

2026 ANNUAL ISSUE

REUNION NEWSLETTER

Grimes ✨ Hines ✨ Lindsay ✨ Self ✨ Traynham



PHOTO FROM THE 2025 REUNION WEEKEND KICKBALL GAME.

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REUNION MEDIA



SAVE THE DATE!

Save the Date!

This year's 86th annual Family Reunion
Weekend is taking place



Friday, August, **14** - Sunday, August **16**



More reunion details coming soon,
including weekend schedule of
events, lodging, and more.

Membership Dues

Did you know your membership dues matter? Your dues help ensure we have the resources needed to achieve our goals. Whether the money allows us to pay for our zoom subscription, to secure meeting space, or to support existing initiatives, your membership dues play a vital role in keeping our family moving forward.

Membership dues also serve as a symbol of commitment. We are a family of values and this financial commitment reinforces our legacy. As a family, we understand if you are not able to give the suggested amount. Any contribution will be appreciated!

Dues are \$15.00/person for ages 21-79.

You can pay your membership dues by mail or by cashapp using the contact details below.

Contact: Shanon Fowler GHLST Treasurer

Email: Shannon Fowler

Phone: 336-757-0210

Pay by mail to: 3901 Logan Lane, Winston Salem, N.C. 27105

Pay by CashApp: *GHLST Reunion*

SCHOLARSHIPS MATTER GIVING or RECEIVING Your Participation is important to GHLST

As we prepare for the 2026 Reunion, the next generation of our family is preparing to graduate and move on to other endeavors. Many will be seeking to advance their knowledge and skills by attending institutions of higher learning – be that a college, university, vocational or technical school, the military or other paths. For those of us who have progressed further down the path of our chosen careers, the GHLST–Betty and John Cooper Scholarship Fund provides us with an opportunity to give back.

It allows us to support our young people as they strive to make their way, just as many did for us as we began our journey. The scholarship awards \$200 to each recipient.

The GHLST Scholarship Committee currently consists of Garry Traynham, (chairperson), Anne Arnold, Craig Lindsay Sr., and Fannetta Gore. We have instituted a short application process for graduates to complete and submit to the Committee on or before July 18, 2026. Applications can be obtained by contacting Garry Traynham (contact information below) or any member of the Scholarship Committee.

To apply for a scholarship award, the student or immediate family member must submit an application to the Scholarship Committee by the due date, along with a copy of their letter of acceptance issued from the accredited institution of higher learning in which they will be or are currently enrolled. Recipients are limited to no more than two awards over their academic career. For students re-applying, they must re-apply for scholarship funds and be approved by the Committee.

The applicant or immediate family member must be a current dues paying member of GHLST Reunion.

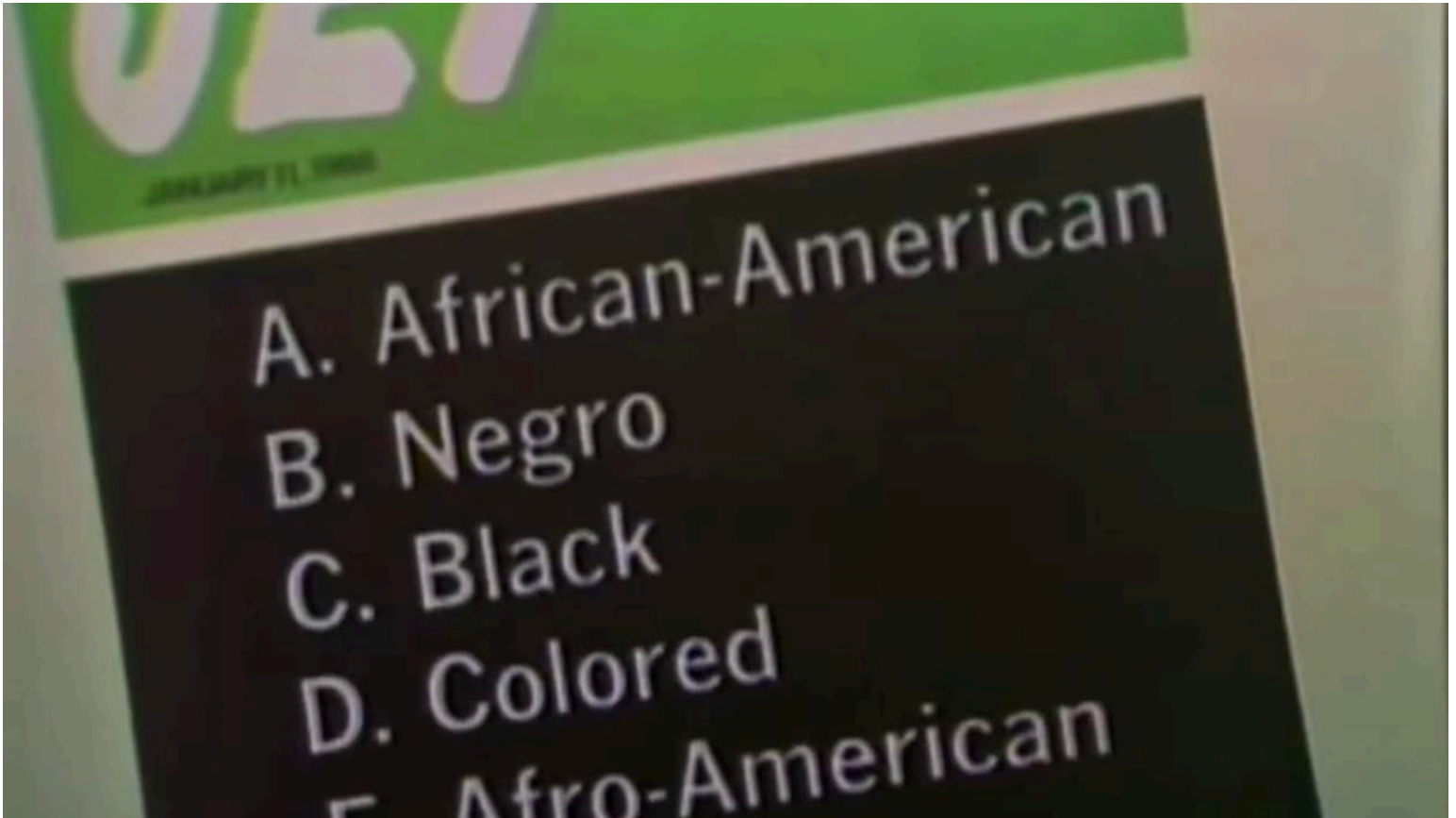
We also urge all to make a donation to help fund the scholarship program. Donations can be made in any amount, and donors will be recognized on the recognition plaque. The plaque recognizes the contribution of each donor and places their name in a grouping commiserate with the amount donated and will be on display at the next GHLST Reunion.

To make a donation or receive an application please contact Garry Traynham at 219-575-0069 or gtrayn54@gmail.com or by mail at 2822E 850N, La Porte, Indiana, 46350, Fannetta Gore fannettahgore@bellsouth.net or by mail at 3901 Logan Ln., Winston Salem , NC 27105 or contact any member of the Scholarship Committee.

THE QUESTION!

Our identities are shaped by history, family, culture, and personal experience.

There may not be one correct answer.



We encourage you to begin this conversation at home with your family.

How do you want to be identified?

Talk about it, reflect on it, and share your thoughts.

When we gather at the reunion, we will continue the conversation together.

Family Businesses Spotlight

brownicity

This newsletter edition we're excited to highlight the work of one of our own, Dr. Lucretia Carter Berry and her company, Brownicity. Read on to learn Dr. Berry is an author and educator whose work focuses on cultural competence and racial literacy in ways that are practical, creative, and human.

Through Brownicity, she offers courses, professional development, and interactive workshops for educators, leaders, caregivers, and families. The learning experiences are engaging and conversation-based, designed to help people talk honestly about difference, heal from harm, and grow together—without shame or jargon.

She also creates family-centered programming for children and parents, making learning accessible and meaningful across generations. Brownicity partners with schools, organizations, faith communities, and families who want tools they can actually use in real life.

Services/Offerings:

- Courses and learning cohorts
- Professional development and staff training
- Workshops and speaking engagements
- Family-centered programs and resources

Geographic Area Served: Local (NC), regional, national, and virtual

To learn more about Dr. Berry's organization, check out her contact details below.

Contact Information:

Dr. Lucretia Carter Berry

Email: connect@brownicity.com

Website: www.brownicity.com

Instagram: [@brownicity](https://www.instagram.com/brownicity)

Do you own a business? If so, we'd love to feature you in a future newsletter! The Family Business Spotlight is a simple way to celebrate family entrepreneurship, strengthen connections across branches and locations, and help family members better understand the services and expertise that already exist within our community. Email ghlstfamilyreunion@gmail.com to submit your business.

We LOVE to EAT

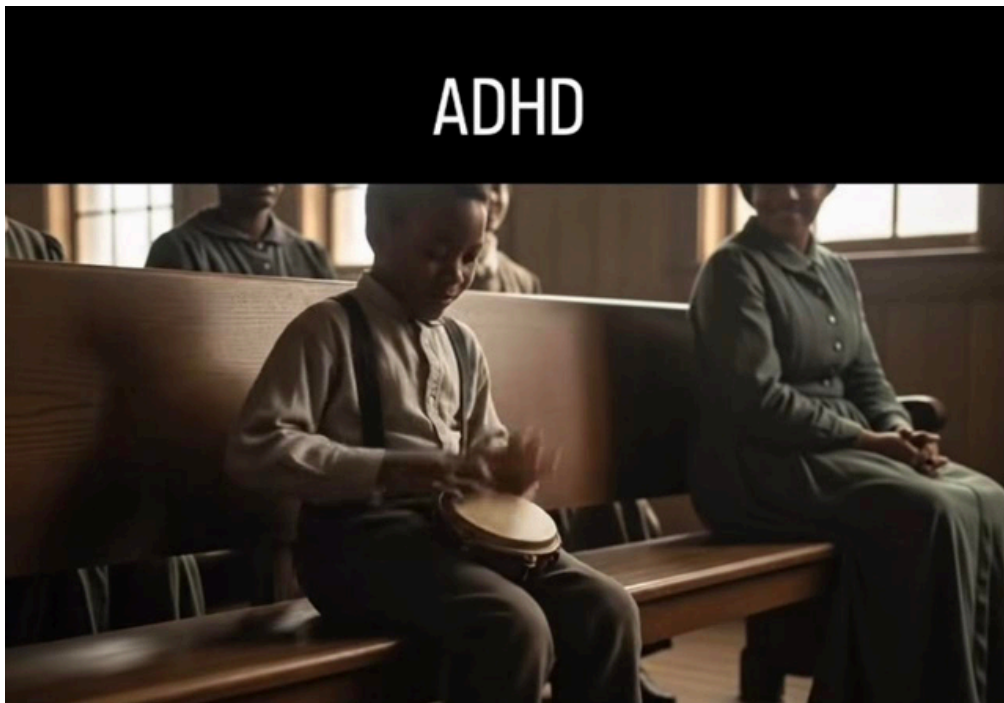


There's nothing like the smell of food on the grill to bring everyone together. As we gather for our reunion, remember that a great BBQ is about simple flavors and shared moments.

Keep the grill hot, season food well, and give burgers and chicken time to cook without rushing them. Don't forget to add a few vegetables like corn or peppers to the grill for extra color and flavor.

Most importantly, enjoy the time together. The real secret to a great BBQ isn't just the food it's the laughter, stories, and memories made when family gathers around the table. ❤️

Education Matters to US



ADHD

Honoring wisdom from the past while learning from the present

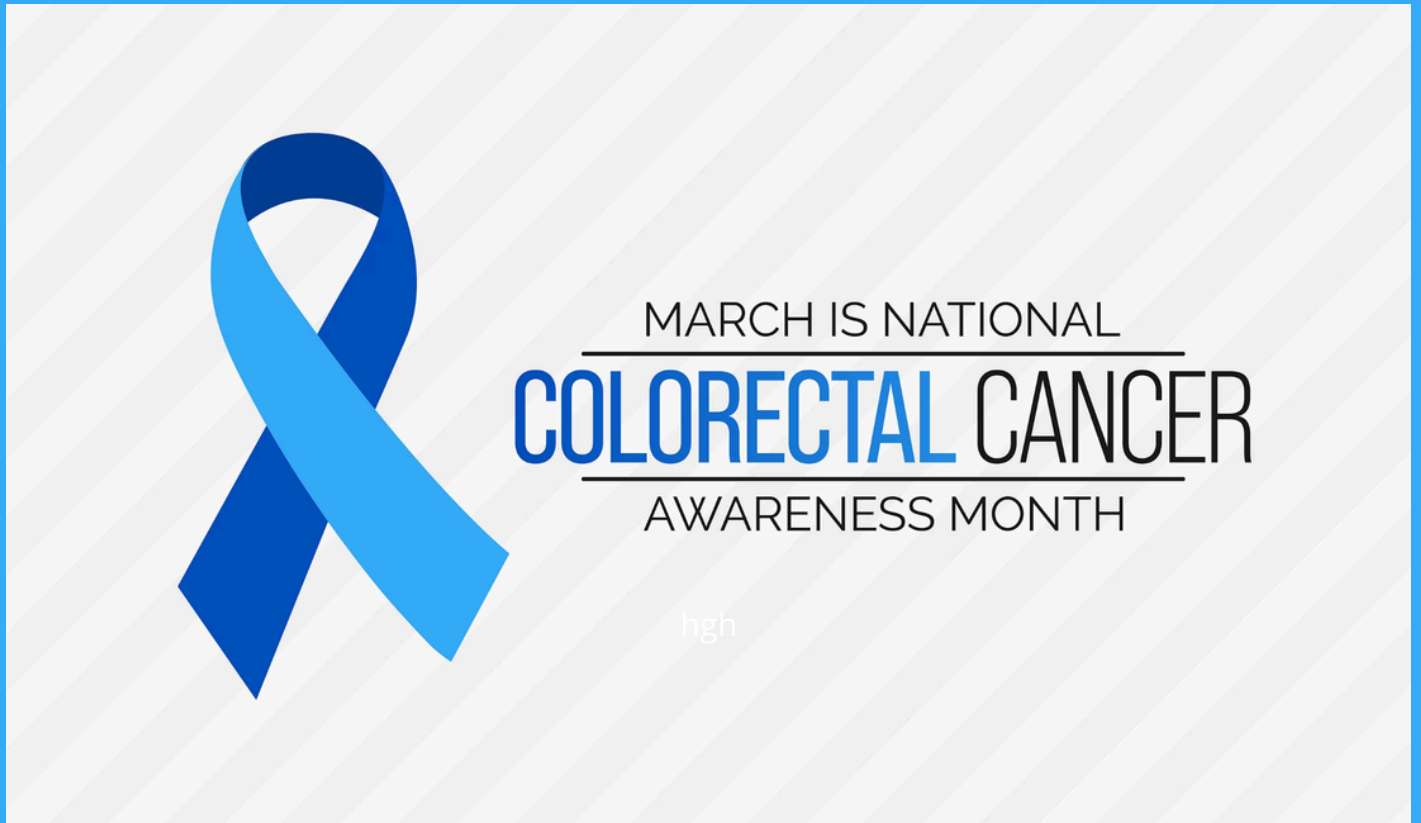
Long before Attention-Deficit/Hyperactivity Disorder (ADHD) had a medical name, many families simply recognized that some children carried higher energy, deep curiosity, and fast-moving minds.

Elders often focused on helping the body regulate that energy through routine, outdoor play, sunlight, music, and meaningful physical activity. Children were encouraged to move, explore, create, and stay engaged with the world around them. These practices helped restless hands stay busy and active minds stay connected.

Today, ADHD is understood through medical and educational research. Teachers, parents, and healthcare professionals work together to support children through structured learning, behavioral strategies, and, when needed, medical care. At the same time, many families continue to remember the importance of balance—movement, nature, creativity, rhythm, and strong community support.

GHLST family, when we combine modern understanding with the wisdom of past generations, we create stronger support systems for our children.

Are you taking care of your health?



March is National Colorectal Cancer Awareness Month. Colorectal cancer is the third most diagnosed cancer in all genders, and as black individuals, we are 20% more likely to get colorectal cancer, and we face a 40% higher colorectal death rate compared to other groups.

Early detection and prevention is key, as one of many factors contributing to these statistics is late stage diagnosis. Regular screenings (like colonoscopies, among other tests) can identify disease early or prevent it entirely, making screenings important for closing the mortality gap amongst our people.

The American Cancer Society recommends regular screenings starting at age 45.

Learn the symptoms; know your family health history; and get checked out.



CALL FOR CREATIVES: The 86th Annual GHLST Family Reunion T-Shirt Challenge

Since 1940, we have been coming home.

Think back to 1940. Our elders navigated a world that didn't always make space for Black joy—yet they carved out a space for *us*. They planted the seeds of this reunion amidst trials we can only imagine. Today, in 2026, the world looks different, but the mission remains the same: Rise above, stay rooted, and bask in the love.

We are looking for a t-shirt design that tells our story—from the first handshake in 1940 to the group selfies of today.

The Theme: "Deep Roots, Rising Hopes"

Your design should weave together:

- The Legacy: A nod to our 1940 origin and the 86 years of resilience that followed.
- The Return: The feeling of pulling into the driveway and finally being "home."
- The Contrast: Honoring the trials faced by Black families then vs. now, and how we continue to thrive through community.
- The Vibe: Hope, sunshine, strength, and a whole lot of love.

Design Requirements

- Must Include: "86th Annual Family Reunion" and "Since 1940."
- Style: Open to your interpretation! Whether it's minimalist line art of a family tree, a vintage-meets-futuristic collage, or bold typography.

The Prize & Bragging Rights

Not only will your art be worn by every generation of the family (from the babies to the matriarchs), but the winner will also receive:

- A \$50 Visa gift card
- A featured "Artist Spotlight" recognition during the reunion cookout

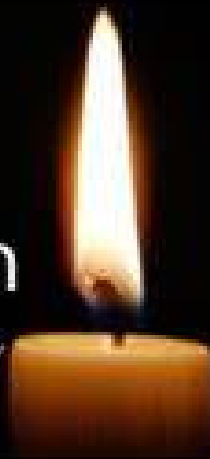
Important Dates

- **Submission Deadline:** April 12, 2026 by 11:59 pm
- **Voting Period:** April 13-19
- **Winner Announced:** April 26

Need help getting started? Click [here](#) for help sparking your creativity.

Please send questions and submissions to CeciliaSL007@gmail.com.

In Memoriam
never forgotten



When someone we love
becomes a memory, the memory
becomes a treasure.

For all the loved ones we have lost in the past, and the ones we've
lost recently, we honor them.

Out of respect, we are not including names. We don't want to
overlook anyone.

We recognize the importance of their lives, so let us all take a
moment to reflect on them.



OUR FAMILY,
Is a circle of strength;
Founded on faith,
Joined in love
Kept by God, together
FOREVER





Help us spread the word!

If you know someone that is not receiving the newsletter, please send their email address or home address to readmoreconnors@gmail.com and add GHLST in the subject line.

