

Family Matters

Sept/Oct/Nov 2013
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Official Newsletter of the Gillyard-Johnson-Mahoney Family Reunions
gillyard-johnson-mahoney.com

Editor's Corner

Forward by Bettie Griggs

After a great time of fellowship at the 2012 GJM family reunion, I'm looking forward to our next reunion.

The 2014 family reunion has been planned for August 1-3, in Shreveport, LA. Our theme is **"Building Bridges-Connecting Generations."** A gap exists between generations. What better way for our family to conquer that gap than continuing our family reunions. Let's all look forward.

I believe that communication is the key to finding common ground to build and connect any bridge. I also believe that we all want to feel valued. Our planning teams value our young people. The 2010 and 2012 reunions included as a part of the planning team, Choir Director and Musician, Roderick Jackson. The 2014 planning team leaders are mentoring two young men, Frederick M. Gillyard

and Travion Mahoney. As we cultivate the relationship of having young family members involved in our planning, we strengthen the bond of the entire family and family reunions. We are forward thinking. What a great attitude! We are enriched as past family history meets present. Family heritage will never die but become a bridge to the gap of many generations to come.

In this issue, The Poetry Corner, I share a poem I first heard at a work related seminar some years ago (see page 2). I think that the line **"There followeth after me today, A youth, whose feet must pass this way"** speaks to the relevance of our theme.

After you're done poetry reading, check out our Family Spotlight. We feature L'Anthony Davis, one of our 2010 Scholarship recipients (see below). Continued on page 4



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Family Spotlight



L'Anthony Davis

This edition of Family Matters shines the spotlight on L'Anthony Davis. He is the biological son of Larry Davis and Annetria Ashley, and the grandson and adopted son of Ethel Davis and the late John Davis. The

late Johnnie Davis and Leola Gilyard Davis were his paternal great grandparents.

In August 2008, Anthony wowed our reunion attendees with an interpretative mime dance. On August 7, 2010, Anthony was one of three recipients awarded the first Gillyard Johnson Mahoney (GJM) Family Scholarships.

L'Anthony, an honor graduate of C.E. Byrd High School, in Shreveport, LA, enrolled at Louisiana Tech University, Ruston, LA, the fall of 2010. With God's guidance, much prayer, dual enrollment while in high school, and a determination to succeed, he graduated on August 15th, 2013 with a Bachelor of Science in Kinesiology and Health Promotion. During his undergraduate studies, he

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Upcoming Events

Sept 28, 2013
2014 Reunion Planning Team
Teleconference Meeting

November 2, 2013
Reunion Fundraising Event
Los Angeles

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

The Bridge Builder

By Will Allen Dromgoole

An old man, going a lone highway,
Came, at the evening, cold and gray,
To a chasm, vast, and deep, and wide,
Through which was flowing a sullen tide.

The old man crossed in the twilight dim;
The sullen stream had no fear for him;
But he turned, when safe on the other side,
And built a bridge to span the tide.

"Old man," said a fellow pilgrim, near,
"You are wasting strength with building here;
Your journey will end with the ending day;
You never again will pass this way;
You've crossed the chasm, deep and wide-
Why build you this bridge at the evening tide?"

The builder lifted his old gray head:
"Good friend, in the path I have come," he said,
"There followeth after me today,
A youth, whose feet must pass this way.

This chasm, that has been naught to me,
To that fair-haired youth may a pitfall be.
He, too, must cross in the twilight dim;
Good friend, I am building this bridge for him."



1. BLOOD PRESSURE - About one in three people has high blood pressure, the driving force behind heart disease, stroke and kidney failure. Because high blood pressure often has no symptoms, you'll need to keep track of your own numbers. The systolic pressure-the top number-should never be over 120.

2. WAIST SIZE - Waist size is one of the strongest predictors of heart disease and diabetes. Measure yours by placing a measuring tape around your waist above your hip bone and below your rib cage. It should be less than half your height-about 35 inches for a man and 32 ½ inches for a woman.

3. WEIGHT - More than 60 percent of

adults in the United States are overweight, and one-third are obese. For the average woman standing 5 feet 4 inches, the starting point for obesity is 175 pounds. The average man standing 5 feet 9 inches is obese if he weighs 196 pounds. Losing just 10 pounds can help.

4. CHOLESTEROL - Your cholesterol levels are measured with a simple blood test. But the total cholesterol number is not as important as knowing your HDL (good cholesterol) and LDL (bad cholesterol) levels. HDL should be above 40 mg/dL for a man and 50 mg/DL for a woman. LDL should be below 100 mg/dL.

5. BLOOD SUGAR - Elevated blood sugar levels can increase your risk of heart disease, diabetes, even Alzheimer's

Disease. For the most accurate measurement, fasting blood sugar must be taken at least eight hours after eating. A fasting blood sugar reading above 100 is considered prediabetic.

Article summarized from
AARP The MAGAZINE

Healthy Living Update

In the Apr/May/June 2012 edition of Family Matters, we reported that Kaylon Marshall was in need of a heart transplant. On, May 25, 2013, he graduated High School and on May 31st, Kaylon received a heart transplant at Ochsner Medical Center in New Orleans.

Family Spotlight

(Continued from page 1)

pledged and became a member of Alpha Phi Alpha Fraternity, Inc., the first intercollegiate Greek-letter fraternity established for African-Americans.

Anthony now plans to take a few months off and then it's on to post graduate studies.

His favorite scripture: Philippians 4:13, *I can do all things through Christ who strengthens me.*

Family News

May 2012

Ashley Williams graduated May 4, 2012 from Northwestern University with a Bachelor's degree in nursing. She was pinned May 3, 2012 and is now employed at Willis Knighton South. Ashley is the granddaughter of Gloria Jean Gilyard Jackson.

Family News (Continued)

Glenda Terrell retired from Desoto Parish School District on May 24th after 33 years. Her official recognition from DPSB was held on June 13th, followed by a retirement celebration given by her children, Gretchen (DeWayne), Dominique, and Essence.

Imunique Bryant signed to play basketball at Bossier Parish Community College. Imunique is the granddaughter of Cheryl Stills.

June 2013

Carl and Tameka Martin celebrated 15 years of marriage on June 6th

July 2013

Bryson and Chance Martin competed in the USATF National Junior Olympics held in Greensboro, NC (July 21 28). Both set personal records in the 800m & 1500m run.

Velma Dumas retired from the Caddo Parish School District, July 30, 2013, after 30 years of employment. Her sister, Glenda and brother Bradley (Shirley) surprised her with a Celebration Dinner at Ralph & Kacoo's in Bossier City, LA

August 2013

Dominique Gillyard launched heartsdialogue.com a Christian Daily Inspirational blog, with inspirational passages, A Book of the Month excerpt, and the Cup of the Day.

2012 GJM Family Reunion appears in the Aug/Sept/Oct 2013 Reunions Magazine. The magazine is on sale at news stand now, or can be accessed at reunionsmag.com

2014 Reunion Things You Need to Know

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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



Thursday, July 31, 2013(optional) - GJM Day of Service - You select where you will volunteer.

Friday, August 1, 2014 - Registration, Meet and Greet, Light Meal, Opening Ceremony. **Attire: Casual**

Saturday, August 2, 2014 - Morning Activities: Indoor and Outdoor Games and other Fun Activities, Light Meal. **Attire: Tee-Shirt-**

Saturday Evening Activities: Banquet

Program, Dinner Meal. **Attire: All White Church Dressy - Semi-Formal**

All events for August 1st and 2nd take place at the Holiday Inn Shreveport Airport West, 5555 Financial Plaza

Sunday, August 3, 2014 - Worship Service at the Greater Sunshine Baptist Church, 2207 Lakeshore Dr., Shreveport

Colors - Burgundy  and White

Cost - Log on gillyard-johnson-mahoney.com

Forward (Continued from Page 1)

Then head to page 3 where we share those 5 numbers we all need to know. And finally we have lots of reported news to catch you up on since our last edition (page 3).

As we think and look forward, we all should remember, no matter how we build our bridges, the value added between our young and old, are the most important lessons. As with any

bridge, success lies within its carefully planned construction which provides valuable connections to the places and people it connects.

I don't know about you, but I'm feeling connected, building bridges and looking forward.

Enjoy Your Blessings

Bettie



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