

“JOY!”

A Quarterly Newsletter

Volume 2 / Issue 3 - September 2023

DOING MORE WITH LESS!

Ever wonder how some people are able to do so much more with less? Some people believe that having more “stuff” results in increased happiness. This may be true in some social circles, however, the field of modern psychology has actually proven otherwise. Not only will the act of learning to do more with less save some of your mental health, it will also save some hard-earned money. Here are some tips to help you change possible priorities –

Be frugal – forcing a lifestyle beyond your means will only result in stress and financial pressure. Reuse what you already have.

Stick to a Budget – easier said than done, right? However, it is critical when trying to do more with less.

Rearrange your Living Space – it’s true “cluttered surroundings” not only take up space but occupies space in your mind.

Share your goals with others – bouncing ideas off of like-minded individuals allows for free feedback that could go a long way.

Establish a daily schedule – if it seems you never have enough time in the day, you might benefit from creating a schedule. It could aid you in identifying more time.

Do less and accomplish more by minimizing distractions; focus on what you can control; address self-defeating thoughts; take breaks to recharge (take a nap); and ask for help. ENJOY!

-- KJGM

COMING THIS FALL!

“*Career Saturday – Let’s Talk*” – presenting unique careers to students for the sole purpose of choosing a profession that may hold a lifetime interest. If you are in a unique profession and would like to share information concerning your career, please contact us. We are hoping to connect with individuals who find their jobs super exciting and rewarding – fascinating careers that may be new or old to students. Please contact us at admin.kathlynjoygilliammuseum.org. Let’s talk!

INSIDE THIS ISSUE

**Pg. 1 – Doing More with Less
Southwest Fundraiser**

**Pg. 2 – North Texas Giving Day
Reading Under the Oak**

**Pg. 4 – Tech Tid-Bits
Aleisa’s Corner**

Pg. 5 – “The Feeding”

Southwest

KJGM **second** Southwest Airlines fundraiser drawing will take place Saturday, September 30, 2023, at the Museum. Please purchase your ticket(s) at --

admin@kathlynjoygilliammuseum.org

“Two round-trip tickets to any SW domestic destination for a \$50.00 chance to win!”



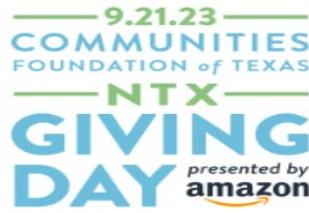
KJGM Youth Debate Team

After two years of delayed training due to COVID, we are excited to share that we will commence our youth debate team training in October 2023. Students will travel for competition in Atlanta 2024. If you are aware of 3rd, 4th and/or 5th graders who would benefit from this program, please do contact us at admin@kathlynjoygilliammuseum.org or call 469.878.3945 with their names and grade level. We are accepting the first 16 students.

NORTH TEXAS GIVING DAY!

We ask for your continued support on **Thursday, September 21, 2023** by making us one of your non-profit choices. The campaign is currently open for donations. If you can't wait until Thursday, September 21, 2023 to make a donation, we encourage you to visit the site today! As always, we appreciate your kind support. Our link is shown below:

www.NorthTexasGivingDay.org/kathlynjoygilliammuseum



“READING UNDER THE OAK”

Due to the extreme summer heat, RUTO was moved indoors at the Museum. We anticipate, however, the October and November sessions will resume outdoors “*under the oak!*” October 14 and November 11 – our remaining dates.



Tech Tid-Bits

“Rinse and Repeat”



Gerald Dunn

Since earlier times, tools were developed to assist in completing specific tasks. Technology in modern times is a new tool that is playing a major role in helping people improve their daily lives. Today, there are many tools available to increase productivity, make the complicated, less complicated or simplify the most complicated tasks. Innovation does not stop as it continues along with time as we begin to see new innovations daily. Embracing new technology trends can not only improve your business but can allow you to *do more with less*.

Technology gains are being made through innovation in financial sectors, healthcare, entertainment, and transportation systems. Within the financial industry technology is allowing businesses to track inventory and supply across global markets. In healthcare, doctors are able to utilize technology to make better diagnosis of patient systems by giving doctors access to real-time data and analysis of symptoms. There is also analysis of

treatment plans to ensure that the most proven and successful treatments are determined and utilized for many patients according to those symptoms. Technology is bringing together doctors globally in real-time to analyze data that may lead to discuss major breakthroughs in detection and treatment of many conditions. For many authors ChatGPT is assisting some with tasks such as writing books or completing scripts.

The power of technology is in our hands and is a tool that we can use to *do more with less*. Technology can help setup and maintain small business to compete with much larger businesses. For the many tools at our disposal, technology can be a game changer that allows growth in our personal lives and create new business opportunities. *Learn to do more with less*.

[Gerald Dunn is a Systems Engineer and Master of Science Candidate in Data Science]

Aleisa's Corner



Aleisa Daniel



WILL RETURN SOON!!!!

THE FEEDING OF 5,000 PEOPLE [JOHN 6:1-15]

The young boy had enough food only for himself; the food was the food of the very poor - the barley loaf. Given with love, it seemed to multiply. Whatever the meaning of this miracle, one of its lessons is that God can make much of what we offer. Our attempts to live in his love and follow him are nothing without him.

CONTINUED THANKS TO OUR SPONSORS AND DONORS!



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The Real Estate Council



Texas Historical Foundation

For a complete list of stewards and donors, please see our website at:
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