



GFWC Lilburn Woman's Club

www.lilburnwomansclub.org

May, 2019

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Pat Swan

Community Concern

What a wonderful month April has been with so much being accomplished and such amazing creative juices flowing. Ideas are popping everywhere and it is awe inspiring! If you are new to the club and have an idea, please share it with us. New ideas and new energy is what keeps what we do exciting.

Please watch news and notes for sign-up genius links. There is a link for the Hope Lodge dinner scheduled for May 7 and Nancy Delaney needs help with the Little Free Library starting on June 7.

Sandy McGuire has shared a list of items that we can save for her committee for the children's art area at Lilburn Daze. Please note that these items need to be brought to the June meeting.

Please watch for news for the Hi Hope Dance. The Hi Hope School is for mentally challenged adults and the home life program and the art program work together to provide for them a "prom" every spring. More information will follow.

The education program has worked hard getting ready for the Scholarship and Public Service Awards Reception this Thursday evening at 6:30 at Calvary Baptist Church. I hope to see everyone there!

Lilburn Daze: Nadine Bily

The Lilburn Daze committee met Tuesday, April 23, and the "creative idea" juices are flowing! Penny Brown is already hard at work receiving art and craft vendor applications. We have 15 complete and 4 incomplete applications at this time. Patty Gabilondo has created a new food vendor application form.

Sandy McGuire and Janie Dellinger have already begun their wish-list of your discarded items so they can repurpose them into priceless art projects for the children.

Some of the new things for this year are:

- A ticket system for participation in Children's Rides and Attractions, hopefully resulting in bigger sales for all children's area vendors
- A new "interactive entertainment" area, for those who like audience participation activities
- A new pricing system for food vendors, hopefully providing more income from that area
- New character costumes to augment our current supply (Thanks, Christine Peredney!!)
- Supplying "Save the Date" fliers to our vendors, allowing them to help advertise the event
- A more streamlined sponsorship procedure, which should result in more and larger donations

Even if you are not on the committee, your ideas for Lilburn Daze are always welcome. Contact Nadine Bily with any thoughts you have which may help make this year's festival even more successful. And don't forget, we are ALL required to work at least FOUR HOURS on this Club Project we call Lilburn Daze!





Art: Brenda Dana

Community Service Program Chairs

Art
Brenda Dana

Conservation
Mandy McManus
Andrea Brannen

Domestic Violence
Beth Werve

Education
Jennie Nall

Home Life
Nadine Bily

International Out-
reach
Dianna Carson

Public Issues
Patty Gabilondo

Committees

Lilburn Daze
Nadine Bily

Social
Ana Kolb

Scholarship
Lori Harrison

Communications
Brenda Dana

Websites, Facebook
Andrea Brannen

Newsletter
Dianna Carson

Fundraising
Dianna Carson

After a successful Spring Into Art the Art Committee has taken a slight breather before we begin working on decorations for the Hi Hope Dance on June 1. South Seas is the theme this year and we are working on a tiki hut photo booth for the dance. If anyone has leis, grass skirts or palm leaves anything reflective of the islands that we could borrow to use for decorations please let us know and we will come and pick it up. Please also continue to donate corks for the cork wreaths we are making to sell at Lilburn Daze. Watch News and Notes for a date we will get together in June to begin making wreaths.



Art Committee supported Staged Right Theater by attending their dinner mystery theater at the Apothecary. The setting was a speak easy with a bartender, piano player and two singers. The food was delicious and the mystery was fantastic and a great time was had by all who attended. Staged Right Theater will be presenting

A Round-Heeled Woman

- an explicit, joyful, funny, and true story about exploring



sexuality at "a certain age." With her 67th birthday looming on the horizon, Jane Juska takes out an ad in the New York Book Review: "Before I turn 67, next March, I would like to have a lot of sex with a man I like. If you want to talk first, Trollope works for me." The resulting responses lead Jane on adventure of self-discovery that results in laughter, tears, and love. An idea that adheres to the theme of Staged Right's 4th season, What We May Be, which explores the concept of identity and the process of discovering ourselves. They are offering LWC members a price of \$10 per person. "A Round-Heeled Woman" which will be performed at the Hanarry Swim and Racket Club in Lilburn, Ga on May 10th-19th. Fridays and Saturdays at 8pm and Sunday's at 2:30pm. Staged Right is offering all LWC members tickets at their \$10 price. Tickets are available at <https://ticketpeak.com/res/stagedrighttheatre>.





Conservation: Mandy McManus & Andrea Brannen

Why is honey bee conservation an important issue to us and to GFWC?

We know honey is important as food for humans and many animals. Even more important is the pollinating and fertilizing of flowers, trees and other plants. The bees spread pollen around helping farmers and us, as consumers, to have many foods that depend on the bees. Think almonds, cherries, broccoli and pumpkins. One report says that one in three bites of food we eat depends entirely on bees!

The population of honey bees is declining due to several causes. One cause is Colony Collapse Disorder. This disorder happens when the worker bees leave the hive and the queen bee is left behind. The natural order of increasing the number of bees is disrupted and the population declines. Other causes are habitat loss and use of pesticides on crops.

GFWC and the Conservation Program encourage us to be informed and do what we can as individuals to support all bees, including honey bees.

Getting started:

1. Plant a garden to increase habitats
2. Use organic pesticides. Avoid neonicotinoid chemicals which are especially harmful to bees.
3. Skip or limit double flowers and hybrid flowers which have little or no pollen.
4. Plant and preserve trees which add to honey bee habitats.
5. Have a bee bath. Think bird bath on a small scale.
6. Build bee condos for solitary bees.
7. Start your own hive.
8. If you aren't interested in #7, support a local beekeeper and buy honey and beeswax products.
9. Sponsor a hive through the Honey Bee Conservancy.
10. Be a bee ambassador. Educate others. Raise money for the Honey Bee Association.



Resources: Metro Atlanta Beekeepers Assoc. 470 236-2220
Beekeepers Club of Gwinnett County, gwinnettbeekeepers@gmail.com
the honeybeeconservancy.org

Thank you, Doris Mann, for this insightful article.



Support your local farmer's market

Conservation is happy to learn that supporting local farmer's markets is part of the GFWC Georgia's plan of work. Lilburn is fortunate to have several local markets close by. We have many grocery stores in the area so why should you buy from a farmer's market?

What are the reasons to buy from a farmer's market?

Tastier and Healthier food from local sources. The fruits and vegetables you buy at the farmer's market are freshest and tastiest available because it is fresh from the farm.

Protecting the environment. Food in the USA travels an average of 1,500 miles to get to you. All of this shipping uses a large amount of natural resources, contributes to pollution, and

creates trash due to extra packaging.

Support local economy by keeping money the community. Family farmers and producers need your support to compete in the food marketplace.

Foods found at a farmer's market is less processed and grown using sustainable techniques.

A better understanding on the growing practices or ingredients used in making your food by talking to farmers/supplier. You will know where your food comes from.

The farmers and producers at a market are often passionate cooks with plenty advice on how to cook the foods they are selling.

Farm markets have become a community hub – a place to eat, shop and fellowship with friends.

Resources: CUESA – Center for Urban Education about Sustainable Agriculture

Local markets

Consider checking out one of the farmer's markets in and around Lilburn.

Lilburn Farmers Market is held every Friday (June – August) from 4-8PM at Good Shepherd Presbyterian Church.

Snellville Farmers' Market is held every Saturday from 8:30 AM to 12:30 PM, June through September, in front of Snellville City Hall.

Stone Mountain Farmers Market is held each Tuesday from 4pm - 7pm in the Municipal Parking Lot on Main Street.

Tucker Farmers Market is held each Thursday (April – December) 4-8 PM at St. Andrew's Presbyterian Church.

EBT at the Farmer's Market

The Lilburn Farmers Market partners with Wholesome Wave Georgia in the Georgia Fresh for Less program which promotes healthy and affordable eating habits for low-income families. As in all good programs, there is a cost involved for the market to participate. To help with these fees, the Lilburn Farmers Market is hosting a Farm to Market to Table Fundraising Dinner. Consider gathering a group of friends for a three-course meal in the outdoor courtyard of Good Shepherd Presbyterian Church on May 31st. Chef Lisa Lowe of Cooking for Caregivers has created a mouthwatering menu fresh from the farm – you will get a pre-taste of the delicious foods available this summer. What a win/win opportunity! You will get a wonderful meal and be supporting a great cause at the same time. Tickets are available on line at lilburnfarmersmarket.org.

LOVE
LOCAL
LILBURN
Lilburn Farmers Market



Domestic Violence: Beth Werve

Despite a few April showers, there was no evidence of dampened spirits at the Lilburn Easter Egg Hunt on Saturday, April 13. Hundreds of children and their families were at Lilburn City Park to look for eggs and enjoy the new playground. The Domestic Violence Awareness Program shared a tent with Home Life as they provided fun activities and we provided our signature pinwheels to the children. The pinwheel garden is an initiative of PCAA – Prevent Child Abuse America, a GFWC partner --

symbolizing a happy and carefree childhood which every child should be able to enjoy. We also distributed lots of information about domestic violence and various groups working to help the victims. April is Child Abuse Prevention month and provides the perfect time to collaborate with Home Life in this fun way.



There was not a cloud in the sky on April 27 when LWC members gathered in the Kroger Shopping Center at US 29 and Beaver Ruin Rd. to ask shoppers for donations of needed items for the PADV Safe House. From dishwashing liquid to paper towels, our Lilburn community responded with characteristic generosity and we were able to collect two FULL carloads of supplies to be delivered to the Safe House later in the week. This was our GFWC Day of Service and we are so grateful to all those who contributed to such a successful effort spearheaded by Public Issues and Domestic Violence Awareness.

Our DV team has also been busy working at the Children's Boutique, sorting through the many donated clothing items and gradually replacing warm winter clothing with cute play clothes for spring and summer. We are looking forward to warmer weather and more opportunities to engage with the community in fighting the scourge of domestic violence in all its forms.



Donation Reminders

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

ART

- Plastic Bags
- Wine Corks

Conservation:

- Plastic bags
- Shoes

Domestic Violence:

- Children's Helmets
- Laundry Materials
- Cleaning Materials
- Lightweight clothing for rape victims

Education:

- Children's Books
- Adult Books
- Dr Seuss Books

Home Life:

International:

- Washcloths
- Dried Beans, Rice
- Canned food
- Clothes
- Shoes
- Fabric
- Small soaps
- Onion/fruit bags
- School Supplies
- Children's books
- Gallon size Ziploc bags
- New or lightly used bras
- Soft Drink tabs
- Ladies or girls panties

Public Issues:

- Pajamas for Men & Women
- Worn & tattered flags



Education: Jennie Nall

Many thanks to Diane DeGaetano for hosting the Education Program at a delicious lunch at her home. Also in attendance were Susan Boudreau, Barbara Brooks, Patty Gabilondo, Ana Kolb, Jenny Nall and Judy Nash.

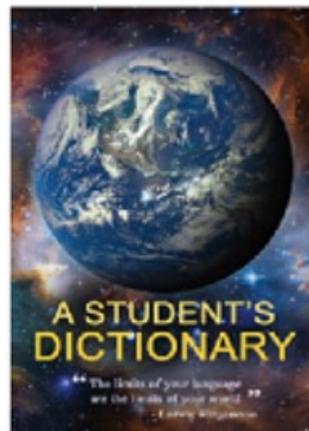


Scholarship and Public Service Recognition Reception The group edited the program. Susan Boudreau volunteered to take care of the name tags. Ana Kolb will coordinate decorations and

Flower presentations with Pat Swan. Barbara Brooks will assist Patty Gabilondo to provide an inspiration. The Girl Scout troop will lead the Pledge of Allegiance. Sign up for refreshments has been sent out. We will ask for Greeters to come at 6 to help direct our guests to parking and to the entry.

Scholarship Recognition includes the LWC General Scholarship, the Teresa Hyde Foster Art Scholarship, and HOBY Awards. Our Gwinnett Tech Scholarship recipients will be chosen for Fall Semester. We will also recognize 16 Teachers of the Year and 9 graduates who are related to Lilburn Woman's Club members.

event. Mayor Crist will present a Proclamation about Art. Conservation will recognize Carrie Livers, the sponsor for Brookwood HS's Aquaponics program Education will recognize our partners in the Dictionary Project Public Issues will present an Outstanding Citizen Award to Lynette Howard.



Community Recognition Art will recognize the winner of the Spring into Art

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Home Life: Nadine Bily

A lot is happening in Home Life during the next couple months. Come join us in the fun!

St John Neumann S.M.I.L.E. race, May 4, 7:30 a.m., Lilburn City Park

Hope Lodge Dinner, cookout (grilled hamburgers and hotdogs, with sides and desserts)

Hi Hope Dance, June 1, Hi Hope Center, 6:00 p.m. – 8:30 p.m.

We hope Canine Companions will visit the Farmer's Market, date to be announced

May 1 – October 31 Home Life Contest, you won't want to miss out!!!

We are sure you are eagerly anticipating the details for the Home Life Contest, so keep reading:

TOGETHER WE WILL KICK HEALTH UP A NOTCH

For the next six months Home Life will be conducting a contest called "TOGETHER WE WILL KICK HEALTH UP A NOTCH". A member can earn one point each time she participates in a "Club-wide announced" activity meant to improve health. This includes all types of health: physical, mental, and financial. The contest follows the first statement in the description of the Home Life Community Service Program, which reads: "The GFWC Home Life Community Service Program is designed to inform members of issues that affect the financial, physical, and mental well-being of individuals, families, and communities."

Individual efforts to improve health are commendable, and don't forget to enter those hours in Track It Forward for Home Life. However, unless the event is **announced to the entire club**, it cannot earn a point for this competition. The ways to publicize an activity for this contest are: via the monthly Club Newsletter, News and Notes, or at a general meeting. Please go through a Program Chair to announce the activity in one of those ways. Examples of what counts and what does not count are: Attending yoga classes regularly yourself should be recorded in Track It Forward, but **does not** fall under the guidelines of this contest. Inviting a friend in the club to go to a yoga class with you is wonderful and should be entered in Track It Forward for both of you, but it still **does not** get a point for this contest. However, publicizing an event at your yoga studio in our newsletter and inviting everyone in the club to participate **does** earn everyone who attends the event a point, even if only one member attends the event. The S.M.I.L.E. race was publicized, and everyone who participates will receive a point. The Farm to Market to Table Dinner mentioned in News and Notes promotes health and it **does** count as an event for this contest. A seminar at the Senior Center on estate planning or identity theft prevention or any other subject which addresses mental and/or financial health will earn each member who attends a point **as long as it has been announced to the ENTIRE CLUB**.

Home Life is not the only program which can sponsor an activity which accrues points for the "Together We Will Kick Health Up a Notch" contest. If Conservation wants to sponsor another field trip like the Gibbs Garden tour, which would involve walking, that activity would be part of this contest. Some of Domestic Violence's seminars promote mental health. The possibilities are numerous, so LET'S HAVE FUN and see how much health we can promote for the entire club!



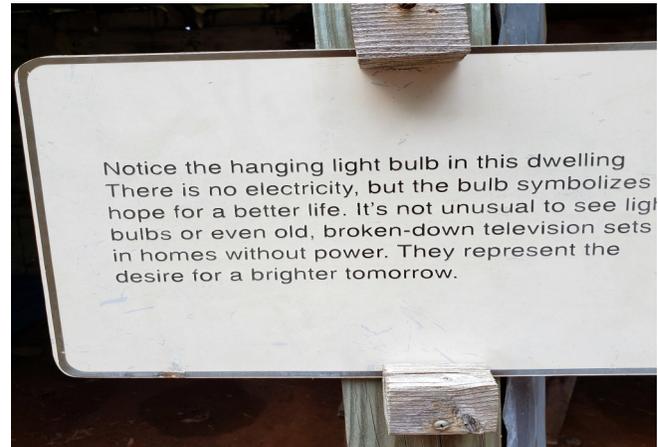
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International Outreach: Dianna Carson

While at State Convention, our group took a train ride to Americus, Georgia to visit the Global Village and Discovery Center/ Habitat for Humanity where it all began in 1976 on a community farm in south Georgia. Now this nonprofit housing organization is in 1,400 communities throughout the U.S. and in over 70 countries. Families in these countries, in partnership with volunteers from the U.S. and people in their country, just as we do here, help build improved places that they can call home. At the Global Village, we were able to see where many live—exposed to the weather, no running water, no bathrooms, dirt floors, no electricity, and impossible to secure their possessions. These people are so excited to construct bricks or steel-reinforced concrete frames for houses built in earthquake areas. Nearly 1 in 5 people around the world live in absolute poverty. What a great organization who cares about all peoples whether they live in Africa, Zambia, or the great U.S.



Thanks Pat and Patty for the article and pictures about this great organization that is helping people around the world.!



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Public Issues: Patty Gabilondo

May 3rd, Citizenship Workshop at the Lawrenceville Branch Library, 1001 Lawrenceville Highway Lawrenceville, GA 30046 from 10: a.m. – 1 pm (every Tuesday and Friday until September). For information please contact mrodriguez@thelaa.org or call 404-638-1828.

At these workshops, we screen legal permanent residents to see if they can receive this free service that includes: helping them fill out the application for naturalization(citizenship), provide a legal review with a Department of Justice accredited representative, send the application with the appropriate documents and remain in communication with clients during the entire process.

Georgia Citizen Rights and Responsibilities

What are the rights and responsibilities of Georgia citizens?



- Right to freedom of religion
- Right to keep and bear arms
- Right to freedom of speech
- Right to life, liberty and property
- Right to courts
- Right to trial by jury
- Right to a lawyer
- Right to assemble
- Right to reasonable search & seizure

May 16th is Armed Forces Day.

Armed Forces Day was a day for the military to show "state-of-the-art" equipment to Americans. It was also a day to honor and acknowledge Americans in the armed forces. Parades, open houses, receptions and air shows were held at the inaugural Armed Forces Day



May 27, Memorial Day – Honoring the men and women who died while serving in the military. If you've never been, consider taking a drive to see the **Fallen Heroes Memorial**. Located on the grounds of the Gwinnett Justice and Administration Center in Lawrenceville, Gwinnett's Fallen Heroes Memorial pays tribute to all Gwinnett residents who died in the line of duty in military or public safety service.



From native Americans "who were the first to love this land," to the most recent casualties, the memorial honors about 700 individuals, organized by categories of service. Their names, in random order and without rank, are carved on 13 black granite markers, which are nine feet tall and weigh almost four tons each. A central pedestal features a Gwinnett firefighter's bronze sculpture of an eagle carrying a rose.

GFWC Legislative Alerts – GFWC is asking all club members to sign up for most current information supported and monitored by GFWC. There is no charge, it is simply to build awareness of how our organization works with Congress to update, change and endorse non-partisan legislation in an effort to improve the lives of others. Please try it, and see what you might learn. <http://www.cqrcengage.com/gfwc/app/register?14&m=42271>



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

Sun. Mon. Tue. Wed. Thu. Fri. Sat.

			1 Education: Library Lov- ers Livin' for Life for Sen- iors	2 Scholarships and Public Service Awards Re- ception 6:30 Calvary Bap. Church	3	4 7:30AM S.M.I.L.E run --Lill City Park 9 AM Community Yard Sale -Greenway Trail Pking Lot 11-5:30 Sweetwater Ma- sons BarB Q 2:30 Social: Mother/ Daughter Tea --Ferguson's Tea Rm-- Houshton, GA
5	6	7 HL--Hope Lodge Dinner -Cook Out theme	8	9 7PM Strategic Planning Mtg. Nash Barn	10	11
12	13	14	15 Social--Dinner/ Trivia 6:30PM 1910 Public House	16 Fundraising Comm. Mtg. 7PM--Dianna Carson's Home	17	18
19	20	21	22 6:30 PM Women's Self Defense Class Calvin Fitchett Municipal	23 6:45 Exec, Bd Mtg	24	25
26	27 7PM--PI Mayor Townhall Mtg.	28	29	30	31 6:30 Lilburn Farmer's Mkt Good Shep- herd Presbyter- ian Church	Hi Hope Dance

Birthdays

May 1--Mindy Crean
May 6--Gale DeGray
May 20--Sally Baker
May 30--Jerolyn Randles
May 30--Gloria Sill

