

**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:
Laurie Benken

Treasurer/501c3
Ana Kolb

Parliamentary Advisor
Barbara Brooks



GFWC Lilburn Woman's Club

www.lilburnwomansclub.org

November, 2023

President: Susan Allred

Lilburn Woman's Club, We Make a Buzz!

This month we focus on giving thanks. We are grateful for our veterans, as we recognize them on November 11th. And we will gather with friends and family to give thanks for all our blessings on Thanksgiving Day. Among the many reasons I am thankful, one of the best is my friendships with all of you!

Our November general meeting is sure to be an interesting one. We will have two guest speakers focusing on domestic violence and human trafficking. Please join us to hear from April Ross of the GA Commission on Family Violence and Andrea Hipwell of Wellspring Living.

We have several big events coming and of course all the planning and preparations that go into them.

Our Arts and Culture CSP has been preparing Christmas craft items for sale at the Lilburn Farmers Market Pop-Up on November 18th. Come support Arts and Culture and the Market.

We will be hosting the Santa Claus float in the City of Lilburn parade on December 2nd. Get involved in planning and executing this fun, visible project. Of course, we need all the marchers!

Our annual Auction and Dinner is on December 7th. Come up with some items that can be auctioned "For the Children." Perhaps team up with each other to donate bigger items or create a themed basket or items that keep giving throughout the year (i.e., monthly baked items.) Get creative! As always, we welcome all sizes and value of donated items for the auction.

As we close out this year, we are also setting plans for 2024. Be ready and get involved. We need you and all your contributions to building and serving our community. Thank you!

First Vice President: Kathy Mattox

Meet LWC Newest Member: **Carolyn Johnson**



I was born July 30 to parents Helen and Warren Beaty in Buffalo, New York. I have one brother Warren Beaty, Jr who lives in Fort Worth, Texas. After graduating from high school, I went to Millard Fillmore nursing School affiliated with University of Buffalo. I married Victor Johnson on December 27, 1969. While we lived in Buffalo I worked for two different hospitals. We had our first daughter on December 18, 1970.

In 1972 we moved to Philadelphia, Pennsylvania. In 1975 we added another daughter to our family. We finally moved to Atlanta, Georgia in 1977 and settled in DeKalb County. In 1979 we added our son. Off to Nashville, Tennessee in 1982 and lived there for a year. We had an opportunity to return to Atlanta, so we packed our bags and came back but settled in Gwinnett County. Here we raised our children. I was hired by Camp Creek as their school nurse. I worked there for 30 years.

Our oldest daughter with her husband lives in Chicago, Illinois. My younger daughter lives in Cumming, Georgia and my son and his wife lives in Suwannee, Georgia. I am the grandmother to 7 grandchildren.

Unfortunately, January 30, 2021 my husband of 51 years died of Covid. Luckily My neighbor Diana Carson has helped me adjust to life without him.

First Vice President: Kathy Mattox (continued)

Please be sure if you are a prospective or new member to attend the November 5th Orientation at the home of Kathy Mattox at 2pm!! Her email invitation has all the details!

Did you know?.....

In 1944: Through the GFWC Buy a Bomber campaign during World War II, state federations sold war bonds worth \$154,459,132 -enough money to purchase 431 planes.

In 1945: GFWC was one of the five women's organizations chosen to participate in the conference to form the United Nations. At the conference, GFWC representatives supported the ratification of the United Nations Charter.

In 1965: GFWC was awarded a stamp by the United States Post Office in honor of its 75th anniversary.

In 1986: In keeping with GFWC's commitment to conservation, the Federation instituted programs to protect and preserve endangered species.



Domestic Violence: Diane DeGaetano

Domestic & family violence and human trafficking is a serious problem. I wanted to thank you all for all your help, donations and prayers to help mitigate this violence - especially that targeted towards children, our innocent! Have a wonderful Thanksgiving and Christmas holidays!

Domestic Violence impacts



2nd Vice President: Adela Salame-Alfie

Community Service Program Chairs

Art & Culture
Maureen Fraser &
Nadine Bily

Civic Engagement & Outreach:
Charleen Ray &
Cheryle Haynes

Education & Libraries:
Judy Nash &
Rodean Wilson

Health & Wellness:
Wanda Staebell

Committees

Lilburn Daze
Dianna Carson &
Diane DeGaetano

Social:
Kathy Shepherd

Communications
Brenda Dana

Websites, Facebook
Andrea Brannen

Newsletter
Dianna Carson

Taste of Lilburn:
Kathy Mattox

Dear ladies

Continuing with the theme of leadership that I started earlier this year, I wanted to share with you some interesting quotes on leadership. I hope you take the time to read them and note how many of them apply to us and what we do at LWC.

"The task of leadership is not to put greatness into people, but to elicit it, for the greatness is there already." John Buchan

"To lead people, walk beside them ... As for the best leaders, the people do not notice their existence. The next best, the people honor and praise. The next, the people fear; and the next, the people hate ... When the best leader's work is done the people say, 'We did it ourselves!' Lao-Tsu

"If I have seen farther than others, it is because I was standing on the shoulder of giants." Isaac Newton

"Do not follow where the path may lead. Go instead where there is no path and leave a trail." Harold R. McAlindon

"Leadership is unlocking people's potential to become better." Bill Bradley

"A leader is someone who holds her- or himself accountable for finding the potential in people and processes." Brené Brown

"Becoming a leader is synonymous with becoming yourself. It is precisely that simple and it is also that difficult." Warren Bennis

"A genuine leader is not a searcher for consensus but a molder of consensus." Martin Luther King Jr.

"Leaders think and talk about the solutions. Followers think and talk about the problems." Brian Tracy

"Great leaders are almost always great simplifiers, who can cut through argument, debate and doubt to offer a solution everybody can understand." Colin Powell

"To handle yourself, use your head; to handle others, use your heart. Eleanor Roosevelt

"Servant-leadership is all about making the goals clear and then rolling your sleeves up and doing whatever it takes to help people win. In that situation, they don't work for you, you work for them." Ken Blanchard

"You don't have to hold a position in order to be a leader." Henry Ford

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." Maya Angelou

"Effective leadership is not about making speeches or being liked; leadership is defined by results not attributes." Peter Drucker

"Do what you feel in your heart to be right – for you'll be criticized anyway. You'll be damned if you do, and damned if you don't." Eleanor Roosevelt





Art and Culture: Nadine Bily & Maureen Fraser

Submitted By: Pat Otwell

NOVEMBER IS Native American Heritage Month to call attention to the culture, traditions, and achievements of our country's original inhabitants. In Native American culture it is believed that all things possess an inherent virtue and wisdom. A broken arrow symbolizes peace. Acorns are food luck and the bear is a symbol of strength.

Feathers signify a connection between the Creator, the owner, and the bird from which the feather came. As a gift from the sky the feather symbolizes high honor, power, wisdom, strength and freedom. Native American art is a tribute to all things found in the natural environment.

No feather falls expectedly or without some important meaning. Feathers of all birds are valued. The Crow = balance, skill, and cunning; the Falcon=speed, movement, and soul healing; and the Dove=kindness, love, and gentleness. The eagle is the strongest and bravest of all birds. For this reason Native Americans have chosen the eagle and its feathers as a symbol of what is highest, bravest, strongest, and holiest. Eagle feathers are given to another in honor; and the feathers are worn with dignity and pride.



The colors of Native American feathers are very important. Red is traditionally associated with blood, energy, power, earth, conflict, and success. Black is an aggressive color and as such

represents death, knowledge and assurance. If you create your own "feathers" to use as bookmarks or decorations, remember to choose the colors that represent your own thoughts and ideas.

When You Find A Feather MEANINGS

WHITE	spirituality, angels, faith, protection, purification, hope	ORANGE	energy, change, optimism, success, new ideas, creativity, physical love
RED	good fortune, passion, emotions, courage, money, security	PINK	unconditional love, romance, caring, compassion, harmony, faithfulness, honor, inspiration
BLUE	peace, inspiration, spirit connection, psychic awareness	GREY	peace and neutrality
YELLOW	mental alertness, vision, joy, cheerfulness, intelligence	PURPLE	universal consciousness, spiritual connection, heightened spiritual growth
GREEN	health, healing, nature, money, prosperity, success, nature/plant/animal spirits	BROWN	stability, grounding, endurance, home, friendship, respect
BLACK	protection, warning, repelling or warning of negative energy, mystical wisdom - you are undergoing a spiritual initiation, growth or increased wisdom		



Education: Rodean Wilson & Judy Nash

Submitted by: Beth Werve

The end of summer brought an end to the Little Free Library at the Lilburn Farmer's Market each Friday. We thank Andrea, Mandy and their helpers for providing the booth space and handling the set-up and take-down for us. Many books were shared with community members - both young and not-so-young. Many of our members helped with this Club project and we thank each and every one of you. We look forward to next year with more new selections.

October has proven to be a busy month for Education and Libraries. As part of our fantastic 51st Lilburn Daze, we donated our booth to Gwinnett County Public Libraries. They provide many great services to our community. Members have been delivering student dictionaries to all Lilburn cluster elementary schools, providing each third grader with their very own dictionary and guiding them through all the interesting features within including history, geography, science, even sign language! These dictionaries have been very enthusiastically received by both students and teachers.

Another of our ongoing projects is our book club. The current offering is The Guest Book by Sarah Blake, a New York Times best-selling novel. The meeting will be held on November 27th at 7:00PM in Judy Nash's barn.

Happy November, everyone!!





Civic Engagement & Outreach: Charleen Ray and Cheryle Haynes

"What is a Veteran? Title 38 of the Code of Federal Regulations defines a veteran as "a person who served in the active military, naval, or air service and who was discharged or released under conditions other than dishonorable."

...This definition explains that any individual that completed a service for any branch of armed forces classifies as a veteran as long as they were not dishonorably discharged. This meaning also answers the ...
 ... website. It discusses who or what is a veteran, the definition and meaning, and service types and time requirements to be considered a veteran. Learn more about other types of military service at va.org.
 ...What is a Veteran? The Legal & Military Definition va.org Join the Community for the 42nd Annual GA Veterans parade honoring both veterans and active duty military on 11/11/23 at 11:00 am beginning in Midtown ...
 ... women from the community. If you have a guest coming please notify Diane DeGaetano. Charleen "Together We CAN" Charleen Ray, Lilburn Woman's Club Civic Engagement & Outreach Co-chair 404-538-9404 cell

"CEO wants to Honor our elderly Veterans and help them stay warm and comfy this winter with their own No-Sew Lap Blankets. We will donate them to the local Atlanta Joseph Maxwell Cleland VA Medical Center Nursing Home.

We are using Fleece sized 50"x60".

Any club member can join us if they would like to help put these together at Kathy Mattox's house on 11/9/23@7:00 pm. ✂ Bring a pair of heavy duty scissors if you have them and a light snack to share."



A GREAT BIG ROUND of APPLAUSE for these CEO MEMBERS 🌟🌟🌟🌟🌟🌟🌟🌟

☆ ☆ Dianna & Diane on a Great Lilburn DAZE!

☆ Grateful to Cheryle helping with Care Team Awards (\$200.00 to 8 elementary schools)!

☆ Ginnie for pinch hitting for me on the pledge.

☆ ☆ ☆ Kathy Hartman, Adela, Lori H for helping Woman the CEO table.

We invited several ladies, gave away the 50 First-Aid kits & Coop food lists, mints and got questions for the candidates us

☆ Cheryle received a special citizens award from Gwinnett County for her part in the Rescue / CPR Life saving !
 Pictures to come later !

☆ Deborah Shields as The BEST TIMEKEEPER for the CANDIDATE FORUM ! It was well attended by approx. 100 people & 7 of the 8 candidates were there.

☆ ☆ ☆ ☆ Thx to Kathy M & Karen S, Adela, & Barbara for greeting and assisting with clean up as well as Susan Allred . We invited all the women to our NOV 2 meeting.

You can watch the FORUM on-line from the city's Facebook page .. to be ready Thursday or NLT Friday.

usTreats to Troops! Last one of the year.

Bring donations to 11/2 mtg.

Let Karen know if you want to come as sign-up is closed but we can add a car if needed.

Domestic Violence is hosting NOV Mtg.

We have plates napkins & silverware covered. See Diane DeGaetano for what to bring.

Barbara Tiller is getting us dates mid November to visit the Gwinnett Warming Center & take the Space blankets.

Any more hours / in-kind donations/ sheets turn in please ASAP. We will be closing CEO out by mid Nov.

Have a great FALL Ya'll 🍂🍁🍂🍁



Health and Wellness: Wanda Staebell

November is National Alzheimer's Disease Awareness Month

Dementia is a general term for a decline in mental ability severe enough to interfere with daily life, while Alzheimer's is a specific disease where brain cell connections and the cells themselves degenerate and die eventually destroying memory and other important mental functions. Alzheimer's Assoc.

*1 in 3 seniors dies with Alzheimer's or another dementia. It kills more than breast cancer and prostate cancer combined.

*Over 11 million Americans provide unpaid care for people with Alzheimer's or other dementia.

*In 2022, unpaid caregivers provided an estimated 18 billion hours of care valued at \$339.5 Billion.

*The lifetime risk for Alzheimer's at age 45 is 1 in 5 for women and 1 in 10 for men. If a loved one or friend begins to act differently, has difficulty performing simple tasks, exhibits signs of memory loss that impact daily life, or has confusion with time or

place, seek support services, plan for the future, and access treatment.

The Alzheimer's Association has a series of educational videos that provide - information on the disease, guidance for caregivers, and reinforcement for those living with Alzheimer's. <https://www.alz.org/help-support/resources/care-education-resources>



Lilburn Daze: Dianna Carson & Diane DeGaetano

Ladies, YOU did it AGAIN!

The 51st annual Lilburn Daze was a huge success! The rain came in on Friday and left us alone on Saturday.

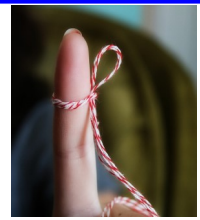
The crowd was large and looked like they were having a great time with the crafters, the children's area inflatables, the entertainment, the Home Depot building area, and of course the food.

Because we are so involved with this event, I sometimes think that we do not realize what this festival means to this community. We brought our children to Lilburn Daze and now they are bringing **their** children, taking pictures and have fun!

For many years, I have been reacquainted with old friends and neighbors just because of Lilburn Daze.

The crafters always compliment us on a well-organized event and a buying public. When you go to other festivals please keep your eyes open for new ideas, crafters, and food vendors.

Thanks to the City of Lilburn our sponsors, our vendors, and YOU for your volunteer spirit to make this the BEST ONE YET!!!



Donation Reminders

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

Art:

Civic Engagement & Outreach:

For Wellspring:

Toiletries
Clothing items for girls age 14 plus

Education & Libraries:

Children's Books for Little Free Library

Environment:

Health & Wellness:

Lilburn-Co-Op:

Canned Goods:

Beans, Beef stew, Chicken, Chunky Soups, Diced Tomatoes, Fruits, Tuna, Ravioli, SpaghettiOs, Vegetables

Other Food items :

Hamburger Helper, Instant mashed potatoes, Mac & Cheese, Ramen noodles, Spaghetti noodles and sauce, Peanut Butter and Jelly, Ketchup, Mustard, Mayonnaise, Salad dressing.

DRY Goods:

Cereal, Oatmeal, Grits, Flour, Sugar, Jiffy Corn Meal mix, Spices, Cookies and snacks.

Non Food items :

Dishwashing liquid, Powder Detergent, Paper towels, Toilet tissue, Shampoo and conditioner, Bar and liquid soft soap, Deodorant, Tooth Paste, Men's shaving cream and razors.

St. Vincent de Paul:

Canned Fruit and Canned Vegetables
Toilet Paper,
Uncooked Rice and Uncooked Beans,
Tomato Sauce,

November, 2023

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

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1	2 LWC Gen. Mtg 6:30	3	4
Charleston Wrap Fundraiser						
5	6	7 Treats for Troops	8 ED: Stem & Steam Day	9	10	11
Charleston Wrap Fundraiser						
12	13	14	15	16	17	18
Charleston Wrap Fundraiser						
19	20	21	22	23	24	25
ED: American Education Week						
26	27	28	29	30	1	2 Lilburn Christ- mas Parade 2PM

Happy Birthday:



Nov. 3—Mary Pope
 Nov. 6—Laura Byrd
 Nov. 15—Doris Mann
 Nov. 17—Susan Boudreaux
 Nov. 20—Jenny Nall
 Nov. 23—Linda Pierce
 Nov. 26—Janie Dellinger
 Nov. 29—Beth Werve