



Monthly Newsletter

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2026 CLUB MEMBERS

GF WC LILBURN WOMAN'S CLUB

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President's Message

"Look What We Can Accomplish Together"

September always feels like a fresh start. The lazy days of summer give way to busy calendars, new projects and exciting opportunities—and there is plenty to look forward to at the Lilburn Woman's Club! As I look at all we accomplish, I am reminded that the true strength of our club is not in any one person, but in what we can accomplish when we work together.

So whether you are working on Lilburn Daze, the Christmas Dinner Auction, gearing up for Taste of Lilburn or other CSP projects, bring your enthusiasm, bring your ideas, and most importantly, bring yourself!

Every member has something valuable to contribute. It may be an idea, a connection, a few hours of volunteer time, a creative talent or simply a willingness to lend a hand. When we each do our part, those individual efforts add up to something truly meaningful for our community.

This year, let's continue to say "yes" to new opportunities, "yes" to helping one another and "yes" to making a difference. I'm excited about what's ahead!

Thank you for all you do to make the Lilburn Woman's Club such a special organization.

With appreciation,
Maureen

From Deep Roots to Fresh Shoots: Meeting the Faces of Our Community

Doris Mann

A Life of Friendship, Service, and Community

Originally from Durham, North Carolina, Doris Mann came to Atlanta after college to teach school. Within a year, she met Bill, married, and began building a family. They bought their first home off Pleasant Hill Road and raised two children who attended Gwinnett County schools.

In the early 1970s, southern Gwinnett was changing from a rural community into a growing suburb. Doris's neighbor, Sara Williamson, invited her to an organizational meeting of women who wanted to get acquainted and find ways to serve their community. Doris joined the Lilburn Woman's Club in 1973 and became part of a group that would help shape Lilburn for generations to come.

The club's early priorities included safety, schools, beautification, and service to seniors. Under the leadership of its first president, Faye Moore, the women planted dogwoods along Indian Trail, distributed dogwood saplings to Lilburn fourth graders, recognized businesses for beautification, and helped launch early preservation efforts for the Wynne-Russell House.

Lilburn Daze also grew from a small arts-and-crafts fair with a chicken Q into the beloved community celebration and fundraiser it is today.

But Doris believes the club's greatest accomplishment has always been its people. The club gives women an opportunity to serve, develop leadership skills, and build lifelong friendships.

Reflecting on more than five decades of membership, Doris hopes the club will continue its tradition of volunteering, friendship, and welcoming new generations of women.

Her advice is simple: "Ask a busy person to visit us and come to our events. Then welcome them." It is fitting advice from a woman whose own journey began when someone simply invited her to come.

Joining in the same year following Doris Mann includes members Jenny Nall and Sally Baker.

Maria Meade

*A Curious Mind with
a Heart for Community*



Tell us about you...

I'm excited to get to be part of the Lilburn Woman's Club, since I'm passionate about the importance of working together to improve and care for our community. I love learning and the chance to share knowledge with others. That has led to my career as a librarian, but also drives me in my personal life. If there is an opportunity to solve a puzzle or fix a problem, I'm there.

What interested you most about joining the Lilburn Woman's Club?

First, the impact that the LWC is able to have on the community. It has been eye-opening to see how much the club and its members are able to accomplish. Second, the community and camaraderie among the members.

What are some of your interests, hobbies, or talents?

I'm a collector of hobbies and crafts, but my lifelong passions are reading, animals, and baking. In addition, I'm a very amateur astronomer, love hiking, and enjoy a good whodunit.

How would you like to become involved with the club?

I feel like I'm still learning about the club and all that it does, so first off I'm looking forward to continuing to learn more. As a new member, I would like to contribute to many different projects and experience the breadth of the LWC.

What would help you feel connected and engaged as a member?

I'm naturally quiet and an introvert, so the warm welcome I have received from club members has been really appreciated. I would love opportunities to get to know and connect with more of the club members.

Author: Pam Montgomery

Celebrating the Beauty of Hispanic Art

Hispanic art reflects the rich cultures, traditions, and histories of people from Spain, Mexico, Central and South America, and the Caribbean. Influenced by indigenous, European, and African traditions, it showcases remarkable blends of color, technique, and storytelling that have enriched the world of art for centuries. Renowned artists such as Diego Rivera, known for his inspiring murals, have left lasting legacies. His works, as along with those many other Hispanic artists, explore themes of identity, family, faith, resilience, nature and community.

Today, Hispanic artists continue to make significant contributions through painting, ceramics, textiles, photography, and public art. Museums, galleries and community festivals offer opportunities to experience these diverse traditions and learn about the cultures that inspire them. As we celebrate the beauty of Hispanic art, we also celebrate the creativity and shared experiences that connect people from many backgrounds. “Art is a universal language that connects cultures, celebrates diversity, and inspires understanding.”

This month, challenge yourself to discover Hispanic artist inspired artwork you’ve never seen before. The Decatur Arts Alliance, at 113 Clairemont Ave, is hosting Placita Latina, from Sept 18th through Oct 16. Admission is free. The theme, Puentes (“Bridges”), explores heritage, belonging, resilience and cultural exchange. Expand your horizons!



COMMUNITY SERVICE PROGRAM FEATURE: CIVIC ENGAGEMENT & OUTREACH

Author: Kathy Hartman

When is the last time you read YOUR Constitution?

The Lilburn Woman's Club partners with **The 917 Society** each September to provide U.S. Constitutions to all 8th grade students in the three (3) Lilburn Middle Schools. Civic Engagement and Outreach members will be distributing more than 1,500 copies the week of September 14th.

The 917 Society is a **nonpartisan civic education nonprofit** founded in 2014. Its primary mission is to ensure that every 8th grade student in the United States has access to a **physical, durable, pocket-size Constitution** to encourage students to carry, annotate and revisit the document throughout their lives. The document is tangible and personal rather than just a digital file or summary.

The founder, Joni Bryant, realized that she had not read it and found that most Americans, including students, had never read the Constitution, viewing it as a “dusty, distant document” rather than a personal, living blueprint of liberty.

By targeting 8th graders—**the year most schools teach American history**—the society ensures students engage with the Constitution at a formative stage reaching classrooms across all 50 states and over 3,000 school districts. More than 1,000,000 copies have been distributed.

The organization emphasizes the importance of **Constitution Day** which is celebrated on **September 17th** and aims to introduce an understanding of American democracy, citizenship and Constitutional rights.

For the **250th anniversary of American independence**, The 917 Society released a **Celebrating the Constitution and U.S. Citizenship** edition which includes the Declaration of Independence and the Bill of Rights.

COMMUNITY SERVICE PROGRAM FEATURE: EDUCATION & LIBRARIES



Author: Susan Hendricks

Unity Through Reading: Every Story Matters

Providing books and resources about influential women to schools and libraries is GFWC's Unity Project this year. The Project is dedicated to strengthening communities through the shared power of literacy and representation. Reading is much more than a skill - it is a bridge. Through books, families learn, children grow, cultures are honored, and communities thrive.

By providing books and educational resources about influential women, every reader has the opportunity to see themselves in those stories. This was inspired by a young girl who searched her library for a woman to feature in her report and was directed instead to read about Jessie James! This reminds us that representation truly does matter.

When women's stories are missing from our shelves, voices are silenced and possibilities are limited. But when those stories are available - then confidence, curiosity and connections grow.

The goal of Unity Through Reading is to unite communities by increasing book access, supporting inclusive learning environments, and celebrating stories and traditions that make every community unique.

GFWC clubs are encouraged to collaborate with schools, libraries, cultural organizations and community advocates to promote reading for all ages. Clubs may support early readers, English-language learners, multi-generational storytelling and individuals facing barriers to literacy and education, while also ensuring that women's contributions and leadership are fully represented in the stories available to all.

When clubs put books into hands, they can bring stories to life, and engage families in meaningful ways. They open doors to knowledge, understanding, and shared experiences. Every book shared, every child supported, and every story celebrated strengthens the bonds within our communities. Unity Through Reading affirms that every story matters - and every Reader deserves encouragement, representation, and the chance to thrive. LWC's Education and Libraries Program will continue to find ways to support the Unity Through Reading Project. We welcome your ideas.

Source: 2026-2028 GFWC Unity Project Education and Libraries

COMMUNITY SERVICE PROGRAM FEATURE: ENVIRONMENT



Author: Kathy Mattox



September is an important month for our Environment as we celebrate World Water Monitoring Day on September 18th! World Water Monitoring Day rallies global citizens every September 18 to test and protect local water bodies. This vital observance highlights the critical importance of clean water for all life and encourages hands-on participation in environmental stewardship. Join the movement by monitoring a local stream, educating your community, and advocating for clean water policies.

The World Water Monitoring Day was first brought into existence in 2003 by America's Clean Water Foundation (ACWF). The organization aimed to raise awareness among civilians about the importance of regularly monitoring their water sources. The global outreach program's date was October 18 initially. October 18 was considered ideal as it would pay homage to Congress' passing of the U.S. Clean Water Act of 1972. However, ACWF soon realized that some countries would not be able to participate in the World Water Monitoring Day as the water bodies in said countries would freeze during October. Thus, to maximize the number of participants and participating countries, the official date was moved back by a month. Every year, around one million or more people take part in the initiative. Using water testing kits, they test the water for dissolved oxygen, acidity, temperature, and clarity.

Over the years, the sponsors for World Water Monitoring Day have changed consistently. The current organizers belong to EarthEcho International. It is a nonprofit environmental organization, which was founded to honor Philippe Cousteau, a famous oceanographer. The late Cousteau family created the Philippe Cousteau Foundation, but after disputes over the name with the Cousteau Society, the name was changed to EarthEcho International. EarthEcho is involved in many activities including World Water Monitoring Day. Once the day came under their organization, the name was changed to EarthEcho Water Challenge. But no matter the name, the goal of the day remains the same: To educate the masses about water sources and the subsequent safety inspections that should be carried out regularly.

There are several things we can do to continue monitoring our water.

- You can run a water test on your water source both at home and in local lakes/streams. Then report results to local authorities if the results aren't in compliance. Continuing this inspection process for the rest of the year whenever possible. Doing regular water tests will help you identify any potential issues much sooner, and of course, for the better.
- You can also help with local clean-ups like the Yellow River Clean-up to help keep contaminants out of our water. This year's clean-up is scheduled for 11/14/26 in the morning. It ends with free pizza at the Yellow River Park. Consider participating in this year's clean-up. It helps all of us!

Below you'll find the timeline for the World Water Monitoring Day Timeline of things that have occurred to aid in keeping our water clean. Step up and do your part in making our water safer for the generations ahead of us.

World Water Monitoring Day Timeline (9/18/2026)

1972

Clean Water Act Passed

The U.S. Congress passes the Clean Water Act in order to prevent water pollution.

21st Century

Water Shortage Due to Capitalism and Pollution

Many countries all over the world are facing severe water shortages due to pollution and capitalist greed

2003

First World Water Monitoring Day

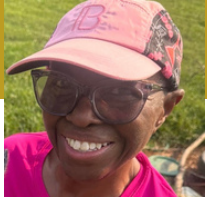
America's Clean Water Foundation creates and celebrates the first World Water Monitoring Day

2006 — 2015

Sponsorship Changes

ACWF passes the sponsorship of the day to the International Water Association and Water Environment Federation before the sponsorship lands in the hands of the current organization, EarthEcho International.

COMMUNITY SERVICE PROGRAM FEATURE: HEALTH & WELLNESS



Author: Cherlye Haynes



Growing Older, Living Stronger - Simple Steps Toward a Healthier, Happier You

September is a wonderful time to think about our health and the choices we can make today to help us feel our best tomorrow. Healthy aging isn't about stopping the clock. It's about making the most of every season of life.

Movement is medicine for the body. Regular physical activity can help improve strength, balance, flexibility, and endurance, and it doesn't take a gym membership to get there. Walking, gardening, dancing, swimming, stretching, and chair exercises are all wonderful ways to stay active. This month, try adding just 10 minutes of movement to your day and see how it feels.

Of course, staying active goes hand in hand with fueling your body well. Choose nutritious foods such as colorful fruits and vegetables, whole grains, lean proteins, beans, nuts, and healthy fats, and don't forget your water. Making a habit of drinking water throughout the day goes a long way. A simple guide to keep in mind: try making half your plate fruits and vegetables, with the remaining half divided between protein and whole grains.

Your brain deserves the same attention as your body. It loves a challenge, so read a book, work a crossword puzzle, learn a new recipe, try a new hobby, listen to music, or finally learn something you've always wanted to know. Teaching someone else something you know can be just as rewarding, so don't be shy about sharing what you've learned.

Good relationships are an important part of healthy aging too. Make time for family, friends, neighbors, church groups, clubs, and community activities. As a connection challenge this September, call someone you haven't spoken with recently and simply say, "I was thinking about you!" It's a small gesture that can brighten someone's whole day, including your own.

Rest matters just as much as activity and connection. A consistent bedtime, a relaxing evening routine, and a comfortable sleep environment can all support healthy sleep. If you frequently have trouble sleeping or feel unusually tired during the day, it's worth talking with your healthcare professional.

And while it's easy to put off, don't skip your checkups. Keep up with recommended screenings, vaccinations, dental visits, vision and hearing checks, and routine medical appointments. Knowing important health numbers, such as blood pressure, cholesterol, and blood sugar, can help you take an active role in your own health.

A few fun facts worth remembering: nutritious foods provide important vitamins, minerals, protein, and fiber, and your brain can continue learning throughout life. Walking counts as physical activity, so you don't need fancy equipment to get started. Water is essential for many important functions in the body, and laughter and time with loved ones can support emotional well-being and a sense of purpose. Staying socially engaged can brighten your day, and it's never too late to start a healthier habit.

SEPTEMBER HEALTHY AGING TRIVIA

1. Which activity can help improve balance and flexibility?

A. Sitting all day B. Tai Chi C. Skipping meals

2. Which is a good source of fiber?

A. Beans B. Candy C. Soda



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