



#### *Executive Officers 2017*

##### Co-Presidents

Trish Biemiller  
Barbara Brooks

##### 1st Vice President

Gloria Sill

##### 2nd Vice President

Celma Spooner

##### Recording Secretary

Patty Gabilondo

##### Corresponding Secretary

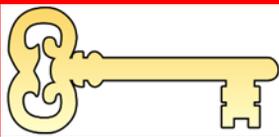
Karen Snively

##### Treasurer

Cherlye Haynes

##### Parliamentary Advisor

Pat Swan



*Opening Doors  
and Unlocking  
Opportunities*

# GFWC LWC Lilburn

[www.lilburnwomansclub.org](http://www.lilburnwomansclub.org)

October, 2017

**Co-Presidents: Trish Biemiller & Barbara Brooks**

October is such an important month with the weather starting to change and the holidays just around the corner. Imbedded in the month is LWC's Lilburn Daze. I have people start to ask, "what's the date" and "is Home Depot going to be there for the kids again?" The community loves this event and so do I. However, this can't happen without a lot of work on the part some of our members. I cannot begin to thank Gail Zarnik and Jackie Thornberry enough for taking on this responsibility and dedicating so much time. Thanks to everyone on the committee because it would not happen without you. Now the rest of the club must step up to the plate and keep the ball rolling. Kathy Hartman is in charge of the volunteers so make sure you have contacted her if you are not certain what time slot you are assigned. All members must work at least four hours, so make it fun.

The City of Lilburn has elections coming again in November. Two City Council members are up for re-election, Eddie Price and Tim Dunn, however only Mr. Price has anyone running against him. Public Affairs is once again hosting a candidate's forum on October 30<sup>th</sup> at 6:30. Mr. Dunn will be present to answer questions, and Mr. Price, Shabaka C. Fletcher and Philip Holland will present their views on various issues.

The club is also sponsoring a Senior Workshop on Fraud Prevention, November 11<sup>th</sup>. This is a joint project with the Lilburn Police Department and will take place in the new City Hall/Library complex between 10:00 AM and 11:30 PM. Police officer Mike Johnson will be teaching the class and we encourage you to invite the seniors at your church or in your neighborhood who might be at risk. The problem is rampant in our area thank you to Domestic Violence for sponsoring this event.

If you ever wonder if we make a difference, if all your hard work is worth the effort, just look at the challenges we shoulder. Thanks to all of you.

## **1st Vice President: Gloria Sill**

We are so excited to be having a full house with seven interested women attending the potential new members orientation on Thursday, October 28. A few of our members will be there to help support these women as they consider striving towards membership in our Lilburn Woman's Club. Let's hope that we get a few creative new members to help us grow.

It's always good for a club to have new members with contemporary ideas. A club that evolves stays alive and provides growth for people and communities. If you have any ideas to help us continue to advance to meet the needs of our community, please share them with me. All of your ideas will be appreciated. Also, please consider being a mentor for future ladies who are interested in our club. We are a great group of women!

## **Parliamentary Advisor: Pat Swan**

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. It is important that in debate you speak as though you are talking to the chair, not directly to other members. So you don't say "Pat, that argument you just made is ridiculous". Instead you might say "Tish, that last speaker's final point doesn't really make sense."



**Community Service Program Chairs**

**Art**  
**Patty Gabilondo & Suzannah Heimel**

**Conservation**  
**Susan Hendricks**

**Domestic Violence**  
**Pat Swan**  
**Linda Newton**

**Education**  
**Barbara Brown**  
**Nancy Delaney**

**Home Life**  
**Lee Jurjevich & Diane DeGaetano**

**International Outreach**  
**Doris Mann & Laura Byrd**

**Public Issues**  
**Mandy McManus & Gail Zarnik**



**Art: Patty Gabilondo & Suzannah Heimel**

**Arts Program Meeting:** Our final program meeting for the year will be held on Nov. 2nd @ 6pm, Calvary Baptist, right before the general meeting. Arts will be hosting the November meeting this year and paying homage to the art of photography, so come prepared to get your creative juices flowing. Bring a childhood photo or baby picture of yourself to the meeting and we'll try to guess who everyone is/was. Prizes for the winners!



**Supporting the Performing Arts - LWC** Arts CSP members enjoyed two opportunities to participate in a group visit to Staged Right Theatre in Lilburn to see a historical drama entitled 'Silent Sky'.



Then a few weeks later we were outnumbered by our guests at the matinee performance of 'The Dixie Swim Club' at the On-stage Theater in Decatur. Great scripts and two enjoyable afternoons supporting our local performing arts troupes.



**Playground Beautification Project -** LWC Girls/Women in Action lived the volunteer spirit on a beautiful fall morning in September. Our enthusiastic crew combined Art & Conservation concepts by repurposing used tires, painting them in bright primary colors and planting them full of flowers around the Camp Creek Elementary School playground. Everyone found their own unique style of painting. Thanks to our fearless leader Chris Giddens for pulling this all together.



**Fun Fact:** <https://www.militaryveteranproject.org/art-therapy.html>

In psychology, the use of artistic methods to treat psychological disorders and enhance the physical, mental and emotional well-being of individuals is known as Art Therapy. The Military Veteran Project provides art therapy to active duty, veterans suffering from PTSD and brain injuries.



October, 2017

www.lilburnwomansclub.o



## Conservation: Susan Hendricks

Early this year Conservation gave the Club a challenge to members to keep record of activities you do related to these GFWC Conservation Program

Guidelines. Hope you have a great list 1) Recycling; 2) Environmental Education and Awareness; 3) Outdoor Exploration; 4) Noxious Weeds; 5) Air and Water Quality; 6) Waste Handling; 7) Natural Resource Restoration; 8) Land Maintenance; 9) Tree Planting; 10) Beautification; 11) Wildlife Protection; 12) Proper Care for Domestic Animals; 13) Food Sources; 14) Community Gardens; 15) Preserving Existing Waterways; 16) Energy Conservation

We recycling for a Cause! Several years ago a member suggested that Fire Station #3 on Five Forks Trickum Road move their aluminum can trailer from the back to the front of the property. With that exposure the bin has been filled emptied almost every month, averaging over \$500 donated to the Georgia Firefighters Burn Foundation.

A number of our elementary schools have a school garden or plan to start one. Lilburn Elementary got 2 butterfly kits. The butterfly release was a great success! Native plants will be donated to R.D. Head and Camp Creek Elementary. Conservation will continue to help young gardeners at local elementary schools.

Green thumb folks volunteer there 4 times a month, year round at the Georgia Native Plant Society Propagation Nursery at Stone Mountain Park. Join us! The Fall Plant Sale, held September 23, sold over \$12,000 in native plants. Hope you got some!

Did you become a National Wildlife Federation Wildlife Habitat by Sept 30th and get a \$25 Gift Card for purchases on the NWF website?

The Nature Generation, a proud Conservation Partner of the General Federation of Women's Clubs, offers projects that clubs can implement in their communities—locally-based solutions to national issues. Conservation joins Nature Generation to support its national book donation program that brings environmentally themed books to youth across the country.

### Events:

Oct 7 Lets Spruce Up Lilburn Post Office 9 - 12pm Bring tools

Oct 7 Georgia Master Gardeners Conference - Gwinnett Educational Heritage Center

Oct 14 Open House Work Day Lilburn Elementary Community Garden 9-2pm

### TED TALKS

"How Behavioral Science can Lower Your Energy Bill" by Alex Laskey

"The Trade Offs of Building Green" by Catherine Mohr



## Domestic Violence: Pat Swan & Linda Newton



The Domestic Violence team is responsible for the October meeting. It will be a great meeting to invite a friend to come with you to hear Tracie Cason, Deputy Chief Assistant District Attorney in the Gwinnett District Attorney's Office, speak.

Tracie Cason is a Deputy Chief Assistant District At-

torney in the Gwinnett District Attorney's Office. She graduated cum laude with honors from the University of Georgia in 1993 with a Bachelor of Arts degree in Criminal Justice, during which she interned in the homicide unit of the United States Attorney's Office for the District of Columbia. She attended and received her Juris Doctorate Degree from Baylor University School of Law in 1997. Tracie has been a career prosecutor and began her legal career in the Dublin Judicial Circuit in 1997 before coming to the Gwinnett DA's Office in 2000. While working in the Dublin Circuit, Tracie was instrumental in establishing the Victim Assistance Program for the circuit, as well as the Domestic Violence Task Force and the Sexual Assault Response Team.

Since coming to the Gwinnett Circuit, Tracie has

worked in various courtrooms and divisions, including several years on the Child Protection Team, which was responsible for prosecuting all child molestation and cruelty cases. She has served as the Chairperson of the Child Abuse Protocol Committee and is currently serving as the Chairperson of the Sexual Assault Protocol Committee. Tracie currently supervises the trial divisions prosecuting all criminal cases assigned to Judges Karen Beyers, Timothy Hamil, Warren Davis, and the Juvenile Court division.

Ms. Cason is running for Superior Court Judge in 2018. At Lilburn Daze please come by and meet the representatives from the Gwinnett Sexual Assault and Children's Advocacy Center who have the DV donated booth!

**On November 11** at the new Library/City Hall complex, Mike Johnson, Lilburn Police Community Outreach Liaison, will be speaking on **Fraud tactics aimed at Seniors**. The presentation will be in the new meeting room which is on the bottom level opposite the library. It will take place on Saturday morning from 10am till 11:30am to make it easy for both seniors and their family/care takers to attend. The presentation is free and open to the community. Mike is an excellent speaker and will welcome your questions. Come and learn how to take protective measures against fraud. This event is courtesy of the Lilburn Woman's Club and the Lilburn Police Department.



October, 2017

www.lilburnwomansclub.o



## Home Life: Lee Jurjevich & Diane DeGaetano



**NEARLY 1 IN 3**

AMERICAN WOMEN HAS HIGH BLOOD PRESSURE

Learn More About Heart Disease Risk Factors and How to Lower Them.

**Lower Heart Disease Risk**

Home Life is partnering with the HEART TRUTH –  
An effort to increase the awareness of Heart Disease in Women

### **Make a Commitment to Your Heart**

For more than a decade, The Heart Truth® program has worked to raise awareness about women's risk for heart disease—the #1 killer of women in the United States—and share the steps they need to make to lead a heart healthy life. Your risk for heart disease can increase significantly depending on how many risk factors you have. So take control of your heart health today!

Learn your risk for heart disease and make your heart health a priority. Start by making simple lifestyle changes that will help you reduce your risk for heart disease and talk to your doctor for guidance. Taking care of your heart will improve your overall health and will allow you to enjoy quality time with your loved ones. Make a commitment to yourself and share it with a loved one for support. Learn more about The Heart Truth program, the risk factors for heart disease, and the stories of other women that have been affected by heart disease. You can also encourage some-

one you care about as they work to improve their heart health by evaluating their risk factors.

#### **Heart Attack Symptoms**

**Chest discomfort:** Most heart attack involve discomfort in the center of the chest or the left side of the chest. The discomfort usually last for more than a few minutes or goes away and comes back.

It can feel like uncomfortable pressure, squeezing, fullness or pain. It may even feel like heartburn or indigestion.

**Upper-body discomfort.** This symptom can include pain or discomfort in one or both arms, the back, shoulders, neck, jaw or upper part of the stomach (not below the belly button).

**Shortness of breath:** This may occur before or with chest pain or discomfort and can even be the only symptom of a heart attack. It can occur while at rest or with minimal physical activity.

#### **Other symptoms to pay attention to:**

Breaking out in a cold sweat

Unusual or unexplained fatigue (tiredness), particularly in women (may be present for days).

Nausea (feeling sick to the stomach)/vomiting

Light-headedness or sudden dizziness.

### **Minutes Matter. Call 9-1-1!**

**If you or someone you know may be having a heart attack or even if you just think you are having some of the symptoms of a heart attack Call 911 immediately for Emergency Medical Care, Feelings of embarrassment will stop but we don't want your heart to stop!**

More information at <https://www.nhlbi.nih.gov/health/educational/hearttruth/>



## International Outreach: Doris Mann & Laura Byrd

We are so excited to welcome the Amani Women's Center to Lilburn Daze! This wonderful non-profit in Clarkston supports women in Ghana and other countries as well as refugee women in DeKalb. They sell handmade crafts and return the money to the women. Visit their colorful booth at Lilburn Daze and buy a skirt, an angel or clay beads among many other beautiful items. The director is so enthusiastic about this exposure, because this is their largest festival to attend! This booth is sponsored by IO and we hope you will stop by and welcome them and shop a little!



It is time to turn in any little dresses or pillowcase dresses you have made. Give them to Janie Dellinger, Doris, or Laura.



## Public Issues: Mandy McManus & Gail Zarnik

Fire Prevention Week is October 8-14  
Here are some fire safety tips that we all should read.

You could have less than 2 minutes to escape from a room once the fire alarm sounds. Do you know 2 ways to escape every room in your house?

¼ of all house fires start in the bedroom. Be sure to install smoke detectors inside the bedroom as well as outside the bedroom.

All smoke detectors and carbon monoxide detectors must be replaced every 10 years. The chemicals that sense the smoke wear out and become ineffective at detecting smoke. If your house is older than 10 years, have you replaced the smoke detectors that came with your home?

There are two types of smoke detectors, the photoelectric alarms which are better at detecting smoldering fires and the ionization alarms which are better at detecting flaming fires. Be sure to install both types in your home.

Public Issues will again be helping our local fire stations with A Stock the Pantry project purchasing pantry staple food items for the fire fighters to use in their cooking of meals. Instead of asking for club donations we will be using our additional program funds to purchase these items. They will be delivered later in October.

Candidates Forum – Monday October 30 at 6:30-8:00 pm

The Public Issues program and the City of Lilburn will sponsor a Candidates Forum on Monday October 30 at 6:30-8:00 pm in City Hall for the upcoming election for City Council. Two City Council seats are up for reelection the seat held currently by Eddie Price and also the seat held by Tim Dunn. Mr. Dunn's seat is unopposed while Eddie Price seat has two candidates who will be on the ballot. All of these candidates will be present to answer questions prepared by our moderator regarding the responsibilities of the City Council and the future of the City of Lilburn. Everyone is invited to this open candidates forum.



### Donation Reminders

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

#### Art:

Wine corks

#### Conservation:

Fronts of greeting cards  
Batteries  
Used Blankets & Towels

#### Domestic Violence:

Children's Helmets  
Laundry Materials  
Cleaning Materials  
Snacks & Drinks  
Gas cards  
Lightweight clothing for rape victims

#### Education:

Children's Books  
Adult Books

#### Home Life:

Canned Tuna  
Cereal  
Oatmeal  
Peanut Butter  
Jelly  
Spaghetti  
Canned Veggies  
Rice  
Toothpaste

#### International:

Empty pill bottles  
Travel size shampoo, toothpaste, soap  
Children's toothbrushes  
Pillow case dresses

#### Public Issues:

Pajamas for Men & Women  
Worn & tattered flags

# October, 2017

Check [www.lilburnwomansclub.org/Calendar.html](http://www.lilburnwomansclub.org/Calendar.html) for updates.



**October 14th:  
Lilburn Daze!**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Lil Dz Mtg. 6:30	4 Library - Celebrating the Carillon 11AM Library - Light Painting Photography— 6:30	5 LWC Gen. Mtg	6	7 Cons. - Spruce up Lil. P.O. 9-12
8	9	<b>Fire Prevention Week</b>			12 Lilburn Daze Set- up 1—7	
15	16	17	18	19	20 Report Writing Wkshop—Celma Spooner's	21
22	23 Book Club 7PM  Twn Hall Mtg. City Hall 7PM	24 ED Mtg. 6:30 @ Bar- bara Brown's	25	26	27	28 New Member Orientation
29	30 PI Candi- date forum 6:30 City Hall	31				

**Happy Birthday:**

- Oct. 12—Chris Giddens
- Oct. 15—Diane Aube
- Oct. 18—Lori Harrison
- Oct. 27—Stacy Moura

