat, the smiles and the gratitude from the parents and family members made this day a memorable one. We were not allowed to go into all of the children's room due to health precautions. Each of us silently understood that when that child is feeling better, their relatives will acknowledge that there were 4 women who made their day a little more hopeful and brighter."





"On October 22nd, 75 Precious Character Hats that I knitted paired with a Binky blanket made by my Sisters of MMSI were given to the babies hospitalized at Montefiore Medical Center. It was truly an emotional experience entering each room and seeing machines, tubes and wires, and parents waiting for their babies who were sedated in their hospital crib recovering from open heart surgery. Some babies was as young as 5 days old. Although it was difficult, the smiles and the time the parents took to tell me their stories filled my heart with emotions. I am looking forward to creating new characters hats to include with our MMSI Binky Blankets for our February event. Many Blessings to our Precious Heart Warriors."

~ Gracious Melody Maria Lopez

"Had the pleasure of working with my Sister @precioushearts1969_payforward on this amazing project to deliver her handmade knitted hats coupled with handmade binkies made by the members of Malik Melodies Sisterhood, Inc. to pediatric cardiac patients at the Children's Hospital of Montefiore Hospital. Words do this experience no justice...To witness the patients and their families in such a delicate time of need, was a lot to absorb, but the smiles and gestures of appreciation made our hearts full. Prayers and love to these brave little angels."



~ Gracious Melody Sherlyn Ortiz

"To whom much is given, much is expected"



HEALTH & WELLNESS

PARTY IN TEAL - FITNESS FOR A PURPOSE

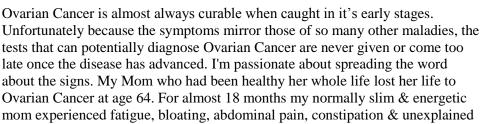
SUBMITTED BY: GRACIOUS MELODY SHARON HARLESTON
ARTICLE WRITTEN BY: GRACIOUS MELODY LORI DEE FRAZIER

As you know fitness is my passion!

On September 29th, I hosted a **Party in Teal** to help raise awareness about Ovarian Cancer, the 5th leading cause of cancer deaths in women ages 18 to 65. For two hours, men and women of all sizes, shapes, ages and fitness levels participated in a

master dance fitness class presented by several of Baltimore's best exercise instructors. Everyone had a ball and gained

information about Ovarian Cancer that could possibly save someone's life.



weight gain. Her primary doctor knew that the symptoms were gynecological & referred her to an OB/GYN. The OB/Gyn incorrectly concluded that because her ovaries were not enlarged the problem was not in the reproductive system. Had she ordered a CA125, Mom's life may have been saved. It's important for women to:

Know the potential warning signs:

- O Bloating Pelvic or abdominal pain
- o Trouble eating or feeling full quickly
- Feeling the need to urinate urgently or often
- o Fatigue, Back pain
- O Upset stomach or heartburn
- Constipation or menstrual changes
- o Pain during sex

And ask for the test:

- o Pelvic Exam
- o CA-125*
- o Transvaginal Sonograph





What is CA-125?

CA-125, which stands for "Cancer Antigen 125" is a protein that may be found in high amounts in the blood of patients with ovarian cancer. CA-125 is produced on the surface of cells and is released in the blood stream. This protein is elevated in more than 80 percent of women with advanced ovarian cancers, and in 50 percent of those with early-stage cancers. The CA-125 test is among the blood tests that may be ordered by a doctor if ovarian cancer is suspected.



HEALTH & WELLNESS



As part of our Health & Fitness Program, for the month of September we had a 30-Day Steps Challenge with a total goal of 150,000 steps. Sisters who participated definitely made progress with their walking. A few challenges we experienced were adjustments to hectic schedules and minor health issues. We educated ourselves on various health apps and fitness technology to help monitor our progress. Through it all, we had fun with our exchanges on Facebook. Not only was the challenge beneficial for our health and our way of thinking; but it was inspiring and brought us closer as Sisters. Aside from acknowledging our weekly winners, we also wanted to recognize our top 3 walkers for each week. Each of our weekly winners received a prize for their accomplishments as well as our grand total winner for the month.



Beverly



Roslyn



Maria

Week 1

- 1) Beverly Burgman-Tucker -- 78,033
- 2) Mary Richardson -- 70,721
- 3) Lisa Kirkland-Sutherland -- 55,706

Week 2

- 1) Beverly B. -- 77,318
- 2) Maria Lopez -- 41,657
- 3) Roslyn Scott-Pearson -- 33,602

Week 3

- 1) Mary R.-- 60,611
- 2) Maria L. -- 57,880
- 3) Dawn Cotter-Jenkins -- 42,850

Week 4

- 1) Roslyn SP -- 72,976
- 2) Lisa K. -- 69.844
- 3) Maria L. -- 66,661

Grand Total Winner for the Month

- 1) Mary R. -- 227,617 steps
- 2) Maria L. -- 204,568 steps
- 3) Lisa KS. -- 192,328 steps

All of our top three Sisters for the month surpassed the goal of 150,000 steps!! Congratulations to all Sisters who participated.

We look forward to hosting this challenge again.



Mary

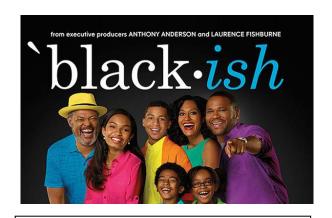


Lisa KS

Thinking Out Loud: A Melody Commentary

So, What Does
It Mean To Be...
`black · ish?

blak·ish , [adj]



A Commentary by Dr. Nathalie C. Lilavois

In the new ABC sitcom, *Blackish*, advertising executive Andre Johnson, Sr. played by Anthony Anderson and anesthesiologist, Dr. Rainbow Johnson, played by Tracee Ellis Ross are "living the dream" with their four

children in a beautiful Georgian revival home in the Los Angeles suburbs. The Johnsons haven been called the new Huxtables, reminiscent of The Cosby Show in the 80's (1984-1992). *Blackish* premiered on September 24, 2014, the same month as The Cosby Show's 30th Anniversary. At the center of this portrayal of an upper-middle-class African-American family is "Dre" a family man struggling to keep his family culturally grounded, "I need my family to be black, not black-*ish*!" he yells.

So what does it mean to be **black-ish**?

Well for starters, living in a big house in a Los Angeles suburb, is a long way from "the hood" where Dre grew

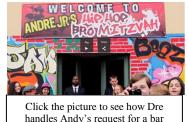
up. His wife's name is "Rainbow". Enough said. They both have high powered careers. Fifteen year old Zoey is obsessed with social media; her life's goal is to get 100,000 Instagram followers. Andre, Jr wants to be called "Andy" and, much to Dre's dismay, chooses fee-hi (field hockey) over basketball. The younger kids attend prep school and are unaware that Obama is the first black president. To add insult to injury for Dre, "Andy" wants to convert to Judaism so he can have a bar mitzvah for his thirteenth birthday.



Click on the picture to watch Andre make his announcement.

Apparently, these are not overwhelming signifiers of blackness for Dre, which begs the question, What are the cultural markers that would identify someone as "black"?

Are we talking about black stereotypes? fried chicken and basketball? cornbread and Kool-Aid? The first episode flirts with these ideas but, ultimately, Dre is convinced by his family that no matter how they live, they are undeniably black. Well, of course, but what about the audience?

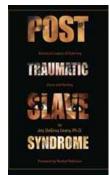


mitzvah!

In her BET commentary, Ayana Byrd reminds us that being an African-American is about...

" ... a rich cultural tradition, about the unique contributions that Americans of African ancestry have brought here. There is a cuisine and music and style and dance and so many other things that have literally changed the artistic landscape of the world." (Black-ish continued)

At a time when racism and police brutality are front and center, it seems to be a very interesting and worthwhile conversation for sure. There is no question that there are black stereotypes deeply ingrained in the fabric of our society and, unfortunately, they are not only accepted and reinforced, but even embraced by the very people they limit. *Ask yourself why.*



Why is it that those constraints continue to define an entire multitude of highly diverse people, limiting other's expectations of them and, in many cases, their own expectations for themselves, like invisible shackles? Dare I say that the "curse of mental enslavement" continues to poison our thoughts, suppress our gifts, and maintain a suffocating level of oppression that polite society pretends does not exist? Is that really what it means to be *black*? I think not. But, if you are paying attention, that is the real discussion thinly veiled as sitcom to attract a more...ahem... "universal" audience. We can explore these provocative topics in greater depth in a future segment.

Getting back to the show... this year, *Blackish* won the prestigious NAACP Image Award for Outstanding Comedy Series, joining the ranks of The Cosby Show (1988), A Different World (1991), In Living Color (1992), The Fresh Prince of Bel-Air (1993), Martin (1994, 1995), Living Single (1996, 1998), Cosby (1997, 1999), The Steve Harvey Show (2000, 2001, 2002), The Bernie Mac Show (2003, 2004, 2005), Everybody Hates Chris (2006), and Tyler Perry's House of Payne (2008-2012), The Game (2013) and the Real Husbands of Hollywood (2014).

Additionally, *Blackish* also received the Outstanding Actor (Anthony Anderson), Outstanding Actress (Tracee Ellis Ross), Outstanding Supporting Actress (Yara Shahidi as fifteen-year-old daughter, Zoey) and Outstanding Supporting Actor (Laurence Fishburne as Earl "Pops" Johnson, Dre's father) at the NAACP Image Awards.

We have the opportunity to proudly applaud yet another cast of fine black actors in a coveted primetime slot, taking top honors in the field, but, let's not forget the real issues that lie just beneath the surface.



2016 Membership Renewal

As we approach the end of 2015, **Malik Melodies Sisterhood, Inc.** would like to express <u>sincere thanks to you</u> for being a part of our wonderful organization. It is also that time of the year to prepare for 2016 and for Sisters to renew their **Membership Dues**.

This year we are again offering our **Discounted Early Bird Membership Special** which until **December 31st.** Please be on the lookout for membership information via email and to your homes. If you do not receive a hard copy please update your preferred mailing address at <u>MalikMelodiesPB@gmail.com</u>. Feel free to contact the MMSI Professional Branch Secretary, Anita Wallace with any questions at <u>MalikMelodiesPB@gmail.com</u>. **TQIMSTQIY!!!**

Mental Enslavement: Which Way for Africa? Cleophas T. Jacobs, The African Executive (October 2015) http://www.africanexecutive.com

