

Family Matters

Oct/Nov/Dec 2011
Volume 4, Issue 3

Official Newsletter of the Gillyard-Johnson-Mahoney Family Reunions
www.gillyard-johnson-mahoney.com

Happy Thanksgiving *and* Merry Christmas

Editor's Corner

Time

We are all creatures of time. Now that the holiday season is quickly approaching, I find myself asking, where this year has gone.

I have learned however to be prudent about time. I've learned to live each day in the light of that day, and to include time for family, rest, relaxation and play.

It's no longer the microwave age for me; where a drive through meal was the norm. I have stopped my wandering of routine and overbooked schedules, and I've strengthened family ties by making a conscience effort to connect more with family and friends.

In this issue we take time to talk about time.

With our Family Reunion less than a

year away, on page 4, we've highlighted some *2012 Family Reunion Things You Need to Know*.

Periodically, Family Matters will feature "What Does the Bible Say?" (See page 2). In this issue, we see what the Bible says about time.

I am in awe at all the great things that I am learning about our family. Family Spotlight continues to be the most commented on feature of Family Matters. This month we spotlight Floris Gillyard-Lymore and **J Gillyard Treasures**. Floris shares how she started her business and how she chose the name J Gillyard Treasures (see below). On page 3, We Connect, is the story of cousins connecting as a result of our website.

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Upcoming Events

January 2012
Reunion Planning Team
Phone Teleconference
Meeting

February 2012
Reunion Fundraising Event

March 2012
Reunion Fundraising Event

August 2-5, 2012
Family Reunion

Check our website and your email frequently for all the latest information on the *2012 Family Reunion*

Family Spotlight



Floris Gillyard-Lymore standing in J Gillyard Treasures

This edition of Family Matters shines the spotlight on Floris Gillyard-Lymore and **J Gillyard Treasures**. In January 1991, in her home, Floris started an

Afrocentric gift shop business. She wanted to create a shop to offer afrocentric gifts and home décor in North County, a suburb of St. Louis, Missouri. At the time there were no businesses offering items that represented the African American community in the area. She named the shop "J Gillyard Treasures" to give honor to her mother and father. The letter J stands for her mother's maiden name, **James and Gillyard**, for her father's name. She stated "I put the two names together and added treasures because they were both treasures in my life and if it had not been for the two of them, I would not be here today."

During the first two years of the business, Floris did festivals, conventions, craft shows and flea market malls, locally and within a 500 miles radius of her home.

Though she didn't have a store front, the business grew and customers made contact with her to purchase Afrocentric cards, gifts

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What does the Bible have to say about time?

Ecclesiastes 3:1-8

To everything there is a season, and
a time to every purpose under heaven:

A time to be born, and
a time to die;
a time to plant, and
a time to pluck up
that which is planted;

A time to kill, and
a time to heal;
a time to break down, and
a time to build up;

A time to weep, and
a time to laugh;
a time to mourn, and
a time to dance;

A time to cast away stones, and
a time to gather stones together;
a time to embrace, and
a time to refrain from embracing;

A time to get, and
a time to lose;
a time to keep, and
a time to cast away;

A time to rend, and
a time to sew;
a time to keep silence, and
a time to speak;

A time to love, and
a time to hate;
a time of war; and
a time of peace.



Best Wishes!

Submitted by: Velma Dumas

The Reverend Barry Joffrion has resigned as pastor of Sunshine Baptist Church, in the Clear Lake Community of Desoto Parish, Louisiana. We extend our sincere best wishes to Reverend Joffrion, who accepted and has been installed as the pastor of the Bossier Baptist Church, 809 Hamilton Road, Bossier City, LA.

Reverend Joffrion delivered a relevant and powerful message for our 2008 and 2010 family reunion. A summary of each message has been recorded in our historical annals.

Reverend Joffrion was also featured as the Guest Spotlight for the February 7, 2010 edition of Family Matters.

As Pastor Joffrion continues on his pastoral journey may the power of God's presence be with him each step of the way.



Arthritis means ongoing joint aches, stiffness, or swelling that cause chronic pain. Whatever type of arthritis you have, there are some things you can do to help ease the pain.

Get gentle exercise. Stretching, muscle-strengthening, walking, and aerobic activity can all help relieve arthritis pain. Go slowly at first and rest when you need to. Exercises that are gentle on joints include bicycling, swimming or water walking, yoga, tai chi, and qi gong.

Manage your weight. Being overweight puts extra strain on weight-bearing joints (like hips and knees). Get tips for reaching a healthy weight.

Pick up a new tool. Velcro, grips, walking poles, canes, and other tools or "assistive devices" can help you with daily tasks. Learn about assistive devices and tips for getting around your home and office that make movement easier.

Use ice and heat. Heat works best for soreness and stiffness – try a heating pad, hot shower, or hot pack 2 or 3 times a day for 20 to 30 minutes. Cold works best for swollen joints – try putting cold packs on a painful joint 2 or 3 times a day for 10 to 20 minutes. Be sure to put a thin towel between the ice and your skin.

Eat more fish. Fish oil contains omega-3 fatty acids. Some people believe that these fatty acids may help with joint inflammation in some forms of arthritis. Learn about the benefits of fish.

Talk to your doctor about alternative therapy and treatments and pain medications for arthritis.

Article summarized from
www.kaiserpermanente.org

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Family Spotlight

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and other items. Floris began to think about a permanent store location. Through much prayer she was led to a store front at 9977 Lewis & Clark Blvd., where she opened her first store in 1994.

To keep new products and the store fully stocked, she began importing products from Africa. She traveled to Africa for six years, staying six weeks each year in order to ship a crate of items back to her store. The business did very well.

Floris was in business for 15 years, when the store closed in 2006, due to family challenges. In April, 2011, she reopened the business in an Open Market Mall. Her old customers are coming back and new customers are getting to know the store. Her prayer is that the business continues to grow and prosper for another 15 years and beyond.

J Gillyard Treasures
2505 Chambers Store #3215
314-422-3624

May the light continue to shine on Floris and J Gillyard Treasures.

We Connect

Submitted By: Bettie Gillyard Griggs

Thanks to our website, gillyard-johnson-mahoney.com, on November 11, 2010, I connected with a second cousin, Will Elliott Gillyard. His email, via our website read *"My family is from Shreveport Louisiana and I now reside in Oakland, Ca. My dad's name was Charlie Gillyard ...I am inquiring about the Gillyard family and just checking out history and current descendents."*

On July 2, 2011, Will Elliott Gillyard, son of Charlie Gillyard (also known as Bohart) got to meet, face to face, his second cousins, Marie Boyd, Bradley Gillyard, Melvin Gillyard, Bettie Griggs, Daisy Reed, and Glenda Terrell. Will's wife, Linda was there to share the moment with him.

Over a southern style dinner, hosted by Daisy, we spent time getting to know one another.

Will has childhood memories of spending summers with his paternal aunt Pearl in LaMarque, Texas, but had met very few of his

dad's other relatives.

Also present for the visit were Daisy's son, Frederick; grandson Frederick Michael; Glenda's daughter, Essence; and Bettie's husband Ostell, Marie's husband, Frank; Bradley's wife, Shirley; Melvin's wife, Gloria; and family friend, James.

It was a beautiful time of family sharing.

Will and Linda were given a copy of our cookbook, ***Favorite Recipes from the Gillyard, Johnson, Mahoney Family and Friends***; and the 2010 family reunion souvenir program booklet.

We Connect!

If you have stories to share regarding connecting with family, please email gjmfamilyreunion@gmail.com.

2012 Reunion Things You Need to Know

Family Historian
bettiegillyard@aol.com

Family Reunions Mission:

To focus on the things that shape us rather than the circumstances that divide us; to strengthen and preserve family as God orders our steps. We value God's Plan, Family, Tradition, and Service.

We're on the Web!
gillyard-johnson-mahoney.com

Thursday, August 2, 2012 - *GJM Day of Service*. You select where you will volunteer.

Friday, August 3, 2012 - Registration, Meet and Greet, Light Buffet Dinner, Opening Ceremony.

Saturday, August 4, 2012 - *Morning Activities*: Games and other fun activities, Light Lunch Snack.

Saturday Evening Activities: Banquet Program and Buffet Dinner.

Sunday, August 5, 2012 - Worship Service.

What will it cost?

Letters with the cost, location and other details have been mailed and are on our website, www.gillyard-johnson-mahoney.com, or email: gjmfamilyreunion@gmail for information.

Time (Continued from page 1)

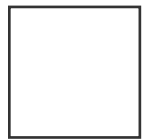
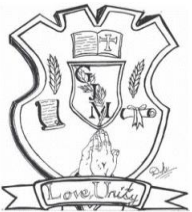
On to the holidays. Thanksgiving and Christmas can be the perfect *time* to reflect on life's blessings. I am very blessed to be able to have the *time* to assist in publishing and editing Family Matters, and sharing it with all of you.

time engaging family and friends regarding attending our 2012 family reunion; Honoring Our Past, Celebrating Our Future. *Until then,*

Happy Thanksgiving & Merry Christmas!

Our next issue of Family Matters will cover Jan/Feb/Mar 2012. Think about spending some *time* now to submit an article to Family Matters, and spend

Enjoy Your Blessings,



**RECIPIENT NAME
STREET ADDRESS
ADDRESS 2
CITY, ST ZIP CODE**