

The Graces

The Official Newsletter of the Malik Melodies Sisterhood, Inc.



Sisterhood, Inc.

MAY IS 2
MENTAL 0
HEALTH 1
MONTH 8
#4mind4body

For more information visit:
<https://www.nami.org>

April/May /June 2018

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Please send comments or ideas for articles for future newsletters to TheGraces@gmail.com

10 TIPS TO STRESS LESS 10

- LOOK FOR OPPORTUNITIES IN LIFE'S CHALLENGES** (LE WONDER TICKET)
- GO FOR A WALK WITH A FRIEND** (PARK PASS)
- FOCUS MORE ON THINGS YOU CAN CONTROL** (ENJOY THE RIDE)
- ASK FOR HELP** (MULTIPASS)
- YOU GIVE SOMEONE A NICE COMPLIMENT. HAVE A SMILE.** (CARTÉ BLANCHE)
- GET INVOLVED WITH A CAUSE YOU BELIEVE IN** (A GOOD DEED FOR A GOOD TICKET)
- REMINISCENCE** (WINNING TICKET)
- GO TO BED EARLIER** (DREAM TICKET)
- BREATHE** (FREE AIR)
- TAKE A DANCE CLASS** (VERY IMPORTANT PERSON)

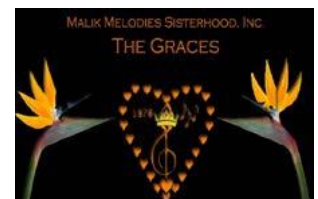
Know The Warning Signs



CONGRATULATIONS

TO ALL THE GRADUATES!
 MMSI SALUTES YOU AND
 THE FAMILIES THAT
 SUPPORTED YOU!

WE WISH YOU MUCH
 SUCCESS IN YOUR
 FUTURE ENDEAVORS!!



MAY is Lupus Awareness Month
kNOW Lupus
 #GetYourPurpleOn

Lupus Awareness Month is observed during May to increase public understanding of this cruel and mysterious disease that ravages different parts of the body. Lupus is a serious, life-altering autoimmune disease that can affect any organ of the body.



KNOW LUPUS

Do you know lupus? The facts might surprise you — like the fact that the impact of lupus can range from a skin rash to a heart attack or stroke.

Play the **KNOW LUPUS** card game and test your understanding of this cruel disease.

Play your hand and share what you've learned. Post, share or tweet to challenge at least 10 friends and family to **KNOW LUPUS** so we can have a future with **NO LUPUS**.

Help Us Solve The Cruel Mystery
LUPUS
 FOUNDATION OF AMERICA

PLAY THE GAME

The **KNOW LUPUS** card game was created by The Lupus Foundation of America as a part of their mission to improve the quality of life of everyone that lupus affects. We believe that to create a future with **NO LUPUS**, the public needs to **KNOW LUPUS**. You can help us raise awareness about this cruel and mysterious disease by playing the game and challenging others to **KNOW LUPUS**.

<http://knowlupus.org/>



Share these facts on your Facebook and Twitter.

- Lupus is an unpredictable, chronic autoimmune disease that ravages different parts of the body.
- In lupus, something goes wrong with the immune system, the part of the body that fights off viruses, bacteria, and germs. The result is the production of autoantibodies that cause inflammation.
- Ninety percent of the people who develop lupus are women, though men can also develop lupus and their disease can affect some organs more severely.
- Most often, lupus develops between ages 15 and 44. However, between 10 and 20 percent of cases develop during childhood and these cases can evolve into serious health complications more rapidly.
- African Americans, Hispanics/Latinos, Asians and Pacific Islanders, and Native Americans are diagnosed with lupus two or three times more frequently than Caucasians; however, lupus affects people of all races and ethnicities.
- Lupus is not contagious and cannot be “given” to another person.
- To make a lupus diagnosis, doctors evaluate a patient’s current symptoms, lab test results, personal medical history and family medical history.
- Lupus can affect any organ system of the body, including the heart, kidneys, lungs, blood, joints and skin.
- The malar, or “butterfly” rash on the face is present in an estimated one-third of people with lupus. This flat, reddish rash across the bridge of the nose and cheeks often is the only outward symptom of lupus (though other signs and symptoms might be present).

[Read more...](#)

MALIK MELODIES SISTERHOOD, INC.

fierce and fabulous
 AND FORTY
 Lisa Weber

1978 - 2018



What Is Black Music Month?

Black Music Month began in 1979 when Kenny Gamble, Ed Wright, and Dyana Williams developed the idea to set aside a month dedicated to celebrating the impact of black music. Since 1979, Black Music Month has grown from a small commemoration to national proportions with events held annually across the country.

In 2000, US-Representative Chaka Fattah sponsored House Resolution 509, which formally recognized the importance of Black music on culture and the economy during President Bill Clinton's administration.

In 2009, President Barack Obama further defined June as African American Music Appreciation Month declaring the start of summer as a celebration for all the black "musicians, composers, singers, and songwriters [who] have made enormous contributions to our culture."

"The music of our Nation has always spoken to the condition of our people and reflected the diversity of our Union. African-American musicians, composers, singers, and songwriters have made enormous contributions to our culture by capturing the hardships and aspirations of a community and reminding us of our shared values."

On May 31, 2016, President Barack Obama officially declared the month of June as African American Music Appreciation Month (AAMAM). For more information, visit his [Presidential Proclamation of African American Music Month](#).

Source: The National Museum of African American Music <http://nmaam.org/black-music-month/>



Click here to
listen to The Best
of Dizzy Gillespie
Compilation on
YouTube.



Red Nose Day is a fundraising campaign run by the non-profit organization Comic Relief Inc., a registered U.S. 501(c)(3) public charity. Red Nose Day brings people together to have fun, raise money and change the lives of kids who need our help the most. Red Nose Day launched in the US in 2015, dedicated to ending child poverty, both in the US and in some of the poorest communities in the world. The money raised by Red Nose Day in the US has benefited programs for children and young people in all 50 states and in 34 countries internationally.



GM Sharon Harleston participated!

The most prominent symbol of Comic Relief is a plastic/foam "red nose", which is given in various supermarkets and charity shops in exchange for a donation to the charity and to make others laugh. People are encouraged to wear the noses on Red Nose Day to help raise awareness of the charity. Globally, Red Nose Day has raised over \$1 billion since its launch in the UK in 1988. For more information, visit: <https://www.rednoseday.com>.



This year marks the 61st anniversary of the Puerto Rican Day Parade (also known as the National Puerto Rican Day Parade). The parade takes place annually in the United States along Fifth Avenue in the Manhattan borough of New York City, New York and has become one of the largest parades in New York City.

Held on the second Sunday in June, the parade honors the nearly four million inhabitants of Puerto Rico and all people of Puerto Rican birth or heritage residing in the mainland U.S.

The parade marches along Fifth Avenue from 45th Street to 86th Street and has grown to become one of the largest parades in New York City.

This year theme for the parade is "**Un Pueblo, Muchas Voces**" (**One Nation, Many Voices**), which is intended to "celebrate the creativity and diversity of thought in Puerto Rico and across the diaspora."

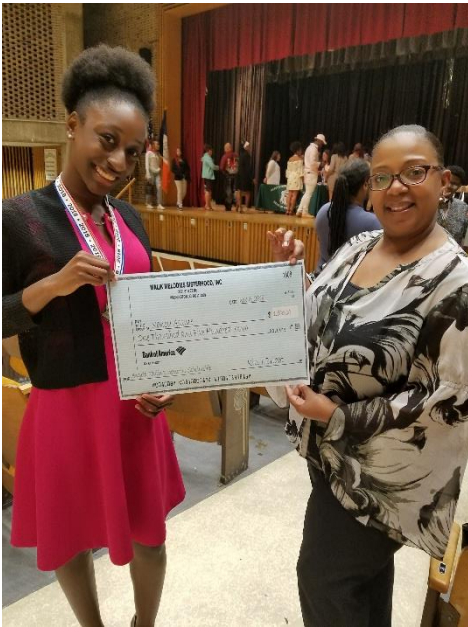
This theme is reflected in the aftermath of the devastation of Puerto Rico residents who continue to struggle after Hurricane Maria struck the island nine months ago. The Category 4 hurricane caused more than \$90 million in damage, and around 5% of the island is still without power. According to a recently released Harvard study, the storm was responsible for more than 4,600 deaths, over 70 times the official death toll.

The Puerto Rican Day Parade also celebrates and honors the leaders, educators, artists and celebrities that have left a rich and cultural impact on this nation.

← MMSI Sister Lisa Maria Rodriguez attended !

Congratulations

Nancy Asante



Nancy Asante & Sharon Harleston

On June 6, 2018 at the Harry S. Truman High School Awards Night, GM Sharon Harleston awarded the Angela Pauling Memorial Scholarship to Nancy Asante with the help of last year's recipient, Nina Bosuo. Named after Most Gracious Ancestor, Angela Pauling, the scholarship is awarded each year to a high school senior at Truman, the high school Angela Pauling had attended.

Mom, Nancy, and 2017 Winner, Nina Bosuo



Nancy and her mom

Pictured L to R: Mom, Nancy, Nina, & Sharon



2018 Angela Pauling Scholarship Winner, Nancy Asante



MALIK MELODIES SISTERHOOD, INC.
 PRESENTS
WE LEAD: EMPOWERING OUR GIRLS
CONFERENCE
 ON
SATURDAY OCTOBER 13, 2018
 FROM 10AM – 4PM
 AT THE
JAMAICA PERFORMING ARTS CENTER
 153-10 JAMAICA AVENUE, JAMAICA, NY 11432

FOR MORE INFORMATION VISIT: WWW.MALIKMELODIES.ORG

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!**




SAVE THE DATE

MMSI SUMMER MIX AND MINGLE

SATURDAY JULY 28, 2018

Nathalie's House
67 Columbus Ave.
Central Islip, NY 11722
12 noon

Rain or Shine
More Details to Follow.

 **NOW TWEET THIS... JUNE IS IMMIGRANT HERITAGE MONTH!**
 Every voice is unique. Every story is powerful. Contribute yours on social media today using the hashtag **#CelebrateImmigrants**

#ImmigrantHeritageMonth <https://www.iamanimmigrant.com>

CELEBRATE
IMMIGRANT
HERITAGE
MONTH



I STAND WITH IMMIGRANTS

Jim Kenney @PhillyMayor · Jun 22
 Philadelphia will always welcome those who seek a better life here – regardless of what we hear from this White House. During #ImmigrantHeritageMonth, it's more important than ever to reaffirm our support for all immigrants who call our city home. #IStandWithPhillyImmigrants

In 1900, Louis Lassen sandwiched a broiled beef patty between two slices of bread to make a quick meal "to go."

The Danish Immigrant's restaurant, Louis' Lunch, still serves hamburgers today in New Haven, CT.

#IAMAnImmigrant @IAMAnImmigrant · Jun 23
 After falling in love in Korea, Joanna's mother moved to the U.S. from Korea to marry her father. #CelebrateImmigrants

"WHEN MY FATHER WAS STATIONED IN KOREA FOR THE VIETNAM WAR HE MET MY MOTHER THERE AND THEY FELL IN LOVE. NEARLY 45 YEARS LATER AND THEY'VE NEVER BEEN STRONGER."

- JOANNA GAINES
 CHIP AND JOANNA GAINES
 ENTREPRENEURS AND TELEVISION HOSTS



Childish Gambino Pose Study by Mireille St. Pierre

Mexican immigrant, Richard Montañez, worked at the Cheetos factory as a janitor.

One day, he took undusted cheetos home and coated them with chilli powder – Inventing Cheetos's Flamin' Hot, #1 selling product.



Click on the link to hear their story.



MMSI

40
&
Fabulous



MALIK FRATERNITY, INC.
PRESENTS

NOBILITY NIGHT

▲▲▲ SATURDAY MAY 19TH 2018 ▲▲▲

6:00PM - 7:00PM | SOCIAL HOUR
7:00PM - 10:00PM | RECEPTION



MALIK AWARDS &
MALIK MELODIES AWARDS

KEYNOTE SPEAKER: TARIQ EL SHABAZZ
VIDEO TRIBUTE: DAVID NELSON

REGISTER AT
NOBILITYNIGHT.EVENTBRITE.COM

PRICES	
NON DUES PAYING MALIK	\$45
DUES PAYING MALIK	\$25
MALIK MELODIES	\$35
GUESTS	\$50




VISTAMAR
RESTAURANT & LOUNGE
565 CITY ISLAND AVE. BRONX, NY 10464
WWW.MALIKFRATERNITY.ORG



**RECOGNIZING THE KINGS
AND QUEENS THAT ARE
THE MALIK FAMILY!**