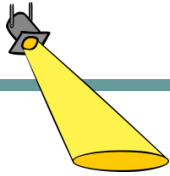


Winter 2021

Celebrating 102 years of Service 1919-2021



Girls Service League

Past Recipient Spotlight



Grace Radden and her family.

I graduated with my bachelors from Texas A&M in 2016, got married in 2017, gave birth to my son in 2019, and am currently in my last semester of graduate school to obtain an MS in Applied Psychology. In October of 2020, my family and I moved to the Denton area so I could begin a new job at Denton County Friends of the Family, a family violence shelter. My job is to assist victims of family violence obtain permanent housing and provide housing stability case management to them, while also partnering with other resources in the area to meet our clients' basic needs. Grace Radden

President's Message

Happy New Year!

I hope this Newsletter finds you happy and healthy. We are getting many applications for scholarship funding. This is a very exciting time for as this is what we are all about.

Please put Thursday, March 18, 2021 at 7:00 pm on your calendar for a member Zoom meeting. We have some exciting ideas to share with you. You will be called to explain what it is all about by our committee. We look forward to speaking to each one of you. Have a wonderful day!

Peace be with you and stay safe.

Paula Snider, GSL President



*May your eyes, mind and heart
be filled with true spirit of starting a new
year that gives a
fresh dimension to your life.
Happy New Year to You!*

IMPORTANT MEMBER MEETING

Message to General Members

You received a letter in December from President Paula Snider informing you that the Executive Committee of Girls' Service League is considering a process to reconstruct the administration of the League. A Special Committee of the elected officers is exploring the process.

There will be a Zoom meeting on Thursday, March 18, 2021 at 7:00pm to discuss and vote on the proposal. Details of the proposed change in administration will be sent to all members prior to the meeting by USPS mail. You will be encouraged to call the office to leave questions on the recorded message or submit questions by email. A member of the Special Committee will call you to encourage your attendance at the meeting and answer any questions related to the proposal.

Claudia Coggin

Scholarship Update

What better way to celebrate Women's History Month than to shine a light on the GSL commitment to educating women. We currently have 22 applicants. Soon the scholarship committee will start the application review process to determine finalists and schedule interviews. Because of COVID, applicant interviews will be done via Zoom this year. Scholarship finalists will be announced to GSL members in the next quarterly newsletter.



To our regret, we neglected to include Doris Peterson on our December Birthday list. To compensate for this error, we wish Doris a very special belated Happy Birthday!

Doris Peterson – December 6

February, March & April Birthdays

- Jennifer Davis - Feb 1
- Willette Lawsha-Feb 8
- Joyce Sapp-Feb 12
- Claudia Coggin -Feb 29
- Dana Ermis Apr 1



Notable Dates for February, March and April:

February 14 – Valentine's Day
February 17 – Ash Wednesday

March 21 – Daylight Savings begins
March 27 – Passover starts

April 2 – Good Friday
April 4 – Easter
April 12 – Ramadan starts
April 15 – Tax day

Message from Jan—



Anxiety can creep in at any time. We live in a world that attacks us daily with events and situations that cause worry and panic to rise. Anxiety, if left unaddressed, can slowly rise to a level of non-stop panic and fear. While we may do a good job at hiding and masking it, the anxious feelings will destroy from the inside out. From the inability to focus on tasks to panic attacks. We can fight anxiety through prayer and casting our worries on God. Only He can give you the peace you need. You can trust God with today and tomorrow. Through prayer, you can release worry to Him. The best thing you can do when you feel anxiety rising is to take it to God in prayer. Surrender your worries to Him and receive His peace.

The more we dwell on the bad things, the worse we feel energy wise and health wise. One fact of life is that we all face trials, troubles and tragedies at some point. God is there to listen when we pray.

May God bless you all, heal your hurts and anxieties and calm your fears. In Jesus name, Amen

PRAYER

May God bless you all, heal your hurts and anxieties and calm your fears. In Jesus name, Amen

Jan Simcox- GSL Chaplain
jeanettesimcox@hotmail.com

MONTHLY HIGHLIGHTS

FEBRUARY is Black History Month

Black History Month is an annual celebration of the achievements by African Americans and a time for recognizing the central role of Blacks in US history. The event grew out of "Negro History Week" founded in 1919 by Harvard graduate and historian Dr. Carter Woodson and other prominent African Americans. In 1926 the second week of February was chosen to coincide with the birthdays of Frederick Douglass and Pres. Abraham Lincoln. In 1976, Pres. Gerald Ford officially recognized Black History Month calling upon the public to "seize the opportunity to honor the too often neglected accomplishments of Black Americans in every area of endeavor throughout our history."

Little Known Facts

Can you match the African American woman's name to her contribution to American society?

- A. Barbara Jordan B. Augusta Savage C. Madame C.J. Walker D. Henrietta Lacks
E. Dr. Mae Jemison F. Katherine Johnson G. Gwendolyn Brooks H. Ruth E. Carter

1) In 1992, she traveled to space aboard the shuttle Endeavor. 2) After death in 1951, her cells advanced medical research by having the unique ability to double every 20-24 hours. 3) In 1950 she won the Pulitzer Prize for poetry and served as a poetry consultant to the Library of Congress. 4) She created the 16 ft. tall sculptor "The Harp" for the 1939 New York World's Fair. 5) She verified the calculations made by early computers of John Glenn's 1962 orbit launch. 6) She became a millionaire by inventing a line of African American hair products. 7) In 1972 she became the first African American woman elected to Congress from the south; and 1976 first woman to give a keynote address at the Democratic National Convention. 8) In 2019 she was awarded an Oscar for Costume Design at the Academy Awards ceremony for her work in Marvel's *Black Panther*.

Answers: 1E, 2D, 3G, 4B, 5F, 6C, 7A, 8H

MARCH is Women's History Month

1909 – 1978 – 1987

The first Women's History Day took place on February 28, 1909 in New York City as a national observance and was organized by the Socialist Party honoring the one year anniversary of the garment worker's strike in NYC. Since 1987 Women's History Month has been celebrated in March by recognizing the often overlooked contributions and accomplishments women have made to US history. It grew out of a week long celebration in 1978.

In 1980, Pres. Jimmy Carter issued the first presidential proclamation declaring the week of March 8 as National Women's History Week. In 1981 the US Congress passed a resolution establishing a national celebration.

Noteworthy quotes from famous women:

"Where there is a woman, there is magic." - Ntozake Shange

"Above all, be the heroine of your life, not the victim." - Nora Ephron

"Each time a woman stands up for herself, she stands up for all women." - Maya Angelou

"I want every girl to know her voice can change the world." - Malala Yousafzai

"God may have created man before woman, but there is always a rough draft before the masterpiece." - Unknown

APRIL is Stress Awareness Month

No one is immune to stress, it is a part of living. It's important to recognize stress and have knowledge to deal with it. Here are a few tips to help manage stress:

Put your feelings on paper. Writing things down allows your brain to release and not hold on to thoughts.

Eat healthy, exercise regularly and get enough sleep. Make self care a priority.

Do something you enjoy/learn a new skill.

Be your own advocate and learn to prioritize what is going on in your life.

Laugh and smile. Do something fun for yourself.

Let some things take a backseat until you feel up to tackling them. Ask for help when needed.

Do something for someone else.

Create healthy boundaries.

Additional strategies to consider if you're employed:

Set realistic goals

- Take a lunch break

- Exercise with a friend.

Go home on time.

- Leave work at work.

- Develop a healthy work/life

Getting enough sleep allows your brain to detox.

balance.

GSL Members' ANSWERS!

Questions

1. What song would be good to share with a loved one on Valentine's Day?
2. In recognition of Women's History Month, what famous woman, living or dead, do admire and why?



Answers

1. I'm very partial to the love songs of the 40s era. There are many beautiful and dreamy songs I would share with a loved one but one in particular by Nat King Cole is "I Love You for Sentimental Reasons". His voice always sends me back to my teenage years!

2 A Famous woman that I would pick (naturally) would be Florence Nightingale, since my background has been nursing for 60 years. Some background on Florence Nightingale is: -- (12 May 1820 – 13 August 1910) was an English social reformer, statistician and the founder of modern nursing. Nightingale came to prominence while serving as a manager and trainer of nurses during the Crimean War, in which she organized care for wounded soldiers at Constantinople. She gave nursing a favorable reputation and became an icon of Victorian culture, especially in the persona of "The Lady with the Lamp" making rounds of wounded soldiers at night.

Jan Simcox

1. I would recommend singer and songwriter Luther Vandross for Valentine's Day, I love all of his music and attended several of his live concerts. The selection of one song is quite difficult for me, but you can't go wrong with "Here and Now" and "If This World Were Mine," a duet with Cheryl Lynn.

2. I select an up-and-coming famous young lady, Amanda Gorman, a 22-year-old poet who wrote, read and performed, by that I she is a consummate storyteller, who used her voice, expressions, arms and hands when recited the inaugural poem for President Joe Biden. Her poem made her famous instantly because she made history in doing so. She had a message that resonated with people worldwide. The title of her poem is, "The Hill We Climb." Amanda Gorman is the first woman of color and the United States' first National Youth Poet Laureate.

Phyllis Burton-Jenkins

1. Ruth Bader Ginsberg-She was an example for every professional woman who ever had to play in the "boys club" and be seen as an equal and be paid as an equal. She was smart, professional, well spoken, composed, and always asked the right questions.

2. Song-Be Happy!

Claudia Coggin

Good questions!

1. At Last by Etta James

2, Michelle Obama: Harvard educated lawyer, wife and mother. Former first lady of the United States, My Sorority Sister, Role model for many young women.

Michielle Benson

1. BARRY WHITE--- I'm Gonna Love You Just A Little More Babe ----- song

2. Famous Woman ---- Kamala Harris – Why? For being the 1st Black Woman Vice President

Opal McIntosh