



Executive Officers 2024

President

Kathy Mattox

1st Vice President/

Membership

Jenny Nall

2nd Vice President/

Programs

Adela Salame-Alfie

Recording Secretary

Deborah Shields

Corresponding Secretary:

Dianna Carson

Treasurer/501c3

Ana Kolb

Parliamentary Advisor

Susan Allred



GFWC Lilburn Woman's Club

www.lilburnwomansclub.org

February, 2024

President: Kathy Mattox

I want to take this opportunity to once again tell you how honored I am to have been selected as your 2024 President. I will do my best to serve you with honor and integrity to the best of my ability. Things have really started "humming" in the club. CSPs have begun their planning meetings and already scheduled several items for the year. Please participate in the committee meetings so we can be as effective as possible and "Seize every Opportunity" we can to serve the community. Remember that as one, we can't do it all, but together we can make a big impact!

The NE District meeting will be held March 30th in Hartwell. Please plan to attend. We will carpool to Hartwell. Lunch will be served. 2023 District awards will be presented and new district officers will be installed.

Plans are well underway for Taste of Lilburn on April 20, 2024! If you weren't able to come last year, please make an effort to participate this year. This is one of our club projects and we will need more volunteers since we were overwhelmed with business last year! Good problem to have, but we need to make it more seamless this year for folks to buy tickets!

Also, this being February and the month of "love", February 14th - 20th are Random Acts of Kindness days. Consider doing something random to brighten someone's day

1st Vice President: Jenny Nall

I hope all you hummingbirds are dashing around enjoying the opportunity to get to know everyone on your program of work. There are a lot of exciting projects going on this year. Please invite your friends to learn more about the great projects you are working on. Let me know if you have anyone who is interested in membership. For any of you who need a ride, let me know and I will try to form carpools.

The GFWC Georgia Day of Service Project is April 20, 2024, a Saturday. The emphasis is on membership and raising funds for Wellspring. Wellspring is a program of recovery for those who have been abused or trafficked. It provides funding to counsel, educate, and provide a path to a successful future.

Clubs are asked to host fundraiser meals that include prospective members, and /or provide members with fellowship and an opportunity to support this great program. There is not a limit to how many fund-raising meals we could host, brunch-lunch-dinner? If you have a idea to gather friends together please let us know. The suggested cost is \$25 per couple IF the food is donated. If you will be a hostess, we can arrange for a sign up genius. Many thanks to Barbara Brooks who is our first volunteer hostess, watch for details in the future.

GFWC International has not yet announced the theme or date for their Day of Service. It was in the Fall last year.

A reception for past President, Susan Allred, was held on January 14, 2024 at the home of Gloria Sill. Members brought assorted goodies for all to share. We thanked Susan for the outstanding job she did serving as President of Lilburn Woman's Club for two years! She received a gift from the club as well as several others from various members in appreciation of her dedication to the club.



GFWC LILBURN WOMAN'S CLUB
HONORS OUR OUTGOING
PRESIDENT

SUSAN ALLRED

THANK YOU FOR
YOUR TIME, EXPERTISE
AND LEADERSHIP OVER
THE PAST 2 YEARS.



2nd Vice President: Adela Salame-Alfie

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

Off to a great start!

As of this writing, I'm happy to share that Susan Allred, our Past President, submitted our club annual reports to GFWC Georgia. I want to take this opportunity to thank Susan as well as Kathy Mattox and last year's Community Service Program (CSP) chairs for providing their report and the data that Susan needed to prepare summary statistics and a comprehensive report on our activities. I also would like to recognize other leaders that provided reports (Communications, Legislative, Treasurer, Taste of Lilburn, Lilburn Daze). I know it is a lot of work, especially around the end of the year holidays and really appreciate everyone's cooperation in making it happen. It's amazing to see how much we accomplished this last year. Once we get the reports back, we will post them on the LWC website, and I encourage you to check them out.

I'm happy to report that all club members have signed up for a CSP (thank you!) and all the programs have either had a committee meeting or have scheduled one. As of this writing I have participated in the Education and Libraries, Civic Engagement and Outreach, Art and Culture and Health and Wellness meetings. Environment has scheduled their meeting for February 8th and I plan to be there. It is so refreshing and exciting to see such great engagement and wonderful ideas from everyone. Lots of great ideas to support our community and lots of opportunities for all of us to engage in very worthy causes.

While it is still fresh in our mind and looking at next year's reporting, I'm asking the current CSP chairs and their committee members to please try to summarize your completed projects (including number of volunteers participating, total hours, money donated by the club and in-kind donations) as soon as you complete them, as that will definitely help put together the summary reports at the end of the year.

Wishing everyone a very successful year!

Lilburn Daze: Maureen Fraser

They say it's never too early to start planning... and we are officially 9 months and counting until the 52nd Annual Lilburn Daze on Saturday, Oct. 12, at Lilburn City Park. To kick off the planning, keep **DAZE** in mind:

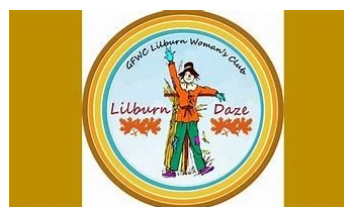
D: Direct new vendors our way! While we will be reaching out to past food and craft vendors, ideally we would like to add new and unique types of foods and crafts to provide more variety to our attendees. Please share any contacts you have for food, jewelry, holiday, ceramic, sewing, fashion, pottery or painting items to lildazecrafts@gmail.com or lildazefood@gmail.com, as appropriate.

A: Add Saturday, Oct. 12, 2024, to your calendar now! And tell your family, friends and neighbors to do the same.

Z: Be Zealous - what we all need to be about Lilburn Daze - spending a lot of time on something we believe in!

E: Expect an update each month! We'll share the latest vendor list, volunteer needs and more. As we get closer to the event, we will communicate more often.

Think LILBURN DAZE throughout the year to make it the best ever!!





Art and Culture: Lori Bottons

The Arts and Culture Committee would like to welcome you to
"An Evening at the Wynn Russell House"

Monday, March 4, 2024

An evening of fellowship and enjoying this historic home. The Wynn Russell Historian will share with us a brief history of the home and the significant roll the Lilburn Woman's Club had in saving and restoring this home. We will have Wine and light appetizers. In addition we will have brief presentation on how to take great pictures with your cell phone. Please join us for this fun, historical night. A sign-up genie will come soon as space is limited.

The Gwinnett Tech Culinary School is once again having their luncheons available to the public. They are doing there sign up by sign up genie and the luncheons fill up quickly. I will share the dates as soon as we get the information. You will need to sign up quickly.

February 28th is Floral Design Day. Let arrangements, paintings or clothing with flowers brighten your life this day!



Civic Engagement & Outreach: Diane DeGaetano

Submitted by Kathy Shepherd

ABOUT WELL-SPRING LIVING

Since 2001, Wellspring Living has provided domestic sex trafficking victims and those at risk (ages 12+) with comprehensive, trauma-informed, victim-centered recovery services through residential programs, community-based programs, and graduate services.

Each program utilizes a multi-disciplinary service model to provide transformative care through five service pillars: therapy, education, life skills, career readiness, and case management. 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.

As a Christian-based organization, our faith compels us to create an environment of transformative care through the comprehensive services we provide.


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.


RESIDENTIAL PROGRAMS

Our residential programs  provide women and youth with trauma-informed care in a safe environment where participants receive the education, training, therapy, and tools they need for life-long stability and success.

COMMUNITY PROGRAM

Our community program  provides women with critical support services they need to positively change the trajectory of their lives and the lives of their families. Services include academic and professional training, life skills classes, mental health services and other dynamic programming.

POST-PROGRAM SUPPORT

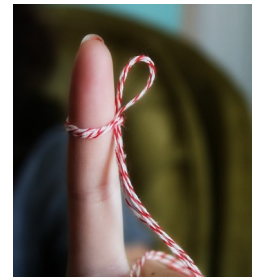
Post-Program Support offers follow-up services for women (and their families) and youth who have participated in Wellspring Living's programs. Women and their families have access to housing support and case management which equips them to move toward independence and long-term stability. 

Civic Engagement & Outreach: Diane DeGaetano (continued)

Submitted By Athena Harris

Black history is intertwined with the struggle for civil rights, and women have played pivotal roles in shaping the narrative. Throughout history, black women have been at the forefront of the fight for justice, equality, and civic engagement. From Sojourner Truth's powerful speeches advocating for the rights of both women and African Americans in the 19th century to Rosa Parks' iconic role in the Montgomery Bus Boycott, women have been catalysts for change. Their activism has extended beyond racial boundaries, addressing the intersectionality of race and gender. Black women have been instrumental in promoting civic engagement by participating in movements, organizing protests, and working tirelessly to dismantle systemic barriers.

The significance of black women in civic engagement has only grown over the years. Figures like Shirley Chisholm, the first African American woman elected to the United States Congress, and Kamala Harris, the first female vice president and first African American and Asian American vice president, exemplify the strides made in breaking barriers. As leaders, legislators, and activists, black women continue to amplify their voices, pushing for policies that promote equity and justice. Their commitment to civic engagement not only honors the legacy of those who fought for civil rights but also paves the way for future generations to actively participate in shaping a more inclusive and equitable society.



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: Barbara Brooks

Education & Libraries had their first meeting on January 11. Many ideas were shared, projects were discussed and members volunteered to lead various projects in 2024.

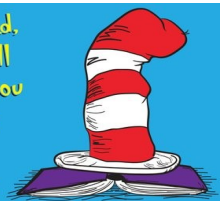
Did I mention that we hit the ground running with scholarships! The scholarship opportunity went live on our Facebook page the second week of January. The scholarship application and criteria were posted on the LWC website also. Scholarship applications and criteria were sent to 9 public and private high schools and GHEA.

We are gearing up for Dr. Seuss' birthday and Read Across America in March. We have also been contacted by a couple of schools to participate in Career Days. Stay tuned for more information about these events.



The more that you read,
the more things you will
know. The more that you
learn, the more places
you'll go.

-Dr. Seuss





Health & Wellness: Nadine Bily



American
Heart
Association.

Be ready to take part in the Health and Wellness Valentine's Opportunity Basket!

During our social period, Health and Wellness will offer a chance to win a Valentine's themed gift basket provided by the Center for the Visually Impaired. The basket will include, among several valentine goodies, two tickets to their Night Vision event (\$300 value) to be held April 17 at the Intercontinental Buckhead. Proceeds from our opportunity basket will go to the Center for the Visually Impaired. Tickets will be available: 1 for \$5, 3 for \$10, plus you will receive a "token of appreciation" for each ticket purchased!

FEBRUARY IS AMERICAN HEART MONTH

Be sure to wear **red** to our meeting for our club photo **AND** to support Heart Health Month.

Continue to look in your closet to find another red outfit for Friday, February 2 to participate in **National Wear Red Day**. Every year more than 600,000 Americans die from heart disease. The number one cause of deaths for most groups, heart disease affects all ages, genders, and ethnicities. Although it has been around for thousands of years, our modern lifestyle exacerbates risk factors and makes people more prone to heart disease and heart failure. Today, one in four deaths in the U.S. is attributable to heart disease. Therefore, February isn't just for lovers; it reminds us to take care of our hearts and consider our risk factors.

The heart is a relatively small organ, weighing between eight and twelve ounces. When compared with the liver (3 ½ - 4 lbs.), the brain (3 lbs.), or the lungs (2.5 lbs. for both); it is amazing that this organ, about the size of your fist, pumps about 2,000 gallons of blood each day. Since the average human body only contains about 1.3 gallons, each drop of blood needs to circulate throughout our bodies every minute! Keep your arteries unclogged to help your heart perform. Listed below are 5 things to do every day to keep your heart healthy:

- Eat healthy fats, NOT trans fats.** Avoid packaged goods, margarines, and fried fast foods.
- Practice good dental hygiene – FLOSS.** Studies show that gum disease can move into the bloodstream, eventually creating plaque buildup in the arteries.
- Get enough sleep.** Sleeping less than six hours per night can make you twice as likely to have a stroke or heart attack.
- Don't sit for too long at one time.** Even if reading is your favorite pastime, make a point of taking a break every hour to walk around for five minutes.
- Avoid secondhand smoke.** Be firm with smoking friends or relatives. Let them know that you will not tolerate being around environmental smoke.



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



February, 2024

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

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

				1LWC Gen. Mtg. 6PM	2	3
	Vision screening at Lilburn Middle School 9AM					
4	5	6 Treat the Troops 4PM	7	8 E&L Mtg. 1PM	9 Social Lunch 12PM	10 Gwinnett Hazards Waste Recycle 9AM
	Vision screening at Lilburn Middle School 9AM					
11	12 Book Club 7PM	13	14	15	16	17
18	19	20	21	22 Exe. Bd. Mtg 7PM	23	24
			Vision screening at Lilburn Middle School 9AM			
25	26	27	28	29		



Happy Birthday:

- Feb. 3—Ginnie Childers
- Feb. 18—Janet Daglis
- Feb.19—Dianna Carson
- Feb. 25—Linda Newton
- Feb. 25—Jennifer Graham