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Kathy Shepherd

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Susan Allred

Parliamentary Advisor

Pat Swan



GFWC Lilburn Woman's Club

www.lilburnwomansclub.org

June, 2021

President: Diane DeGaetano

Hi, Ladies: I want to wish you all a very Happy Memorial Day, may be belated! We take time to think, pray and honor these men and women, these heroes who worked so hard protecting our freedom. This freedom that we take for granted every day – we need to take time to really thank them.

Well, Summer is here with the heat and humidity but also with a bit of a rest! The Art & Culture Program has planned several workshops to supply the LWC Lilburn Daze Sellable tent with some great crafted items. Civic Engagement & Outreach is challenged with an international project known as "Days for Girls" which provides sanitary products. Education & Libraries is working with the Lilburn Library Summer Reading Program with a poster contest. Environment is working on some great gardening programs. Health & Wellness is working hard on feeding the homeless and other projects. I am so proud of how we have stepped up and have gotten back to some what of what LWC considers, "normal"!

We don't stop during the summer, yet we do take off the July and August general meetings. I will try my best to keep you up to date on what is happening. Rest up as we have a busy fall. Lilburn Daze is coming and Nadine will be letting us know how we can help. Have a wonderful, restful and fun summer season! Stay Cool – Keep Calm and Carry On!

1st Vice President: Kathy Shepherd



Our Newest LWC Member: Rodeon Wilson:

I grew up in the mountains of Western North Carolina, the seventh child of eleven. I married my high school sweetheart 57 years ago this May 31. God blessed us with one daughter who in turn gave us two beautiful grandchildren.

My insurance career, mostly in property casualty claims adjusting and management, started in 1967 and today I am still working part time in the same field. Must be a love/hate work relationship.

I love gardening, especially beautiful flowers. I have always planted vegetables but after moving to Lilburn the soil at our place just will not work with me, so I have resorted to renting two 4x8 plots at J.B Williams Park in hopes of having some corn, beans, tomatoes, etc. fresh from the garden.

Sewing is one of my hobby. I have started making quilted table runner for friends and family. I am not an expert by any stretch of the imagination but with practice will get better. Last summer and fall during the pandemic, I made over 400 masks. I donated about 300 to local schools and took many to my office, which would disappear from our cafe before the end of the day.

Travel is another passion of mine. I love international travel and right here at home. We have so many interesting and beautiful place to visit here in the USA, but lack to ancient history you find abroad.

I am looking forward to being an active member of LWC for the many opportunities it affords for charitable and community involvement as well as the many social opportunities.

Please make a point to introduce yourself to Rodeon at our June meeting! We are so happy to have you!

Corresponding Secretary: Christine Peredney

I hope to see many of you at the June General Meeting on June 3. We are again going to have members bring a "dish for sharing", if you feel comfortable doing so. Be sure to also come early enough to meet and greet members and visitors.

Let's try to stay connected this summer. We will not have a general meeting in July or August, However, it would be great if members sent cards, texts or made phone calls to members "on the mend" and those who we have missed seeing.

Other places to see our LWC Friends are at the Friday night Farmer's Market, at the socials that Laurie Benken has set up and at book club on Zoom. Be sure to read the News and Notes and the newsletter coming out soon to catch up on all the activities and opportunities for service.

Have a wonderful summer. Please keep me posted on members who need a cheerful note or a thank you for going beyond the call of duty or have special needs to be addressed.



Parliamentary Advisor: Pat Swan

One of the most important rules of debate is that the proposal, not the member, is the subject of debate.

To decrease the danger that debate will become personal, the rules of debate call for certain formalities of speech that may seem unusual to many people today.

The most important of these is that in debate you speak as though you are talking to the chair or President, not directly to other members. You don't say, "Pat that argument you just made is ridiculous. Instead you might say "Madam President, the last speaker's final point doesn't make sense." Even if you are asking a question of another person, do this through the President or person presenting the motion. Like if you want to know how much money we have in the treasury, you might say, "Madam President can the treasurer please tell us how much is in the treasury?" This seems very formal but Robert's Rules address the issue. Every main motion may be debated.



Lilburn Daze: Nadine Bily

Lilburn Daze 2021 is well on its way! Every member probably has several good ideas or services to offer, and Nadine would like to hear about yours.

We have 20 completed applications, 19 arts and crafts/1 food. We are working with several more vendors who have submitted partial applications, plus a few more have said they submitted a printed application to our PO Box. We are actively seeking new vendors, and want to know if you attend a festival or art show that has a unique art or food booth. Please get a business card from the vendor and turn it in to Nadine. They will be contacted and invited to Lilburn Daze. Be discreet while attending the show; don't openly advertise that you are scouting for Lilburn Daze. Sponsors do not appreciate having vendors approached about other festivals during their event.

Pat Swan has secured a sound system person for entertainment. We have had one new entertainer approach us, and she is contacting past performers. Contact Pat if you know of a group or person who would like the exposure our festival offers. Remember, we do not pay our entertainers.

Sally Baker has contacted the churches and schools we used in the past for customer parking. Next she will contact previous shuttles, Let her know if your church, private school, or other organization would be willing to provide shuttle service. We are concerned that some of our providers may no longer be willing or able to do this in light of the continuing Covid restrictions,

Brenda Dana is working on publicity, and Adela Salame-Alfie has agreed to secure our Health Tent.

We love our vendors, and could not survive without the income generated from booth rentals. But the big bucks come from **SPONSORS**. Lori Harrison and her crew are feverishly coming up with ideas to streamline our sponsor package, making the benefits of sponsorship even more appealing to our supporters. We already have one Diamond Sponsor, which generates the same income as 10 craft booths. Let her know if you know of a business that may be able to help sponsor our festival. Levels start at \$250, and go up from there, with benefits increasing at each level. We will have complete sponsor information to share with all club members by the end of June.

We are also going to have a patron opportunity similar to our Pumpkin Patron of 2019. The patron will be \$49 this year. Lori is also working on the details of this, jazzing it up because it is our 49th year... leading into the BIG 5-0!!!!. Our goal is to sell at least 100 of these patrons, and we hope all members will help us with this effort. Again, we will have complete information by the end of June.

Thanks to all members for helping us make Lilburn Daze 2021 a huge success!





Art and Culture: Gloria Sill & Karen Snavely

Our last meeting planned for our sellables booth for Lilburn Daze. Some of the categories for this booth will be:

garden art - painted pots with painted design or covered in interesting cloth with waterproof adhesive, fall plants, stepping stones, etc.

needle work
memory ball
kitchen towels with fall or Christmas theme
any good quality item with a fall or Christmas theme

Come and participate with our committee on projects. We will have some workshops at Kathy Mattox's basement on June 17 and 19 and July 15-17 from 11-2 PM. We'll work on re-gluing our cork wreathes (Brenda Dana), work on a candle project (Pat Shaver), adhere plates on rods (Barb Tiller), and work on pallet wood signs with funny sayings (Kathy Mattox).

Please let us know if you'd like to join us for this project. Also, let us know if you'd like to donate anything for the sellables booth. Even something like terra cotta pots and fall plants would be a great donation.

Fun Field Trip

We're planning a field trip to view Vincent Van Gogh, the fabulous immersive experience, of his art for Friday, Sept. 17 at 11AM. We can go somewhere for lunch afterwards. The exhibit will take about an hour. Tickets are about \$20 for seniors and \$32 for adults. I would like to have names of those interested in attending no later than June 1 since it's selling out quickly. I'll buy the tickets and you can pay me, Gloria Sill, later. Just email me at gasill2@gmail.com



Community Service Program Chairs

Art & Culture
Gloria Sill & Karen Snavely

Civic Engagement & Outreach:
Ginnie Childers & Adela Salame-Alfie

Education & Libraries:
Nancy Chilcoat & Lee Jurjevich

Environment:
Laurie Benken & Lori Bottens

Health & Wellness:
Cheryle Haynes & Mary Pope

Committees

Lilburn Daze
Nadine Bily

Social
Laurie Benken

Communications
Brenda Dana

Websites, Facebook
Andrea Brannen

Newsletter
Dianna Carson

Fundraising:



Civic Engagement & Outreach: Ginnie Childers & Adela Salame-Alfie



On June 14 we celebrate Flag Day. To commemorate this holiday I thought it may be a good idea to remind everyone about the origin of this holiday by sharing some facts. The information comes from www.history.com (What Is Flag Day? by Jennie Cohen).

When the American Revolution broke out in 1775, the colonists weren't fighting united under a single flag. Instead, most regiments participating in the war for independence against the British fought under their own flags.

In June of 1775, the Second Continental Congress met in Philadelphia to create the Continental Army—a unified colonial fighting force—with the hopes of more organized battle against its colonial oppressors. This led to the creation of what was, essentially, the first "American" flag, the Continental Colors.

For some, this flag, which was comprised of 13 red and white alternating stripes and a Union Jack in the corner, was too similar to that of the British. George Washington soon realized that flying a flag that was even remotely close to the British flag was not a

great confidence-builder for the revolutionary effort, so he turned his efforts towards creating a new symbol of freedom for the soon-to-be fledgling nation.

On June 14, 1777, the Second Continental Congress took a break from writing the Articles of Confederation and passed a resolution stating that "the flag of the United States be 13 stripes, alternate red and white," and that "the union be 13 stars, white in a blue field, representing a new constellation."

Over 100 years later, in 1916, President Woodrow Wilson marked the anniversary of that decree by officially establishing June 14 as Flag Day.

To help celebrate Flag Day, on Friday June 11, 2021 (4:00 pm - 7:00 pm) the Civic Outreach and Engagement CSP will host a booth and will be distributing flag themed coloring pages and flag stickers to the kids coming to the Lilburn Farmers Market. We will also be there to help distribute books from the Lilburn Free Library. Please come and visit and bring your kids, grandkids, neighbor's or friend's kids. SEE YOU THERE!



Education and Libraries: Nancy Chilcoat & Lee Jurjevich

Education and Libraries program kicked off an early summer project by maintaining our Little Free Library at the Farmers Market on Killian Hill on Friday, May 21.

Eight members of our program set up tables, advertised our poster project and LWC. An informational poster and bookmarks designed by Pat Shaver and her daughter Ansley have been delivered to the Lilburn Branch of GCPL to encourage children ages 5-14 to design posters to be displayed at the Lilburn branch of the library now through June 30. The theme is "America's Birthday" What the Fourth of July Means to Me. Gift card prizes will be awarded for 1st, 2nd, and 3rd place on July 3rd. Encourage your children and grandchildren to join the summer reading program at the library and enter the poster contest.

Kathy Mattox has written and secured a grant of \$3000 to continue our dictionary project for all third graders in our Lilburn Elementary schools this Fall.

June 6 is "National Higher Education Day." Know someone needing a little encouragement to follow their dreams? Give them that pep talk to help them along!



Donation Reminders

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

Art:

Civic Engagement:
Soda can tabs

Education:

Environment:
Empty Ink Cartridge
Empty Pill Bottles

Health & Wellness: Lilburn Co-op:

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



Environment: Laurie Benken & Lori Bottens

***We are working with the Lilburn Women's club Herb garden, trying to enhance it and bring it back to some order. We have been working in this garden for the past month, after re mulching and weeding a large area we have been able to plant some new herbs. Now we are trying to keep them watered!

Please mark your calendars for **Friday July 23rd** for working at the Lilburn Farmers market, this is called the "Dog days of summer project" we need ALL hands on deck to make this a successful evening. We

have a bunch of projects we will be doing that night to fulfill a bunch of our boxes that we need to check off for the end of this year's committee report! Prior to that evening, we need everyone that has a groomer, a vet, any pet type items that we could get donated and gather for goodie bags to hand out that night for our pets. We are going to hopefully do a Pet Parade in conjunction with Funny bones, Andrea is checking with them to see if they are interested in helping out with us again this year, they did a great job last year with providing items as prizes for the parade, and stuff for the goodie bags, along with being the judges as a PR for their business for our community. I am happy to collect items for the goodie bags, we are hoping to make 50 bags if possible, as we want to make sure we don't run out. We are looking for any type of pet items to put in our goodie bags OR use for prizes for the parade and costume contest.



We are also going to start working with making some sort of **dog toy out of water bottles** or plastic items to hand out that night at the Farmers Market as well. We are looking into ideas regarding this, so please send them to Lori and myself if you find any good ones that are easy to make. Start saving your water bottles for us to use for this project!! We are also going to make some small and large bandana decorations Rodean and Laurie will get this material for these bandana's to hand out for our dog parade as well.

We are also looking into taking a field trip to get a tour of the Master gardens out at Vines Botanical Garden in Loganville on maybe a Sunday afternoon and open it up to Families of LWC based on whether our tour guide is available, Kathy H. was going to contact a friend of hers to get more information on this idea.

Blue berry picking will be in mid to later June look for the sign up genius!

I am looking into options to install our new Bee Box that we won from the Grant from the Bee Conservancy. It is on its way to my house, and I have sent out an email asking about installing it in the new JB Williams Garden as one idea. There is already an active hive at the Lilburn Community Garden...

We will be passing around a can decorated like a bee hive to see if we can raise funds to buy a hive or two from Heifer International they cost \$30.00 in case anyone wants to sponsor part of one, bring your check or cash to our next meeting in June.



Health & Wellness: Cheryle Haynes & Mary Pope

Every 40 seconds, someone in the U.S. has a stroke.

It could happen on your street, in your workplace, at a store where you shop — anywhere. Your readiness to spot the stroke warning signs and call 911 could save a life or make the difference between a full recovery and long-term disability. That's why it's so important to learn the stroke warning signs and urge everyone you know to do the same.

The faster stroke is treated, the more likely the patient is to recover. In fact, stroke patients who are treated with the clot-busting drug IV r-tPA Alteplase within 90 minutes of their first symptoms were almost three times more likely to recover with little or no disability. In some cases, a procedure to remove the clot causing the stroke is also recommended. Ninety-one percent of stroke patients who were treated with a stent retriever within 150 minutes of first symptoms recovered with little or no disability. The thing to remember is that stroke is largely treatable. It's a matter of getting the right treatment, right away.

A stroke occurs when the blood's flow to the brain is blocked, or a blood vessel in the brain ruptures. Without blood, brain cells start to die, and the functions controlled by that area of the brain—such as speech or muscle movement—are impaired or lost, the National Stroke Association says.

There are three main types of strokes:

1. **Ischemic**, typically caused by a blood clot in an artery resulting in brain death to the affected area.
2. **Hemorrhagic**, caused by blood leaking into or around the brain from a ruptured blood vessel allowing blood to pool in the affected area thus increasing the pressure on the brain.
3. **Transient ischemic attack (TIA)** is sometimes called a "mini-stroke." It is different from the major types of stroke because blood flow to the brain is blocked for only a short time—usually no more than 5 minutes.

The lifetime risk of stroke for women between the ages of 55 and 75 in the United States is 1 in 5. Stroke kills twice as many women as breast cancer does, making stroke the third leading cause of death for women. Surprised? You're not alone. Many women do not know their risk of having a stroke. These facts are alarming, but there is good news: 4 in 5 strokes are preventable. That's why it's important to know your risk for stroke and [take action to reduce the risk](#) by learning the ABCS of stroke prevention: **Aspirin**: Aspirin may help lower your risk for stroke. But do not take aspirin if you think you're having a stroke. It can make some types of stroke worse.

Blood Pressure: Control your blood pressure.

Cholesterol: Control your cholesterol. Smoking: Quit smoking or don't start.

Smoking: Don't start but if you do - quit.

Make lifestyle changes:

Eat healthy: Choose healthy foods most of the time, including foods with less salt, or sodium, to lower your blood pressure, and that are rich in fiber and whole grains to manage your cholesterol.

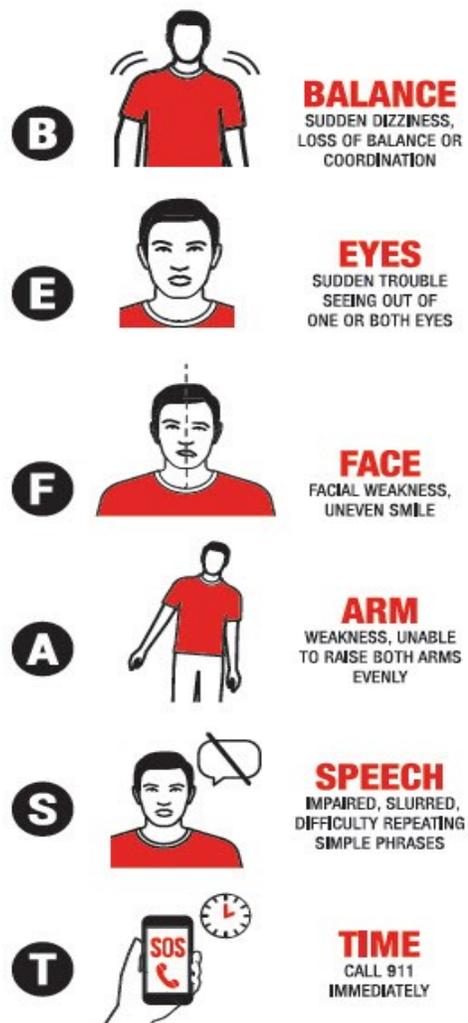
Get regular physical activity: Regular activity helps you reach and maintain a healthy weight and keeps your heart and blood vessels healthier.

Work with your health care team:

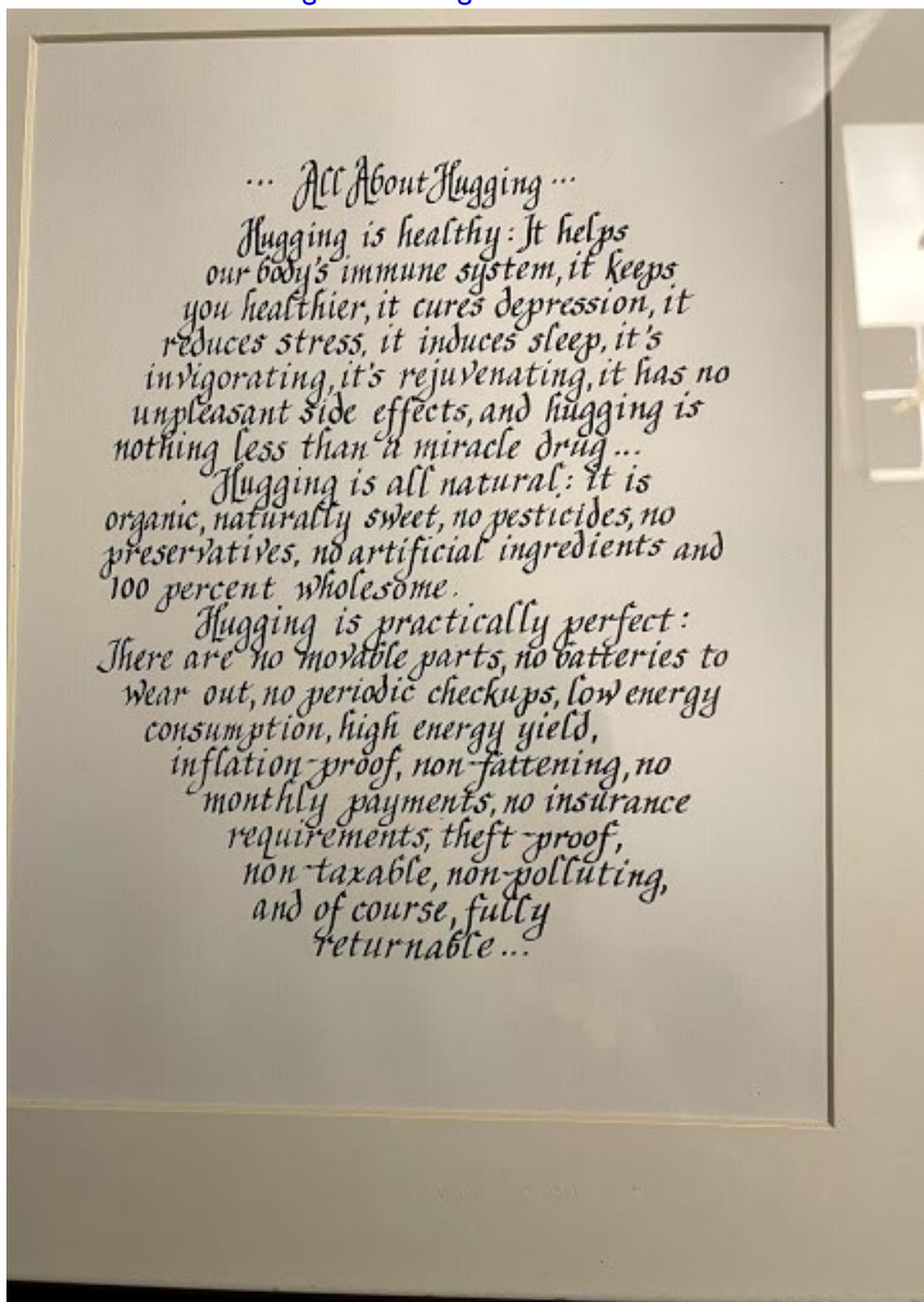
Talk to your doctor about your chances of having a stroke, including your age and whether anyone in your family has had a stroke. Get other health conditions under control, such as diabetes or heart disease.

If you suspect or spot a stroke, remember:

Spot a stroke—B.E. F.A.S.T.



So glad we can get back to this.....



June, 2021

Because of covid-19, many of these activities may be cancelled, delayed, or held by conference call / zoom

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

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
		1	2	3 6:45 Gen Mtg Calvary Baptist Church Potluck dinner	4	5 S.M.I.L.E Sat. The first Saturday of each month is designated as S.M.I.L.E. (Smile, Motivate, Inspire, Lead, Excel) Saturdays. Club members are asked to wear Club T-Shirts, District T-Shirts, GFWC Georgia Shirts or GFWC Shirts when they visit the grocery store, neighborhood, salon, a neighbor, or simply out and about.
6	7	8	9	10 Social—6:30-8:30 Dinner and brew at Tucker Brewing Co.	11 GFWC State Convention	12
13 GFWC State Convention	14	15	16	17	18	19
20	21	22 Social Blueberry picking	23	24	25	26
27	28	29	30			



Happy Birthday:

- Jun. 4—Debbie Slappey
- Jun. 10—Joette Segars
- Jun. 23—Brenda Dana