



Lilburn Woman's Club

Executive Officers 2011



President
Gail Zarnik

1st Vice President
Mandy McManus

2nd Vice President
Diane Bronk

3rd Vice President
Andrea Brannen

Recording Secretary
Lee Jurjevich

Corresponding Secretary
Jerolyn Randles

Treasurer
Barbara Brooks

Parliamentarian
Pat Swan



www.lilburnwomansclub.org

February 2012

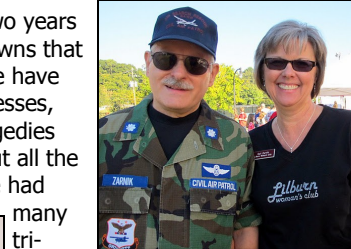
President: Gail Zarnik



Dear Women of Purpose,
How quickly time flies. It seems that only yesterday my dear friend Judy Nash was

handing me the gavel and the key to the basement. And now it is time for me to pass it on to an outstanding clubwoman and dear friend, Laurie Wexel.

It is hard to find the words to tell you all what it has



many triumphs, accomplishments and a huge impact on the community in which we live. We are a force to be reckoned with when we decide to take on a project, whether it be learning to paint, cooking for Hope Lodge, raising money for cancer research, planting daffodils,



meant to me to represent you in the Lilburn Community as your club president. It has been an honor, a challenge, a labor of love, and an incredible journey. I have had the privilege of getting to know most of you on so many levels, and you are all very special to me.



helping the library lady, making shoe boxes, having a candidates forum or collecting toilet paper rolls!! Not to mention that little arts and crafts festival in October..... YOU WOMEN ARE THE BEST!!!!



Thank you all so much for your support and your confidence in me, and for letting me have the privilege of being your club President, not just one year, but two!!



Community Service
Program Chairs

Art
Teresa Foster
Cheryl Shaw

Conservation
Susan Hendricks
Mandy McManus

Education
Kim Stephenson

Home Life
Terri Collins
Laurie Wexel

International Outreach
Patty Gabilondo
Christine Peredney

Public Issues
Lori Harrison
Pat Swan

1st Vice President: Mandy McManus

Welcome to the Flock

I am looking forward to our Installation dinner on February 2 starting at 6:30 pm at Eastminster Presbyterian Church on Hugh Howell Road. This evening will be the time when we welcome our newest members into the Lilburn Woman's Club and install our new executive board. I am pleased to welcome Diane DeGaetano, Chris Giddens, Suzannah Heimel, Stacey Moura, Lisa Richardson, Gloria Sill, Celma Spooner, Shannan Turhune, and Allison Willisford to our club. Please watch for them at future meetings and welcome



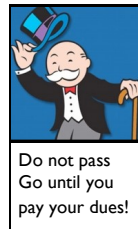
them into the club.

I have enjoyed serving as the club's First Vice President for the past two years...it is neat to see members who didn't know anything about our club, join and become very valuable members and contribute to our community in such a positive way. Remember we are always looking for new women who would like to work for Lilburn so be sure to invite them to a future general meeting and let Andrea Brannen, our new First Vice

President guide them in the membership requirements to join the Lilburn Woman's Club. Welcome to the flock ladies!

Treasurer: Barbara Brooks

The 2012 dues are \$50.00 and may be paid in full at the February meeting or paid in two installments. The first payment of \$25.00 may be paid at the February meeting. The 2nd installment shall be due at the September meeting. Dues may also be mailed to Terri Collins, 5028 Joy Lane SW, Lilburn, GA 30047.



Checks should be made out to LWC.

Our annual dues are distributed as follows:

GaFWC	\$20.00 per member
9th District	\$1.00 per member
Tallulah Falls School	\$3.25 per member
LWC admin. exp.	\$25.75 per member

Art: Teresa Foster and Cheryl Shaw

The Importance of Art



Most of us instinctively know that art is important for our children; we simply believe it's important because we've seen our children deeply involved in art. Creating art expands a child's ability to interact with the world around them and provides a new set of skills for self-expression

and communication. Not only does art help to develop the right side of the brain, it also cultivates important skills that benefit a child's development. But art goes far beyond the tangible statistics measured by studies—it can become a pivotal mode of uninhibited self-expression and amazement for a child. Art matters the same way language matters—or the way breathing matters! It is a fundamental component of what makes us uniquely human.

The Pinckneyville Park Community Recreation Center has begun a "Creative Therapies" program, using dance and art to help kids with autism and other cognitive disabilities. These therapies have been proven to help kids with disabilities express

themselves, improving social skills and self-esteem, according to the Recreation Leader. The dance therapy can enhance posture and coordination as well as calm and stimulate. These art programs can help express emotions and ease tension and anxiety. The program will include classes on "hand building" with clay, drawing, painting, and using the pottery wheel.

Mark Your Calendar:

The annual "Spring Into Art Show" will be March 18 from 2-4 pm, at Lilburn City Hall.

Eleven elementary schools will be invited to participate. Set up will be Saturday, March 17 from 10 am to Noon. A sign-up sheet will be available at the March General Meeting.



The Arts Program is partnering with Education to fund a field trip for 5th graders at Lilburn Elementary School to Woodruff Arts Center, where they will see the Atlanta Symphony Orchestra perform a Young People's Concert on February 8.

Conservation: Susan Hendricks and Mandy McManus

Consider These in Your Savings Plan

What will you do if the weather gets cold and the price of natural gas goes up?

You would pay the price that the gas is selling for at a month - at the time the weather changes. But you can choose your provider. Right now it's relatively warm outside, so it's a good time to "shop and lock" in the price you pay for home heating. Go to the Georgia Public Service Commission website: gpsc.gov



Click on the Natural Gas link and find the "Georgia Gas Marketers' Pricing" chart for 2012. This chart provides a central location that allows consumers to compare rate plans that are offered by certificated natural gas marketers. The chart reflects what a typical consumer would pay for natural gas based upon each marketer's pricing plans. It allows the consumer to see how the bills compare amongst the various marketers. After studying the prices, you can call and switch to the provider with a better/lower price than you have with your provider. **Just "shop and lock" into a better natural gas price.** It's that easy.



However, you may save more by going to your provider (Walton EMC serves most of the Lilburn area) and ask them to match the cheaper price you have found on the chart. Don't pay a high price for your heat this winter: "Shop and Lock" It's as easy!

Effective January 2012: Water and sewer rate increase will be implemented. **Want to learn how you can increase water efficiency in your**

home? Take the free Water Resources Homeowner H2O: Water Conservation Workshop on Wednesday, January 11 from 7:00pm to 8:30pm at GJAC. Attendees will receive a low-flow retrofit kit, an outdoor water efficiency kit, and a do-it-yourself home audit guide, and information on

how to apply for the County's toilet rebate program. To pre-register, please send an e-mail with your name, address, and phone number to dwrconserve@gwinnettcountry.com or call 678.376.6722.

What other Homeowner Workshops are you taking this year?

These count in your savings plan - save you time, money, and a head aches:

Septic Tank Maintenance – Thurs, February 9, 2012

Rain Gardens – Thurs, March 8, 2012
Detention Pond Maintenance – March 15, 2012

Spring Cleaning / Household Hazardous Waste Management – Thurs, April 12, 2012

Septic Tank Maintenance – Thurs, August 9, 2012

Detention Pond Maintenance – Thurs, November 8, 2012

NOTE: Please join the Conservation Dept. Meeting date TBA by email

Special Committees

Club Historian
Dianna Carson

Domestic Violence
Linda Newton

Lilburn Daze
Diane Bronk
Carol Watson

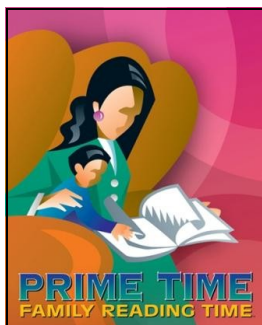
Publicity
Patty Gabilondo
Pat Shaver

Social
Kay Bennett

Sunshine
Janet Pino

Tallulah Falls
Jackie Thornberry

Education: Kim Stephenson



Education has been contacted by the Lilburn Library Branch. They have received another grant for the Prime Time Family Reading program. The program will be on 6 consecutive Monday evenings starting February 13th through March 19th, 2012.

This year we providing beverages (lemonade, tea, juice -nothing red please) for each of the 6 weeks. We will be setting up, serving the meal and cleaning up afterwards. We have not offered to stay and work with the younger children's group for crafts but feel free to stay and assist if you so desire. Signup sheets will be available at the February meeting for volunteers to serve the

meals, and to bring beverages. There will also be an email sent out.

February is Library Lovers Month so everyone be sure to utilize your local libraries. For those with e-reader devices, GCPL has many books available for checkout to your library card for your e-reader.

Check out <http://www.gwinnettpl.org/digital-downloads/index.html>.

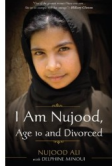
There are step-by step instructions available for your device.



Book of the Month



I am Nujood



By Nujood Ali

From Amazon.com:
"I'm a simple village girl who has always obeyed the orders of my father and brothers. Since forever, I have learned to say yes to everything. Today I have decided to say no."

Forced by her father to marry a man three times her age, young Nujood Ali was sent away from her parents and beloved sisters and made to live with her husband and his family in an isolated village in rural Yemen. There she suffered daily from physical and emotional abuse by her mother-in-law and nightly at the rough hands of her spouse. Flouting his oath to wait to have sexual relations with Nujood until she was no longer a child, he took her virginity on their wedding night. She was only ten years old.

Unable to endure the pain and distress any longer, Nujood fled—not for home, but to the courthouse of the capital, paying for a taxi ride with a few precious coins of bread money. When a renowned Yemeni lawyer heard about the young victim, she took on Nujood's case and fought the archaic system in a country where almost half the girls are married while still under the legal age. Since their unprecedented victory in April 2008, Nujood's courageous defiance of both Yemeni customs and her own family has attracted a storm of international attention. Her story even incited change in Yemen and other Middle Eastern countries, where underage marriage laws are being increasingly enforced and other child brides have been granted divorces.

Recently honored alongside Hillary Clinton and Condoleezza Rice as one of *Glamour* magazine's women of the year, Nujood now tells her full story for the first time. As she guides us from the magical, fragrant streets of the Old City of Sana'a to the cement-block slums and rural villages of this ancient land, her unflinching look at an injustice suffered by all too many girls around the world is at once shocking, inspiring, and utterly unforgettable.

Home Life: Terri Collins and Laurie Wexel

There is a great way to help the Lilburn Co op and get a little something in return. If you take a donation of canned goods to the Lilburn Chick Fil A, you will receive a coupon good for one bowl of the new chicken tortilla soup.



look up Side By Side Brain Injury Clubhouse and "Like" it.

What is Side By Side? Well it is one of only 25 clubhouses worldwide serving the brain injured community. Why is a place like Side By Side so important? Over 1.7 million traumatic brain injuries happen every year. This is more than diagnoses of Multiple Sclerosis, Spinal Chord Injury, HIV/AIDS and Breast Cancer combined! Our troops are coming back in droves suffering from TBI. It is often referred to as the silent epidemic, because most of the time people look the same as before their injury, but life is anything but the same. People who suffer a TBI typically have their acute care, some short rehab and then they are left to face life. Many people languish never feeling a part of their communities or real life again. Side By Side serves as a bridge of support and helps the individuals feel value again. Some are able to gain employment again after attending and others find meaningful volunteer work. It is a day program where the members actually help run the clubhouse and are involved in all the decisions, it is their clubhouse. SBS is CARF certified and has been around for 11 years now. It may be located in Stone Mountain, GA, but it serves many people from Gwinnett County as well. Others come from places as far away Macon, Athens, Newnan, Kennesaw to attend. I invite you to get to know this great place, the people they help and get involved in the Jawbones v. Sawbones fundraiser that will help fill the deficit in their



In honor of February being Women's Heart Health month, please remember to wear red to the installation dinner. Also go to www.womenheart.org there is information about the first ever Strengthening the Heart

of Georgia program, can order your free heart health action kit, order your HeartScarves kit and have \$3 donated by Red Heart Yarn to WomenHeart.

The Jawbones v. Sawbones basketball game benefitting Side By Side Brain Injury Clubhouse is gaining traction. What a great event this will be. Be sure to put March 3rd and Feb 23rd on your calendars. More to come from the home life department on helping out with this and the pre event for the players, sponsors etc. on February 23rd. You can purchase tickets at www.sidebysideclubhouse.org. Sponsorships and program ads can also be purchased on this website. We have canisters available for fundraising for this as well, if know of a business or office that is willing to put one out let Laurie know and she will get one to you. Lastly, please go on Facebook, scholarship fund.



Public Issues: Lori Harrison and Pat Swan

This is an important time as we will hear much about the next election as we prepare to choose our next President. We should listen to debates and read about those running for office.



ALERT!!! Some of us are going to the State Capitol on Feb 2, 2012. It is a Georgia Federation Day with Domestic Violence as the great emphasis. We are to have our picture taken with the Governor. Call Pat Swan if you would like to go. We will also hope to be able to see the "House "in

action.

If you are burning wood in a fireplace on these cold days remember---to make sure fire is out when you go to bed or leave the house. When emptying ashes from the fireplace, place them in a metal container and place outdoors in a safe area. Two home fires have been caused by just forgetting about those ashes.



International Outreach: Patty Gabilondo and Christine Peredney

A child's bright smile after cleft palate surgery through Operation Smile. A warm cup of milk to nourish a child, thanks to the Heifer Project's donation of a goat. A mother's ability to send her children to school, thanks to the Women to Women micro finance loan. This is why I participated in the International Outreach Program.



that create positive changes.

The world has gotten smaller. What happens in a remote corner of the globe and affects the entire world. With technological and scientific advances, news spreads quickly. One nation can be quickly altered financially, medically, climatically, or militarily by the actions of another. International Outreach is very relevant to the times. Everyone now is a neighbor. We strive to balance the needs of the United States of America with the needs of the world.

The year book from GFWC and GAFWC is our guide to the program work. The following are excerpts from the yearbook: The goals of IO are to be knowledgeable and aware of global human rights issues and to make an impact on international human rights policy. International Outreach can have opportunities to provide direct services to women and children around the world. We are called to research, plan and implement projects and to report what projects were accomplished. IO is to educate ourselves of the needs of the world and inform others so we can all join together to raise awareness and funds to implement programs

Please consider leading the IO Team in 2012. If time restraints prevent your leadership, be an active member in the International Outreach Program. Since there are now over 67 active members in 2012, this committee needs 8 to 10 participants. Remember the standing rules suggest that no one serve more than two consecutive years on the same committee.

Domestic Violence: Linda Newton

This month we will look at the leadership from General Federation of Women's Clubs on Domestic Violence Issues and local events that allow LWC to engage.

General Federation of Women's Clubs priority Domestic Violence issues:

Go to <http://www.gfwc.org/gfwc/>

[Priority_Issues.asp?SnID=1505690210](#) for more information.

**Violence Against Women Act
Stop Abuse for every Teens Act
Equal Rights Amendment, H.J. Res**



40 (110)

Stop Violence against Women Day at the Georgia State Capitol on February 2, 2012, 8am till 1:30

Reservation to svawday@gmail.com. Meet at Central Presbyterian Church, 201 Washington St, SW, Atlanta, GA 30303

Organized by: **GA Network to End Sexual Assault, GA Coalition Against Domestic Violence, and GA Commission on Family Violence**

PADV's third annual Teen Dating Violence Summit presented by Verizon Wireless February 25, 2012, 10:00 am-3:30 pm

Georgia Public Broadcasting, 260 14th St NW Atlanta, GA The summit is for teens, but adults are welcome. The summit features keynote

speaker Johanna Orozco a survivor of teen dating violence who has been seen on Oprah, ABC's 20/20, and The View. In addition, teens will participate in workshops focused on healthy relationships, bystander intervention, texting responsibly, teen health, and raise awareness about the dangers of bullying and exploitation. Adults will hear from teens about what they are experiencing in the dating world today and how adults can support them. The day will wrap up with exciting giveaways and prizes. Space is limited. Please register at <https://donate.padv.org/sslpage.aspx?pid=385>



Giving is Beautiful
Donate a bra today and support women in need.

NNEDV* is excited to announce its partnership with [Soma Intimates](#) on its "Giving is Beautiful" Bra Donation Campaign. (*National Network to End Domestic Violence) **Between January 12th and February 26th**, you can donate both new and gently used bras at [Soma Intimates boutiques](#) across the country. All of the bras collected during the campaign will then be donated to a local domestic violence shelter that is partnering with the 182 participating boutiques. First launched in July 2010, this marks the fourth bi-annual bra donation initiative for Soma Intimates. To date, Soma has collected over 145,000 bras to help women in need across the country. If you donate bras to SOMA, please send Linda or Lori an email so we can add your participation to our project lists for 2012.



Donation Reminders

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

Empty and cleaned pill bottles
International Outreach

Old Cell phones
Domestic Violence for Georgia Coalition Against Domestic Violence can be dropped off at House of Payne

February 2012

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



January

- 2 Lighting Christmas tree
- 3 Christmas parade

February

- 2 Installation
- 12 President's Tea
- 13 Prime Time Family Reading Program
- 20 Prime Time Family Reading Program
- 27 Prime Time Family Reading Program

March

- 3 Jawbones vs Saw-Bones for Side by Side Injury Club house
- 5 Prime Time Family Reading Program
- 13 Prime Time Family Reading Program
- 18 Spring into Art
- 19 Prime Time Family Reading Program

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Stop Violence against Women Day at State Capitol 8 am til 1:30 pm LWC Installation at Eastminister Presbyterian doors open at 6:30 pm	3	4
5	6	7	8	9	10	11
12 President's Tea at Bennett home @ 2 pm	13 Education: Prime Time Family Reading Program at Lilburn branch	14	15	16 LWC executive board mtg at Nash Barn	17	18
19	20 Education: Prime Time Family Reading Program at Lilburn branch	21	22	23 Home Life mtg.	24	25
26	27 Education: Prime Time Family Reading Program at Lilburn branch	28	29			

President's Tea



*LWC President's Tea
Honoring
Gail Zarnik
Sunday, February 12
2:00 pm
at the home of
Kay Bennett
640 Ripple Water Run
Lilburn, Ga. 30047*

Roberta's Tip:

