

# THOUGHTS OF A QUEEN

[www.agirlthing.org](http://www.agirlthing.org)



## THOUGHTS OF A QUEEN



### FOUNDER CORNER

#### Welcome to the Queendom

By: Crystal D Life, Founder



Welcome to the Queendom! We invite you stay a while as we introduce ourselves to you. It's A Girl Thing's theme for the year is Speak Like, Act Like and Be a Queen. We have teamed up with Toastmasters to empower our queens with public speaking tools that they will be able to use in their futures rather in school, social gatherings or within the community.

With COVID-19, we were unable to continue our monthly meetings since February but plan on resuming in the Fall. However, we were still able to conduct a community service this quarter and we will celebrate three of our graduation seniors at our Scholarship Celebration in July.

We would like to thank you all for your continued support and encourage you to stay connected by visiting and liking all our social media outlets and subscribing to our website at [www.agirlthing.org](http://www.agirlthing.org). Until next time, keep safe and always remember to adjust your crown.

### OTHER STORIES INSIDE THIS ISSUE:

Selfcare Tenacity - 2

Queen Council - 3

Queen's Perspective - 4

A Parent's View - 4

Parting Thoughts - 5

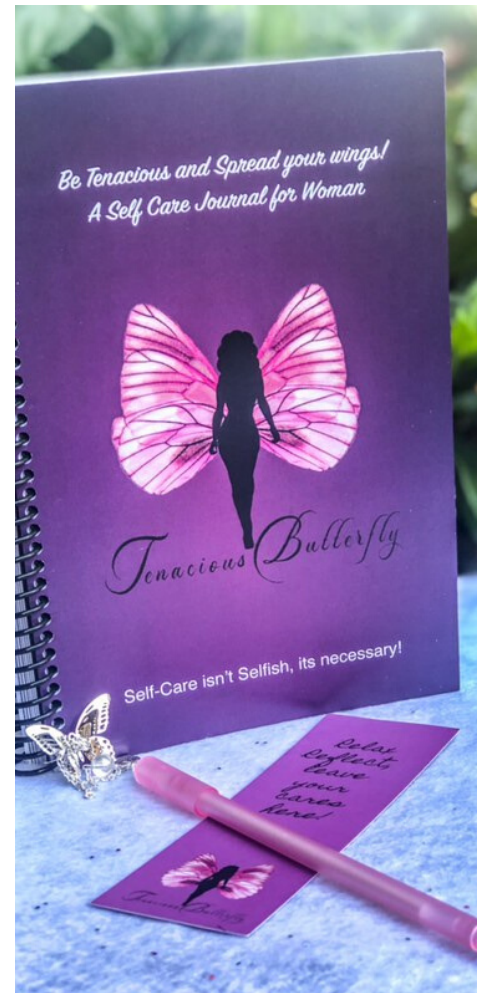
Community Service - 6



# SELF CARE TENACITY DURING A PANDEMIC

Written by Angelia Yelder

Practicing selfcare is more important than ever in the current climate. The effects of the stay home orders&quarantine due to covid19 is having on our community make us more vulnerable and susceptible to mental and physical health concerns. For this reason it's most important that you focus on making sure you come out of this pandemic in the best mental space as possible by ensuring selfcare practices are at the top of your to do list. Placing focus on Mental, emotional, physical, social, spiritual and practical selfcare practices is absolutely necessary. Ensuring you practice all forms is necessary especially because one intermingles with others. If your mental or emotional space isn't ok then it will be hard to practice physical and social for example. There are many small and inexpensive ways to practice selfcare at home. Some examples are: journal, read a book/blog, Video chatting with loved ones vs text, puzzles/games, organization, walking/yoga or home workouts, meditation/prayer, home mani/pedi, facial, listening to music, rest, eating healthier, hydrate, and being with nature. You can also seek professional therapy/counseling by reaching out to your primary physician for referrals or by visiting [betterhelp.com](http://betterhelp.com) or [lp.talkspace.com](http://lp.talkspace.com). Be sure to put you first always. Replenish self so that you have more to give.



Let's stay Connected



BE TENACIOUS AND SPREAD YOUR WINGS BY ANGELIA YELDER

## THE SELF CARE JOURNAL FOR WOMEN

THE JOURNAL TO YOUR LIFE BEGINS NOW!

by *Angelia Yelder*

AVAILABLE NOW!

**VISIT**

[www.thetenaciousbutterfly.com](http://www.thetenaciousbutterfly.com)





# QUEEN COUNCIL

## WHAT IAGT HAS DONE FOR ME!



**BY: MADISON YELDER,  
PRESIDENT, QUEEN COUNCIL**

Hi! My name is Madison Yelder and I am the proud president of "It's a Girl's thing" non profit organization. Since I have joined IAGT I have learned many things, but the most important thing I have learned is that I am a queen, and nobody can take my crown. IAGT has taught me how to prepare for my future before it gets here. IAGT is a safe place for young girls like me to learn your own self-worth, resilience, confidence, and beauty. And IAGT helps you be your inner self without shame and being loved for it. And for that I am thankful. IAGT Has given me a sisterhood bond I didn't think was possible. not only do we learn in IAGT We have fun with it. To be honest at first I didn't want to join only because I saw just another classroom I was sitting in to learn. But I took a big step to join the group and it was one of the best decisions I've made! since I have joined I have been a different person I've changed for the better. the IAGT experience is something our girl should have a chance at!



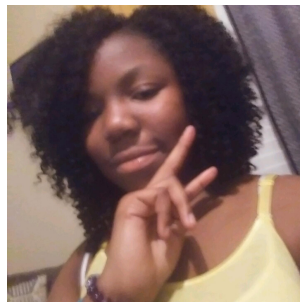
**BY: D'AUJHA BELLAMY,  
SECRETARY, QUEEN COUNCIL**

It means family, a Queendom where we build each other up instead of tearing each other down. IAGT is where I love to come to learn new things about my sisters and where I can built a different connection with each of them. It has made me learn new things, like knowing my worth and to be happy with who i am. I am Thankful for IAGT because if I hadn't joined this group I would not be half the person I am today.



**BY: JAHLANNA WILSON,  
VICE PRESIDENT, QUEEN COUNCIL**

Hi my name is Jahlanna Wilson, when I started IAGT I was 12 years old I was very nervous when I first started but they accepted me for who I was, I made friends with everyone and I got special bonds with people that can never be broken. Ms. Crystal is like a mom to everybody if you need her she's gonna be there for you but if your wrong she's going tell you about it. IAGT is a family we always are going to be there for each other no matter what and I'm thankful that they are I'm my life



**BY: KANIA WATSON,  
SERGEANT AT ARMS,  
QUEEN COUNCIL**

A little less than a year ago I joined IAGT scared of what would be thought of me but then I saw it was okay to be myself. I learned loving me is the key to great health I made new friends, I made some new memories. And I appreciate all the new love given to me. I became more conscious, way more aware. Learning that everyone has their own unique flair. I gained a new best friend named Khennedi. Who let's me be freely me I discovered some things and talents I never knew I had Like how I'm a poet who finds bliss in ignorance and that I make horrible corny jokes like a dad. But overall I've had nothing but fun IAGT makes me truly feel like I'm #1 Now I'm a black queen with various unique ranges. Thanks IAGT for my beautiful unique changes!

# A QUEEN'S PERSPECTIVE

BY: JALYN SMITH

As we all know, quarantine has been a lot of mixed emotions. We were all missing our friends and family, we were confused and sad because no one knew when this was all going to be over and everything could return to normal, sometimes even mad because being cooped up for a long number of hours is not always fun. However, we can all agree that this quarantine has changed us physically, mentally, and even spiritually. Some can say that they have discovered sides of themselves that they never knew about. As the world has changed completely around and before our eyes, it has allowed us to take time and think about ourselves. Ourselves as in what we want to do in life, our hopes, dreams, maybe even share how much someone means to you, whether it be good, bad, or in between. In these bizarre and unimaginable times, we have all learned that we should be appreciative and enjoy every moment with our loved ones, our friends, and even our enemies. Letting out emotions and explaining how we really feel about others has allowed us to come to terms with ourselves. The results may not always be good, but this pandemic that hit the world with a major surprise has enabled us to become our best selves. So, if you are reading this, enjoy every moment. Spend time with your family. Tell others that you love them and love thy neighbor. **BE THE BEST YOU.**



# A PARENT'S VIEW

BY: NICOLE WILSON

Hi my name is Nicole Wilson. Three years ago, I had the pleasure of meeting Crystal Life and she shared with me about the It's A Girl Thing Organization and the passion that she exhibited stood out the most to me and at the time I was truly trying to find an all girls' organization for my then 12 year old daughter, but now she's currently 14 and still apart of It's A Girl Thing (IAGT) and let me just add that my daughter Jah'Lanna Wilson loves everything about the group. . As a mom, I realize that my daughter is learning a lot of things that she will have imbedded in her that she has been taught by IAGT. And when they do community service in the various communities in Jacksonville it has really impacted my daughter in such an amazing way. I'm grateful for the day that Crystal and I met because it was the beginning of a bond between my daughter and her now sisters of It's A Girl Thing.

**Thank you, Nicole Wilson**



**CHRISTIAN UNISEX  
T-SHIRTS**

BY NICOLE WILSON

 wearthewordtshirts  BrownNiki Wilson

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# IAGT SENIOR QUEEN: PARTING THOUGHTS

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My name is Khaylah Hall and my dream is to become an Anesthesiologist. I plan to attend Florida Atlantic University in the Fall.

A meeting that had a big impact on me was when we had the doctor come and speak to us. Seeing another woman in that position empowered me more to pursue the career that I want. Her telling us that we can do it and to not be afraid to be in those positions just because a lot of women aren't in them made me want to push harder to pursue being an Anesthesiologist. Another meeting that had an impact on me was the toastmasters meeting. I think coming out of my comfort zone and being uncomfortable in those situations helped me to realize that I need to work on my public speaking and talking to strangers. It also made me realize that at any moment I could be put on the spot with no preparation which means I need to join clubs like that in college to help develop that part of me.

Being apart of IAGT has taught me so many valuable lessons. From learning to love myself for who I am to embracing being extra. Every lesson will be put use, some already have been. One thing that will stick with me forever about being apart of this organization would be embracing being extra. When people think about being extra they assume it means being over the top and dramatic which isn't a bad thing and I don't know why people view it as being a bad thing. One thing about me is I'm extra but in my own way, I don't align with what people define as extra and that's fine with me. As long as I embrace myself and me being extra in my own way then I shouldn't care what others think. Being a part of this organization has taught me so much but this lesson that has been reinforced since the beginning of the organization will stick with me for life.

BI am so grateful that I had a chance to be apart of this organization. It has helped me in so many ways. As I get ready to leave IAGT and go off to college, I just want to say take advantage of every meeting. Each meeting holds a valuable meaning and purpose.



As I mentioned before all of the things IAGT has taught me has been put to use or will be put to use. We've been taught valuable life lessons such as embracing who we are to how to drop bad friends. Each lesson is designed to help us go through life a little easier. Thank you all for being here for us and creating a safe space for young girls. I would recommend any young girl to organization because, I know that they'll be empowered and embraced and that's what we all need throughout life. Again, thank you for all that you've done. I've enjoyed being apart of IAGT and I'll cherish every meeting and memory forever.

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# COMMUNITY SERVICE

During these difficult and desperate times, it can be difficult to do for others when you are in need yourself. That is at the heart of doing community service. In late May IAGT, with support from Black Sheep Riders MC, donated activity bags to the residences of Taylor Manor Assisted Living facility and provided lunch for their staff, each with a note letting them know we care and appreciate them. Community service is instilled in each queen of IAGT and we thank Taylor Manor for allowing us to show a token of our support for all that they do!

If you have a community need you would like IAGT queens to assist with, please contact Tamika Smith, Director of Community Service at [queensiagt15@gmail.com](mailto:queensiagt15@gmail.com).



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