

GFWC Lilburn Woman's Club

www.lilburnwomansclub.org

April, 2025

President: **Kathy Mattox**



Executive Officers 2025

President
Kathy Mattox

**1st Vice President/
Membership**
Jenny Nall

**2nd Vice President/
Programs**
Diane DeGaetano

Recording Secretary
Deborah Shields

Corresponding Secretary:
Dianna Carson

Treasurer/501c3
Adela Salame-Alfie

Parliamentary Advisor
Susan Allred



Well, spring has sprung and not anything is safe from the pollen!! Blooms are popping out everywhere and we're all likely experiencing some mild (or worse) allergies. Take your meds, grin and bear it because things are really shaping up nicely outside! I hope you'll all enjoy a lovely Easter with family this year. Hopefully by then this pollen will get a little better.

Ladies, I hope you enjoyed the district luncheon this past Saturday, it turned out really well. I'm proud to say we won several awards including: Best Overall Environment CSP, Best Overall Health & Wellness CSP, and Best Overall Civic Engagement CSP awards. We also won Best Overall Communication & Public Relations as well as the Best Overall Leadership award!!! We also won 2nd place in the 35 and over membership levels for Education & Libraries as well as Art & Culture CSPs. See photos below. Congratulations ladies for all your hard work in 2024!!! It seems to have paid off.

The 2025 CSP's are busy finalizing plans for this year and executing many already. Our bookmobile is almost over for this year and the Scholarship Committee has chosen the winners. Education and Libraries CSP is now moving into their detailed plans for the Scholarship Reception in May!

There's also a lot of National Days recognized in April, some that you may not know about, that I thought I'd bring to your attention:

- April 8 - Zoo Lover's Day – plan a visit to Yellow River to support their goal of providing care for injured or orphaned wildlife
- April 20 -Volunteer Recognition Day – give yourselves a pat on the back if nothing else!
- April 22 - Earth Day – end waste in plastics: use reusable storage containers or water bottles!
- April 24 - Bucket List Day - set new goals, go on a dream vacation, and inspire people around you to enjoy life to the fullest.
- April 28 - Superhero Day - honor those who serve and protect while fighting evil
- April 28 - Braveheart Day – honor a family of a child with cancer
- April 30 - Stop Food Waste Day – reduce meal sizes, teach someone how to use leftovers for soups or casseroles, or start a compost bin



1st Vice President: Jenny Nall

MEMBERSHIP APRIL NEWSLETTER

The GFWC Georgia has asked for clubs to send in a write up about a Woman of Courage in their local club. We are very fortunate to have so many outstanding women as members of our club. We have submitted Sally Baker as our Lilburn Woman of Courage for this year. Here is her write up.

Women of Courage – GFWC Lilburn Woman's Club

Sally Baker is a past president of the Lilburn Woman's Club and has served in many positions of leadership, most recently the 2024 Transportation Chairman for Lilburn Daze Arts and Crafts Festival, a position she has filled for many years. She is a retired high school Spanish teacher. When her husband needed extra care and she had to make decisions for the family, she sought assistance from Grace Arbor, a ministry that offers support for persons with dementia and Alzheimer's. She attended group meetings offered to caregivers. Sally is now a Co-facilitator of this group that meets every other Tuesday. The members of the group share with others the complications and emotional toll they have as caregivers. As an off shoot of this group, Sally and another friend began a Widows Group that meets every other week. This group serves as a social, emotional, practical support group. Her commitment to these two groups every other week, and the impact she has had on the lives of others is commendable. She is a wonderful example of a Woman of Courage.



We are looking forward to exciting times hosting the GFWC Georgia State Convention and the GFWC International Convention this year. Reach out to women you meet and let them know the wonderful things that are happening in our club. We are so grateful for the leadership and volunteer spirit of each of you. YOU are truly making a difference.



Art and Culture: Kathy Shepherd

Community Service Program Chairs

Art & Culture:
Kathy Shepherd

Civic Engagement & Outreach:
Barbara Tiller

Education & Libraries:
Maureen Fraser

Environment:
Mandy McManus

Health & Wellness:
Nadine Bily

Committees

Lilburn Daze:
Susan Allred

Taste of Lilburn:
Andrea Brannen

Social:
Gloria Sill

Communications
Brenda Dana

Websites, Facebook
Andrea Brannen

Newsletter
Dianna Carson

The Brookwood High School drama department is presenting the musical "Into the Woods" on April 24th at 7:00 p.m. Don't miss this magical performance. Tickets are now available for purchase on the Brookwood High School website and the price is \$10. Join us for an evening of music, drama and fantasy. More details will be given closer to the event.

The Lilburn Woman's Club is thrilled to announce that our recent "Spring into Art" event, in conjunction with the Taste of Lilburn, was a resounding success! Held specifically for middle school students, this art program aimed to inspire creativity and foster self-expression for young minds. The Lilburn Woman's Club is committed to supporting arts education and promoting creative opportunities for our community's youth. We are grateful for the support of our members, local artists as



judges, and the local community who helped make "Spring into Art" a success.

Our March General Meeting was hosted by the Art Department. We were delighted to welcome Katie Davis from Sherwin-Williams, who shared her expertise on the Color of the Year for 2025. Katie's engaging presentation, accompanied by an informative PowerPoint, took our members on a journey through the latest color trends. She showcased various decorating ideas and techniques, highlighting how to incorporate the featured colors into our homes and spaces.

From soothing neutrals to bold statement hues, Katie's presentation sparked creativity and inspired our members to think outside the box when it comes to color selection. We appreciated her valuable insights and practical tips, which will undoubtedly influence our future decorating projects.

What is the most artsy town in Georgia? **Watkinsville!** It is deemed the **Artland of Georgia** for having more artists per capita than any other town in the state. It is populated with unique art galleries. Blue Ridge is another artsy destination in our state. It is considered one of the top ten craft towns in the country. Check

Civic Engagement & Outreach:

- Working with Education Group to help revitalize School Garden at Rebecca Minor Elementary School – Sign Up Genius - weeding on Mon. March 31 – 10-AM – 12Noon (may need rain date – storms expected)
- Plan to help school to revitalize the school garden that was initiated by Gwinnett County Master Gardeners in 2019.
- CEO planning Meeting – Tuesday, April 8 at 6PM at Always Fresh restaurant. Discuss & plan for May 2025 meeting for short program we are presenting.
- Sign-Up Genius will be available soon for Family Promise to provide meals for 10-12 people for the week of April 20 - 26.
- JAMBOS – COLLECTING AT APRIL 3 Meeting – contacting local churches to assist in providing pajamas with drop-off locations thru May.
- Treats for Troops – May 8 in Cumming, GA – Sign Up Genius closer to date



Environment: Mandy McManus

Get ready for Spring clean up and clean out! But don't just throw your stuff in the landfill- recycle it at two local Earth Day recycling events.

Saturday April 12 from 8-11am City of Lilburn will accept these items at City Hall:

- Sneakers
- Paint
- Tires
- Bulk Trash
- Scrap metal
- Paper Shredding

Saturday April 26 at Cool Ray Field from 9-12pm Gwinnett Clean and Beautiful will accept these items for recycling:
Electronics (fees apply)



Education: Maureen Fraser

What is HOBY Youth Leadership, and Why Does LWC Support It Annually?

You've likely heard about the HOBY Youth Leadership scholarships our club proudly awards each year. But what exactly is HOBY, and what makes its programs so valuable?

HOBY's Core Mission:

The Hugh O'Brian Youth Leadership (HOBY) organization is dedicated to inspiring and developing a global community of young leaders and volunteers, fostering a lifelong commitment to leadership, service, and innovation. HOBY operates on the fundamental belief that every student possesses the potential to lead.

Transformative Seminars:

HOBY seminars are designed to bridge divides, bringing together students from diverse backgrounds, cultures, and communities. These immersive experiences cultivate a profound sense of self-awareness, confidence, connection, and purpose. Participants emerge with the knowledge, passion, and drive to create positive change in their communities and beyond. The HOBY community offers ongoing opportunities and connections that extend far beyond the seminar itself.

Empowering Workshops:

These dynamic, one-day workshops, facilitated

Paint
Tires
Clothes and sneakers
This will be drive through only and you stay in your car.

Or you can bring household items to our **April** meeting for Freecycle - where we exchange items that are still usable with each other and keep them out of landfills!

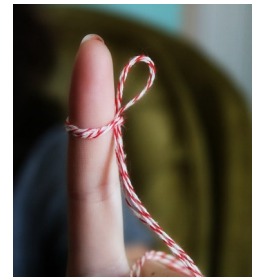


by dedicated volunteers across the United States, serve as an introduction to essential leadership principles. HOBY programs celebrate individuality and nurture leadership skills through interactive learning and collaboration. Students thrive in a positive, high-energy environment, gaining:

- * A clear understanding of their own leadership abilities and values.
- * Practical skills for leading diverse teams.
- * Meaningful connections with peers from across the state.

Volunteer-Driven Impact:

HOBY Georgia operates entirely on volunteer power, with no paid employees. Over 8,000 volunteer hours annually are invested in making HOBY Georgia's transformative programs a reality. This exemplifies the dedication and commitment that fuel HOBY's mission to empower the next generation of leaders.



Donation Reminders

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

Art:

Civic Engagement & Outreach:

- Soda Pop Tabs
- Fronts of used greeting cards & cancelled stamps (St. Jude)
- Treats for Troops — (cookies, candy, cards, magazines, toiletries,)
- Pajamas for Jambos

Education & Libraries:

- Books for Little Free Library

Environment:

- Items to Recycle
- Pill bottles

Health & Wellness:

- Articles for Brookside Store—lotions, socks, tissues



Health & Wellness: Nadine Bily

Submitted by: Tanya Perkins

April is National Minority Health Month, Stress Awareness Month and Move More Month featuring National Walking Day



Minority health disparities are a serious concern in the United States. They result in worse health outcomes and higher mortality rates for racial and ethnic minority groups. National Minority Health Month is an opportunity to address these disparities by raising awareness, promoting health education, and advocating for policy changes.

Stress Awareness Month

Mental health can positively or negatively impact your physical health and risk factors for heart disease and stroke, according to “Psychological Health, Well-Being, and the Mind-Heart-Body Connection,” a scientific statement in the American Heart Association Journal Circulation.

Stress may contribute to poor health behaviors linked to increased risk for heart disease and stroke, such as:

- Smoking
- Overeating
- Lack of physical activity
- Unhealthy diet
- Being overweight

Not taking medications as prescribed

In addition:

Stress Awareness

- Encourages people to take steps toward a stress-free lifestyle
- Promotes the importance of connecting with others

Helps people feel valued and supported

Walking is one of the most versatile forms of exercise, because you can do it just about anytime, anywhere. These tips will help you get your walk on at the right time for you.

[Fit in Walking Morning, Noon or Night](#)

The American Heart Association invites people to move more and stress less as organization celebrates 100 years of lifesaving work. [Why is Walking the Most Popular Form of Exercise?](#)

Research has shown that walking at a lively pace at least 150 minutes a week can help you:

- Think better, feel better and sleep better.
- Reduce your risk of serious diseases like heart disease, stroke, diabetes and several types of cancer.

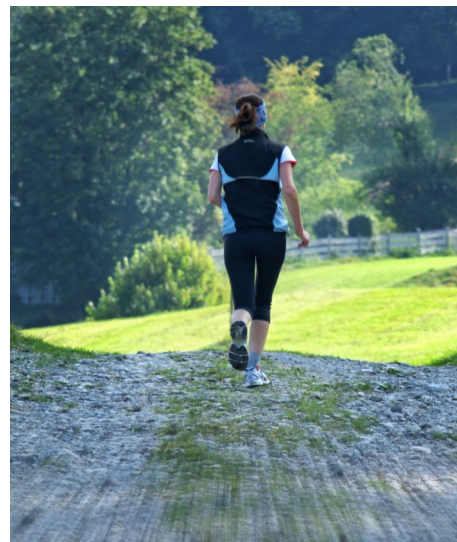
Improve your blood pressure, blood sugar and blood [cholesterol](#) levels.

[Increase your energy](#) and stamina.

- Improve your mental and emotional well-being and reduce risk of depression.
- Improve memory and reduce your risk of dementia.
- Boost bone strength and reduce your risk of osteoporosis.

[Prevent weight gain](#).

If 150 minutes sounds like a lot, remember that even short activity sessions can be added up over the week to reach this goal. And it's easy to fit in a few minutes of walking a several times a day.



April, 2025

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

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
		1 Envir. 10AM Clean up day @ Minor Elem	2	3 6PM -LWC Gen Mtg. 11AM—2PM Ed—Volunteer at Minor	4 9:05AM Bookmobile @RD Head Elem	5
6	7	8 6PM CEO Mtg. @ Always Fresh	9	10 6:30 ED Mtg 11AM—2PM Ed—Volunteer at Minor	11	12 11AM Social -Brookwood play
13	14	15	16	17 11AM—2PM Ed—Volunteer at Minor 7PM Exec Bd.	18	19
20	21	22	23	24 11AM—2PM Ed—Volunteer at Minor	25 GFWC State Conv	26
27 GFWC State Conv	28	29	30	MAY 1 9:35 AM Book- mobile @ Lil- burn ES 11AM—2PM Ed—Volunteer at Minor	2	3



Happy Birthday!
Apr. 6—Tonya Perkins
Apr. 6—Deborah Shields
Apr. 11—Karen Snavely
Apr. 12—Kathy Mattox
Apr. 14—Susan Allred
Apr. 14—Barbara Brooks
Apr. 15—Patricia Smith
Apr. 18—Martha Franks