



Executive Officers 2017

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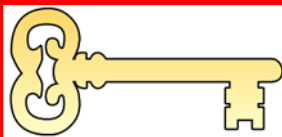
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Opening Doors

and Unlocking

Opportunities

LWC Lilburn Woman's Club

www.lilburnwomansclub.org

April, 2017

Co-Presidents: Trish Biemiller & Barbara Brooks

Life is like a fabric, what we started weaving last year has produced wonderful results this year. Congratulations to all of last year's officers and program chairs for winning first place in their categories District wide. Make sure you attend the April meeting when you will be given your certificate that were awarded at the District meeting at Tallulah Fall on March 25th.

Thank you also to Conservation that decided we needed a change at our General Meetings. They proceeded to present some great, cogent ideas for making our meetings more interesting and appealing to guest, and activity sign-ups less distracting to members. We will be discussing the new meeting formatting at our April meeting too.

Please look at your calendars and consider attending the State Convention, that is being held right here in Atlanta, April 28th-30th. Registration is due by April 14th, so I have once again attached the information that includes the registration form and directions. I am planning on going and I really encourage you to join me. It should be lots of fun and an interesting insight into GFWC Georgia. Even if you can only come for a day, we would love to have you. Just think about it, this is our 121st Georgia Convention! We have a special room rate of \$97 at the Atlanta Marriott Century Center, but they will only hold this rate until April 7th, if you're interested in spending the night. Please peruse the attached material or look for the copy I sent at an earlier date.

See you April 6th.



Social Committee: Nadine Bily

The **May** general meeting will be our annual Scholarship Tea, and as in past years, each program is asked to provide a category of food.

Since we always have several guests in attendance we want to make sure we have plenty of appetizers. Our space is limited, so two or three people may want to form a team to provide a dish. This will allow each dish to be stacked higher on a single plate, therefore cutting down on the number of plates we are trying to fit on the serving tables.

Programs are responsible for the following:

Art - desserts
Conservation - vegetables
Domestic Violence - nuts and mints
Education - drinks
Home Life - finger sandwiches or meat/cheese trays
International Outreach - fruits
Public Issues - chips or crackers with dips or spreads



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 Out-
reach**
Open

Public Issues
**Mandy McManus &
Gail Zarnik**



Art: Patty Gabilondo & Suzannah Heimel

Youth Art Month: Our 2017 Spring into Art Exhibit was a huge success! The Mayor issued a Youth Art Month Proclamation at the March city council meeting. We received over 100+ entries from eight elementary schools (both paintings and pottery) and welcomed over 325 attendees. Thanks to City Manager, Bill Johnsa for allowing us the use of the Community Room at the new Lilburn City Hall/ County Library complex and our friends Peggy Sullens Jack Ricketson and Pat Shaver with the Lilburn Arts Alliance for serving as our esteemed judges this year. It was not an easy task with so many wonderful pieces to choose from.

Congratulations to all of our participants and our 2017 winners: Grand Prize winner Elisha Boutwell, 4th grader from Parkview Christian School. Elisha will have his work professionally framed and presented on stage at Lilburn Daze Arts & Crafts Festival this October. 2nd Place Winner Sayema Mim from Lilburn Elementary School and 3rd Place Winner, Elise Keigh from Providence Christian School. It was heart-warming to see the students, parents, teachers and extended family members come together to support our local budding young artists.

We cannot thank all of our club members for their enthusiastic volunteerism allowing us to set-up and break down in record time!

Art Portfolios: During our set-up of Spring into Art we discovered that three of our elementary schools did not have good sturdy art carrying case portfolios making it difficult to move the art entries safely from one location to another, so the members of the Arts committee will be purchasing them new portfolios compliments of the Lilburn Woman's Club.

Calling all Artists!

April 15th (World Art Day) the Lilburn Arts Alliance will be hosting a juried art exhibit from local artists from 10am-4pm at Good Day Studio on Main Street. The event is open to the Public. Entry deadline is April 7th, and we want to encourage any of our creative LWC members to enter their original artwork in the areas of painting, sculpture, wood, pottery, glass and photography. Don't be shy. Apply online at www.lilburnartsalliance.org for more information.

Music for the Soul: Smoke Rise Baptist is presenting Hayden's "The Creation" on April 30th at 7pm with top soloists, members from the Atlanta Symphony Orchestra and the Smoke Rise Sanctuary Choir. It is free to the public or attendees can put a few dollars into the collection plate.

High Museum of Art - Our very own art aficionado, Christine Peredney, has a membership at the High Museum of Art and is offering to take someone as her guest. Guest tickets are available for a mere \$5 each, and there is an excellent place to get sandwiches, soups and drinks in the facility. We could tour a bit, eat, and tour again. Contact Christine if you are interested in going.

FUN FACT: World Art Day (April 15th) is an international celebration of the fine arts which was declared by the International Association of Art (IAA) in order to promote awareness of creative activity worldwide. The date was decided in honor of the birthday of Leonardo da Vinci. Da Vinci was chosen as a symbol world peace, freedom of expression, tolerance, brotherhood and multiculturalism as well as art's importance to other fields.



Elisha Boutwell
4th Grade
Parkview Christian
School



On



April, 2017

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Conservation: Susan Hendricks

Celebrate Earth Day Everyday: Promote Environmental Sustainability"

Sustainability: the avoidance of the depletion of natural resources in order to maintain an ecological balance. The Atlanta Regional Commission was the first in the U.S. to transform a region by promoting sustainability through Green Certification program. Gwinnett County was the first in the U.S. to transform a region by promoting sustainability through green certification.

Efficiency. Reduced impact on our water, air, and Earth. Better buildings and transportation systems. Less waste of energy and precious natural resources. That's what "environmental sustainability" is all about - and the website: www.atlantaregional.com/greencommunities is the central online clearinghouse for information - what you can do - and what your Gwinnett County Government is already doing.

Gwinnett County is pulling together to build a more sustainable future for our children and grandchildren. AND our GFWC thinks just as strategically: Our Conservation Community Service Program is "designed for members to increase awareness of conservation issues, work to preserve, maintain and restore our natural resources, preserve habitats for plants and animals, and participate in endeavors to beautify and sustain the world around us."

LWC Conservation will incorporate any and all of these topics into our program plans this year

- 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 Domesticated Animals 13) Food Sources
- 14) Community Gardens
- 15) Preserving Existing Waterways 16) Energy Conservation

The Conservation Program's EARTH DAY Challenge is for each LWC member is to keep record of every activity that you do related these 16 topics! Conservation will announce activities throughout the year. If you find an event or activity that relates

to these topics, please let us know so we can share it.

For example: Top 5 Sustainable Gardening Practices: 1) Improve the soil (clay and sand in the SE; 2) Create a water wise landscape; 3) Reduce lawn size; 4) Plant a diversity of native plants and trees (native oak); 5) Mulch, mulch, mulch! Source: Sustainable Gardening for the Southeast by Susan Varianmoff

Our field trip to the Yellow River Water Treatment Facility was enlightening! Had no idea how "all that is flushed down the toilet and put down a drain" gets piped to this facility where the latest advanced technology treats and releases it to the Yellow River!

Future Tours include: Gwinnett County Drinking Water Production Facility, Southface Energy Institute, Waste Pro Trash Facility and Recycling Facility, Day Break Flower Farm, Botanical Gardens, GNPS Propagation Nursery at Stone Mountain

Future Collaboration with Schools include: Butterfly Release, Aquaponic projects, gardening, purchasing books and book talks.

Enjoy these Ted Talks:

Pam Warhurst: How we can eat our landscapes | TED

Talk | TED.com

www.ted.com/talks/

[roger_doiron_my_subversive_garden_plot](#)

Listen to TED Radio Hour on NPR 6pm Sunday
www.npr.org/podcasts/510298/ted-radio-hour





Domestic Violence: Pat Swan & Linda Newton

April 2017 DV Newsletter

April is **Child Abuse Prevention** month and **National Sexual Violence Awareness Month**. We have relationships with several agencies that focus on these issues:

Prevent Child Abuse America/Georgia is the only national domestic violence GFWC partner and provides the latest learnings and agency contacts that draw attention to child issues

Partnership Against Domestic Violence's commitment to educate teens and adults on Teen Dating Violence

The **Gwinnett Sexual Assault and Child Advocacy Center** works with families when sexual assault has occurred.

Domestic Violence Team Member Beth Werve attended the PADV Teen Summit on March 25 with the following report:

"It was a very worthwhile experience and I'm so glad I went. I learned that **81% of parents don't even know that teen dating violence is a problem**; that sexual trafficking is a 5 billion dollar industry; that **44% of teens have been in an abusive relationship by college graduation**; and that **teens in an abusive relationship are 4 to 6 times more likely to become pregnant**."



Not happy statistics but there are important efforts going on to improve them and I learned about some of them, too."

Note: PADV has excellent speakers available on Teen Dating Violence. Encourage other groups you are part of to invite a speaker for teens and/or adults! See the PCA GA newsletter monthly newsletter to keep up with the latest information on preventing child abuse. Look for pinwheels that are the symbol of PCA as a reminder that all children deserve a happy childhood.

Young women 14 to 24 years old are three times more likely to be a victim of sexual assault. This age group covers high school students, college sexual assault victims, and other young women such as human trafficking victims. Remember your first crush and it likely will remind you how vulnerable and unaware young people are. Knowledge can lead to better choices and help especially if it occurs before a dangerous relationship forms or becomes an abusive marriage with children involved. If a sexual assault to a child, teen or adult does take place the Gwinnett Sexual Assault and Children's Resource Center has a 24/7 ability to work with the victim, gather forensic material, provide legal assistance and work with police. Please bring sports bras and cotton panties in navy, black, beige or white to Convention to donate to rape crisis centers across the state.



Home Life: Lee Jurjevich & Diane DeGaetano

Did you know that April is National Sleep Awareness Month? Do you ever feel that you don't get enough sleep? According to the Center of Disease Control and Prevention (CDC), 35% of adults in America aren't getting enough sleep, and sleeping less than seven hours a night is associated with serious health consequences: obesity, diabetes, high blood pressure, heart disease, stroke, and frequent mental stress. Needless to say, sleep is vital to your overall health and mental health, so any interruptions in your normal sleep schedule should be taken seriously. With years of experience, our research team dove into stacks of medical journals and consumer reports and studied exactly how certain vitamins and herbs can promote relaxation and deep, restful sleep. We narrowed the list to 4 ESSENTIAL ingredients that no effective sleep remedy would be without: Magnesium, L-Theanine, Melatonin, Valerian Root. The most causes of insomnia are: **Stress, Anxiety, and Depression**: these are two of the most common causes of chronic insomnia. Stress, anger, worry, anxiousness, and negative thoughts can have a dramatic effect on sleep quality. **Stimulants**: Excessive use of caffeine, such as energy drinks and coffee, is one of the most common causes of intermittent and transient insomnia. This is insomnia that occurs periodically or only for a few nights at a time. **Medications**: Some medications can interfere with sleep, such as antidepressants, ADHD medication, corticosteroids, thyroid hormone, high blood pressure medication, some contraceptives, pain relievers that contain caffeine, diuretics, and diet pills. **Allergies and Respiratory Problems**: Colds, sinus infections, and upper respiratory problems can make it hard to breathe at night which can cause sleeping difficulties. **Noc-turia**: Frequent urination and constantly getting up in the middle of the night to use the restroom causes sleep

disturbances. **For more great information, check out the Sleep Remedy Review at <http://sleepremedyreviews.com>**

Activities:

April 6, 2016 – Bring your food donation and Easter Baskets for the Lilburn Co-op.

April 15, 2017 – Easter Egg Hunt 10 am to 12 noon Lilburn City Park.

April 21, 2017 Relay Rally Survivors Reception – 5 pm, Survivor Walk at 6 pm. Bring food to 1910 Party Room – 2 doors to the left of 1910 Restaurant by 3 pm. Sign up sheets will be circulated at the April 6.

Home Life will have 2 activities – raffle of a goody basket and take a ride on Blaze – our giant rocking horse.

April 29, 2017 SMILE 5 K/fun walk/run – see Diane or Lee for details.

June 2, 2017 HL will host the General meeting – Theme is a beach Party – Pot Luck – All members bring a dish.

June 10, 2017 – Partnering with Art to present the HI- HOPE Dance – Theme is Hawaiian Luau.

DJ and location are booked. More details to follow.

Age:	Amount of Sleep:
Newborns (1 to 2 months)	14 to 18 hours
Infants (3 to 11 months)	13 to 16 hours
Toddlers (1 to 3 years)	12 to 14 hours
Preschoolers (3 to 5 years)	11 to 13 hours
Children (5 to 12 years)	10 to 11 hours
Teens (13 to 17 years)	9 to 10 hours
Adults (18 and Up)	7 to 9 hours

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Education: Barbara Brown & Nancy DeLaney

March was a busy month for the Education Program and especially noted highlights were:

Reading at Lilburn Elementary on March 2nd for Read Across America Day (Dr. Seuss Day) was a blast – we're not sure who enjoyed it most – the children, teachers or members who were the guest readers.

Volunteers escorted guest speakers at Parkview High School's Career Day on March 16th.

Program co-chairs attended the Berkmar Middle School Advisory Council meeting and provided lunch for the speakers during the week of March 20 – 24.

Several members volunteered at Lilburn Middle School's Book Fair that same week.

A donation to Mountain Park Elementary enabled 19 students to purchase a book at their Book Fair.

The Scholarship Committee met on March 21st to review the applications and select the 2017 recipients. All of the applicants were excellent candidates and well-deserving of a scholarship. We are excited to be presenting them-at the May meeting.

Special thanks to those members who served on the Scholarship Committee. Your efforts and determination during the selection process were very much appreciated.



We will also be honoring educators in May who have provided extraordinary support to students throughout the year. ***Please let us know if you have a teacher who you would like to see honored at the May program so that an invitation can be extended to them.***

We will be attending the Scholarship Celebration at Gwinnett Technical College on April 21st and will have an opportunity to meet the recipients of the scholarships sponsored by the LWC.

Upcoming Library Events

Library Expo 2017 will be held on April 12th from 10:00AM until 1:00PM at the Lilburn Library. Enjoy a multilingual day at the library through tours, digital resource demos, story times, crafts, and more. Students from MeadowCreek High School's Translation Nation will be on site to translate in Spanish, Hindi, Urdu, Burmese, Vietnamese, Amharic, and other languages.



Library for Seniors

Lilburn Branch - April 18th (Tuesday) from 10:30AM until 11:30AM.

Mountain Park Branch - April 5th (Wednesday) from 11:00AM until 12:00 Noon

Color Me Creative at Mountain Park Branch – March 31 and April 28 (Fridays)

1:00PM until 3:00PM

Studies show that coloring can have a soothing effect on the mind and promote overall wellness. The library provides coloring pages and bookmarks designed especially for adults, as well as colored pencils and crayons. Drop in to reconnect with your inner child.



Just a personal tidbit – my granddaughter works full-time as a CNA in a nursing home which can be very disheartening and stressful for the staff as well as the patients. She always requests the fancy coloring books and bright colored pencils for her birthday as she uses them as her “calming” tools during her meal breaks.

Reminder to all members: Please keep up with the number of books you read and give a count to Barbara or Nancy at the end of each quarter.





International Outreach: Doris Mann & Jackie Thornberry

IO would love to have visitors at our next meeting! If you are a visitor or prospective member or just interested in discussing ways to support people and organizations around the world, please join us. We are meeting at the home of Jenny Nall at 6:30 on Thursday, April 27. Call Jenny 770 921-1909 or Doris Mann 770 262-9579 for more details.

Check out our table at Relay for Life for a chance to win a great prize!

Remember to get a copy of Outcasts United to better understand the refugee situation in Clarkston, GA. Don't be left out of the conversation!

Do you have a closet full of unused tutus? Round them up for IO to send overseas. Look for a collection box at the May meeting.



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:

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

International:

Empty pill bottles
Tutus

Public Issues:

Pajamas for Men & Women



Public Issues: Mandy McManus & Gail Zarnik

Bring out your **Easter Bonnets for Relay for Life!** At the April General Meeting Public Issues is hosting an Easter Bonnet contest to raise money for Relay for Life. The more FESTIVE the better and there is an awesome prize for the winner as well! Join in and have some fun ladies!

Public Issues will meet on Tuesday, March 28th at Mandy McManus' home at 6:30PM.

Archaeological Dig: Searching for Pieces of the Past.

Saturday, April 8th from 10AM-2PM. The public is invited to an Archaeological dig at the Historic Wynne-Russell House to uncover artifacts that will educate and enlighten us about life in Lilburn in the 1800's. More information is available through the City of Lilburn.



The month of April is **Alcohol Awareness month**. This event was established in 1987 to help reduce the stigma often associated with alcoholism. Alcoholism is a chronic, progressive disease, genetically predisposed and fatal if untreated. However people can and do recover. It is estimated that as many as 20 million individuals and family members are living lives in recovery.



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Mark your calendars!

Several Garden Tour Committee members toured all of the gardens on Sunday, March 26th for set-up and signage locations. The homeowners were available for us to meet and all seem genuinely excited to be hosting our guests. Signs of Spring preparations were visible at all the gardens. There was fresh pine straw, stacked bags of soil and compost, and various plants laid out, waiting to be planted.

Knight Elementary had several volunteers installing a new butterfly garden in the field across from the school. One of the advisors has applied for a grant that would be used to replace all the wooden benches throughout the grounds and to purchase fruit trees.

Two of the gardens are Certified Wildlife Habitats and we will have information and National Wildlife Federation applications available for interested guests at those gardens.

LWC members will be needed on that day to act as hostesses and guides at each garden. Arthy White will be scheduling volunteers at the April General Meeting and everyone will have the opportunity to sign up at that time.

Please watch the weekly News & Notes from Trish Biemiller for more information on committee meeting dates and opportunities to assist in order to insure this year's tour is successful.

Nancy Delaney will have "Behind the Garden Gate" tickets to sell at the April General Meeting. This is a perfect gift for mothers, sisters and friends. There will also be a drawing for a garden-themed door prize.

Brenda Dana has been doing a superb job with media print for the tour. Articles have appeared in the Gwinnett Forum, Access Atlanta, The Patch, and Next Door. The event is also posted at Explore Gwinnett, Walter Reeves' Gardening, and Georgia Gardener to name a few. Watch for the event on the electronic billboard at Indian Trail and Lawrenceville Highway. Kudos! Kudos! Kudos!

Share the Facebook page with your friends and tell everyone!

Making Lilburn a more beautiful place to live, one garden at a time.



Save the Date!

GFWC Lilburn Woman's Club Presents:

Behind the Garden Gate

A tour of Lilburn area gardens

Saturday, May 13, 2017

9 am to 4 pm

\$15 per person Advance Purchase
\$20 per person day of

Purchase tickets in advance at either
www.lilburnwomansclub.org or
www.lwcgarden tour.org
 Like us on FB at "Behind the Garden Gate"





April, 2017

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Garden Gate Mtg. 7PM Gloria Sills'	4	5 ED 11-12 Library for Seniors—Mtn. Pk. library	6 LWC Gen. Mtg. 7PM Calvary Bapt. Wear your Easter Bonnet	7 DV 9:30-10:30 Safe Hse Bou- tique	8 PI Archaeological Dig— 10-2PM Wynn Russel Hse.
9	10 LWC Book Club 7PM Nash Barn	11	12 DV 6:30 PM Safe Hse. Easter Crafts Library Expo 10-1PM Lil- burn Library	13	14 Cons. 10-12 Ga Native Plant sale—Stn Mtn Pk	15 World Art Day Lil. Arts Alli- ance exhibit 10-4PM Good Day Studio Easter Egg Hunt 10-12 Lil. City Pk
16	17 Garden Gate 7PM Gloria Sills home	18 Library for Seniors 10:30- 11:30 Lilburn Library	19 Christmas Tour of Homes Mtg. 7-8PM Sandy McGuire's home	20 Exec Bd Mtg. 7-9PM Nash Barn	21 GFWC GA Convention Atl Marriott @Century Center Relay Rally 5-10PM Lilburn Park	22 GFWC GA convention Gwinn. Clean & Beautiful paper shred- ding 9-12 Cool Ray Field
23 GFWC GA convention 30.— 7PM Smoke rise Bapt. Present- ing Hayden's "The Crea- tion"	24	25 PI—Mayor's Town Hall Mtg. 7-8:30	26	27 IO Mtg. 6:30-7:30 Jenny Nall's home	28 Cons.—Ga Native Plant work day 10-12 Stn Mtn Pk IO—Global Village Choir DeKalb Co. Pub. Library Color Me Crea- tive—1-3PM Mtn. Pk. library	29 HL—Smile 5K walk/run 7:30-9:30 Lilburn City Pk

Happy Birthday:



Apr. 6—Nancy Delaney
 Apr. 8—Kate Pittman
 Apr. 11—Karen Snaveley
 Apr. 14—Barbara Brooks
 Apr. 15—Sandra Hawkins
 Apr. 16—Anne Hennessey
 Apr. 18—Carmen Stewart
 Apr. 27—Cynthia Deakin