

The Orchid



Welcome from the President

Greetings:

We are saddened by the loss of Lady Lisa's mother and Lady Vickie and Lord Jimmie's niece. Please keep the families in your prayers.



We have witness history of Vice President Kamala Harris becoming our first woman of color in the White House. On a sad note Cicely Tyson, actor, model has passed.

Leslie's House and Open Door Minister were the recipients of our donations for the Day of Service. We were embraced with a workshop presented to our Teens on Safety by Monika Gauthier, CEO of Keya Foundation on Sunday, January 31st.

We happy to report that we will have three ladies joining our chapter in March.

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.



TABLE OF CONTENTS

- Guilford Members.....2
- Birthdays.....2
- Vice President Kamala Harris.....3
- Cicely Tyson.....4
- National Day of Service.....5-7
- Look Who's Cooking.....8
- African American Hist. Month. .9
- Safety Seminar.....10
- Meditation.....11

Guilford County Members



The Late Lady Rebecca
Graves, Organizer

BIRTHDAYS

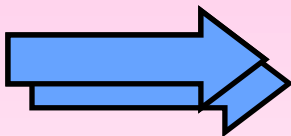
No February
Birthdays

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

Congratulations Vice President Kamala Harris

The first woman of color (black and Indian) became the
United States 49th Vice President



Cicely Tyson

***Cicely Tyson* (December 19, 1924 – January 28, 2021) was an American actress and fashion model. In a career spanning more than seven decades, she became known for her portrayal of strong African-American women. She will be missed.**



LADY MELANIE



Day of Service

Lady Tammy and Lady Lisa spearheaded the drop off Location at Griffin Recreation Center



National Day of Service

Top Ladies & Top Teens Guilford County Chapter Day of Service



**January 18, 2021
MLK day of Service**

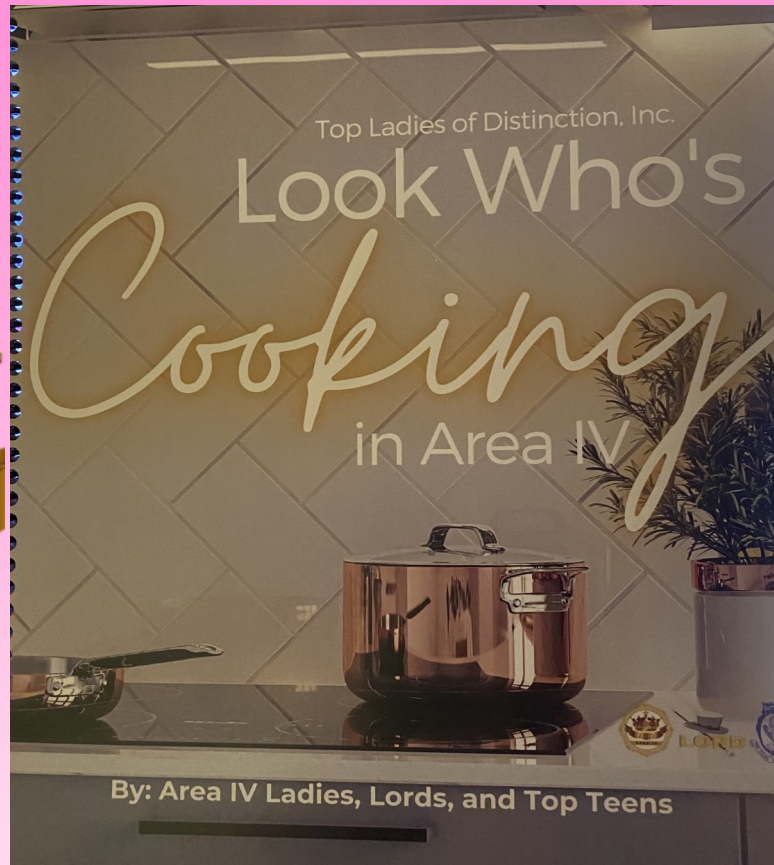


National Day of Service

Lady Tammy Making the Delivery Leslie's House and Urban Ministry



Look Who's Cooking



LADY JACKIE'S MAC & CHEESE



Submitted by: Lady Jackie White
Guilford County Chapter
Area IV Vendor Chair/TLOD Vendor
Shop online at TLODgifts.com

Ingredients

- 1 box of Macaroni
- 1 stick of melted butter
- 1 can Cheddar Cheese Soup
- Add Salt & Pepper to taste
- 1 cup of milk
- 1 egg
- 1 8oz container of sour cream

Mix:

- 1 box of cooked Macaroni
- 1 stick of melted butter
- 1 can Cheddar Cheese Soup
- Add Salt & Pepper to taste
- 1 cup of milk (to cod down before adding sour cream)

Next Add: 1 egg (uncooked) & 1-8oz container of sour cream

Mix all ingredients together with shredded mozzarella cheese. Spread in glass baking dish.

Add sharp shredded cheddar cheese on top as a topping.

Bake at 425 degrees for about 40-45 minutes.



LADY CYNTHIA'S SPICY BAKED CHICKEN



Submitted by: Lady Cynthia Carlton Thompson
President, Guilford County Chapter



Ingredients

- 8 chicken thighs or legs
- Caribbean Jerk Seasoning
- Curry Power
- Season Montreal Chicken Kick'n Chicken Seasoning and Rub
- Onion Power
- Garlic Power
- 2 cups of water

Cover chicken thighs or legs with all seasons: caribbean Jerk Seasoning, curry power, season montreal chicken, kick'n chicken season, seasoning and rub, onion power, and garlic power. Place chicken in a deep pan with two cups of water. Preheat the oven 350 degrees. Place in the oven and cook for an hour and half or until done in deep pan, cover chicken with Reynolds wrap.

LADY CYNTHIA'S MEATLOAF



Submitted by: Lady Cynthia Carlton Thompson
President, Guilford County Chapter

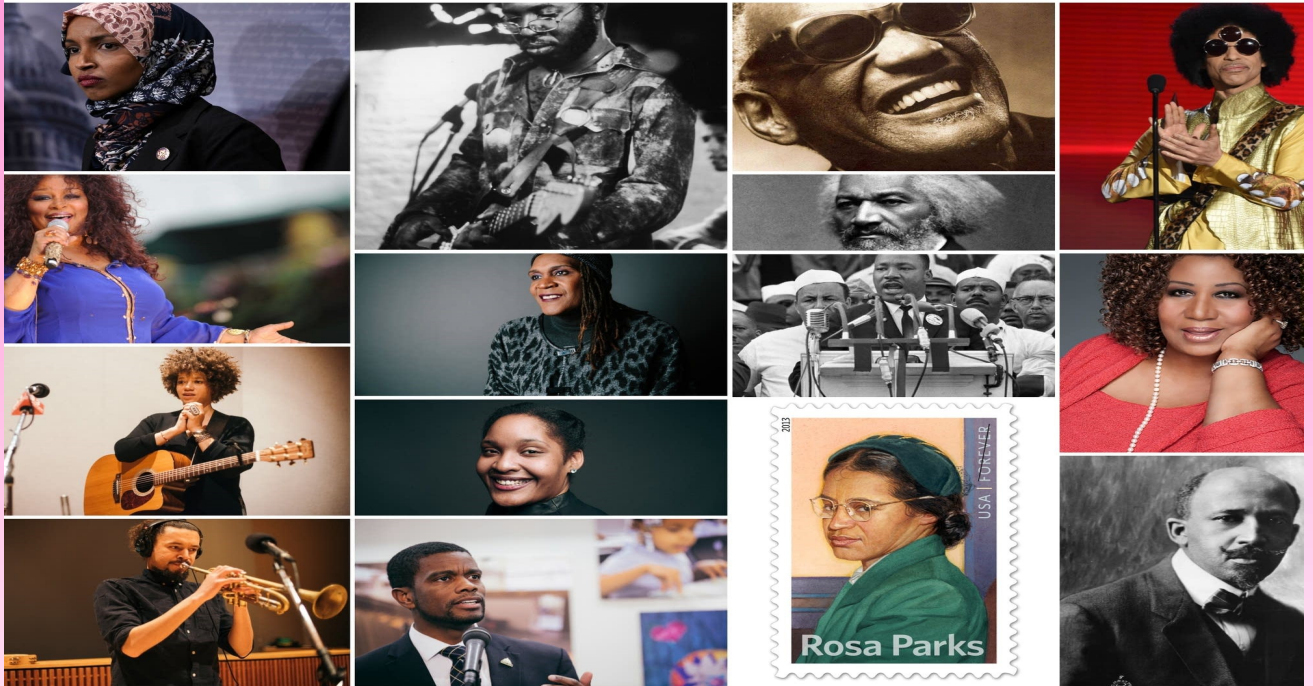


Ingredients

- 1/2 lb. ground beef
- 1/2 lb. ground turkey
- 1/2 lb. ground pork
- Pack and 1/2 Lipton onion soup
- Small chopped red pepper
- Small chopped orange pepper
- Small green pepper
- 4 cup barbeque sauce
- 1/2 cup of Kraft real mayo
- 1/2 cup of ketchup
- 1 Cup of brown sugar
- 1 Cup and half of breadcrumbs
- 3 tablespoons vegetable
- 4 tablespoons of All-American seasoning and rub

Mix together all the ingredients except the vegetable oil and 1/4 cup of barbeque sauce, grease the pan, 3 tablespoons of oil in the pan, shape the mixture, and put barbeque sauce on top. Bake for an hour on 350 or until cooked completely.

Can You Name African American History Month



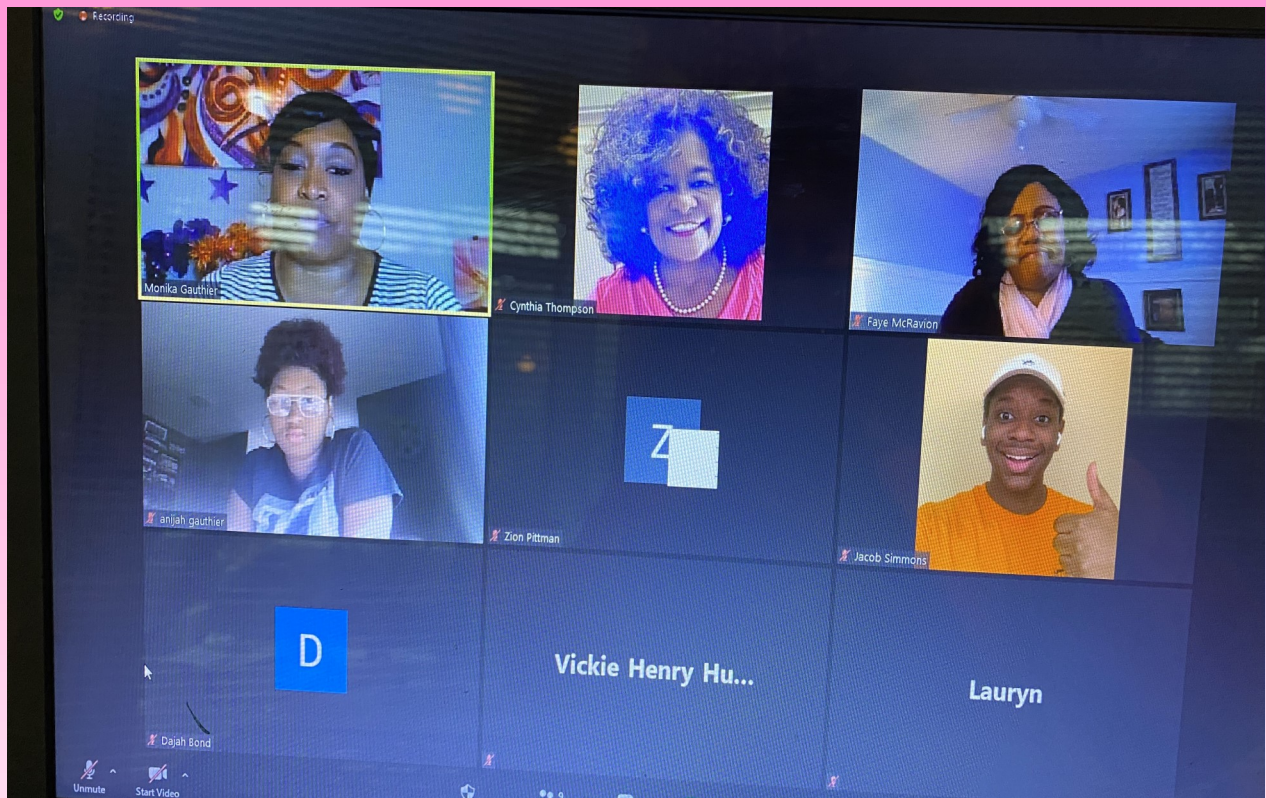
ALDINE ISD CELEBRATES

BLACK HISTORY MONTH



SAFETY SEMINAR

10



Monika Gauthier, Founder and Executive Director of The Keya Foundation presented to the Teens and Top Ladies a seminar on “Safety”. The mission of the Keya Foundation is to build organizational partnerships in under served communities, to provide knowledge, cultural renewal, and social health to individuals and families, which will ensure a future of endurance, longevity and protection for the people of the community.



MEDITATION



THE LORD BLESS YOU
with the riches of His
GRACE
with the treasure of His
LOVE
with the comfort of His
Mercies
with the strength of His
PRESENCE
with the touch of His
CARE