

The Orchid



Welcome from the President

Greetings:

Welcome back from your summer break. Would you believe we have been sheltered in now for about seven months. By now you should be an expert in zooming and conference calling. Please remember the three “Ws” - Wash, Wait, Wear—Stay Safe, Stay Well, and Stay Strong. God got this and this will pass. We still must satisfy our thrust and project activities in innovative ways. We can’t have a great chapter with out each of us doing what we do best—serving TLOD and TTA, and we are depending on each other.



In this newsletter are highlights of the virtual zoom retreat, sickle cell walk, highlights of the top teens newsletter entry, Status of Women, NAACP activity, accolades - Lady Jacqueline White, and meditation.

I wish each of you peace, prosperity, love, and a heart full of happiness as we move forward.

Yours in service,

Lady Cynthia Carlton Thompson, President
Guilford County Chapter of Top Ladies of Distinction, Inc.



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GUILFORD COUNTY MEMBERS



The Late Lady Rebecca
Graves, Organizer

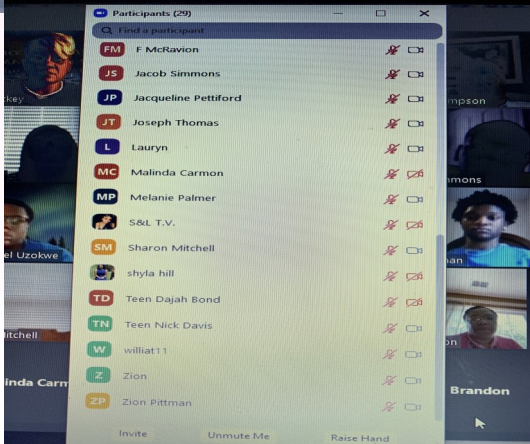
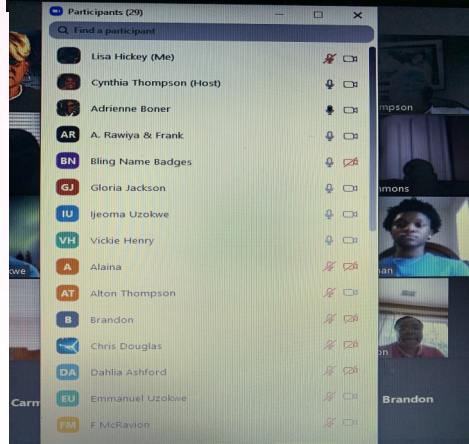
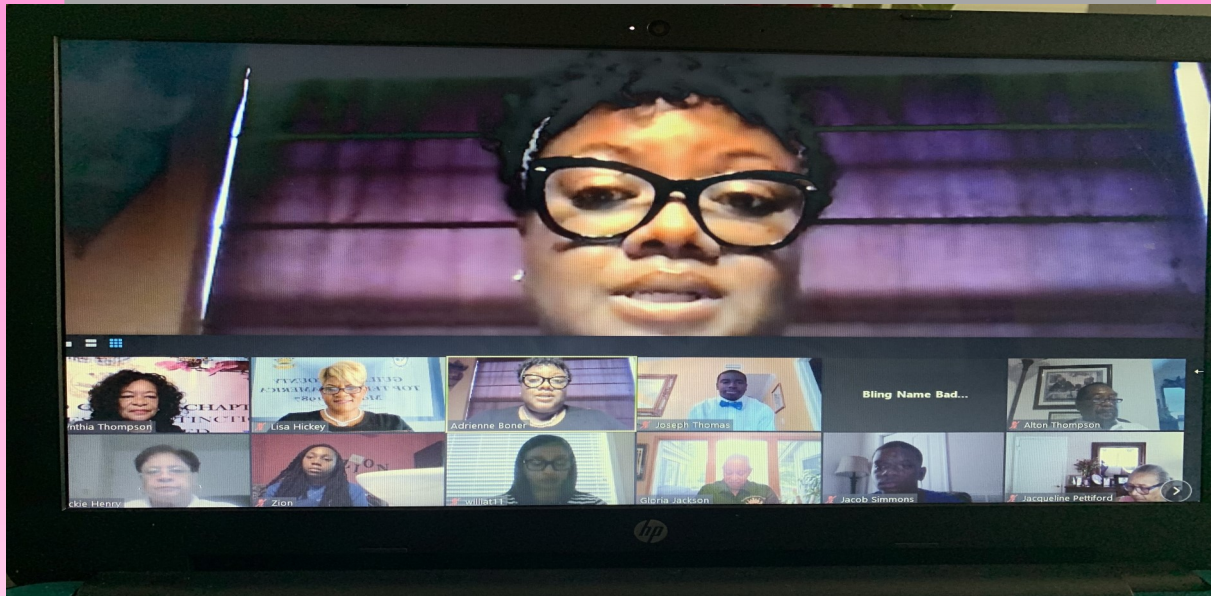
BIRTHDAYS

Lady Pearlie 8th
Lady Cynthia 8th

Current Members

Lady Dahlia Ashford
Lady Katetia Bennett
Lady Pearlie Bryan
Lady Malinda Carmon
Lady Lisa Hickey
Lady Vickie Hughes
Lady Gloria Jackson
Lady Faye McRavion
Lady Sharon Mitchell
Lady A. Rawiya Nash
Lady Melanie Palmer
Lady Gwendolyn V. Parker
Lady Jacqueline Pettiford
Lady Cynthia Carlton Thompson
Lady Ijeoma Uzokwe
Lady Jacqueline White
Lady Tammy P, Williams
Lady Theldora Williams

RETREAT KICKOFF AUGUST 2020



SICKLE CELL



LADY

“Shine the Light on Sickle Cell” Campaign celebrates the 10th Anniversary of World Sickle Cell Awareness Day on June 17, 2019. Wear Red. Lady Malinda and Friends, Teens and Lady Lisa

TEENS FEATURED IN NEWSLETTER

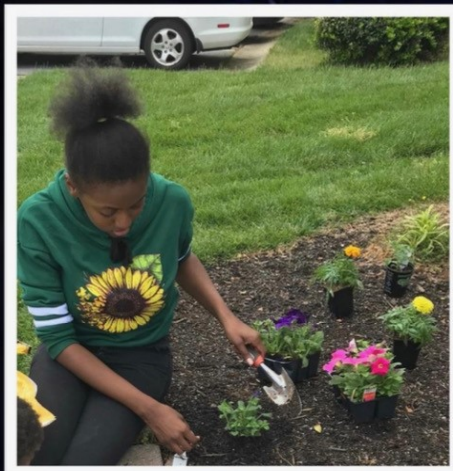


▪ Teen Spotlight Area IV ▪

Guilford County Chapter

Teen Dajah Bond

Teen Dajah Bond, with her brother, planting petunias and marigolds. Also, Teen Dajah is reading *Flowers in the Attic* by V.C. Andrews.



Teen Jacob Simmons

Teen Jacob Simmons planted three trees (Peach, Pear and a Willow tree) in his backyard with his nephew.





STATUS OF WOMEN

Tips for Exercise during COVID-19. According to the Center for Disease Control and Prevention, getting enough physical activity could prevent 1 to 10 premature deaths, yet only half of adults get the physical activity they need to help reduce and prevent chronic diseases.

Exercising could also help:

- Exercise boosts the immune system
- Exercise prevent weight gain
- Exercise reduces stress and anxiety
- Exercise improves sleep
- Exercise may be especially beneficial for older adults and people with chronic health conditions such as diabetes, arthritis, or heart disease.
- Regular exercise can help to improve balance flexibility, strength, mobility and cardiovascular health.

Suggestions to help you get moving:

- Exercise with family
- Get outdoors
- Follow along with online exercise videos
- Take a virtual class
- Challenge yourself
- Tackle calorie-burning chores



NAACP CHAPTER PARTNER WITH COLISEUM OUTREACH MINISTRIES



Lady Cynthia and Lord Alton provide voter registration information every Tuesday from 11:00—1:00 pm

ACCOLADES

Lady Jacqueline White

FAMILY BUSINESS AWARDS



Top executive:
Jacqueline White,
owner

City: Greensboro

What they do:
Lifestyle gift
boutique

**Generations
currently working:**
Two



African American Art & More

EST. 1989

Why selected? Lifestyle gift shop boutique African American Art & More was founded by Eresterine Guidry. Her daughter, Jacqueline White, now owns the boutique, which has its storefront at Four Seasons Towne Centre. Despite the changing retail landscape, African American Art & More has increased sales and diversified its offerings. Guidry and White also have a nonprofit called "Give a Book," which raises money to purchase books for people in prison.

Tell us about the family members who work in the business? Guidry, a TBJ Outstanding Women in Business honoree in 2007, concentrates on duties such as accounts receivable and payable, while White, a 2019 Women in Business honoree, focuses on the day-to-day operations of the brick & mortar store, social media engagement, maintaining the website and marketing for the brand.

What is your business growth strategy? Has it changed since the Covid-19 outbreak? Our business growth strategy has been to remain true to our brand and customers by sourcing unique items of interest to those that support us. We attend trade shows, subscribe to trade publications and travel the country sourcing unique items for our brand. Covid-19 required us to pivot and adapt into doing more Facebook live videos and promoting our website more heavily via social media.

Do you have a succession plan? Mother claims that she will be completely exiting the business in three to four years. However, I chuckle because I don't believe it. Our store is her third child behind myself and my brother. I am honored to have her around so that I can ask the various questions and still learn under her tutelage many things that my MBA never could have taught me. It's a blessing to be able to draw from her the essentials on what it takes to run a solid business and still be relevant 31 years later.



MEDITATION



Psalm 19:14: Let the words of mouth and the medication of my heart be acceptable in our sight, O' Lord, my rock and my redeemer.

We thank God for the recoveries:

Lady Pearlie

Lord Frank

Lord Jimmie

