

# The Graces



The Official Newsletter of Malik Melodies Sisterhood, Inc.

July/August 2015

## INSIDE THIS ISSUE:

EB VICE PRESIDENT MESSAGE 2

3 WAYS TO STAY YOUNG 3-4

MELODY ON THE MOVE 5

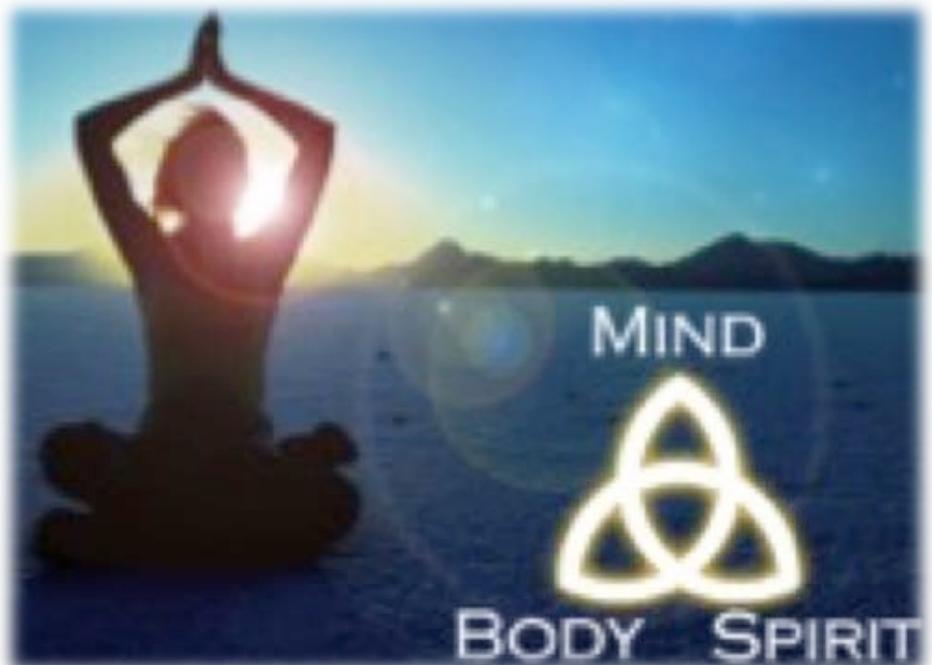
FEEDING THE SOUL 6-7

WHAT'S NEW?! 8-9

IN HONOR OF WOMEN 10

ANGELA PAULING MEMORIAL SCHOLARSHIP WINNER 11

SAVE THE DATE & FITNESS QUIZ 12



Greetings Queens,

*In this issue, we focus on Mind, Body, and Soul. The Triquetra or trinity knot is a symbol of the interconnectedness of three separate entities. Personal beliefs typically determine the meaning people ascribe to this symbol. However, it is often associated with the interconnectedness of the Mind, Body, & Soul as well as divine femininity in the power of three united as one. One such trinity, that my sisters will easily recognize is The Graces as well as our three themes of faith, femininity, & friendship.*

*Or perhaps you derive your personal energy flow (chi) from balancing the five elements of Feng Shui--wood, fire, earth, metal, and water. Each element characterizes a style of "being" in the world represented by an archetype-The Pioneer, The Wizard, The Mediator, The Alchemist, and the Philosopher, respectively. The number five also represents the five human senses, five orders of architecture, and a host of other organizational and spiritual associations across the world. There are also five letters in MALIK representing five key principles.*

*Maybe seven is your lucky number. Seven is considered the number of perfection, knowledge, truth, security, safety, rest, and completion. Consider the 7 wonders of the ancient world, 7 planets, 7 days in a week, 7 colors of the rainbow, 7 seas, 7 stars of the Big Dipper constellation, 7 letters in the Roman Numeral System, 7 chakras, and the 7 sacraments, to name a few. Seven contains the number 3 (triangle) of the heavens and souls and four (square) of the earth and body. There are seven liberal arts divided into the Trivium or three roads for the 3 principle moral virtues (grammar, rhetoric, & logic) and the Quadrivium or four roads for the four cardinal virtues (arithmetic, geometry, music, & astronomy). And of course, the holistic, harmonic philosophy of MMSI has seven core values, each depending on the other to maintain harmony and balance.*

*No matter which concepts resonate most with you, the point is that we seek to make meaning of our experiences- to create order and balance in some way. To understand in doing so, we find ourselves, our purpose, our raison d'etre. Self-awareness is the key to the balance we seek. It is important that we not only recognize our strengths and challenges, but also embrace them as what makes us unique individuals.*

### **Know Thyself ... Mind, Body, & Soul.**

~ GM Nathalie C. Lilavois, Ed.D.

References:

<http://www.cycleharmony.com/healthy-living/healthy-lifestyle/whats-your-five-element-personality-type>

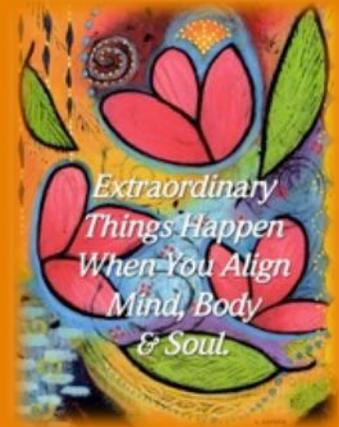
<http://longevity-center.com/five-element-personality-questionnaire/>

<http://www.helloquizzzy.com/tests/the-five-elemental-archetypes-test>

<http://www.the-energy-healing-site.com/chakra-opening.html>

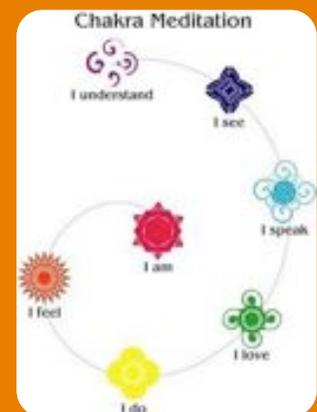
StrengthsFinders 2.0 by Tom Rath

<http://freestrengthstest.workuno.com/free-strengths-test.html>



### **Three**

past, present, future  
earth, air, water  
virgin, mother, crone  
birth, life, death  
wisdom, strength, beauty  
beginning, middle, end  
phases of the moon



# 3 Ways To Stay Young and Healthy Mentally, Physically and Spiritually

By: Christine Delgado



Yoga is not just a combination of painful bodily movements. In fact, the meaning of yoga is deeper than people make it out to be. According to Dr. Swami Shankardev Saraswati, who specializes on the power of meditation, yoga is defined as a 'union' or connection. The connection you feel throughout your body while practicing yoga is a sign of awakening your self-awareness. The body techniques used in yoga allows for a person to experience a connection first with their body, then with their mind and eventually their soul. Today, there is mounting evidence that suggests that there are major age-defying benefits to yoga no matter what age you begin practicing yoga.

## *1. Yoga allows for you to cleanse your negative state of mind and reduce stress*

Whether you are in college, starting your career or looking for a promotion, there are many daunting tasks that need to be completed in order for you to be successful in achieving your goals. As a result, you can become stressed and in some cases depressed. One of the major benefits of yoga is how you learn to manage stress, a risk factor in age-related illnesses. One or two yoga classes may not snap you into a stress free state of mind because it takes time to change the way you react to stress. Engage in a few short sessions throughout the week, stay consistent, and make it a habit and you will find yourself less stressed and more relaxed.

## *2. Yoga keeps your body young through physical fitness*

While yoga doesn't change any fluids in your body, it does a great job in circulating the fluids throughout your body. The joints in the human body contain synovial fluids, which is a liquid that lubricates the joint and allows for ease of movement. Any joint movement helps circulate the synovial fluid, which feeds the cartilage; practicing yoga poses therefore helps keep the cartilage well nourished. Age plays a big factor in autoimmune diseases such as arthritis. The most common form is osteoarthritis, a result of the deterioration of the cartilage that protects joints. Here are two easy poses that will help reduce symptoms of arthritis, strengthen your muscles and increase your flexibility.



*The Cobra*



*The Eagle*

## 3 Ways To Stay Young and Healthy Mentally, Physically and Spiritually

### 3. *Yoga keeps your skin healthier as you age*

There are many benefits to yoga, one of which is healthy skin. Stress is a huge culprit in unhealthy skin. When we're under stress, our bodies release cortisol, a hormone that increases the amount of glucose in the blood. When that happens, insulin has to be released to send glucose out of the blood into the cells. Insulin is one of the main pro-inflammatory hormones. Learning to control your stress response through postures and breathing methods could reduce inflammation and keep your skin looking younger and healthier. Two of the most common poses to increase blood flow are the Downward Dog and the Child's Pose. Below are images demonstrating how to practice both yoga poses.

Yoga may seem physically impossible but it's important that you learn yoga and make it a part of your everyday life. The toughest part of yoga is learning how to connect the poses with your inner spirit. For most beginners the body may be wobbly and unsteady but the body becomes steadier and the disturbed mind becomes calmer, meditation can provide a deep sense of relaxation. Spirituality allows for one to find their inner strength and manage difficult situations with a smile on their face. Sri Sri Ravi Shankar, a spiritual leader says, "The truth about ourselves and our lives need to be updated. We need to revisit them and ask ourselves these questions again and again, 'What do I want?' 'Am I doing the right thing?' 'Am I happy?' Being established in the Self, your inner peace spreads outward, and makes you more responsible for the way you take care of your mind, body and spirit.

#### References:

<http://www.healthandfitnesstravel.com/blog/why-is-yoga-so-good-for-you>

<http://theyogalunchbox.com/z/how-to-stay-young-forever/>

<http://12most.com/2012/03/30/promising-outcomes-from-regular-practice-yoga/>



*Downward Dog*



*Child's Pose*

## Melodies On The Move GM Vanessa Miller



In the fall 1979, on the campus of CW Post, Vanessa Miller became a Melody! Vanessa, along with her scale sisters, were the first scale of Notes orientated by the Most Gracious Melodies. Vanessa recalls, “*It was hard getting away with anything when I was a Note since I lived next door to Most Gracious Melodies Donette Ferguson and Nellida Hemmings. It was tough!!*”

Vanessa graduated *Long Island University, C.W. Post campus* with a Bachelor’s degree in Biology and in 2011; she obtained a Masters in Instructional Systems Design at the University of Maryland, Baltimore County. Vanessa spent 12 years with the Transportation Security Administration (TSA) where she advanced to the position of Training Specialist. Currently, she works at NYU-College of Nursing as the E-Learning Coordinator/Training Specialist.



As a survivor of domestic violence, GM Vanessa serves others in this situation as a trained SAVI (Sexual Assault Violence Intervention) Advocate. In this role, she goes to various emergency rooms throughout Queens and NYC offering support to those who have experienced sexual assault and intimate partner violence. Speaking from personal experience, Vanessa states, “*The idea is to give them back their power and to let them know they are not alone. Our circumstances do not define who we are!*”

Her love of travel has prompted her to become a Travel Agent for Dancin’ Doug Travel. Her agency is called **Prosperity Travel Group**. The agency’s mission is to enrich and cultivate the human desire to explore and connect by creating satisfying, unforgettable journeys. Right now she is planning several trips including a spiritual retreat for her church and a trip to India.

GM Vanessa is the proud mother of two children, Jocelyn who is a flight attendant for Dynamic Airways and her son Jezreel, who graduates from Stony Brook University next year.

Vanessa is an avid reader and belongs to several book clubs. She loves, loves, loves Zuumba! You go, girl!





# Feeding The Soul

## *It all began with a letter from Sofia*

.... and a conversation between two mothers; one a mother of twin girls and the other, the principal of their school and also the mother of a girl.

According to Buddha, “An idea that is developed and put into action is more important than an idea that exists only as an idea.”

Here is one such example-

*Hello, I am Sofia Kimuyu. I'm 9 years old and I live in Nairobi, Kenya. I was born in New York City but my family now lives in Kenya, where my Dad grew up. I love dolls, especially American Girl dolls, and have 3 of my own named Jenifer, Christine and Samantha. I think that companies, like American Girl, are unique from other doll companies because you can get a doll that looks like you and you don't have to look like a Barbie doll.*

*I have started a project to bring dolls to girls here in Africa. A lot of girls have never seen a doll in their lives. Even worse, if they can manage to get a cheap doll, it usually has white skin. This makes some girls feel that they are ugly. I think this is unfair.*

*My idea is to collect dolls and deliver them to girls in Kenya, especially those who struggle. This Christmas we went up country to visit my Dad's family. My second cousins, Percila and Percilla, were amazed and speechless when they saw my brand new Samantha doll. To me, it was so normal. This was my “eureka” moment. It gave me the idea to collect dolls for girls like Percila and Percilla. My friends on Long Island, New York, Isabella and Lily Mattimoe, are collecting dolls from their school, Setauket Elementary, to send to us here in Nairobi. We hope this doll drive will be a huge success and will provide a lot of dolls to girls who would otherwise not own a doll best friend.*

*Thank you very much!*

*Sincerely,  
Sofia Kimuyu*



**Sofia and her brother Roman with doll delivery in**



**Lily & Isabella with donations at Setauket School in Long Island**





From April 13<sup>th</sup> to May 1<sup>st</sup>, GM Nathalie C. Lilavois hosted a Doll Drive at Setauket School to support Sofia and her cousins, Isabella and Lily to turn this idea into action. In May, several boxes of brand new and gently used dolls were sent to Sofia to give to children in Nairobi.

There is nothing as inspiring as a nine year old who sees an injustice in the world and puts her thoughts into action to solve it so elegantly. With brutal honesty, Sofia reminds us that the children in Kenya would benefit from seeing dolls that looked like them and so many of the donors heard this unfairness and responded by taking the time to purchase brand new black dolls. Remarkable.

When three students who are miles apart set their minds to a purpose, the results are awe-inspiring. These little glimpses of everyday miracles by ordinary people working together remind us of the power of our ideas and when connected, we are unstoppable. Humbly, I provide the permission and the procedures while these young girls learn the power of their ideas and collective effort to make a real difference in the world--- to right a wrong--to erase an injustice. I feel as a black woman, a parent, an educator, a professional, a human being... it is my responsibility to support young men and women and help them find their voice, realize their power, and breathe life into their potential. This is what feeds my soul.

Author & syndicated cartoonist, Ashleigh Ellwood Brilliant put it this way, "Good ideas are common – what's uncommon are people who'll work hard enough to bring them about." I'm not sure I agree. If we provide the right environment- compassion, support, open mindedness and a sense of civil responsibility, the work becomes a labor of love and everyday people, even kids, learn that they have the power to make a difference.

*\*see the delivery of dolls by Sofia at Doll Project*  
<https://youtu.be/KwYVQdrM3mM>

*FOR MORE INFORMATION ON  
 HOW TO DONATE TO THE DOLL PROJECT  
 PLEASE CONTACT:*

GM NATHALIE C. LILAVOIS, ED.D.GM  
[nilavois910@gmail.com](mailto:nilavois910@gmail.com)



# MELODY MIX & MINGLE



# PaintNite

*With A Melody*





Team Malik Melodies - 3032 has raised 219% of its goal

Team Fundraising Goal: \$1,000.00  
Money Raised: \$2,193.00



# AIDS WALK NEW YORK 2015



# IN HONOR OF WOMEN

By: Lisa Rodriguez



## Massiel "Massy" Arias

*Empowered from Depression, To Cancer, To Athlete!!!*

Massy Arias aka Mankofit arrived from the Dominican Republic at the age of 13. As a new comer, Massy spoke no English and was the caregiver for her brother who had been diagnosed with cancer. These challenges resulted in battles of depression; of not wanting to get up in the morning, not wanting to live and no motivation.

After struggling with depression, Mankofit opted for a healthier lifestyle to get both her body and mind right. Fast forward to the present...both Mankofit and her brother used physical fitness to heal their bodies and their mind while changing the world. Massy is now 26, living in New York City and is a celebrity fitness trainer, athlete and model.

Mankofit's body is certainly built like a goddess and her mission is to inspire all of her over 1.65 million Instagram followers and almost 70 thousand Twitter followers. Her feed is not all about showing off or demonstrating innovative workouts, but also about getting people active, by either challenging them or using positive motivation. *"To me it's a dream come true to do something I love and inspire thousands,"* she says. *"It makes me feel like my hard work is paying off...knowing I'm an inspiration for many fuels me to keep doing better every day."*

Check out Mankofit's youtube video as she shares her wellness journey.

<https://www.youtube.com/user/Mankofit>



## 2015 Angela Pauling Memorial Scholarship Winner!

The third annual Angela Pauling Memorial Scholarship has been awarded to a young woman who ranked 1<sup>st</sup> in her graduating class. We are pleased to announce Jessica Mendez as MMSI's 2015 Angela Pauling Memorial Scholar.

She has been awarded a scholarship in the amount of \$1,500.

The APM Scholarship was named in honor of Angela Pauling-Taylor; one of MMSI's 24 Founders diagnosed with cancer who joined the Ancestors in 2010. The scholarship is open to college bound seniors from Angela's high school. Harry S. Truman in the Bronx, NY. Ms. Mendez is will be attending Mercy College this fall, where she will major in Pre Med.



To learn more about the Angela Pauling Memorial Scholarship and how you can donate to the fund, Visit: [www.malikmelodies.org](http://www.malikmelodies.org).

## SAVE THE DATE



### MALIK MELODIES SISTERHOOD, INC.

#### *The Graces Staff*

Juceliz Batista

Kim J. Bright

Christine Delgado

AnnMarie Ledley,  
DO FACOG

Mildred  
Ngminebayihi

Nathalie Lilavois, Ed.D.

Lisa Rodriguez

Lorraine Sánchez

#### *Executive Board*

Kim J. Bright, Co-Founder  
Sherlyn L. Ortiz, President  
Nathalie Lilavois, V.P.  
Christine Delgado, Secretary  
Lisa Kirkland-Sutherland  
Mary Richardson  
Lisa Rodriguez

#### *Contact Us*

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:*

[TheGracesNewsletter@gmail.com](mailto:TheGracesNewsletter@gmail.com)

## Exercise & Fitness Quiz: Test Your IQ

**Q1:** The Term “anaerobic” means “without oxygen”

**True or False**

**Q2:** Maintaining physical fitness requires major lifestyle changes.

**True or False**

**Q3:** "No pain, no gain" is a workout myth.

**True or False**

**Q4:** Weight loss should be the most important goal of fitness and exercise.

**True or False**

**Q5:** You should warm up before exercising.

**True or False**

**Q6:** The more you sweat during a workout, the more fat the body is burning.

**True or False**

**Q7:** A desirable level of fitness can be achieved through at least \_\_\_\_\_ workouts per week.

**A.) 3 B.) 4 C.) 5 D.) 6**

**Q8:** Older adults are least likely to benefit from physical activity.

**True or False**

**Q9:** Active people need extra protein or protein supplements to build muscles.

**True or False**

**Q10:** Even moderate exercise reduces the risk of heart disease, diabetes, hypertension, and obesity.

**True or False**

Answers: 1) F 2) F 3) T 4) F 5) T 6) F 7) A 8) F 9) F 10) T