

Family Matters

May/June/July 2014
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Official Newsletter of the Gillyard-Johnson-Mahoney Family Reunions
gillyard-johnson-mahoney.com

Editor's Corner

Bridges



Let me take this opportunity to wish all our mothers, **Happy Mother's Day**; our fathers, **Happy Father's Day**, and to all our graduates, **Congratulations!** We are blessed to have all of you as a part of us.

We are now a little over two months away from our sixth family reunion. It amazes me when I think back on how far we've come since that first reunion, August 6-7, 2004. We've had the birth of new family members (bridges to our future), new mothers and fathers, family members have graduated high school and college, celebrated milestone birthdays, became published authors, and on and on.

Alex Haley said "In every conceivable manner, the family is link to our past, bridge to our future."

Several editions ago, Family Matters started our interview project. We thought it would be a great idea to spotlight some of our more mature family members, and have them share how it was for them growing up. The project has proven to be an excellent way to link our past and bridge our future. The response to the articles has been overwhelming.

In this edition, Margie Williams tells us how it was for her and she declares, "I never could have made it without God" (Read Below)

What and how we eat today maybe contributed to our past. So if you are

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Family Spotlight



Margie Sanders Williams

Margie is the third child born to the late Johnnie B. and Lee Sanders and the granddaughter of the late Elizabeth Gillyard Thomas.

Family Matters asked Margie to share her answers to these questions with us.

FM: What is your earliest childhood memory?

Margie: I remember my first day of school. We had to walk a few miles to Howard Point School. We had a wood heater at school and in the winter time, my hands would freeze up even with gloves on. We had to hold hands near the heater to get our hands warm. They wouldn't let us put them too close because of frost bite or something.

Also I remember doing my homework by a coal oil lamp. We did not have electricity at that time. We had a 3 room house with nine children. We were happy. We didn't know we were poor. Now I call it the joy of the Lord. I always looked forward to Christmas. We would get apples, oranges, candy, nuts, one toy and fire works. The house would smell good with cakes, the smell of fruits etc.

FM: What were your chores/duties as a small child? Describe your responsibilities as you grew older.

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Upcoming Events

May 2014
2014 Reunion Planning Team
Teleconference Meeting

June 7, 2014
Reunion Fundraisers

Yard Sales
Los Angeles, CA

Check our website and your email frequently for all the latest information on the 2014 Family Reunion

Margie: I washed dishes and swept the kitchen floor. As I got older, we would go to my grandmother's house and as my mother called it, scrub the chairs. We would put the chairs in a tub with soap and water, wash and dry them; and sit them in the sun. We would sweep the yard with a yard broom or rake. My mother sent me and Clara V, my oldest sister, to Grandma Galley and Grandma Lula to do these chores.

I picked cotton to buy school clothes, and chopped cotton for \$2.00 a day. I never made more than \$3.00 a day chopping cotton. Everybody drank out of the same dipper. As the song goes, I never could have made it without God.

FM: What games or fun activities did you play? Who did you play with?

Margie: I played basketball. I was a guard on the Howard Point School team. We played Red Lick school; also a school in Carmel. We would always beat Red Lick, but not the other school. Me and my cousin Gladys played seesaw or merry go round. We (me, Georgia Mae, Clara V, and Otis Gilyard) would go to the speedway or the dam, a place where the fish would get caught in the rocks and we would get the stuck fish. I also went fishing with my grandmother, Melissa.

FM: What home remedies did your parents use to treat colds, flu, pain or other ailments?

Margie: Plain old baking soda in water for stomach ache, and we took castor oil, 666, cod liver oil, Black Draught

and I was given corn-shuck tea for measles. Sloan Liniment, we would rub with it for pain, and would rub our chest with tallow for chest cold. We also rubbed with Vick Sab.



corn-shuck tea



FM: What world events had the most impact on you while you were growing up? Did any of them personally affect your family?

Margie: The desegregation of schools. I remember seeing the US Marshal walking the girl to class in Arkansas, and how the white folk were

booing and calling her names. It hurt me to see that because all my life I went to a segregated school.

I also remember when Dr. Martin Luther King came forth. I remember the jailing of many of them, the Rosa Parks incident, the police putting dogs on people and the spraying of water. All that brought sadness to me, especially the killing of Dr. King.



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By now most of us have heard that eating 5 to 9 servings of fruits and vegetables, and physical exercise are the most important lifestyle changes that we can make. As an African American family, most of us probably grew up eating foods that we would describe as simply delicious. Many of those delicious dishes were prepared with too much oil and fat. We now know that many of those dishes can be prepared in ways that protect us from heart disease and stroke. Cooking healthier is a lifestyle choice worth taking. Consider using these substitutions for Heart Healthier Cooking. These suggestions will lower saturated fat and calories in your favorite recipes. You can add herbs and spices instead of salt to enhance flavor. Enjoy your lifestyle change.

Recipe calls for:	Substitute:
Whole milk	• Fat-free or low-fat (1%) milk
Cream	• Evaporated fat-free milk • Mix equal amounts low-fat (1%) milk and fat-free evaporated milk
Sour cream	• Fat-free or low-fat sour cream
Mayonnaise	• Fat-free or low-fat mayonnaise
1 cup of butter	• 1 cup tub margarine • 2/3 cup vegetable oil
Oil (for baking)	• Equal amounts of applesauce or prune puree
Oil (for sautéing)	• Water • Nonstick cooking spray • Low-sodium broth
1 whole egg	• 1/4 cup egg substitute or 2 egg whites
1 egg to thicken	• 1 tablespoon flour
Ground beef (all types)	• Extra lean ground beef or turkey (10% or less fat) • Turkey (10% or less fat)
Sausage	• Turkey sausage (10% or less fat) • Vegetarian sausage
Salad dressing	• Fat-free or low-fat dressing • Flavored vinaigrette • Flavored vinaigrette (made with olive oil, water and vinegar, or lemon juice)
Cream soup	• Fat-free or low-fat canned cream soup •

Family News

May 2014

Proud grandmother, Curlie Gillyard reports exciting graduation news for four grandchildren:

May 9th Trent Gillyard and Decarius Gillyard will graduate from Northwestern State University, Natchitoches, LA

May 16th - Jazmine Gillyard will graduate from Mansfield High School, Mansfield, LA

May 18th - KaNesha Gillyard will graduate from Spelman College, Atlanta, GA.

KaNesha has also been accepted into Medical School at Rosalind Franklin University of Medicine and Science, North Chicago for studies as a Physician Scientist

May 23 - 25, 2014 - Thomas Guions Family Reunion - **A Past to Remember, A Present to Celebrate, A Future to Generate**
For information contact
thomasguions@yahoo.com

June 2014

June 7th - Georgia Nairn will graduate as a Registered Nurse

June 11th - Daisy Reed will celebrate her 70th birthday. A birthday celebration hosted by her daughters, Alicia and TaKisha, and son, Frederick is planned for a later date.



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**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



2014 GJM Family Scholarship Update

The deadline to apply for the GJM Scholarship is July 18, 2014. The scholarship will be presented during our Reunion Dinner Banquet Program on August 2, 2014.

The focus of the scholarship is to recognize family members who are currently pursuing higher education. **Apply Now.**

All necessary information, including the application can be accessed by clicking on the Scholarship Info link at

www.gillyard-johnson-mahoney.com.

“In a global economy where the most valuable skill you can sell is your knowledge, a good education is no longer just a pathway to opportunity - it is a pre-requisite.” (President Barack Obama, Address to Joint Session of Congress, Feb. 24, 2009)



Bridges (Continued from Page 1)

considering a lifestyle change this summer, our Healthy Living feature can help. Turn to page 3 and learn how you can do heart healthier cooking.

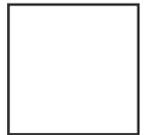
Our family news section is packed with graduations; bridges to our future. Congratulations again to all our graduates. Read all our reported news on page 3.

Finally, don't forget that the **GJM Scholarship** information, application and requirements can be assessed at www.gillyard-johnson-mahoney.com Applications must be postmarked by July 18, 2014.

We are “Building Bridges-Connecting Generations” August 1-3, 2014.

Enjoy Your Blessings!

Bettie



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