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GFWC Lilburn Woman's Club

www.lilburnwomansclub.org

April, 2024

President: Kathy Mattox

I hope you've all been enjoying this milder Spring weather!! Pollen is coming in fast and furious so don't forget your allergy pills! Things are in full swing and our schedules are really getting busy.

The North East District meeting is this Saturday, March 30, 2024 in Hartwell, Ga. Some of our members will be installed as new district officers and we will have the district awards presentations to the clubs for all their hard work in 2023!! Thanks to those who signed up (19 of us) to attend and honor Barbara Brooks for her two years of dedication as District President!

The Taste of Lilburn committee has made lots of progress on our 2024 event!!! We now have 23 restaurants signed up to participate! We have several sponsors committed but still need more, so if you know of a company that we should reach out to, please contact Wanda Staebell or Andrea Brannen. If you have a regular restaurant you visit, mention Taste of Lilburn and encourage them to participate. Tickets are already on sale on our website. We will have tickets for sale again at our April 4th General Meeting. Tickets are \$10 a set (of 10). We need your help in selling tickets to your neighbors, friends and family. There will be sign up Genius emails to solicit helpers at the event coming out soon. Remember this fundraiser is one of our Club projects and your club requirement is to support at least two of these projects. We will also have some yard signs at our next meeting as well.

We will also be holding our "Day of Service" that day and will have a table to promote club membership as well as taking donations for Wellspring Living, the state President's special project. A portion of our proceeds from Taste of Lilburn will be donated to Wellspring Living along with any donations we receive that day. We're hoping we can help her achieve her goal of \$50,000 during her two year term!

1st Vice President: Jenny Nall

Remember the GFWC Georgia Day of Service is coming up the 20th of April. The focus is on welcoming others to learn about the Lilburn Woman's Club and to raise funds for Wellspring, which is the GFWC Georgia President, Kim Sekulow's focused project. Wellspring provides a haven and future support for those who have experienced trauma. The request is to invite friends to a meal to hear about our club and this project as well as giving them an opportunity to support Wellspring. Our meal will be Taste of Lilburn, so... purchase tickets, give or sell them to friends and neighbors and tell them about all the wonderful things the Lilburn Woman's Club and GFWC does for our community. We will have a Wellspring display and receptacle for donations at the Taste of Lilburn.

If you host anyone to the event, be sure to note this on your hourly sheet as your time and contribution to the GFWC Georgia Day of Service.

[Community Service Program Chairs](#)

[Art & Culture](#)
[Lori Bottens](#)

[Civic Engagement & Outreach:](#)
[Diane DeGaetano](#)

[Education & Libraries:](#)
[Barbara Brooks](#)

[Environment:](#)
[Mandy McManus](#)

[Health & Wellness:](#)
[Nadine Bily](#)

[Committees](#)

[Lilburn Daze](#)
[Maureen Fraser](#)

[Taste of Lilburn:](#)
[Andrea Brannen](#)

[Social:](#)
[Gloria Sill](#)

[Communications](#)
[Brenda Dana](#)

[Websites, Facebook](#)
[Andrea Brannen](#)

[Newsletter](#)
[Dianna Carson](#)

Info from GFWC:

Did you Know????? Teach it Tuesday& Thumb up Thursday are great Resources!!

What are these resources? There are monthly pre-recorded presentations that offer quick tips, strategies, and tools to GFWC members on a variety of topics from the GFWC Communications and Public Relations, Membership, and Leadership Chairmen.

Where to find these resources? These resources are part of the GFWC Advancements and Programs Forum Facebook group.

How do I access these resources? Search Facebook for the title "GFWC Advancements and Programs Forum." Click on Join, answer the Membership Questions, and wait for your approval.

What is this group? It's a private Facebook group with daily posts, mini workshops, live video streams, interviews designed to support, inspire, and empower the GFWC membership.

Are these resources only available on the day posted? No, they are prerecorded and simply posted to the Facebook Forum page on the appropriate day (either Tuesday or Thursday) once a month.

What if I can't view them on the day they are posted? No problem! As they are prerecorded, they are available in the Media section of the Forum page and can be watched and rewatched at your convenience.

What are some of the topics covered? In recent months, Teach It Tuesday featured information about Branding and the updated GFWC Style Guide and the importance of Mentoring to membership, Thumbs Up Thursday featured tips to help make meetings run smoothly and a step-by-step plan to organizing fundraising events.

What's coming up? In March, Teach It Tuesday (March 12) will feature suggestions for transition planning and Thumbs Up Thursday will include information and tips about entering the GFWC Photography Contest.



Lilburn Daze: Maureen Fraser

The Lilburn Daze "season" is off to a great start!!

The exciting news is that we have four sponsors confirmed to date as follows:

Platinum Sponsor: Fraser Roofing

Silver Sponsors: Walton Electric & Gas and Bill Head funeral Home

Friends of LWC: Georgia's Own Credit Union

Er str also happy to report that we have 21 confirmed vendors—19 crafters and 2 food, which is particularly good so early in the year.

Based on your interest at the last general meeting, we will be ordering new t-shirts this year so look for more information on how to order them closer to the date!

All Lilburn Daze committee volunteers—please mark your calendar for the KICK-OFF meeting on Monday, April 29th at Judy's barn.



Art and Culture: Lori Bottons

Arts and Culture is collection **art supplies** for Family Promise at the April General Meeting. The age range is 3-18+. All items should be new and for individual use. Coloring books, crayons, sketch pads and pencils are just a few examples.



Photography Contest at Taste of Lilburn: Calling all members! Members: Try your hand at a little photography during Taste of Lilburn. While you are enjoying working or eating at the Taste of Lilburn on April 20th, take a few photos. Help us document the event. Be as creative as you wish. Your pictures may end up on our Social Media. All in good fun, just use your phone! You can email them to Lori Bottens after the event.



World Art Day is celebrated on **April 15**, the birthday of the famous artist Leonardo Da Vinci. It celebrates the arts and promotes awareness of creativity worldwide. Many people think of art as Fine Art, such as painting or sculpture but it is so much more. Art is photography, architecture, fashion, cinema, writing, dance, theatre, music and many more things.



I'm always amazed at the many talented artists we have in our club. Go enjoy the arts!



Civic Engagement & Outreach: Diane DeGaetano

The Civic Engagement and Outreach (CEO) team is pleased to spearhead our first week at Promise Haven, the Family Promise shelter for children and their families.

Family Promise is the mission right down the street and is a great outreach for the situationally homeless. Our week will be June 9 through the 15th. As the club's volunteer coordinator for this week, I would like to give a brief overview of the process.

First members must complete the Volunteer Training video - (8 minutes) [click here to access the video](#), complete a background check as well as a Family Promise Volunteer Hold Harmless form.

Then there are at least 5 ways you can help this week:

- 1) At Promise Haven - bring a meal for up to 14 people
- 2) At Promise Haven - act as an evening host, eating and speaking with the families
- 3) At Promise Haven - Spend the night on Friday or Sat. night, June 14 & 15 respectively.
- 4) Provide a gas card or gift card
- 5) Provide snacks as well as needed items assist-ed that week.

A Sign-Up Genesis will go out the last week of April so you have plenty of time to sign up. Please contact Diane S. DeGaetano, CEO chair at 678-772-7734 or dsdegaetano@comcast.net. We will need many members to make the week a success for the Promise Haven guests. Thank you for your dedication to our community.





Education and Libraries: Barbara Brooks

The scholarship committee has been busy judging the applications that we received. We met on March 25th to pick the three recipients. This year we received 11 applications

Education & Libraries will be busy in April planning the May Scholarship and Awards Reception. E&L works close with the Social Committee for this fun and inspiring event. Watch for a sign-up genius for what you can bring.

Do you have an immediate family member graduating this spring? Please send me their name and school. I will need this information by April 15.

April is National Poetry Month! Find your favorite poem or book of poetry and read them! National Poetry Month was established in 1996 by the Academy of American Poets. Visit Poets.org for ideas for celebrating National Poetry Month. Celebrate the joy and delight of poetry not only in April but all year.



Education & Libraries next meeting is April 2, 1 PM, at Barbara Brooks' home.

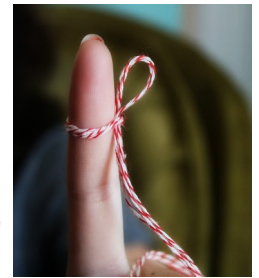
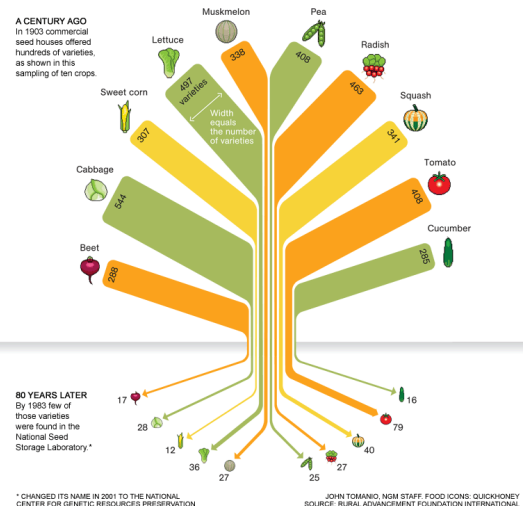


Environment: Mandy McManus

What are heirloom seeds and plants and why would I want to plant them?

...Heirloom seeds are open-pollinated seeds that have been passed down through generations, typically for at least 50 years. They are valued for their unique characteristics, such as flavor, disease resistance, ...
 ... type," meaning that the plants grown from the seeds will have the same characteristics as the parent plant. This makes it possible to save seeds from your heirloom plants and plant them again the next year.

Not all heirloom seeds and plants are better than hybrids but they do have their place in history and maybe in your garden too.



Donation Reminders

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

Art:
 Art supplies for Family Promise

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:

Environment:
 Plastic bags



Health & Wellness: Nadine Bily

Submitted by Pat Shaver:

How Emotions Affect Your Physical Health

Researchers have found a link between positive emotions and physical health. People who have a positive outlook on life tend to have better overall health including lower blood pressure and blood sugar levels and a reduced risk for heart disease. But researchers do not know if these positive emotions lead to better health or if having good health leads to positive emotions. Experts theorize it may be a combination of both factors.

There also is some evidence that experiencing positive emotions can affect your recovery when you are sick or injured. In one study, researchers noted that having a positive outlook can influence how quickly you get well and can even influence survival rates.

Meanwhile, negative emotions have been tied to long-term negative health effects. People who have trouble managing their emotions effectively or live with stress may be more likely to experience chronic health conditions and increase their risk of early death.

What Is Emotional Intelligence?

Emotional intelligence is the ability to recognize not only your own emotions but the emotions of others as *well*. People who are emotionally intelligent are self-aware and able to manage their emotions and impulses. They also tend to be empathetic



and can read the room. In other words, they pick up on emotional cues and recognize the emotional dynamics of the people they're around. This allows them to communicate dearly, manage conflict effectively, and work well with others.

If you want to improve your emotional intelligence, the first step is to understand your own emotions. Pay attention to how you are feeling and why. Once you understand your own emotional responses, you will be better equipped to understand *the* emotions of others. Understanding yourself and others helps you improve your social skills, and build strong relationships.

A Quick Review

Your emotions are how your mind and body respond to situations in your life

There are six basic types of emotions

(joy, sadness, anger, disgust, surprise, and fear), along with several types of complex emotions. Contrary to popular belief, there is no such thing as a bad emotion. In fact, it's normal to experience a variety of negative and positive emotions throughout your life.



While it is important to feel your emotions, it's also vital to recognize why you are feeling that way and express your emotions in an effective way. Your emotions can significantly affect your mental and physical well-being. Learning how to manage your emotions can help improve your mood, lower stress, and reduce the risk of harmful behaviors.

Taste of Lilburn: Andrea Brannen

Taste of Lilburn is right around the corner on Saturday, April 20th from 4 pm to 7 pm at Heritage Hall at Salem Missionary Baptist Church.

Ticket packs will be available for members to pick up at the March and April meeting. Each ticket pack will include 10 taste tickets, a Best Taste ticket and a coupon to redeem for Bingo Card. The packet is \$10. Please consider taking tickets to sell to your friends and family.

The day of the event, prices increase to \$15.

Currently, we have 13 confirmed restaurants. Please thank them for their support.

1910 Public House

Always Fresh

Alcove Coffee

Anna's Crafted Cakes

Cassie's Kitchen

Chicken Salad Chick

Fresca

King of Pops

Milk & Honey

Naunie's International Cuisine & Juice Bar

Pelican's Snoball

Sweet Basil Asian Kitchen

Tipsy Pig

Several restaurants have given us a verbal commitment – just waiting on their applications about this family friendly and tasty event.



April, 2024

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

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1	2 ED. 1PM @ Brooks home	3	4 6PM LWC Gen. Mtg @ Lil. Act. Cen- ter	5	6
7	8	9	10 7PM Taste of Lilburn Mtg. @ Bran- nen home	11	12	13
14	15	16	17	18 7PM Ex- ec. Bd. Mtg @ Nash barn	19	20 4PM Taste of Lilburn Day of Service
21	22 8:30 AM H&W vision screening 7PM H&W Mtg @ Always Fresh	23	24	25	26	27 GFWC Ga Convention @Atlanta Marriott
28 GFWC GA	29 7PM Lil- burn Daze Mtg. @ Nash barn	30				

Happy Birthday:

Apr. 6—Deborah Shields
Apr. 11—Karen Snavely
Apr. 12—Kathy Mattox
Apr. 14 —Susan Allred
Apr. 14—Barbara Brooks
Apr. 15—Patricia Smith
Apr. 15—Sandra Hawkins
Apr. 16—Anne Hennessey

