



# GFWC Lilburn Woman's Club

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

February, 2023

**President: Susan Allred**

We are off to a great buzz!! Meetings are planned, activities are getting underway, and we have some big events coming up. Be sure to get involved in your CSP of choice. You should have signed up for a Program by now and you will be hearing from your CSP chairs soon to attend your first meeting.

Our 50<sup>th</sup> Anniversary Gala is February 17<sup>th</sup>! I cannot wait to be there and see all of you, plus some past members too. The committee has a fun-filled evening planned. So, if you have not gotten your ticket yet, you have just a few days left to get it. Invite friends who may be interested in Lilburn Woman's Club. They might enjoy taking a walk down memory lane with us.

We are also planning our Northeast District meeting to be held March 25<sup>th</sup>. We are the hosts for this meeting in which we will welcome members from across the northeast part of Georgia. Please plan to attend!

And just over the horizon is our first Taste of Lilburn on April 29<sup>th</sup>. The committee is working hard to engage restaurant participants for this fun event. We will need all of you to help us make this event a success, so please plan to be there and take an active role in some way.



**1st Vice President: Kathy Mattox**

## **New Member Bio: Maureen Fraser**



Maureen Fraser is a native of Pittsburgh, Pennsylvania, but has lived in the Dekalb/Gwinnett area since 1980, so she claims Georgia as home.

Her non-profit fundraising career spanned 49 years with both the American Cancer Society and the Cystic Fibrosis Foundation. She retired in June of 2021 from her most recent position as Senior Vice President, Field Management after 42 years with the CF Foundation.

Maureen has been married to Rick, a retired civil engineer, for 39 years and has two daughters, Lauren Clemmons (married to Martin) and Kristen Fraser. She is MoMo to two grandsons, Luke (5) and Samuel (1). The Clemmons Family lives in Dothan, AL and Kristen resides in Roswell, GA. Lauren and Martin are DOs and professors at the Alabama College of Osteopathic Medicine. Kristen works at Truist Financial Corporation as Vice President/Sr. Communications Manager for the Truist Foundation.

In the past, Maureen has been an active member and held leadership positions in a number of community and service organizations, including the Association of Fundraising Professionals; Gwinnett County elementary, middle and high school PTAs; Competition Cheerleading and Cross Country athletic booster clubs; Civitan International; as well as Methodist church Women's Circles, Sunday School teaching and Nominating Committee. She is currently a member of the Mountain Mums Garden Club, which is affiliated with the Dekalb County Federation of Garden Clubs and the "Friends Bound Together" Book Club.

Maureen enjoys arts and crafts, hosting and entertaining in her home, reading, traveling and spending time with her grandchildren and granddog, Penny. After retiring and no longer traveling for work, she is looking forward to joining LWC to help give back to the community and to make new friends. She is appreciative of Laura Byrd's introduction to the group.

### **Executive Officers 2023**

**President**  
**Susan Allred**

**1st Vice President/**  
**Membership**  
**Kathy Mattox**

**2nd Vice President/**  
**Programs**  
**Adela Salame-Alfie**

**Recording Secretary**  
**Dianna Carson**

**Corresponding Secretary:**  
**Kathy Shepherd**

**Treasurer/501c3**  
**Ana Kolb**

**Parliamentary Advisor**  
**Barbara Brooks**

Community Service Program Chairs

Art & Culture  
Maureen Fraser & Nadine Bily

Civic Engagement & Outreach:  
Charleen Ray & Cheryl Haynes

Education & Libraries:  
Judy Nash & Rodean Wilson

Health & Wellness:  
Wanda Stabell

Committees

Lilburn Daze  
Dianna Carson & Diane DeGaetano

Social:  
Kathy Shepherd

Communications  
Brenda Dana

Websites, Facebook  
Andrea Brannen

Newsletter  
Dianna Carson

Fundraising:

1st Vice President continued:

The following ladies have decided due to personal/health reason they can not attend regularly and have requested to be in our new Auxiliary status.

Joann Jones  
3997 Five Forks Trickum Rd SW  
Lilburn, GA 30047  
770-337-3896

Joette Segars  
Brookside Stone Mountain  
1745 Parke Plaza Circle SW  
Stone Mountain 30087 Rm 206  
678-234-9804

Jerolyn Randles  
344 Brookshire Drive  
Lilburn, GA 30047  
H: 678-615-3454



Please continue to remember these ladies with phone calls and cards. If you're able to pick them up for a meeting sometime, that would be nice and mean a lot to them!

2nd Vice President: Adela Salame-Alfie

I'm excited to serve as your Second VP for the 2023 year. Our Community Service Program (CSP) Chairs/Co-chairs are already working hard with their programs and several meetings and activities are already underway. If you haven't signed up for a Program please do so at your earliest convenience so you don't miss out on any of the activities. Remember that as club members we have to participate in 2 club projects and at least 2 CSP projects. Also, a reminder that you can sign up for more than one program and I know some of you already have done so, so thank you... I wish you a very productive year!

This year CSP Chairs are:

Art - Nadine Bily and Maureen Fraser  
Health and Wellness - Wanda Staebell  
Civic Engagement and Outreach - Charlene Rae and Cheryl Hanes  
Education and Libraries – Judy Nash and Rodean Wilson

***A reminder for the CSP chairs/co-chairs that we will have training on Monday, February 20 at 7:00 pm at Judy's barn.***

I'm looking forward to a very productive and fun year!





## Art and Culture: Nadine Bily

Art is hosting the February general meeting, at which our own Pat Shaver will provide a lesson in painting with alcohol ink. We will each make a small abstract painting in Valentine's colors, which will serve as a cover for a Valentine's card. Art will be presenting the cards to the Lilburn Police, thanking them for their service to the community. All supplies will be provided, including plastic gloves and table covers. We will have blank cards, and we will ask members to write a short message. All you have to bring is your best handwriting and your kind thoughts.



While we let our own creative juices flow, let's celebrate Black History Month by taking part in a quiz of Black Artists. These are just a few who have made great contributions to the world of art, whether it is visual, literature, music, or performing. See how many you can answer:

- Born in Fort Scott, Kansas in 1912, this self-taught photographer left behind an exceptional body of work that documents American life and culture from the early 1940's to the 2000's. His creative practice extended to writing, musical composition, filmmaking, and painting.
- Born in Dawson, raised in Macon, originally recorded "Respect" (made famous by Aretha), killed in a plane crash at 26, his most-haunting composition became a number one hit after his death.
- Born in Columbus, GA in 1891, this artist developed her signature abstract painting style in her late

70's, after spending more than three decades teaching art in a Washington DC junior high school.

"I know a man ain't supposed to cry...But these tears I can't hold inside..."

Go Tell It on the Mountain, his first novel, is a partially autobiographical account of his youth. Born in Eatonton GA, in 1982 she became the first African-American woman to win the Pulitzer Prize for Fiction.

The recipient of various accolades, including an Academy Award, a Primetime Emmy Award and two Tony Awards, she is the sole African American to receive the Triple Crown of Acting. They called him Mister Tibbs.

Legendary author, poet, activist, and all around inspiring woman, one of her most inspiring and uplifting quotes was "My mission in life is not merely to survive, but to thrive; and to do so with some passion, come compassion, some humor, and some style."

This American singer and actress had the nickname of "The Voice". She is one of the bestselling music artists of all time, with over 200 million records worldwide.

Write your answers down, bring them to the February general meeting, and receive a small prize if you are able to answer all 10 correctly.



## Civic Engagement & Outreach: Charleen Ray and Cheryle Haynes

So excited to be moving together this New year of 2023 as Co-Chair with Cheryle Haynes of Civic Engagement & Outreach for Lilburn Woman's Club And our 50th YEAR !

Grateful to have such a great team of women to serve our Community.

Looking forward to sharing ideas, using previous experience and with each one's assistance for New projects making it to be the most productive CEO year thus far.

### Domestic Violence

Diane DeGaetano is Chair again for Domestic Violence which is still a subcommittee of CEO.

She has already presented some ideas to the EXEC Board for Fundraising. Be on the look out for these ideas in future meetings and the Newsletter to see how we can engage with this effort.

### Looking Ahead

Feb 1 is Freedom Day

### Monthly CEO Meetings

**January 26@6:30-8:00pm**

Alternate Date :  
Feb 9@6:30-8:00 pm

### Location :

Always Fresh Restaurant  
5394 Five Forks Trickum Rd.

Please let us know as soon as possible if you can attend. I can meet in the daytime but I know all of you are not able to do so.

Also, If we have anyone who would volunteer their home as a meeting space we would be grateful.

FYI: I can be reached via my cell, phone calls, text and email.

For Group info emails are preferable.

Looking forward to an Amazing time as we serve our Community together through Civic Engagement and Outreach.

## Domestic Violence : Diane DeGaetano

As you may remember from 2022, we are focusing on supporting Wellsprings Living. This is our state president, Kim Sekulow's special project. Just so you understand why your donation, whether in-kind or monetary are so important, the following is a brief description of Wellspring Living:

Founded in 2001, Wellspring Living is a non-profit organization in Atlanta, Georgia that provides domestic sex trafficking victims and those at risk with specialized recovery services through residential and community-based programs. The programs provide transformative care through therapeutic services, education, life skills, and personal and professional development. The focus for each participant is on developing their courage to move forward and their confidence to succeed. Through operating best practices and with highly qualified staff, Wellspring Living programs are statistically proven in providing restorative services that yield positive, life-changing results. Wellspring Living's vision is to live in a world where every victim of sexual exploitation has access to transformative care. Wellspring Living is a leader in the nation for residential care and through the Wellspring Living Institute is able to educate, train and mentor organizations around the world.

Our projects for the first quarter:

**January 19 through Feb.12** – Super Bowl Youth Academy at Wellsprings: Collecting youth sized clothes (14+) (could be gently used or new – favorite stores are Forever Young, H&M, Macys, Target, Macy's, Express and hygiene items – wet wipes, deodorant, toothpaste, combs, brushes, body lotions and soaps. May bring to Feb or March meetings.

**Feb. 2** – LWC Valentine Jewelry Sale to benefit Domestic Violence at our next meeting

**Feb. 25** - Lafayette Woman's Club is sponsoring a Paws and Claws Pet Parade Tickets are \$10

**March 1-30** – Collecting all shoes. Each district is asked to bring six bags of 25 pairs of shoes. We can support our NE district and Wellsprings. Bring to the Feb. or March meeting. Collection will also take place at the **March 25th** district meeting and at the GFWC GA convention in April.

Celebrate Wellsprings Living 22nd birthday by donating to help honor every survivor impacted by the organization. A link will be sent out in Constant Contact.

## Stand with Survivors: Feb. 14 at 9 am

This is the 22nd annual domestic and sexual violence advocacy event in Georgia. Formerly called, Stop Violence Against Women Day, Stand with Survivors Day(s) (SWSD) will hold an Advocacy 101 webinar and an in-person kick-off event.

SWSD brings together intimate partner and sexual violence advocates, system stakeholders, and community constituents from across the State of Georgia to rally together and speak to their elected officials about legislation that effects intimate partner and sexual violence survivors, their families, and communities.

### [Registration](#)



### Donation Reminders

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

#### Art:

### Civic Engagement & Outreach:

#### Lilburn Co-op:

Canned Peas  
Canned Chicken, Tuna, Stew  
Canned Mixed Veg.  
Peanut Butter  
Shampoo  
Canned Pork & Beans  
Toilet Paper  
Cereal  
Hamburger Helper

### Education & Libraries:

### Health & Wellness:



## Education and Libraries: Judy Nash & Rodean Wilson

Rodean and I are excited to get started with a new year of working with the wonderful ladies in the Education and Libraries program.

Our first program meeting will be January 30 at 6:30 in the Nash barn. Jason DiFranco from the Library Association will be meeting with us to let us know how we can help our library. Everyone is welcome to join us.

March is Black history month. We mentioned "The Bluest Eye" by Toni Morrison last year, but we mention it again, because it is on the list of banned books. We encourage everyone to read at least one book on this list this year.



Some of the books on this list:

To Kill a Mockingbird by Harper Lee  
 The Catcher in the Rye by J.D. Salinger  
 Of Mice and Men by John Steinbeck  
 The Color Purple by Alice Walker  
 The Adventures of Huckleberry Finn by Mark Twain  
 The Bluest Eye by Toni Morrison  
 Fahrenheit 451 by Ray Bradbury  
 Brave New World by Aldous Huxley  
 Beloved by Toni Morrison  
 Animal Farm by George Orwell  
 Lord of the Flies by William Golding  
 The Kite Runner by Khaled Hosseini  
 The Giver by Lois Lowry  
 A Farewell to Arms by Ernest Hemingway  
 Please remember to keep a log of the books you read and your time this year.

The women of the Lilburn Woman's Club are famous for the way they are constantly giving back to others. February 14-20<sup>th</sup> is random acts of kindness week. Just think how different this world would be if everyone took a few minutes out of their week to [do something for someone else](#).



## Health & Wellness: Wanda Staebell

**February** is Heart Awareness Month—wear **RED** to meeting!



American  
Heart  
Association.

### Signs and Symptoms of Heart Attack

If you have any of these signs, call 9- 1-1 and get to a hospital right away.

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes or goes away and comes back.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Other signs such as breaking out in a cold sweat, nausea or lightheadedness.
5. As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

### Signs and Symptoms of Stroke

If you have any of these signs, call 9- 1-1 and get to a hospital right away.

1. Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
2. Sudden confusion, trouble speaking or understanding
3. Sudden trouble seeing or blurred vision in one or both eyes
4. Sudden trouble walking, dizziness, loss of balance or coordination
5. Sudden severe headache with no known cause

## Environment: Article submitted by Nadine Bily

Monarch Butterflies – They represent many things to many people. To some, they are a symbol of rebirth and the afterlife. To others they represent change and metamorphosis. To most, they are simply a beautiful reminder of nature's delicacy. Beginning each fall in the eastern U.S. and Canada, hundreds of millions of monarchs migrate up to 3,000 miles to Central Mexico's remote mountains to spend the winter in a semi-hibernating state. What is even more amazing is that only every fourth generation makes this journey. There are subsequent generations that make the return trip north to repopulate the U.S. and Canada in spring and summer. Therefore, neither teaching nor learning takes place to show these butterflies how and where to go.

There are 4 stages in the Monarch's (or any butterfly) lifetime: the egg, the larvae (caterpillar), the pupa (chrysalis), and the adult butterfly. There are 4 generations of monarchs in a year.

The first generation is the eggs laid by the hibernating generation in the southern U.S. in March or April. The hibernators find a mate and migrate NE to find a place to lay their eggs on milkweed – ONLY milkweed. Each of the first 3 generations live for 2 – 6 weeks. They die after laying eggs for the next generation.

The second generation's eggs are laid in May and June, farther north.

The third generation is born in July and August. The mighty fourth generation is born in September or October, migrates to Mexico and parts of California for semi-hibernation, and lives 6 – 8 months.

If you are ever able to travel to Mexico to see a monarch sanctuary, you will have taken a trip never to be forgotten. I visited Angangueo, Mexico in January, with Natural Habitat Adventures. It is impossible to describe how the monarchs cluster on the oyamel firs (sacred firs – their oppositely arranged twigs make the shape of a cross). Then, as the sun warms the mountainside, many butterflies take to the air. It was truly a spiritual experience.

This is part of a mural in Angangueo dedicated to the Monarch.



# February, 2023

Check [www.lilburnwomansclub.org/Calendar.html](http://www.lilburnwomansclub.org/Calendar.html) for updates.

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1 Bingo 7-9 Slow Pour Brewing Co. \$5 charge Proceeds go to Friends	2 LWC gen- eral meet- ing 6-8 PM  Lilburn Ac- tivity bldg	3 H. B Ginnie Childers	4
5 Last day to respond to 50th Gala	6	7 Treats for Troops— Dahlongega	8	9	10	11
12	13 7PM Art & Cul- ture Mtg Maureen Fraser's Home	14	15	16 7PM Exec..Bd. Meeting	17 50th Anniver- sary Gala	18 H. B. Janet Dagleis
19 H.B. Dianna Carson	20	21	22	23	24	25 H. B. Linda New- ton
26	27	28	1	2 6-8 PM LWC Gen. Mtg.	3	4



## Happy Birthday:

Feb. 3—Ginnie Childers  
Feb. 18—Janet Dagleis  
Feb. 19—Dianna Carson  
Feb. 25—Linda Newton