

GHLST 2025 NEWSLETTER!

Are you a Grimes, Hines, Lindsay, Self or
Traynham?

It's our 85th REUNION this YEAR
and this newsletter is about you, and your
history in this amazing family.



Inside this issue

- Membership Dues
- Scholarship Info
- Featured Family Member
- Your Business is Our Business
- A Family Recipe
- Book Recommendation
- Our Health
- In Loving Memory

SAVE THE DATE!!!

GHLST FAMILY REUNION

**Friday August, 15, Saturday August 16
and Sunday August 17th**

**More details about the reunion will be
provided shortly**

Membership Dues

Your membership dues matter. Your dues help to ensure that we have the resources we need 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!

You can pay your membership dues by mail or by cashapp. Details are listed below.

GHLST Treasurer Fannetta Gore, Fannettahgore@att.net ph.336.745.1375 or by mail at 3901 Logan Lane, Winston Salem, N.C. 27105 or at CashApp: *GHLST Reunion*. Dues are \$15.00/person, ages 21-79.

SCHOLARSHIPS MATTER

GIVING or RECEIVING Your Participation is important to GHLST

As we prepare for the 2025 GHLST 85th Family 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. In an effort to recognize and commemorate the significance of our 85th Family Reunion the scholarship amount has been increased to **\$500.00** per recipient for the 2025 celebration.

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 GHLST Scholarship Committee currently consists of Garry Traynham, (chairperson), Anne Arnold, Craig Lindsay Sr., Fannetta Gore and Derrick Hines.

We have instituted a short application process for graduates to complete and submit to the Committee on or before **May 23, 2025**. Applications can be obtained by contacting Garry Traynham – contact information is listed below or any member of the Scholarship Committee. In order to apply for a scholarship award, the student or immediate family member must submit an application to the Scholarship Committee by the due date above, along with a copy of the letter of acceptance issued from the accredited institution of higher learning in which they will be enrolled or are currently attending. Recipients are limited to no more than two awards over their academic career. Previous scholarship recipients may re-apply for scholarship funds and be re-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 that will help fund the Scholarship program. Your donation can be made in any amount that you are comfortable with. Donors will be recognized on the recognition plaque that has been created to acknowledge those who have given to support our family's students. 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, or contact Fannetta Gore at fannettahgore@att.net or by mail at 3901 Logan Ln., Winston Salem , NC 27105 or contact any member of the Scholarship Committee.

**The Featured Family Member is
YOU**



Take a moment and answer the following questions. Who are you in this family and how are we related?

No rush to answer, we want to hear all about your connection at the reunion. However you came into this family, we are related. Our ancestors, elders came together and understood that our legacy is important and it matters.

Your Business is our Business



What is your business and how can we support you?

We know that Black entrepreneurs play a crucial role in economic development, social progress, and cultural representation. We understand that your business enables long-term financial stability and has the power to create generational wealth.

We want to uplift you and your work.

We encourage you to bring samples of your work, or just talk about your business at the reunion.

We will provide more details about how we will be sharing soon.

FOOD and Fellowship

What is your favorite Food Reunion Memory? Do you have a favorite dish that stands out at the reunion or that your family shares? We want to hear about it. I hope you're smiling and tasting it as you think about it.



KEY FOODS that you will find at our picnic. Here's a little history about how they became a part of our history.

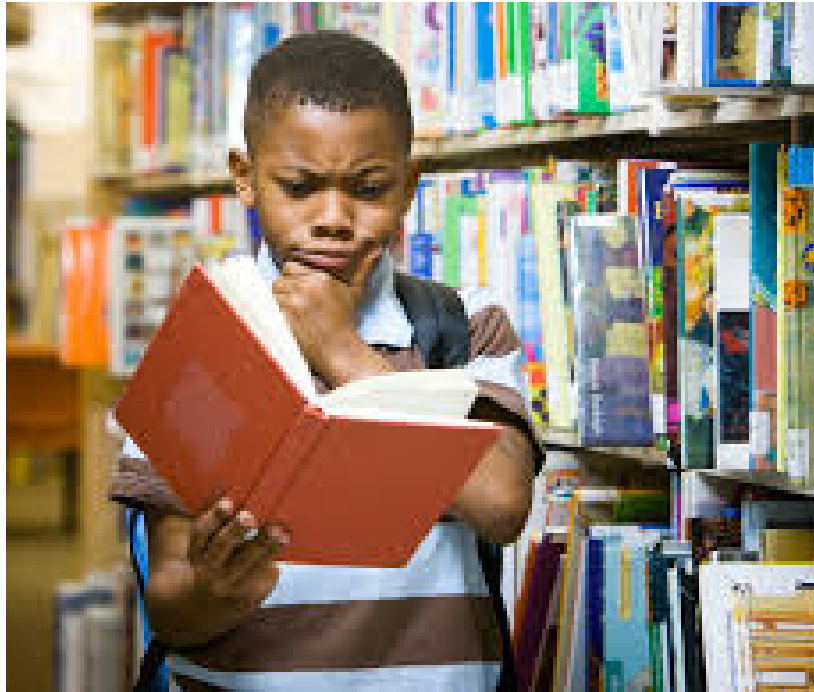
- Fried Chicken & Fried Fish
Fried food became popular because they were easy to prepare and transport.
- Sweet Potatoes & Yams
Candied yams and sweet potato pie are rooted in West African traditions of using yams in both savory and sweet dishes.

We celebrate with food at our reunion. It represents not just a style of cooking, but a story of our survival, resistance, creativity and love.

Read, Enjoy and Share
We are a family of readers and writers.

As a family of readers we understand that reading is incredibly important, because it expands our knowledge, and improves our communication skills.

As a family of writers our ability to create stories, share information is our strength.



This year we will be hosting a family BOOK SWAP
Bring your favorite book, children's, young adult, novel or non-fiction.
Write a short note and let's be ready to share!!!
More details will be shared shortly.

Our Health

The Importance of having a Hygienist.



A hygienist provides personalized tips on brushing, flossing and diet to improve your oral hygiene routine. Having regular cleanings help identify early signs of cavities, gum disease or even oral cancer, allowing for prompt treatment. A hygienist provides personalized tips on brushing, flossing and diet to improve our overall hygiene routine.

If you ever wanted to ask a Hygienist a question, you can bring your question to the reunion. We have one in the family.

Calling all experts and novice creators!

Our reunions are always special, but how can we make this momentous 85th year great?

Your ideas and suggestions and committment to do something would be greatly appreciated. Be on the look out for an 85th interest committee meeting soon.

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.



Gentle Reminders

2025 GHLST Family Reunion, August 15-17

Membership Dues: GHLST Treasurer Fannetta Gore,
Fannettahgore@att.net , ph.336.745.1375 or by mail at
3901 Logan Lane, Winston Salem, N.C. 27105 or at GHLST Reunion
CashApp. Dues: \$15.00 ages 21-79

Contribute to the
GHLST – BETTY AND JOHN COOPER SCHOLARSHIP FUND

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

We need your help to spread
the GHLST good news.

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.