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GFWC Lilburn Woman's Club

www.lilburnwomansclub.org
April, 2021**President: Diane DeGaetano**

Hi, Ladies: I am happy to tell you about the GFWC Georgia, DAY of SERVICE, which is April 24, 2021 (officially). It is surrounding support for the Ronald McDonald House (RMH). RMH is a facility next to Children's Health Care of Atlanta (CHOA) which houses the families of children who are receiving treatment for cancer at no cost to them.



Lilburn Woman's Club is partnering with our girl scout, Cierra Thomas, who is working on a similar project for her silver award. She is trying to collect 10 gallons of pop tops by Sept. 1, 2021..

She is also trying to increase awareness of the ability to donate without spending any money. These pop tops are discarded anyway so why not take a bit of time, put them in a baggie and call Cierra to pick them up or bring to a meeting either April, May or June? You can do it!

Cierra will be at the General Meeting on 4.8.21 to present her project and ask for our help. If you belong to another group – church, neighborhood association, tennis etc. ask them to collect for you. Flyers will be available at the meeting and on our website to download. Let us help Cierra help those children at CHOA. Thank you in advance for your participation in this project!

Corresponding Secretary: Christine Peredney

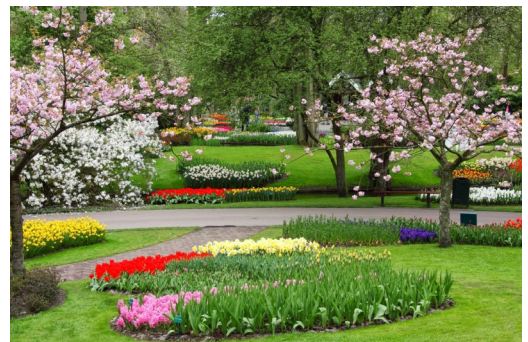
All the birthday cards have been mailed out for March and a thank you note to our speaker from the Lilburn Library. The post office box at the Lilburn Post Office has again been emptied and its contents will be brought to the next general meeting. Texts were sent to members who have current health issues.

I know all of us are welcoming more sunshine and warmth into our lives. Spring has officially arrived and outdoor activities are being planned. We all have to be thankful that we got through another winter and look forward to a more positive existence.

I thought the following poem by Longfellow from Hiawatha was appropriate:

"Came the Spring with all its splendor,
All its birds and all its blossoms,
All its flowers, and leaves, and grasses."

Have a "Spectacular Spring". See you at the general meeting either in person or on Zoom. Christine





Art and Culture: Gloria Sill & Karen Snavely

At our last meeting we discussed that we'll be working with Civic Outreach on a future poster contest for middle schoolers in Lilburn.

We will be working on designing a LWC sellables booth for Lilburn Daze. Possible categories will be selling items with a Fall theme, a Christmas theme, Home decor, Art, Needle or handcraft, vintage jewelry. We're looking for good quality items and artful designs. We're even considering selling plant items for fall and Christmas.

We're looking for future ideas by looking at the GFWC handout for Arts and Culture Community Service Program. We will appreciate any ideas from all of our club members on how art can support our club as well as our community.

Remember, Art, Science, Math, Music, and Language is not something that is separate from our world. It's the web that holds us together. Think of ways we can be part of the web throughout our community and world.

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

The first official cookie packing under the TTT Southern Style name was held at VFW Post 9143 on August 16, 2012. That evening, 32 large flat rate USPS boxes were filled with home baked cookies, comfort foods (granola bars, pop tarts, water flavorings, beef jerky, etc.), candy, travel size toiletries, and letters of appreciation written by the TTT-SS volunteers to the deployed military personnel. The next morning, a total of 2,736 home baked cookies, nestled among all of the other goodies in the boxes, were mailed and on their way overseas to the troops! In 2012, TTT Southern Style had two additional cookie packings – October and December. Beginning in 2013, the TTT-SS chapter began to send cookie shipments to the deployed troops five times a year – February, April, June, September, and November!! It's no surprise that annually, our holiday packing each November has been our largest mailing.

Despite all that has been happening, TREAT THE TROOPS – SOUTHERN STYLE, had an "Almost Record Breaking" FEBRUARY 2021 PACK!!! This February we packed a TOTAL OF 343 BOXES, which included 49,192 COOKIES & hundreds of pounds of CANDY, SNACKS, LETTERS, TRAVEL SIZE TOILETRIES, MAGAZINES, ETC.

Now, it took us three times to do this. We had received so many cookies and other goodies, that we RAN OUT OF FREEZER SPACE for the cookies and were close to running out of space to store the candy/snack items. So we took action and started packing and sending early. Two of the ships receiving our Febru-

ary goodie boxes are the U.S.S. Ronald Reagan and the U.S.S. Tempest. Other locations include Afghanistan, Iraq, Germany, Horn of Africa, S. Korea, Poland and Japan. As we all know, these goodie boxes mean so much to those receiving them. The "letters from home" are just as important.

GRAND TOTALS SINCE AUGUST 2012:

11,916 BOXES - 1,447,284 COOKIES - HUNDREDS OF THOUSANDS OF POUNDS OF CANDY, SNACKS, TREATS, CORRESPONDENCE, ETC.

THANK YOU TO ALL WHO HAVE DONATED POSTAGE FUNDS, COOKIES, CANDY, SNACKS, LETTERS, TOILETRIES, MAGAZINES, HAND WARMERS, ALL THE WONDERFUL ITEMS WE HAVE BEEN ABLE TO SEND. AND FOR YOUR TIME, EFFORTS AND LOVE IN SENDING OUR TROOPS "A LITTLE BIT OF HOME". But..... there's always an opportunity to help. Packing will occur three more times this year!!! Your next opportunity to help is this month. You can bring your donation (treats, check, or notes) to our April meeting or get it to Kathy Mattox or Adela Salame-Alfie by 4/28/21. Kathy will transport the treats to Cumming for packing. Let's continue to honor our troops abroad!





Civic Engagement & Outreach: Ginnie Childers & Adela Salame-Alfie (continued)

LWC will participate in Days for Girls this year. Contributed by Adela Salame-Alfie

As you probably already heard, the CEO CSP has chosen to participate in Days for Girls (DfG) this year for our international project.

According to Wikipedia, Days for Girls is a nonprofit organization that prepares and distributes sustainable menstrual health solutions to girls who would otherwise miss school during their monthly periods.

DfG was founded in 2008 by American woman Celeste Mergens. After visiting an orphanage in Nairobi, Kenya, she discovered that menstruating girls stayed in their dormitories for days, sitting on cardboard to absorb their flow, because they could not afford feminine hygiene products. Her first response was to organize donations of disposable sanitary pads, but she realized that this was not a sustainable solution — and the girls had no way to dispose of used pads.

She then developed the idea of creating washable, reusable pads and providing the girls with a personal kit of all they would need to continue their schooling with hygiene and dignity.

By 2018, the DfG Kits (designed to last up to three years) and health education programs had reached more than one million girls and women in over 100 countries.

DfG Kits are made by volunteers who either work as "solo sewists" or form "teams", some of which go on to acquire the status of "chapters". These groups have formed in many countries, including Australia, Canada, New Zealand, the United Kingdom, and the United States.

Each kit is in a draw-string bag and includes reusable cloth menstrual pads made up of colorful shields and liners, panties, a washcloth and soap, zip-closure plastic bags and other items. The kit enables girls to carry their clean and used pads discreetly and to take care of their own hygiene needs. During the distributions, women and girls also receive health education to break stigmas and cultural taboos associated with menstruation.

We are very fortunate that many of our club members not only know how to, but love to sew. But don't worry if you are like me and can't sew, because to make the kits, we also need people to cut the fabric, assemble and package the kits.

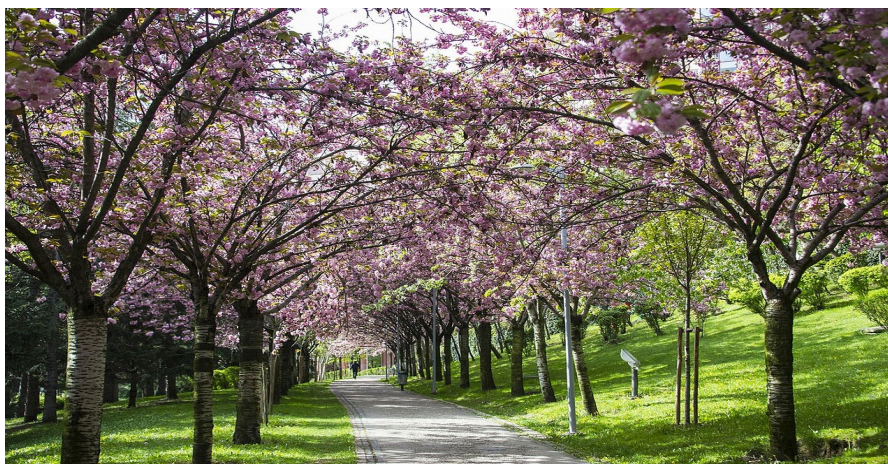
Dianna Carson has agreed to help us lead this project (thanks, Dianna) and we hope to be able to start very soon. We will let you know when we are ready and we will send out a Sign up Genius invite. We hope you are able to participate in this worthy project.

 DAYS FOR GIRLS



THE BASIC UNIT OF A KIT

It all starts with a DfG Pad: the basic unit of a Days for Girls Kit. A DfG Pad contains one waterproof shield and two absorbent liners.





Health & Wellness: Cheryle Haynes & Mary Pope

Health and Wellness reminds you to keep your eyes healthy - March is **Save your Vision Month**

From the National Eye Institute at the National Institutes of Health

There's a lot you can do to keep your eyes healthy and protect your vision.

Get a comprehensive dilated eye exam

Getting a dilated eye exam is simple and painless — and it's the single best thing you can do for your eye health! Even if your eyes feel healthy, you could have a problem and not know it. That's because many eye diseases don't have any symptoms or warning signs. A dilated eye exam is the only way to check for many eye diseases early on, when they're easier to treat.

Find out if you're at risk for eye diseases

Getting older increases your risk of some eye diseases. You might also have a higher risk of some eye diseases if you:

- Are overweight or obese
- Have a family history of eye disease
- Are African American, Hispanic, or Native American

Other health conditions, like diabetes or high blood pressure, can also increase your risk of some eye diseases. For example, people with diabetes are at risk for **diabetic retinopathy** — an eye condition that can cause vision loss and blindness.

If you're worried you might be at risk for some eye diseases, talk to your doctor. You may be able to take steps to lower your risk.

Know your family's health history. Talk with your family members to find out if they've had any eye problems. Some eye diseases and conditions run in families, like **age-related macular degeneration** or **glaucoma**. Be sure to tell your eye doctor if any eye diseases run in your family.

Take care of your health

Protecting your overall health can go a long way toward keeping your eyes healthy! It's important to make healthy choices and take good care of yourself. Keep in mind that healthy habits like eating well and being active can lower your risk for diseases and conditions that can lead to eye or vision problems, like diabetes or high blood pressure. Follow these tips for healthy vision:

Eat healthy foods. Be sure to have plenty of dark, leafy greens like spinach, kale, and collard greens. Eating fish that are high in omega-3 fatty acids — like salmon, tuna, and halibut — is good for your eyes, too.

Get active. Being physically active helps you stay healthy. It can also lower your risk of health conditions that can cause eye health or vision problems — like diabetes, high blood pressure, and high cholesterol.

Quit smoking. Smoking isn't just bad for your lungs — it can hurt your eyes, too! Smoking increases your risk of diseases like macular degeneration and cataracts — and it can harm the optic nerve. If you're ready to quit, call **1-800-QUIT-NOW (1-800-784-8669)** for free support.

Protect your eyes

Every day, you can take simple steps to keep your eyes healthy. Use these tips to protect your eyes from things that can harm them:

Wear sunglasses. Protect your eyes from the sun by wearing sunglasses — even on cloudy days! Be sure to

look for sunglasses that block 99 to 100 percent of both UVA and UVB radiation.

Wear protective eyewear. Safety glasses and goggles are designed to protect your eyes during certain activities, like playing sports, doing construction work, or doing home repairs. You can buy them from most eye care providers and some sporting goods stores.

Give your eyes a rest. Looking at a computer for a long time can tire out your eyes. Rest your eyes by taking a break every 20 minutes to look at something about 20 feet away for 20 seconds.

If you wear contacts, take steps to prevent eye infections. Always wash your hands before you put your contact lenses in or take them out. Be sure to disinfect your contact lenses and replace them regularly.

WOMEN'S EYE HEALTH MAKE IT A PRIORITY

DID YOU KNOW?



2/3 of people living with blindness or visual impairment are women.¹



2.7 Million:
of women age 40 and older who are visually impaired.²



Women & Eye Diseases

Women have greater instances of eye diseases, such as **age-related macular degeneration**, **glaucoma**, and **cataract**.³

WOMEN ARE AT GREATER RISK BECAUSE THEY:

Live longer.⁴

Are at a greater risk for autoimmune diseases.⁵

Are more likely to undergo certain cancer treatments that may affect vision.⁶

Experience normal age-related hormonal changes that may affect their eyes.⁷

5 STEPS TO KEEP YOUR EYES HEALTHY



Get a comprehensive dilated eye exam.



Use protective eyewear during sports and other recreational activities.



Know your family's eye health history.



Wear sunglasses that block out 99-100% of UVA/UVB rays.



Live a healthy lifestyle:
• Maintain a healthy weight
• Eat healthy foods
• Don't smoke
• Manage chronic health conditions

¹ <https://nei.nih.gov/content/womens-eye-health>
² <http://www.preventblindness.org/women-higher-risk-men-most-eye-diseases>
³ https://nei.nih.gov/eyedata/adultvision_usa
⁴ <http://www.tandfonline.com/doi/abs/10.1076/0968.1.39.1540>
⁵ <http://www.tearfilm.org/devisereport/pdfs/TOS-0502-DEWS-noAds.pdf>
⁶ <http://www.friendsforsight.org/resources/eye-health-awareness/item/63-women-s-eye-health-and-safety-month-april>
⁷ <https://nei.nih.gov/health/dryeye/dryeye>

For more information, visit www.nei.nih.gov/hvm

2017

HEALTHY
VISION
MONTH

NIH
National Eye Institute



Education and Libraries: Nancy Chilcoat & Lee Jurjevich

E&L program along with the Social committee is busy preparing for the upcoming May LWC general meeting for the Scholarship and Public Awards reception.

We are keeping several Little Free Libraries well stocked. Always looking for additional children's books.

We continue to solicit grants and donations in support of the Dictionary Project for our third graders in the Lilburn Elementary schools.

Book Club has stimulating discussions and this month's title is

ALL THE WAYS WE SAID GOODBYE, unique in that it is co-authored by three different women.

Remember April is :

National Poetry Month - Read, listen to or write some poetic thoughts.

It's **National library week April 4-10** - Visit your public library and check out something to read.

Autism Awareness Day, April 22- Find a way to support friends and family living with autism

"Drop Everything and Read Day" April 12. What a good excuse to sit back, relax and enjoy a book or magazine



Environment: Laurie Benken & Lori Bottens

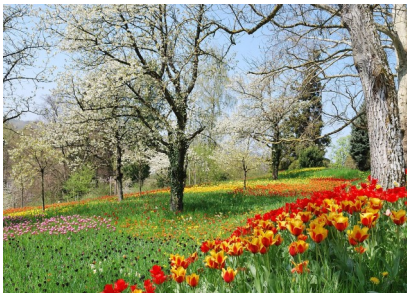
Dates to remember this month:

April 22nd Earth Day

April 30th-Arbor Day

April 21, 28, 29 potential committee meeting dates... meeting will take place in the herb garden and we will be planting herbs after our mtg as well.

Our trip to Gibbs last week was an awesome outing, it was amazing to each of us, all the hidden



treasures that are out and about all around us, we just have to be observant stewards to notice what mother nature is providing. Some of things we noticed as we walked around this beautiful place, was the maple trees starting to bud out, and the fern fronds opening ever so slowly but gracefully, of course the bright pansies, daffodils, forsythia, Cherry trees, and tulips were much more of a vibrant eye catching experience, but so many subtle things to enjoy as well. When you are out walking around your neighborhoods, or along

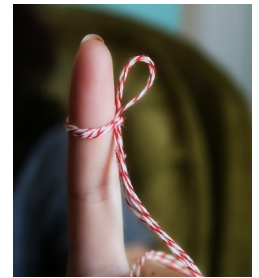
the Lilburn trail, see how many things you can notice that was different then the last time you walked along that path, go a different way to observe other things in nature, pick up a piece of trash or two along your route. Stay safe, stay healthy, and Go Green!

In celebration of **Earth Day**, the city of Lilburn is hosting its annual "**Great American Clean Up**" later this month. The event is **10 a.m. - 2 p.m., April 27**, at Lilburn City Hall's overflow parking lot.

This will be a time when residents can clean out the clutter in their homes or offices, and clean up Lilburn in the process. Recycle bins, as well as Dumpsters will be available.

According to the city of Lilburn, there will be several new additions to this year's clean up: The city will donate all cell phones collected at the event to Zoo Atlanta's "**Call4Gorillas Partner Program.**" The city's goal is 200 phones. For each phone collected, Zoo Atlanta will make a donation to The Dian Fossey Gorilla Fund International, Zoo Atlanta's partner for gorilla conservation.

Also, residents can donate clean towels and washcloths to the Gwinnett County Animal Shelter. A collection bin will be available.



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

April, 2021

Because of covid-19, many of these activities will probably 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 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, nail salon, a neighbor, or simply out and about.
4	5	6	7	8 6:45 LWC Gen Mtg	9 9AM Social – Coffee & Chat—Beans & Butter	10
				GFWC Ga State Convention, Savannah, GA		
11 GFWC Ga State Conven-	12 7PM Book Club	13	14	15 Social—Zoom—Wine & Cheese	16	17 8AM Lilburn Great American Cleanup recycling event! On Saturday, April 17 from 8am to 11am, tires, paint, scrap metal, paper to shred, ink cartridges, electronics, dead pens/pencils, empty art supply packaging, and empty personal care product packaging (haircare, skincare, and cosmetics stuff) to Lilburn City Hall for recycling! ☐ The City has organized a great event with Gwinnett Recycles, E-Recycle USA, Cartridge World, A1 Shredding
18	19	20	21 9AM Social—Coffee & Chat—Beans & Butter Coffee House	22 6:45 PM Exec Bd Mtg.	23 9:30 AM Art /Social Field Trip Trip to lavender farm	24 7:30-9:30 Opportunity drawing: Spring Concert, food and wine for 4
25	26	27 Deadline to Contribute to Treats for Troops	28	29	30	

Happy Birthday:

Apr. 6—Nancy Delaney
Apr. 6—Deborah Shields
Apr. 11—Karen Snively
Apr. 12—Kathy Mattox
Apr. 14—Susan Allred
Apr. 14—Barbara Brooks
Apr. 15—Sandra Hawkins
Apr. 16—Anne Hennessey
Apr. 16—Roberta Williams

