

GHLST GRIMES, HINES, LINDSAY, SELF, TRAYNHAM

**SHARE SOME GOOD
NEWSLETTER
2024**

**OUR PAST, PRESENT AND FUTURE!
WE ARE JOY!**



Future GHLST BOARD MEMBERS



**Loretta Hawkins
Featured Family Member**

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First Things First

GHLST 84th Reunion

Location: High Point, North Carolina

Dates: August 16-18, 2024

Friday, August 16, 2024

Meet-N-Greet:

Location TBD

Saturday, August 17, 2024

Cookout: High Point City Lake Park, 602 W Main St, Jamestown, NC 27282

Shelter #9

Time: 12:00 p.m.-6:00 p.m.

Food: (See SignUp Genius) <https://www.signupgenius.com/go/30E0A4DA5A92AA1FB6-ghlst#/>

Activities: Fishing, Swimming, Train Rides, Playground, Food, and Games

Sunday, August 18, 2024

Church Service: 3918 Abbotts Creek Church Rd, Kernersville, NC 27265

Memorial Candle/Lighting

Family Meeting

Dinner on the Lawn

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@bellsouth.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

Our Scholarship Recipients are out there making us proud._

Edward “Ed” DiJoseph is the grandson of Anne and James Arnold. We are happy to share that he is not the only scholarship star shining. His sister Christen and brother Michael are making us proud, too.



GHLST – BETTY AND JOHN COOPER SCHOLARSHIP FUND

As we prepare for the 2024 GHLST 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.

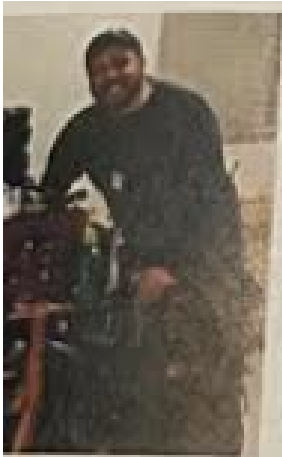
For those of us who have progressed further down the path of our chosen careers, the GHLST –Betty and John Cooper Scholarship Fund provides us with an opportunity to give back. It allows us to support our young people as they strive to make their way, just as many did for us as we began our journey.

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 July 20, 2024. Applications can be obtained by contacting Garry Traynham – (contact information 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. The repeat student 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.

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 commensurate with the amount donated and will be on display at the next in-person 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.



Ed DiJoseph is a Philadelphia-based Gaffer and Lighting Programmer, working primarily on commercials, feature films, and episodic television shows. A former student of Drexel University's Cinema & Television Department, Ed has a wealth of experience working in various roles on set. Notable projects include: *Mare of Easttown* (2021), *Concrete Cowboy* (2021), *Free Meek* (2019), and *Hustle* (2022)

**Featured Family Member
Loretta Hawkins**



If you Google *Who is Loretta Hawkins?* you are going to find out a lot, but because we're family, we can share more.

Poetry is her secret sauce.

If you Google *Who is Lorretta Hawkins?* you are going to find out a lot, but because we're family, we can share more.

Poetry is her secret sauce.

For some of us, she's in this family as mother, a sister, aunty, and for a lot of us she's in this family as a cousin. Whatever title she wears for you, you know that she is someone special. So what makes her so special? Let's start with the fact that she is the proud granddaughter of John Hines and the daughter of Laurine "Blink" Hines Sanders. She is the wonderful mother to Robin Hawkins, Dionne Hawkins and Sherri Dismuke. She has three grandchildren, Xavier Dismuke, 21, Aireyanna Dismuke, 18 and Cheyenne Dismuke, 16. Her immediate family pours love into her, and she pours it out to us.

Let's talk about the love she shares with all of us. Lorretta is a part of so many meaningful projects that honor history and culture. She is a current member of the Chicago Association of Black Storytellers, Collaboration Theatre and the Forgive Us Project. Sharing her love for history and culture is very important to her.

And where did Lorretta develop a love for poetry? Where did she learn that poetry is profound and should be shared with enthusiasm and deep consideration? She learned it from her mother. Lorretta shared that our family has a long history of reading and appreciating reading. She recalls her grandfather sharing stories about how Moravian Protestant slave owners allowed the slave children to learn to read. They learned to read the bible. She recalls her grandmother holding a bible and reading passages. Her grandmother would teach her daughter, Lorretta's mother Laurine, how to read.

Lorretta is a proud teacher, retired from the Chicago public schools. As a teacher she brought her love of poetry into her classroom. She had her students memorize and recite poems as a mandatory part of her class. She explained that students had to recite Henry Wadsworth Longfellow's A Psalm of Life to earn a "C." In order to earn an "A" the students would have to recite it using energy and charisma. She chuckled thinking back at how the students worked to earn that "A."

Lorretta stated, "We come from a long line of extremely proud people!" And without question she is continuing to make us so VERY PROUD.

In honor of celebrating her poetry and family, we are hosting a GHLST poetry share night in March. Lorretta will be reading some of her beautiful poems, and if you want to share a favorite poem, please feel free. The date for this meeting will be in March and we will send out more information shortly.

more info about Lorretta Hawkins can be found
<https://www.aseblackstorytellers.org>

Your Business is our Business



We are a family of:

Fashion Designers

www.corindemrco.com

Auto Care Shop Owners

360 Auto Imports Parts

360autoimports.com

Insurance Agents

Artist

and so much more

We know that you are out there handling your business and we want to shout you and show our support. So if you are GHLST business owner please add your business to our GHLST website

Grilled or Deep Fried

Michael Hines Makes Sure We All EAT GOOD

Here are a few grilling and deep frying tips that you can use at home, but when you get to the reunion be sure to ask Michael his secret techniques for making everything taste so good.



Three Basic Grilling Tips

1. Set up your grills for two zone cooking.
2. Know when to season your meat.
3. Make sure your meat is prepped and at the right temperature before you grill it.

Three Basic Tips for Deep Frying

1. Maintain oil temperature
2. Do not overcrowd
3. Do not overcook

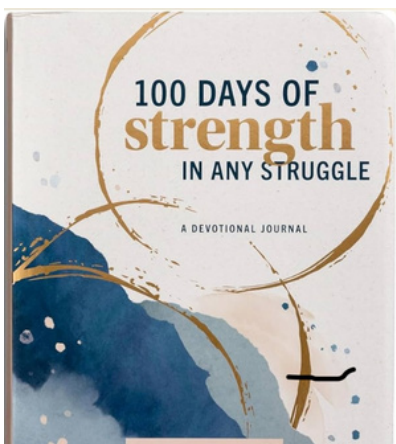
Read, Enjoy and Share



She did it again, and this one is great too

100 DAYS of strength IN ANY STRUGGLE by Lucretia Berry

What if you could see God clearer and know Him deeper in the middle of your struggles? You don't have to keep trying to muster up more grit, willpower, or wisdom on your own. You can tap into the source of true, unfailing strength. How? In this 100-day devotional, you'll discover where strength really comes from—Jesus, who holds everything together.



**Order on line @
<https://amzn.to/3Su31ZD>**

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Our Health

The Importance of having a Primary Care Physician



A primary care physician helps us to manage our health. That physician can be the one we reach out to with any medical concerns. A primary care physician can answer our basic and complex medical questions. They can teach us ways to make better choices about our health decisions. They can make sure that our vaccines are up to date. They can suggest screenings for issues before we notice them. A very strong reason we should have a primary care physician is that we can build and develop a meaningful relationship.

How do you find a primary care physician?

Talk to family members and friends about physicians they trust, and ask your health insurance company to help you find someone in your network.

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

GHLST Family Reunion 2024, August 16-18

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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*