



NEWSLETTER

Bringing Preams to Life!

President's Letter

Hello Girl Friends,

Welcome to the second edition of our *Bringing Dreams to Life* newsletter, a publication of The Girl Friends Fund, Inc.

I can't believe the month of February is upon us! As we prepare for the season of LOVE...Let's be reminded that February is *Black History Month*. A time to pay tribute to the generation of African Americans who struggled with adversity to achieve full citizenship in American society. This month we celebrate the countless contributions African Americans have made throughout the history of this country.

February is also Heart Month and Friendship Month. I thank you for your friendship and celebrate each and every one of you. Lets raise awareness about heart health and practice a heart healthy lifestyle together...with family and friends.

A warm welcome is extended to our new board director GF Fawn Robinson from the Pittsburgh Chapter. GF Fawn has been the Fund's Scholarship Chair since 2015. Thank you for your dedication! We are delighted and excited to welcome her into the ranks of a Board Director...Welcome GF Fawn!



We are finalizing the details for our *Eunice Shreeves Scholarship Luncheon* that will take place on Thursday, May 21, 2020. In keeping with the *feel the love* theme of the 85th National Conclave with a touch of giving, our luncheon theme is "love to FUND a FUTURE." We hope you will join us once again as we aspire to raise funds to provide scholarships to high-achieving African American students, who face significant financial obstacles in their path towards a college education. Together, WE continue to fund scholarships...Thank you!

Please enjoy our February newsletter. You will find more details about the luncheon and a link to purchase tickets. Happy Black History Month...Happy Friendship and Heart Health Awareness Month...and Happy Valentine's Day!!!

Growing Future Funding,
Ann E. Walters-Pope
President
The Girl Friends Fund, Inc.



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I was Inducted in the Baltimore Chapter of Girl Friends on Sept 17, 1994, a little over 25 years ago. During my tenure, I have participated in many enjoyable activities and served in several roles. Currently, I am the chapter's Vice President and recently chaired the induction of six new members into our chapter. This year, I am chairing the 90th Anniversary Committee Celebration and serving on the steering committee for the 2021 Conclave. One of the roles that I served in for many years which brought me the greatest joy and reward was chairing The Girl Friends Fund Committee. I am proud of our track record of identifying over eight scholars who received the National Girl Friends scholarship award. Other roles in Girl Friends I have assumed include serving as delegate, nominating chair, corresponding secretary, Charterbox Editor, as well as participating on many committees - Social, By-laws, and 75 Anniversary Committee. I am now excited to join the board of The Girl Friends Fund.

My journey in Girl Friends has been filled with joy beyond measure - - marked by precious memories and fun-filled activities with life-long friendships!

New Board Director Fawn Robinson

GF Fawn Robinson is a member of the Pittsburgh Chapter where she was installed in 2013. By profession, GF Fawn is a Counselor Educator teaching master level counseling students at Carlow University in Pittsburgh. GF Fawn has spent the past 19 years working in higher education assisting students transition in and out of post-secondary education and developing their career journey. In 2015, GF Fawn started servicing The Fund as the GFF Scholarship Chair. The Fund provides the needed financial assistance and mentorship that GF Fawn so passionately loved to provide to her students. After five years as servicing as a nonvoting member of the Board, GF Fawn has been elected as one of the newest Girl Friends Fund, Inc. Board Members. GF Fawn will continue to service the Board as Chair the Scholarship Committee. GF Fawn is the great-niece of GF Shirley P. Smith and the cousin of GF Stephanie Myles of the Pittsburgh Chapter.



BLACE HISTORY ON THE

A Little-Known Girl Friends Black History Fact

n the summer of August 1927, Eunice Shreeves invited four close friends to her New York City home. She envisioned forming a social club to maintain the friendships they established that year. Henri Younge, Lillie Mae Riddick, Elnorist Younge, Thelma Whittaker and Eunice would be away at school for most of the year but felt formalizing their club would reinforce their friendship. The historic meeting was held over a "Pot of Stew" and the young women quickly agreed on the direction of their group. Lillie Mae suggested the name "Girl Friends" from a popular song at the time. They selected club colors of apple and emerald green, a club flower, the Marshall Neal Rose (now the Tea Rose) and like-minded identified young women for recruitment.

Ruth Byrd, Constance Cottrell, Helen Hayes, Rae Dudley, Anna Murphy and Dorothy Spraggins Roarke were among the first to ioin what became the "mother chapter." These distinguished women remained life-long members, witnessing The Girl Friends, Incorporated grow into an influential national organization. Appropriate to the social mores of the time, the group chose Bessie Bearden as their chaperone. Ms. Bearden was a prominent newspaper woman and it was her son, the celebrated artist Romare, who designed the 1952 Chatterbox cover, which was dedicated to the New York Chapter's 25th Anniversary.

In 1938, Girl Friend, Vivien 'Buster' Marshall, wife of attorney (and eventual Supreme Court Justice) Thurgood Marshall, helped to incorporate The Girl Friends, under her husband's legal guidance.

With nearly 50 chapters and over 1800 members, over the last 93 years the arms of friendship have grown to embrace a continent. Girl Friends have founded schools, headed colleges, earned all manners of academic and professional degrees, written books, been successful entrepreneurs, saved lives, been elected to Congress, appointed to judgeships and named to the cabinet of former US Presidents. They have also been devoted wives, mothers, Godmothsisters. aunts. ers, friends and leaders of their communities.



Bringing Peams to Life!



Meditation

Meditation Offers Significant Heart Benefits

It helps reduce stress and anxiety, which can lower heart rate and blood pressure while reducing harmful hormones.

There's more to heart attack and stroke prevention than medications, exercise, and diet. The latest research confirms that people who practice meditation are significantly less likely to have a heart attack or stroke or die within five years. "Meditation can be a useful part of cardiovascular risk reduction," says cardiologist Dr. Deepak Bhatt, a professor at Harvard Medical School. "I do recommend it, along with diet and exercise. It can also help decrease the sense of stress and anxiety."

There are many types of meditation that can result in physiological benefits, such as guided meditation, which uses mental images to help you relax; Transcendental Meditation, which uses a repeated sound or phrase to help you empty your mind; and mindfulness meditation, which focuses on the present moment and helps you to accept it without judgment. To get in on the benefits, take the advice of Harvard Medical School professor Dr. Herbert Benson, a world-renowned expert in mind-body medicine. "Getting started is easy. You can learn in one minute. But you'll have to do it for at least 10 minutes a day to get the physiological effects," he says.

Give it a try with this quick start guide

A basic meditation exercise from Harvard's Dr. Herbert Benson:

- 1. Sit quietly and close your eyes. Breathe slowly.
- 2. Relax all of your muscles, starting with your feet, legs, and thighs. Shrug your shoulders, roll your neck to the left and right.
- 3. On each "out" breath, say the word "peace."
- 4. When thoughts come to mind, decide to come back to them later, and repeat the word "peace."
- 5. Continue the exercise for at least 10 minutes. Repeat daily.







AN EVERYDAY HEALTH INFOGRAM

STEPS TO A HEALTHIER HEART

You don't have to make big changes to reduce your heart attack and stroke risk. Here are 7 healthy habits that could save your life:



Seven Steps to Good Heart Health

- Be Socially & Spiritually Active
- Take charge of your blood pressure
- Control your cholesterol
- Track your blood sugar
- Enjoy regular exercise
- Eat smart & DON'T SMOKE
- Manage your weight









Eunice Schreeves

Scholarship Luncheon May 21, 2020, 12:30 PM

Bringing Preams to Life!

The GFF luncheon is just one way Girl Friends, Boys Friends, Corporations, and donors can support our scholarship fund. Presently we are supporting over 30 scholars make their dreams come true. Your continue support will allow the Fund to help additional scholars.

The GFF Luncheon Committee has chosen the theme "Love to Fund A Future". Red will be the main color of the day.

The Luncheon and Silent Auction will be held on Thursday, May 21, 2020, 12:30 PM at the Philadelphia Downtown Marriott Hotel, Salon E.

The cost of the luncheon is \$90 and jewelry items will be on sale as well as the silent auction. Portion of the ticket is tax deduction.



Reasons to Support GFF

- The Fund provides monetary scholarships to our African American students in need.
- Contributions are tax deductible.
- It helps our students make their dreams come true.
- It helps prepare leaders for the future.
- It helps prepare future Girl Friends.





Silent Auction

The Silent Auction occurs simultaneously with the Eunice Shreeves Girl Friends Fund Luncheon. The Luncheon and Silent Auction will be held on Thursday, May 21, 2020, 12:30 PM at the Philadelphia Downtown Marriott Hotel, Salon E.

The GFF Luncheon Committee has chosen the theme "Love to Fund A Future".

The Silent Auction Committee would like to encourage chapters to consider donating auction items with a LOVE theme using Red, White and Blue patriotic colors for 2020 in celebration of Philadelphia, the City of LOVE, and its most honored place in our national history. Please, please remember that your donation of ANY "stripe" will always be accepted. We want to raise scholarship funds and in no way want to put a damper on your creative "juices" when you consider what you would like to donate. The auction committee will accept any and all donations.

The auction's main goal is to raise money that will help support our most deserving African American scholars achieve their educational dreams. Hotel shipping and receiving information for auction items has yet TBD. You will be provided this information when it is made available to the auction committee. Auction chairman, GF Sonya Goldsboro (LAs Vegas Chapter) will arrive at the hotel on Tuesday, May 19, 2020 and will be in the luncheon/auction room on Thursday, May 21, 2020, at 8:30 AM to begin setting up for the auction and to begin receiving your auction items.

VOLUNTEERS are very much needed to assist with the auction, and the committee would really appreciate the help of Girl Friends. Please email GF, jgolds64@gmail.com, if you are willing to volunteer.



Spotlight on Scholars



Scholar Celeste Kearney

In the fall of 2017, Celeste had the opportunity to study abroad in Accra, Ghana. Her classes on globalization and slavery in West Africa greatly enriched her experience. Once a week, she had the opportunity to volunteer at NGO that provides an afterschool program for children in the neighborhood.

During winter quarter, Celeste studied abroad in Lyon, France. She was able to greatly improve her French skills through taking three classes in French and living with a host family. Celeste learned about French language, culture, and history.

In the spring of 2018, she increased her leadership positions on campus. Celeste was elected president of the Xi Lambda Chapter of Alpha Kappa Alpha Sorority, Inc. She was appointed president of the Hillwinds Society for Alumni Relations, a diverse group of students charged with furthering the mission of alumni relations and connecting alumni, current students, and prospective students. Celeste was also selected to become a member of Palaeopitus, a small group of senior leaders who have demonstrated dedication to the College who will work closely with the Administration to create substantial change on campus.

In the summer of 2018, she interned at Bank of America with the Public Policy team in Washington, D.C. She also completed an intern project on cryptocurrency and its possible applications for the Bank which was presented to key leadership within the company."

Alexa Eason is from Connecticut. She is currently a senior at Georgetown University, majoring in African American Studies and graduated this Spring 2020. This semester she's continuing my internship at the Smithsonian Center for Folklife and Cultural Heritage. Alexa started this internship last semester when she was participating in a new Georgetown program, called the CALL, or Capitol Applied Learning Lab, which allows students to take classes and live downtown, while having an internship somewhere in DC. The students are able to experience the city and get beyond Georgetown's campus, which can feel like a bubble.

Alexa realized the academic research she engaged in overlaps with the work she not only does at her internship but what she does every day. She sees herself doing post-grad work. Alexa noticed a lot of transient themes that continue into semesters between the different spaces she is in and what she is learning. These spaces tend to highlight themes such as activism, history and culture, government surveillance, and legacies and histories of (in)justice.

As she reflects over her college career, one theme has been vital since she started college that of legacies and histories of (in)justice. Alexa was fortunate enough to receive a scholarship from the Girl Friends Fund, Incorporated. Through this opportunity and scholarship, she is a walking example of legacies and histories of (in)justice pushing bounds and norms. Alexa is attending a university that is predominantly white, all the while demonstrating how spaces not made with her or with her in mind are spaces where she will thrive. Girl Friends Fund, Inc. has assisted her in building a platform where she has been able to propel herself to surpass her own expectation and grow as an individual. Ultimately, this scholarship has exposed her to opportunities but more importantly a community of people who continue to impact her life tremendously through mentorship. Furthermore, it is scholarship opportunities such as Girl Friends Fund, Inc. that really make a difference.



Scholar Alexa Eason



SCHOLARSHIP APPLICATION PROCESS FOR 2020 CYCLE

This information sheet is for Girl Friends,[®] Inc. Chapter Liaison/ Representative use only! Please do not forward or give this information sheet to candidates.

All GF chapters will manually process the scholarship applications and submit only one (1) scholarship nominee to the GFF Scholarship Committee. Candidate applications should go directly to the Chapter Liaison/ Representative for the purpose of conducting an internal chapter review of the applications. This email includes the following documents:

- 1. GFF Scholarship-Information Sheet (for Chapter Liaisons/Representatives only)
- 2. GFF Scholarship-Scholarship Application (to be shared with your candidate)
- 3. GFF Scholarship- Chapter Information and Verification (to be completed by the chapter)

Reminder: We are no longer collecting birth certificates.

All Social Security numbers must be removed from all documents.

Required documentation to include in the Scholarship Packet is as follows:

- 1. **Scholarship Application** form which includes the personal essay of 250 300 words, Media Consent Authorization Statement, and local newspaper information
- 2. An **official school transcript** of grades, current cumulative GPA, and ACT/SAT scores in a sealed envelope
- 3. Letters of Recommendations:
 - o Required Two (2) letters of recommendation one from your teacher and one from your guidance/ school counselor
 - o Optional Two (2) letters of character reference from reputable citizens in your community (suggest one from your community/volunteer service supervisor and one from your employer if you are employed; if you are not employed your second letter can be from a second community/volunteer service supervisor or other reputable citizen in your community)
- 4. **FAFSA** Student Aid Report or Tax Returns Proof of Citizenship and Verification of Income. Remove all Social Security numbers from documents
- 5. One wallet sized **photograph** of professional quality in a Jpeg format file sized at 300 DPI
- 6. **Chapter Information** includes chapter information, local newspaper information, and application verification

Applications must be signed and dated by Chapter Liaison/Representative to verify that candidate is not related to a member of The Girl Friends, Inc., all social security numbers have been removed from all documents, and all required documents are included within the application packet.

(ALL SOCIAL SECURITY NUMBERS MUST BE REMOVED FROM ALL DOCUMENTS)



SCHOLARSHIP APPLICATION PROCESS FOR 2020 CYCLE

STEP 1 The Chapter Liaison/Representative will receive the application packet from the GFF Scholarship Committee (attached in this email) or by logging on to the GFF website:

(http://girlfriendsfund.org/scholarships/scholarship-criteria/).

The Chapter Liaison/Representative will forward the application packet which consists of an Application Checklist and an Application Form to potential scholarship candidates. The Chapter Liaison/Representative will collect the potential scholarship candidates' application packets and conduct a chapter review process as normal.

<u>STEP 2</u> Once a candidate has been selected by the chapter, the Chapter Liaison/Representative will use this link (http://girlfriendsfund.org/scholarships/scholarship-criteria/) to submit the application packet online.

- IF YOUR CHAPTER SUBMITTED AN APPLICATION LAST YEAR, YOU WOULD USE THE SAME USENAME, PASSWORD, AND WEBPAGE LINK THAT WAS SENT TO THE CHAPTER LIAISON/REPRESENTATIVE.
- If your chapter needs a username and password, the Chapter Liaison will notify the GFF Scholarship Chair, GF Fawn Robinson at ftrobinson@hotmail.com (Subject line: Candidate GFF Scholarship). Within 24-36 hours, the Chapter Liaison/Representative will receive a return email from the Scholarship Chair with the username and password.

<u>Step 3</u> Submit the application any time prior to March 1st. Complete the brief online form and upload the candidates' application packet. There are seven (7) designated areas to complete (brief online form and six documents). The designated areas/ webpages will to assist with the process. The documents must be labelled as:

Application _ (Chapter name)
Recommendations _ (Chapter name)
Photo (Chapter name)

Transcript_ (Chapter name)
Income_ (Chapter name)

Chapter Verification (Chapter name)

Step 4 Have all the documents ready to upload before accessing the password-protected webpage. You will not be able to save the online form or documents prior to clicking the submit button. Once the documents are uploaded and the submit button is clicked, you are finished with the process.

You will receive a confirmation email that the application was submitted. Please make note, the confirmation email should be reviewed by the Chapter Liaison/Representative to ensure the documents were submitted properly. If the documents are incorrect, you are able to resubmit the documents for review. Make note, the documents submitted will be score as is.

The deadline to submit Scholarship Applications is March 1st



FF The Girl Friends Fund, In

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