

Family Matters

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



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Editor's Corner

Commitment Bettie Gillyard Griggs

One of my favorite subjects to talk about is family. I am always happy to share the exciting things going on in our family with others. This issue of Family Matters covers the months across the country when we celebrate many happy occasions for families. Graduations, Weddings, Mother's Day, Father's Day, Juneteenth and July 4th are all celebrated.

I extend congratulations and best wishes to all our graduates, newlyweds; and to all our mothers, Happy Mother's Day! to our fathers, Happy Father's Day!

Recently, I had the unique honor of assisting my 6 year old nephew in Louisiana, with a school project here in California. I was so thrilled to assist with his "Flat Stanley" project. I saw it as my commitment to be available for

family and to support my nephew's educational development. Isn't that what family is all about; helping and supporting one another, whenever or wherever we can.

On page 4, you'll find the confirmed dates and theme of our 2016 family reunion. Because of the commitment and support shown by family members like you, we will be celebrating our 7th family reunion. To God is the Glory! HE has truly been the guiding force for our success.

In 2004, we issued our first Call to Action; **Living a Healthier Lifestyle**. Since that time, we have remained committed to disseminating health related information to the family. On page 3, we highlight some glaring health disparities between African Americans and other racial and ethnic groups. (Continue on page 4)

Family Spotlight



Doris Gillyard

Doris Gillyard is the widow of Ishmell Gillyard. She grew up in Desoto Parish and now lives in Dallas, TX, where she and Ishmell made their home. Doris shared her answers to these questions with Family Matters.

FM: What is your earliest childhood memory?

Doris: My earliest childhood memory is being fed roasted peanuts by my oldest brother. We picked fresh peanuts off the plant and roasted them in the fireplace. An older family member would shell them for the little ones.

FM: What Black History Fact are you most fascinated by and why?

Doris: The Black History Fact that I am most fascinated by are the machines invented to make work loads lighter. Crop gathering was made easier. I know because I had to work and gather crops.

FM: What is your experience with or opinion of modern conveniences such as computers, televisions, microwave ovens and cell phones?

Doris: Machinery will never replace mankind. Modern conveniences enable one to get more work done in a shorter period of time. More space and longer distances can be covered by using modern. But, when inclement weather or line breakage occurs, a person may have to go back to some of the methods of "yester years."

Upcoming Events

May 2015
2015 Reunion Fundraiser
Gardena, CA

Check our website and your email frequently for all the latest information on the 2016 Family Reunion

Crab Cakes



This recipe was submitted by Curlie Jean Gillyard for our **FAVORITE RECIPES FROM THE GILLYARD, JOHNSON, MAHONEY FAMILY AND FRIENDS Cookbook**, and is found on page 65

Ingredients

1 egg	4 cans (6 oz. each)
2 Tbsp. Mayonnaise	crabmeat, drained
1 tsp. dry mustard	3 Tbsp. fresh parsley,
1 tsp. seasoned pepper	finely chopped
½ tsp. seasoned salt	2 Tbsp. cracker crumbs
¼ tsp. cayenne pepper	½ c. vegetable oil



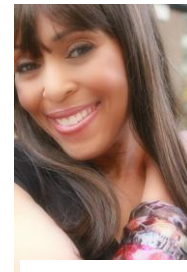
Directions

In bowl, beat egg. Blend in mayonnaise, mustard, seasoned pepper, seasoned salt and cayenne pepper. Add crabmeat (drained, rinsed and cartilage removed), parsley and cracker crumbs and mix lightly. Divide mixture into eight equal portions. Shape each into a ball, about 2 inches in diameter. Flatten each ball slightly; wrap in wax paper. Refrigerate for 30 minutes. In a large, deep skillet, heat oil. Add crab cakes, four at a time to skillet and fry over medium-high heat until golden brown on all sides, for about 8 minutes, turning frequently. Remove cakes and drain on paper towels. Serve immediately.

Tuna Croquettes



(from foodfashionandflow.blogspot.ca
Permission granted by Blogger LV Davis
LV (LaVonya) is the daughter of Marie Sanders Boyd
and the granddaughter of the late Johnnie B. and
Fannie Lee Sanders)



LV Davis

Ingredients

3 small cans of tuna (5 oz)	2 teaspoons Dijon mustard
2 eggs	2 teaspoons garlic powder
2 tablespoons fresh lemon juice	1/2 teaspoon cayenne pepper
1/2 cup chopped onion	salt and pepper to taste
1/3 cup chopped green onion	
1 teaspoon dried parsley	
Olive Oil or your favorite cooking oil	

Directions:

Mix tuna, eggs and fresh lemon juice until well combined. Add the onion, parsley, mustard and spices. When mixture is well mixed, shape into patties (this will make approximately 10). Heat oil until hot and pan fry for 2-3 minutes on each side. If you prefer to bake the croquettes, oil a baking sheet and preheat oven to 425. Bake for approximately 10 minutes or until crispy and golden brown.

April was National Minority Health Month. This year the Center for Disease Control and the Department of Health and Human Services commemorated federal efforts toward eliminating health disparities mobilized by findings over 30 years ago

All of us should have a chance to live a healthy life. Disparities exist, but provided with information and resources we can aim to reduce disparities between African Americans and other racial and ethnic groups. These disparities are striking and apparent in life expectancy, death rates, infant mortality, and other measures of health status and risk conditions and behaviors.

Examples of Important Disparities:

* African Americans in 2009 had the largest death rates from heart **disease and stroke** compared with other racial and ethnic populations.

* From 2007-2010, the largest prevalence of **hypertension** was among adults aged 65 years and older, African American adults, US-born adults, adults with less than a college education, adults who received public health insurance (18- 64 years old) and those with diabetes, obesity, or a disability, compared with their counterparts. The percentages of African American and Hispanic adults who had control of high blood pressure were lower than among white adults.

*The prevalence of **obesity** among adults from 2007-2010 was largest among African American women and men, and the overall obesity prevalence (both sexes combined) of African American adults was also the largest prevalence compared with white and Mexican American adults.

* In 2010, the prevalence of **diabetes** among African American adults was nearly twice as large as the prevalence among white adults.



Article summarized from the CDC website

Family News

June 2015

June 5th - Donald Phelps will retire after 35 years from American Electric Power Company, where he managed the Shreveport Laboratory. Donald is the son of Dorothy Phelps, grandson of the late Celeste Gilyard Clinton

May 2015

May 16th - KaDarius Thomas, son of Danny and Constance Thomas will graduate as a Salutatorian from Benton High School on May 16, 2015. He has been awarded scholarships to Louisiana Tech University and the University of Louisiana at Monroe (ULM), along with TOPS, and Lyons Club Scholarships. KaDarius is the grandson of Sampson Gilyard and Curlie Jean Gilyard

April 2015

19th - The Sunshine Baptist Church in Mansfield, LA celebrated their 108th church anniversary

March 2015

Mikah Kimble, son of Tammi and Tyrus Owens and grandson of R.L. and Sirece Gilyard won first place in his school Spelling Bee at Fairfield Elementary Magnet School on **January 6th**(his granddad's birthday) and went on to place third in the Northwest Louisiana Regional Spelling Bee, on **March 7th**.

February 2015

February 1st- Derrick James-Henry Flowers born to Derrick and Takisha Flowers. Takisha is the daughter of Daisy Gilyard Reed.

December 2014

15th - **Cheryl Still** graduated from the Caddo Sheriff's Office Auxiliary Deputy Program.

In Memoriam

April 3, 2015 Gussie J Stills Dobbins, mother of Cheryl Stills

January 20, 2015- Mary Stills Irby, sister of Cheryl Stills

Dec 18, 2014- Bruce Anthony Gilyard, son of Sampson Gilyard and Curlie Jean Gilyard

Note: Our next newsletter will be published Aug/Sept/Oct 2015 Please submit all news to Family Matters at gjmfamilyreunion@gmail.com, by July 18, 2015.



Family Historian
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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

Email Us:
gjmfamilyreunion@gmail.com

You are Cordially Invited to The 7th GJM Family Reunion Faith, Family, and Fellowship July 22-24, 2016 (details coming soon)

Commitment (Continued from Page 1)

In this issue we learn more about one of our family seniors and how it was for her growing up (See Family Spotlight page 1).

Are you ready to try a new dish, or two? LV Davis, the voice behind Food Fashion and Flow a lifestyle blog that explores fashion, food and life inspiration has a delicious Tuna Croquettes recipe (Let's Cook). And finally, check out all the latest news that Family Matters received in time

for this edition (page 3).

As always, I hope you will enjoy this issue and your comments are always welcome!

Our readership continues to grow. I look forward to your comments, and encourage you to continue to circulate the newsletter among family and friends.

Enjoy Your Blessings!

Bettie

