



Monthly Newsletter

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2026 CLUB MEMBERS

GFWC LILBURN WOMAN'S CLUB

In this newsletter you can expect:

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President's Message



Fall Into Action!

There's something special about October in Lilburn. The temperatures begin to cool, the leaves start to change, and our community seems to come alive with fall festivals, football, pumpkins—and plenty of opportunities to gather together!

October is also a time to ***fall into action!*** Our calendar is filled with activities that bring us together, strengthen our friendships and, most importantly, allow us to make a difference in our community.

A heartfelt thanks to everyone's contribution towards Lilburn Daze planing, Arts & Culture projects, and our many Community Service Programs, every event is made possible by everyone being willing to share their time, talents and enthusiasm. When we work together, what might seem like one small contribution from each of us becomes something much bigger.

And as we enjoy the fun of fall, we're already looking ahead to the holiday season and our Christmas Dinner Auction. There is lots to do and lots to look forward to—and I know that, as always, it will all be very special!

One of my favorite things about our club is that we don't simply attend events—we **create them, support them and enjoy them together.** We work hard, we laugh a lot, we make new friends and we leave a lasting impact on the community we love.

So grab your pumpkin spice, your favorite fall sweater and your LWC spirit, and let's make this an October to remember!

Happy Fall, everyone! I'm so grateful for each of you and all that we accomplish together.

Warmly,
Maureen

Welcoming Our 2027 Officers

It's my pleasure to welcome our incoming 2027 Lilburn Woman's Club officers! We're grateful for their willingness to serve and look forward to the new ideas, energy, and leadership they'll bring to our club. Please join me in welcoming:

President

Adela Salame-Alfie

1st Vice President

Amber Cannon

2nd Vice President

Nadine Bily

Recording Secretary

Sandy Ireland

Corresponding Secretary

Maria Meade

Treasurer

Ana Kolb

We look forward to introducing you to each of these wonderful women in our upcoming newsletter. Here's to another wonderful year together!



COMMUNITY SERVICE PROGRAM FEATURE: ARTS & CULTURE



Author: Maureen Fraser

Celebrating the Arts in Our Community

October is National Arts & Humanities Month—a time to celebrate the creativity, culture and imagination that enrich our lives and bring communities together. Organized nationally by Americans for the Arts, the month-long celebration encourages communities across the country to recognize the important role the arts and humanities play in our everyday lives.

Here in Lilburn, we have plenty to celebrate!

Arts & Culture are more than paintings, music and performances. They are a way to connect people, celebrate our community and create lasting memories. From encouraging creativity in our schools and supporting local artists to participating in community events and adding a little beauty and imagination to Lilburn, the arts help make our community a more vibrant place to live.

One of the best ways we celebrate is through **Lilburn Daze**, where artists, crafters, musicians, entertainers and families come together for a day filled with creativity and fun. This longtime Lilburn tradition a celebration of both community and the arts.

So how can you celebrate National Arts & Humanities Month? Visit a local art exhibit, enjoy live music, attend a play, pick up a paintbrush, read a good book, support a local artist—or simply take a moment to appreciate the creativity that surrounds you. Americans for the Arts encourages communities to use October not only to celebrate the arts, but also to recognize their importance throughout the year.

The Arts & Culture Committee invites you to find your own creative way to celebrate! Whether you create, perform, volunteer, visit or simply appreciate, there is always room for a little more art in our lives.

Let's celebrate creativity, support our local arts community and keep the arts thriving in Lilburn!



Author: Barb Tiller

October is Domestic Violence Awareness month.

Domestic Violence is a leading cause of homelessness, especially for women and children. Studies have found that 80% of homeless women with children have previously experienced domestic violence, and 57% report it as the immediate cause for homelessness. In just one day in 2025, more than 53,000 adult and children found refuge in emergency shelters, transitional housing, motels, or other housing provided by local shelter programs across the United States.

Across the United States, domestic violence programs are currently facing funding instability and are operating at reduced capacity. This has dire consequences for survivors and their families.

Domestic violence programs offer court accompaniment and legal advocacy, therapy and counseling, transportation assistance, children's programming, help navigating public benefits, support accessing permanent safe housing and more.

Support activities that benefit your local and state program.

COMMUNITY SERVICE PROGRAM FEATURE: EDUCATION & LIBRARIES



Author: Jenny Nall



The Dictionary Project is supported by the entire club. We have had so many wonderful experiences as we shared this book of treasures with students to our Lilburn elementary schools. The dictionary section is just one of its features. It also provides a copy of the Constitution, a story biography of every U.S. President, the Declaration of Independence, a synopsis of important facts about each state, a Multiplication table, the Periodic Table of Elements, information about the planets, as well as sign language and braille. What an awesome resource this is. We are so grateful to our partner, Jackson EMC, for providing support for this wonderful project!

Please check the sign up genius to volunteer. Head was the last school to schedule and we need volunteers on Oct. 23.

The Lilburn Public Library is having an anniversary of their 10th year in the new building. Try to visit this October and check out the beautiful carpet in the children's section and the wonderful train mural painted by ...oh yes! The Lilburn Woman's Club volunteers! Be sure to log your visits to the library.





Author: Mandy McManus



The Buy Nothing Project

How many of us have closets, basements, and garages filled with items we no longer need or want—but hesitate to discard because they are still usable?

Thankfully, there are easy ways to keep these items out of the landfill and put them to work for someone else.

The Buy Nothing Project is a global, neighbor-to-neighbor network with a simple purpose: help people give away what they no longer need and find useful items close to home.

Local Facebook groups connect nearby residents, and people who are not on social media can use the mobile app The Buy Nothing Project , where they can browse nearby gifts, post an item, and respond to requests.

Most households have something another neighbor can use. Consider sharing:

- **Home goods** — dishes, cookware, small appliances, storage bins, and décor that are clean and functional.
- **Books and media** — novels, children's books, puzzles, board games, and creative supplies.
- **Clothing and accessories** — clean clothing, shoes, bags, and seasonal gear in usable condition.
- **Garden and household tools** — hand tools, planters, moving supplies, and items for small repairs.
- **Furniture and larger items** — chairs, shelves, lamps, and other pieces when you can accurately describe their size and condition.

When an item is reused, it stays useful longer and does not immediately become waste. Giving away a lamp, shelf, set of dishes, or bag of clothing can also reduce the need to buy a replacement and conserve the materials and energy involved in making something new.

The benefits are social as well as environmental. Neighbors can save money, find practical help, and build connections through small acts of generosity. One household's extra item may be exactly what another household needs.

Before sending a usable item to the landfill, take a moment to share it through a local Buy Nothing group or the Buy Nothing app. A clear post, a respectful exchange, and a little patience can turn household clutter into a useful resource for someone else.

COMMUNITY SERVICE PROGRAM FEATURE: HEALTH & WELLNESS



Author: Sandry Ireland

Mental Wellness: Taking Care of Ourselves

Mental wellness begins with recognizing that **taking care of ourselves is essential, not optional**. This message came through clearly in two different settings recently.

During the **GFWC Georgia State meeting**, burnout was an important area of focus, reminding us that constantly giving our time and energy without allowing ourselves time to recharge can eventually take a toll. Then, at our **August General Meeting**, this Preventing Burnout flyer caught my attention—even in the restroom! It reinforced the same message: **pay attention to your energy level and recognize the warning signs before you are running on empty**.

Mental wellness does not always require a major change. Sometimes it means stepping away for a few minutes, getting outside, quieting the constant stream of notifications, setting healthy boundaries, or simply giving ourselves permission to rest. It also means recognizing when we need support and being willing to reach out.

As we care for our families, friends, communities, and the many responsibilities in our lives, let's remember to include ourselves on the list of people who deserve our care.

Take a moment to check in with yourself: How is your energy level today—and what do you need to recharge?





Executive Officers, Community Service Program Chairs, and Committee Chairs

EXECUTIVE OFFICERS 2026

President

Maureen Fraser

Co-President

Kathy Mattox

1ST Vice President / Membership

Ana Kolb

2nd Vice President

Nadine Bily

Recording Secretary

Amber Cannon

Corresponding Secretary

Kathy Hartman

Treasurer / 501c3

Adela Salame-Alfie

Parliamentary Advisor

Diane DeGaetano

COMMUNITY SERVICE PROGRAM CHAIRS

Art & Culture

Pam Montgomery

Civic Engagement & Outreach

Amber Cannon

Domestic Violence

Barbara Tiller

Education & Libraries

Jenny Nall

Environment

Mandy McManus

Health & Wellness

Deborah Sheilds

Co-Chair: Diane DeGaetano

COMMITTEE CHAIRS

Communications

Andrea Brannen

Finance & Budget

Adela Salame-Alfie

Historian

TBD

Lilburn Daze

Susan Allred

Little Free Library

Kathy Hartman

Newsletter

Bailey Rigor

Social

Barbara Brennen

Sponsorship

Wanda Staebell

Strategic Planning

Diane DeGaetano

Taste of Lilburn

Andrea Brannen

Co-Chair: Kathy Mattox

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