



Executive Officers 2010



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Lilburn Woman's Club

www.lilburnwomansclub.org

June 2010

President: Gail Zarnik



WOW! Summer is here. What a whirlwind spring it has been. We have worked hard, accomplished a lot, welcomed new members and made new friends.

Now it is time for FAMILY!! Please take time this summer to let your

family know how much you appreciate their support in your LWC endeavors. The time that you spend on Club projects is time that your family is sharing you with others. I know that they are all proud to say that their Mom, wife or sister is a member of the most generous, hard working group of women around. Many of them help with our projects in a hands-on way, but they are all helping by giving us their moral support and taking care of things at home while we are in "volunteer mode".

The summer is a time of rest for the LWC, but

there are a couple of family oriented club events that you can participate in. One, of course, is the Lilburn Idol competitions at the Lilburn City Park. While we do need help with the chuck wagon and counting the votes at these events, it is also a great outing for the family on a summer night. Be sure to stop at the Lilburn Farmer's Market before the show.

The pot luck supper and blueberry picking at Butch Hutchins' Berry Thyme Farm is also lots of fun, plus you can stock up on all the berries you can pick.

Check your calendars for these dates, and bring your family to meet your pals in LWC.

I hope that you all have a wonderful, restful summer. And be sure to tell you families thanks for me, for all the wonderful work you have been able to do with their support!

See you September 9th to kick off the Fall!

1st Vice President: Mandy McManus

I would like to welcome our newest members Lori Harrison, Terri Collins and Linda Newton! Welcome to our club, we are looking forward to their great contributions.



napkin you pick up will match the color table cloth where you will eat. This mixer will give everyone a chance to visit and get to know a different club member. The other game will challenge your face and name recognition...that's all I'm gong to say! Gail has gotten two really nice prizes from State Convention for the winners of this game. Good Luck!

At our June general meeting we will be playing two games to promote member retention. When you go through the pot luck buffet line whatever color

2nd Vice President - Dean of Departments: Diane Bronk

Cheryl Shaw has added a program page to our website (www.lilburnwomansclub.org). If you would print a copy for each program of work and fill in the hours, time and money, this would help with writing the program reports in January. If you would like to do this monthly that would be fine or you can do it every 3 months. If you can not remember what projects that you have worked on please contact the Program Chairman and let

them refresh your memory. Thank you for all of your hard work in the different programs of work for the Lilburn Woman's Club. If you have not signed up for a department at this time please give me a call asap. We need this information as soon as possible. Several of the departments still need members.



Program Chairs

Art

Trish Biemiller
Diane Bronk

Club Historian

Doris Mann

Conservation

Becky Amsden
Mandy McManus

Education

Kim Stephenson
Jackie Thornberry

Home Life

Laurie Wexel

International Outreach

Jo Ann Jones
Sandy McGuire

Lilburn Daze

Nadine Bily
Diane Bronk

Public Issues

Sandra Langston
Judy Nash

Publicity

Patty Gabilondo
Patti-Jo Shapiro

Social

Wanda Staebell

Sunshine

Janet Pino

Tallulah Falls

Carol Watson

Art: Trish Biemiller and Diane Bronk

Members of the Art Department met at Trish Biemiller's house on May 13th to judge the middle school poetry entries. Though all the local middle schools were contacted, only Tickum Middle and Berkmar Middle participated. Three winners were selected and Trish will see that the winners receive their prizes accompanied by a certificate.

Twenty-five dollars was awarded to first place, fifteen to second and ten to third place. The first place winner will have her work sent to the National level competition in January. The Art Department feels this is a competition that will grow in the coming years.

The department discussed the High Hope Dance and Cheryl Shaw presented some of the decora-



tions she has acquired that fit the sock hop theme.

The club went on-line and found some snazzy, fuzzy dice to present to all the attendees. Who wouldn't love fuzzy dice!

The Art Department sold fans at the Heritage Day Celebration along with Sally Wheeler and the club's cook book. It was a perfect day!

The Art Department is looking ahead and plans to be active in putting together a mural for the battered women's shelter in Lawrenceville. The first room to receive attention will be the children's playroom where a mural depicting an underwater theme will be painted. The department discussed making the room interactive allowing children to move the fish around the coral and through the sea weed.

Home Life: Laurie Wexel

A great big thanks to everyone who helped with the cook out at Hope Lodge. This visit more than any other seemed to really impact people there. We had more people than ever come up and talk and share their stories with us and how encouraged they were by our coming and serving them, and of course compliment your food!

June 3rd is our pot luck supper in the pavilion at Lilburn Park. We will start at 6:30 so try and be about 15 minutes early if you can so we can set up the food tables. Bring your favorite dish to share, drinks and paper goods will be supplied. Our guest speakers will be someone from Special Olympics and Cindi Johnson from Side By Side Brain Injury Clubhouse.

Hi Hope Dance is soon upon us. It is Saturday June 12th at the Hi Hope center in Lawrenceville. This year's theme is a Sock Hop, so dust off your poodle skirts and saddle oxfords and come have fun serving this wonderful community of special needs adults at the Hi Hope center. We will meet there at 10:00 am to decorate and return at 5:00 pm to get the food set up. There will be a sign up sheet for food at the June meeting. This is a club project so all departments are invited to come and help.

There is a great article on the web about women and finances: www.nytimes.com/2010/04/24/your-money/24money.html. As always if the link doesn't work from the newsletter you can just copy and paste it into your browser. In the article there is a link to a website named www.learnvest.com. You will enjoy both the article and the resources on Learnvest.com.

Traumatic brain injury (TBI) is a serious public health problem in the United States. Each year, traumatic brain injuries contribute to a substantial number of deaths and cases of permanent disability. Recent data shows that, on average, at least 1.7 million people sustain a [traumatic brain injury \(TBI\)](#) in the United States each year. That is one person every 15 seconds. That is more frequent than both breast cancer and Aids. Of those individuals, about 52,000 die, 275,000 are hospitalized, and 1.365 million are treated and released from an emergency department. Unfortunately because of the complexity of diagnosing Mild Traumatic Brain Injury, these numbers are probably even higher. What are some things you can do to help prevent TBI:



- Always wear a seat belt in a motor vehicle
 - Use an appropriate child safety seat or a booster
 - Never drive under the influence of alcohol or drugs
 - Always wear a helmet when on a bicycle, motorcycle, scooter, snowmobile and other open unrestrained vehicles
 - Wear a helmet when participating in contact sports
 - Wear a helmet when horseback riding
- Wear a helmet while skiing, snowboarding, skating and skateboarding
A prize will be given to the first person who can name four of the preventative measures.

Conservation: Becky Amsden and Mandy McManus



The drought may be officially over, but it's still important to continue to conserve water. Gwinnett County's Department of Water Resources offers several programs and 'tips' on how you can reduce

your water usage:

If you live in a single-family home built before 1993, you may qualify for a \$50 - \$100 rebate to replace your toilets with newer, more water efficient toilets.

For homes built before today's current low-flow standards, the Department offers free retrofit kits. This is to help those homeowners who live in older communities and want to be a part of Gwinnett's conservation efforts. Homeowners can pick up the free kit at the Department's

Central office in Lawrenceville. The kits contain a rain gauge, two sink aerators, two low-flow showerheads, dye tablets, a low-flow hose nozzle, two garden hose repair kits, and information on water conservation.

To help homeowners eliminate costly, but seldom seen, water leaks within their toilets, the Department also provides free leak detection kits. The kits contain dye tablets with directions, instructions on how to fix minor leaks, and a drip guide to see how much water is lost through various sized holes. These kits are also available at the Department's Central office.

To learn more about these programs and other water conservation tips, please visit www.gwinnetth2o.com.

Do you Freecycle? Becky Amsden

Freecycle is a grassroots, non-profit movement of people who are giving and getting stuff for free to keep these items out of landfills. There is an official online Freecycle Network (www.freecycle.org) with over 7 million people in 4,500 groups operating in towns and cities across the United States.

Although we are not a formal part of the Network, the Conservation Department is bringing the Freecycle concept to the Lilburn Woman's Club. We hosted a Freecycle table at our April meeting – many of the items brought by Conservation Department members that night were taken to new homes to continue serving a useful purpose.

Now is your chance to share the Freecycle experience. We will again be hosting a Freecycle table at our June meeting. So, look through your closets

or cupboards – do you have any new or 'gently used' items that you know you'll never use again but you can't throw away? Bring them to the June meeting to see if they might be just the thing another member wants or needs. Because of storage limitations, we ask that you stop by the table at the end of the evening and take home any items you brought that were not freecycled.

So, join in the Freecycle experience and know that you are doing your part to reduce waste!



Lilburn Farmers' Market: Mandy McManus

Lilburn Farmer's Market starts June 4!

Come on down to Lilburn for our first annual Farmer's Market which starts on Friday June 4 and runs through August from 4-8 pm.

Each week the vendors and what they will have available will vary, but you can look forward to fresh salsa, pasta, baked goods, pound cakes



ready for your own toppings, hormone free milk and dairy products, whole wheat breads, handmade soaps and, of course, seasonal produce picked just hours before the market!

Please spread the word about our market to your friends and neighbors. This is what summer is all about ...enjoying what nature brings us...fresh food!

New Curbside Recycling Program

Beginning July 1st, you will be able to recycle:

Newspaper

Cardboard boxes
Cardboard boxes broken down
Pizza boxes

Kraft paper

Kraft paper
Paper grocery bags
Shopping & lunch bags—paper

Paperboard

Paperboard
Cereal boxes
Tissue boxes
Paper towel cores
Tissue paper cores
Soda & beer cartons
Shoe boxes

Magazines & Shopping Catalogs

Junk Mail

Discarded mail
Greeting Cards
Envelopes

Mixed paper

Calendars
School papers
Carbonless forms—paper

Other paper

Computer paper
Old phone directories
Paperback books

Aluminum

Aluminum beverage containers
Aluminum baking tins
Aluminum food containers

Glass bottles & jars

Plastic

Plastic soda & water bottles #1
Milk jugs #2
Plastic detergent Bottles #2
Plastic bottles #3—7



Education Department Book Collections



Lewcee T Reading Pass the Book

Bring your favorite book to the next meeting to share with other club members.



Bring 'gently used' children and adult books to the general meetings. Keep an eye out when you are at garage sales and ask friends and family to clean out their bookshelves. Collected books will be distributed at Camp Promise, Lilburn Daze and Relay Rally Book Sale.

Education: Kim Stephenson and Jackie Thornberry

We are collecting books for several purposes:

Bring a favorite book that you think everyone would benefit from reading or it had special meaning for you and you thought it worthy to share, for the Lewcee T. Reading Pass the Book program. If it's a book you'd like returned next February, please be sure to put your name in the book. We'll be passing the books at the June meeting so get ready to read!



Lilburn Daze, for sale at Lilburn Relay Rally, Camp Promise or other areas in which we can target literacy in our community. Please contact your friends and neighbors, clean up your own bookshelves and donate those books.

For each book you bring to donate at a general meeting or at an Education Department meeting, you will receive a raffle ticket. Any person bringing book(s) to the June general Meeting is eligible for this month's drawing.

We will also have a table set up each month for other books that you want to donate or share for general reading.

We are still collecting "gently used" children and adult books both distribution at

The Education Department would love to invite a few local authors for Lilburn Daze. We have one author already. If you know of a local author who might be interested in spending a couple of hours with us at Lilburn Daze, please let us know the contact information. What a great place to get exposure to a very large audience.

Thanks to everyone for the great food for our May meeting. The Scholarship Tea was a huge success!



Photos by Patti-Jo Shapiro

LWC Memories: Scholarship - Doris Mann



In May of 2010, we celebrate several scholarships and awards, but in 1975, things were a little different. As one of its first projects, the club decided to award a scholarship to one deserving high school girl. The amount was \$200. Applications went to

the one local high school, Berkmar, and a young lady was selected. A tea was held in a member's home in honor of the recipient. It was a small and beautiful event. Over the years, the club has added other high schools, more money (\$1000) for the winner, and additional scholarships for Displaced Homemakers. In addition, the club honors men and women in the public service arena. The tea is a reception. It is still beautiful, but is no longer small!

International Outreach: JoAnn Jones & Sandy McGuire

Quote: "The value of a man resides in what he gives and not in what he is capable of receiving."
~Albert Einstein

Thanks to all of you, we were able to raise over \$500 to purchase the heifer during our Heifer International campaign.

The International Tea was a beautiful success. We had two high school exchange students attend; one from Japan, and the other from Ukraine. Thanks to Barbara Tiller for ordering the pins and brochures, to Christine Peredney for speaking on UNICEF, and for members who hosted a tea table, and to the members who were able to attend. A huge thanks goes out to Patti-Jo for the lovely tea pictures. \$240 was collected at the fundraiser and five cookbooks sold. Left over pins/brochures will be available for \$3 each at the June picnic. Activities for Camp Promise are being planned from *Animal Crackers*-a global education resource for children, youths, and adults. Also, the book



Beatrice's Goat will be donated to the local library after camp.

During the summer months, IO plans to set up a tour to Hindu Mandir Temple on Rockbridge Road for LWC members, family and friends. Watch for an email, if you are interested in coming along! We plan to eat out afterwards.

We have a gift to give away for the first correct answer to this month's question!...check out FAQ www.GFWC.org

Remember, during the summer to gather shoes for the Soles4Souls collection.

If you travel the world over to find the beautiful, consider sharing your experiences during our Cultural Exchange in October. Take lots of pictures!

Happy Summer from International Outreach!



Donation Reminders

The LWC collects the following items to help those in need. Bring items to club meeting.

Clothing, household items, Sugar, flour, cereal, laundry detergent, toilet paper and dishwashing liquid
Home Life Dept For Lilburn Co-op

Gently worn men's, women's and children's shoes & sneakers
Conservation & International Affairs For Soles4Souls & Reuse a Shoe

Travel size lotions, shower caps, hard candy, tissues in pretty boxes, decorative items, house slippers & small blanket
Home Life Dept for Lilburn Rehab Center

Campbell's Soup Labels www.labelsforeducation.com
Tallulah Falls School give to Mandy McManus

Cleaned pill bottles
International Dept

Public Issues: Sandra Langston and Judy Nash

Thank you for your wonderful generosity towards the Women's Shelter. Your contributions and interest are truly heartening. We are excited about the Art Department's plans for painting a mural in the children's activity room. Linda Newton (770-381-7283) is working closely with the shelter, so if you have anything to donate, please contact her. All donations are tax deductible. They always ask for a value of the donations. Linda can get as many receipts as she has items, but needs a value to assign to the donation.



Please remember to vote. The primary is July 20. If you cannot vote that day, please request an absentee ballot. You can print an application for absentee ballot from the Gwinnett County website.

Go to www.GwinnettCounty.com.

Choose Departments
Choose Elections
Choose Election Forms

Choose Absentee Ballot application form Print, fill out and mail. You will receive your absentee ballot in the mail. If, for some reason, you decide to vote at the precinct that day, you must take your absentee ballot with you and turn it in.

To review candidate's information, please go to www.lilburnvotes.org. (A big thank you to Linda Newton for putting this website together.)

SAFETY PRECAUTIONS FOR THE SUMMER:

The recommendation for answering one's door these days is NOT to open the door unless you know for sure it is someone you know or a delivery man; i.e. FedEx or UPS and you can see their truck. Just ask "who is it" through the door (with it still locked). We also recommend that, even if you are home, you keep your garage door down as some folks have had stuff stolen from their garages even when they were home. It's a trying time right now and many people are desperate so, unfortunately, we must protect ourselves more aggressively.



The County Commission District 2 Political Forum was a huge success! The attendees were so impressed that the Lilburn Woman's Club and the Lilburn Business Association are discussing the possibility of hosting another forum after the Georgia Primary elections.

Photo by Patti-Jo Shapiro



LWC helps with Lilburn Elementary WizzlePro Math Competition



Photos by Pat Shaver

As Vacation times near, don't forget these helpful hints & reminders:

Never post on Facebook or on an out of office email reply that you are out of town, on vacation. You can always say you are out of the office and give a number to be reached; you also can post fun pictures without clarifying where you are until you return.

Make sure one of your close neighbors knows where you are, when you will return and how to reach you in an emergency; it never hurts to just ask them to come by and check on the house or the mail, in lieu of stopping the mail. Sometimes just having activity on your property is enough to keep your home safe. This also



goes for the trash cans if you leave town with them out, make sure to ask someone to bring them in for you.

Timers, make sure to set up timers on your lights to make your home look more like it does on a normal basis.

Remind your children to avoid discussing your travel plans in public, sometimes it helps to share those details with the kids at the last minute.

If you have an alarm, use it! Make sure your signs are very visible both at the doors (stickers) and at the street (mailbox).

Self Defense Workshop

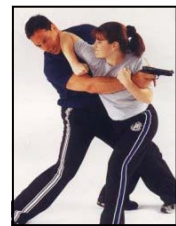


Our annual women's self-defense workshop will be Tuesday, July 27 at 7 pm at House of Payne Personal Training. Training will be conducted by Richard Swords, certified instructor of the Krav

Maga self-defense system with 22 years experience.

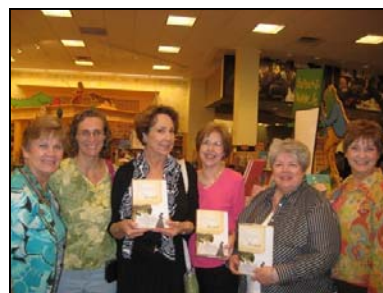
Krav Maga (contact combat" or "close combat") is an eclectic hand-to-hand combat system developed

in Israel which involves wrestling, grappling and striking techniques, mostly known for its extremely efficient and brutal counter-attacks, as it is also taught to elite special forces around the world.



This workshop is free. Tell your friends and family to come and learn how to protect themselves.

Book Signing by Janice Graham



Photos by Judy Nash

Thank you to Barnes and Noble, GRITS and Janice Graham for a fun evening. *Romancing Miss Bronte* will be a wonderful summer read.



Don't forget to will meet at Sandy McGuire's house on Thursday, May 27 at 6:30 pm to make the Boutonniere's for Heritage Health. What a wonderful way to help the male residents celebrate Father's Day.

LWC Memories: Lilburn Park - Doris Mann



The June picnic under the pavilion, Lilburn Idol, the Healing Garden, Lilburn Daze, Relay for Life - all of these events and many more are held in our beautiful Lilburn City Park.

Did you ever stop to think what is under the pavilion, stage, track and grass? It is JUNK! For several years, the park area was a landfill, or a dump. Underneath your feet are bed springs, washing machines, tires, stumps, litter and household trash. Many people

dumped their items here, but the LWC was instrumental in encouraging the dumping.

A few times a year, we gave cash prizes to groups that brought the most trash to dump in the landfill. Boy Scout Troop 100 from Harmony Grave Church (still providing a bus for us each year at Lilburn Daze) repeatedly won the prize. They had the biggest truck and the volunteers to succeed. In 1976-1981 Clean-Up Days were held. In 1978, LWC led the city in planning for the area to become a city park. The landfill was owned and then donated by Gartrell Nash. In 1982, the City Park was dedicated and has continued to grow in size and amenities since that time. Watch where you step!

LWCs New Logo: Patti Gabilondo

In April's newsletter we shared the new logo which was unveiled by the City of Lilburn to celebrate the centennial. This new logo displays a much more vibrant and energetic burst of color reflecting a fresh new outlook and image for the city. This prompted some of us to take a closer look at our own LWC logo and start asking whether or not our existing logo truly represents our group to the public and the community. The more we talked about this idea, the more we agreed that with so many talented, energetic and dedicated women in our club, we should really have a friendly competition and ask for your input to help us find a new LWC logo that better reflects our enthusiasm and overall commitment to serve the community.



*It needs to be Memorable - We want this new logo to generate awareness so that when people see it they can have an "Oh yeah" moment.

*It needs to be Versatile - We'll want to use this for both small and large printed items such as stationery, note cards, internet uploads, newsletters, flyers, etc. (so we'll want the print to be scalable and effective with or without color)

*It needs to be Appropriate - We would like it to be relevant to what we do and what we represent

*It needs to be Timeless - If possible, something that can stand the test of time (Think of Chanel's interlocking "C")

To that end, Publicity is establishing a Logo Committee and would like to tap into your artistic talents. Marketing experts agree that there are a few basic fundamental concepts when designing a successful logo:

*It needs to be Simple - We want to be able to describe this easily to the general public. (Example, the Nike swish or McDonald's arches).

Please submit your ideas either electronically or hard-copy to Patti Gabilondo or Andrea Brannen by the monthly **September club meeting**. Once we have all of your ideas, the Logo Committee will meet to narrow down the selection to the top 3 and have them on display for the October meeting for all of our current members to vote on their favorite!

Centennial Memorial Day Celebration

On Saturday, May 29 from 10 am to 12 noon in Lilburn Park, we will honor those Veterans who are represented in our city by the crosses and flags. The featured speaker is Donna Brockmann, with the Tuskegee Women in Aviation. The flag will be presented by the Gwinnett Civil Air Patrol Color Guard and the Gwinnett Community Band will be in concert.

Please bring donations of snack items (ie- peanut butter crackers, granola bars, etc) to send to the 21st Field Support Hospital in Iraq.

If you would like to purchase a flag-topped cross in tribute to a veteran, you may do so through the Lilburn Memorial Day cross program. This is free to city of Lilburn residents. There is a one time \$25 fee for non residents. Crosses will be displayed every Memorial Day.



**Don't forget
To
Come to
Lilburn Idol!**



Friday, June 18



Friday, July 9



Friday, July 23



Friday, August 6



Photos by Patti-Jo Shapiro

June 2010

Check www.lilburnwomansclub.org/Calendar.html for updates.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 LWC General Mtg & Potluck @ Lilburn Pavillion 6:30 pm	4 Lilburn Farmers' Market 4 to 8 pm	5 Community Garage Sale 9 am—2 pm
6	7 Home Life: Walk Greenway Trail @ 6 pm	8	9	10	11 Lilburn Farmers' Market 4 pm to 8 pm	12 Hi Hope Dance: Sock Hop Decorate at 10 am Dance at 5 pm
<h2>Camp Promise</h2>						
13	14 Home Life: Walk Greenway Trail @ 6 pm	15	16	17	18 Lilburn Farmers' Market 4 pm to 8 pm Lilburn Idol I @ 7pm	19
20	21 Home Life: Walk Greenway Trail @ 6 pm	22	23	24	25 Lilburn Farmers' Market 4 pm to 8 pm	26
25	26 Home Life: Walk Greenway Trail @ 6 pm	27	28	29	30 Lilburn Farmers' Market 4 pm to 8 pm	

June

- 12 Hi Hope Sock Hop
- 18 Lilburn Idol I

July

- 9 Lilburn Idol II
- 23 Lilburn Idol III
- 24 Farm Day in SC
- 27 Self Defense Clinic

August

- 6 Lilburn Idol Finale
- 21 GaFWC Institute

September

- 9 General Meeting (note date change)
- 25 Centennial Birthday Celebration

October

- 9 Lilburn Daze

November

- 7 Veteran's Day Celebration

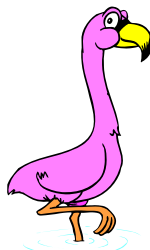
December

- 3 Lighting Christmas tree
- 4 Christmas parade
Natural Decorations Workshop

April 2011

- 15 State Convention @ Callaway Gardens

Roberta's Meeting Tip:



The action you desire--Protest about the noise or the temperature of the room---the motion is "Question of privilege" You can say 'I rise to a question of privilege. May we turn the thermostat up or down.'" No second is required or no debate. The President makes the decision.

Action desired--Have a few members study or take charge of a matter. Sample motion---I move to refer the motion to a committee to be appointed by the chair (President) to investigate and report with a recommendation at our next meeting. Must be seconded and Majority rules.