



Executive Officers 2022

President

Susan Allred

1st Vice President/

Membership

Kathy Shepherd

2nd Vice President/Programs

Kathy Mattox

Recording Secretary

Dianna Carson

Corresponding Secretary:

Pat Swan

Treasurer/501c3

Ana Kolb

Parliamentary Advisor

Barbara Brooks



GFWC Lilburn Woman's Club

www.lilburnwomansclub.org

March, 2022

President: Susan Allred

There is so much buzz, my mind is whirling! If you are like me, you have to keep checking the club calendar again and again.

Our Community Service Programs have held their first meetings and have begun quite a lot of activity. Be sure to get involved in your Community Service Program and make your contributions. We need every member's input.

Our Outgoing President's Reception is Sunday, March 6th at Gloria's house at 1:00. This is a wonderful opportunity to show our appreciation for Diane DeGaetano for all she has done for the club for the past two years. I'm looking forward to it and I hope to see you there.

We also have our NE District Spring meeting coming up on March 26th. Let us all go to support our own Barbara Brooks, who will be installed as President! It is an opportunity to meet women from other clubs, see the presentation of awards and learn new ideas to bring back to our club.



1st Vice President: Kathy Shepherd

Hi ladies. My name is Denise Sullivan-Beaver. I am a greater-Atlanta-area native. I was born in what used to be Crawford Long Hospital, grew up in Elenwood, then moved with my job and marriage to Lilburn in 1993. I have a bachelor's degree in Electronics Engineering, and worked in the Telecom industry for several years before deciding to focus on raising my little ones. My husband, Eric Beaver, and I have 3 not-so-little ones now: Max-24, Olivia-19, and Nicholas-13. Max graduated from GaTech in 2020 and is the Mechanical Engineer for Tara Plastics in Forest Park. Olivia graduated from Parkview in 2020, and is attending Georgia State (GSU), majoring in Interdisciplinary Psychology. Nicholas is in the 7th grade at Trickum Middle School.

My hobbies include nutrition/healthy eating and cooking, reading, and playing tennis. I also enjoy walking at the park if it's not too hot, cold, or rainy (which is rare here in GA, I know). I love studying history, both US and World history. I also love math of all sorts and have been known to help my daughter through her digital-based college algebra class (yes, even after having been out of school myself for over 30 years). I love to travel, and have had the fortune of visiting Germany many years ago. I dream of someday getting to see Scotland/UK, Australia, and Italy for their breathtaking landscapes and rich history.

I was drawn to this organization because I have a servant's heart and love to be around like-minded people. I've already gotten to know many kind, generous, and wonderful ladies in this group and can't wait to jump in and start working on the many interesting projects we will work on together to better our community.

2nd Vice President: Kathy Mattox

Community Service Program Chairs

Art & Culture

Gloria Sill & Susan Boudreaux

Civic Engagement & Outreach:

Adela Salame-Alfie & Joann Brown

Education & Libraries:

Judy Nash & Rodean Wilson

Environment:

Laurie Benken & Lori Bottens

Health & Wellness:

Committees

Lilburn Daze

Nadine Bily

Domestic Violence:

Diane DeGaetano

Social

Laurie Benken

Communications

Brenda Dana

Websites, Facebook

Andrea Brannen

Newsletter

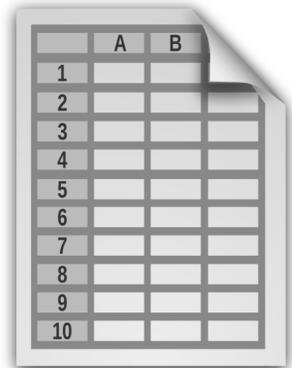
Dianna Carson

Fundraising:

CSPs have begun their kick-off meetings and things are off to a great start!!

Ladies, don't forget to log your time on the new tracking sheets. If you are exercising, going to the theater, museum, recycling, reading or whatever, please remember to log your time!!! Even reading magazine articles counts.

You can log separate worksheets for each CSP you participate in. Then at the end of the year, you can pass your worksheet on to the CSP Co-Chair for that Program to total.



Corresponding Secretary: Pat Swan

This officer has fulfilled her responsibility as Corresponding Secretary. I have been to the Lilburn Post office Box each week.

We received "Thank you notes" from St. John Neumann Conference for the food donation to the Food Pantry as well as \$100.00. We also received a "Thank you" from Providence Fund of \$100.00 from Providence Christian Academy.

Cards were sent to members who had Birthdays in February, "Thinking of You" cards were sent to members as well as 2 Sympathy cards were sent to families with deaths in their families. We have sent the photographer for our annual group picture a "Thank You"

Please keep me informed of letters or cards that you need for me to send.



Don't forget to set your clocks 1 hour ahead on Sun. March 13th at 2 AM.



Art and Culture: Gloria Sill & Susan Boudreaux

Soon we will be finalizing our plans for the design of one side of the shed at the Lilburn Community Garden. We will begin painting this mural after the spring weather warming. The art committee will decide on other possible projects instead of the Spring into Art activity that we have done in the past. We have put this activity aside for this year because of the uncertainty of the pandemic situation.

We are excited about our trip to the Monet Immersion exhibit on Friday, April 29. So far we have 14 members attending this trip. Other club members may want to join us for this event if they want to purchase their own tickets for the 10:30 showing. We will be leaving the parking lot near the new Lilburn Park pavilion at 9:15. We will decide where to go to lunch as soon as the location of this event is announced to us.

Our next meeting will be on Wed., March 9 7 PM at Gloria's house.



Civic Engagement & Outreach: Adela Salame-Alfie & Joann Brown

Here are the 10 key steps on preventing fraud for you and your loved ones:

1. Start the conversation, if possible, before fraud has occurred. If it has, never blame the victim — it's the criminal who is at fault.

If a son or daughter has a strained relationship with a parent, they could ask a parent's friend, other relative or professional to step in. Also, an older person seeking guidance can initiate the discussion by showing this story to someone who can help, he says.

2. Speed and silence will hurt you. The ruses vary: A purported problem with [Social Security](#) benefits; a grandchild "in jail" and in need of cash; or a [sweepstakes prize](#) "waiting to be claimed" once taxes or fees are paid. During such deception, crooks often urge you to act fast. Instead, slow down. Many times they insist on secrecy, but the last thing you should do is keep quiet. Instead, talk things over with someone you trust.

3. Safeguard your assets. Never send funds to a stranger — not cash, [gift cards](#), wire transfers, bank payments or, as increasingly is requested, [cryptocurrency](#), no matter how convincing the spiel.

4. Safeguard personally identifiable information (PII), such as your Social Security, Medicare and credit card numbers and information about other financial accounts.

5. Stay safe online. Use unique, complex passwords for each online account. Ensure antivirus and [security software is up to date on devices](#).

Never click on links or attachments in unexpected texts or emails. Beware of look-alike websites with logos and language "cloned" from legitimate sites.

If a pop-up ad appears on your computer or an alarm sounds to warn of a supposed technical problem, take a photo or a screen shot of the warning — and turn the computer off. That alert might be phonier than a \$3 bill.

Ensure your anti-malware is up to date and run a system scan. If that's a challenge, get help from an acquaintance or computer technician.

6. Stay safe on the phone. Prepare a "refusal script" and post it in a convenient place so you're ready if a shady person calls. It could read: "No, thanks," "Do not call again," or "I do not send money or disclose information by phone."

Another tactic is to hang up — and save your manners for people who deserve them.

7. Monitor credit card and other financial statements. Ask your card issuer for real-time alerts whenever the card is used or when card use meets specified criteria, like hitting a certain dollar amount.

8. Get free copies of your credit reports from the major credit bureaus: [Equifax](#), [Experian](#) and [TransUnion](#). Set up a [credit freeze](#) to prevent a crook from establishing accounts or borrowing in your name; you can lift the freeze at any time.

9. Be social media savvy. Check privacy settings to restrict who can view your posts — and never accept a friend request from someone you don't know.

And don't overshare: There's no need to reveal your birthday or tell the world you're off beachcombing in Bora-Bora.

10. Report the crime. If you or a loved one has been victimized, report it to law enforcement and [the Federal Trade Commission](#). You'll be taking a stand and, hopefully, sparing another person from suffering. Article by Katherine Skiba, AARP, February 4, 2022



Education and Libraries: Judy Nash & Rodean Wilson

The Education Program held a very informative meeting in February and the members of the Program volunteered to each write a newsletter article in 2022. March is Women's History Month. We celebrated the 100th Anniversary of the 19th Amendment giving women the right to vote in 2020 at the Lilburn City Park. We all dressed up and got our photo made to celebrate this momentous event. Women could now vote, but we still did not have equal rights with men. On July 31, 2020 I received an e-mail from Sandra Hawkins entitled "Women's History". It was enlightening and very sad also. For my article, I am going to summarize the e-mail. I married in 1970 so this article had great meaning to me since I lived and worked in this time period. Christine

The following are **NINE** things a woman could not do in 1971!!! **1.** A woman could not get a credit card in her name until 1974 when a law forced the credit card companies to issue cards to women without their husband's signatures. **2.** They could not be guaranteed that they would not be fired for getting pregnant. (It happened to me in the Air Force). It was not until 1978 that this rule changed with the Pregnancy Discrimination Act. **3.** They could not serve on

a jury. They were the caretaker of the home and too fragile to hear the details of crimes. It was not until 1973 that women could serve on a jury in all 50 states. **4.** Women could not fight on the front lines. They were admitted into military academies in 1976 but could not serve in combat until 2013. Women could only serve as nurses or support staff. **5.** Women could not get an education at an Ivy League School in the 1960's. The Schools started to accept women in the 1970's. (Harvard- 1977; Dartmouth, 1972; Columbia, 1981). **6.** Women could not take legal action against workplace sexual harassment until 1977. **7.** Women could not decide to not have sex if their husband wanted to- spousal rape was not criminalized in all 50 states until 1993. **8.** Women could not obtain health insurance at the same monetary rate as a man. Sex discrimination was not outlawed in health insurance until 2010. **9.** The birth control pill was not widely approved until 1970's.

We today may say we are living in hard times and we are!! However we need to thank the women before us for forging ahead to give us rights as females. We women must keep up the fight for freedom and justice for all!!



Environment: Laurie Benken & Lori Bottens

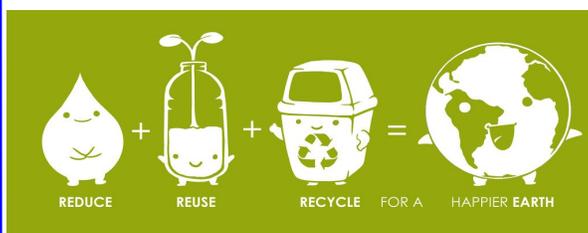
The Environment program is planning a work day/evening at our herb garden at the Lilburn Community Garden to do some clean-up and then do some work at the Healing Garden in Lilburn City Park on Wednesday, March 9th at 4:30PM. Please look for more information in the News and Notes because with spring weather this may possibly change.

The UGA Extension Plant Sale is almost over this year. Final day to order is March 4, 2022. Check out all the have

available at [UGA Extension Gwinnett Plant Sale | Gwinnett County.](#)

Global Recycling Day is March 18th. Some interesting facts about recycling are 91% of plastics put into circulation are not recycled. Aluminum cans can be recycled and put back on the store shelves in just 2 months.

One of the missions of the Global Recycling Foundation is to ask people across the planet to think resource, not waste, when it comes to the goods around us – until this happens, we simply won't award recycled goods the true value and repurpose they deserve.



Donation Reminders

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

Art:

Civic Engagement & Outreach:

Lilburn Co-op:

Canned Peas
Canned Chicken, Tuna, Stew
Canned Mixed Veg.
Peanut Butter
Shampoo
Canned Pork & Beans
Toilet Paper
Cereal
Hamburger Helper
Soda can tabs

Education & Libraries:

Books for Little Free Library

Environment:

Empty Ink Cartridge
Empty Pill Bottles

Health & Wellness:



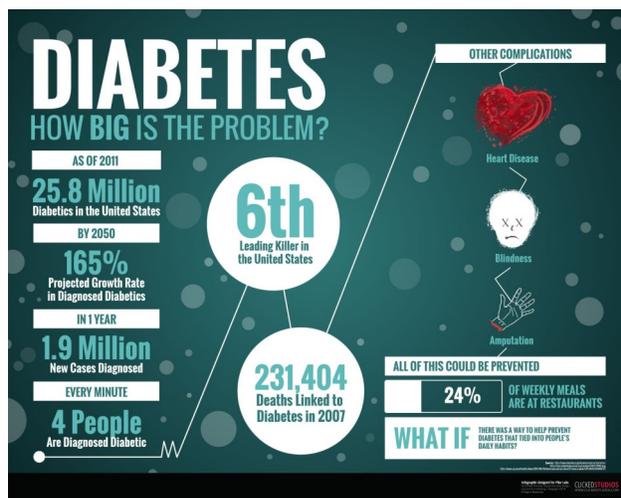
Health & Wellness: Nadine Bily

Health and Wellness Newsletter Article – Part 1
March, 2022

Health and Wellness Community Service Program explores the various opportunities for awareness and advancement of nutrition, disease prevention, and physical and emotional care.

Don't forget to include the following activities when tracking your Health and Wellness time:

- Personal exercise – walking, gym visits, exercise classes (yoga, zumba, other dance, boot camp)
- Healthy eating learning – healthy cooking classes, nutrition workshops/seminars
- Preventative screenings (include dental checkups)
- Cards, letters, gifts, meals to shut ins – including for fellow LWC members
- Support of athletic opportunities for challenged or disabled individuals (time and/or monetary)
- Support of organizations providing comfort to families with sick members (Hope Lodge, Ronald McDonald, etc.)
- Support service organizations for people with special needs (Hi-Hope, Lektotah, etc.)
- Support Brain injury victims (Side By Side, etc.)
- Volunteer for or donate to American Red Cross, including blood donations
- Support special needs camps or recreation programs – Camp Twin Lakes, Camp Sunshine, other
- Autism support or education programs
- Health organizations – Did you wear RED on Feb 4?
- Mental health organization support – suicide prevention, eating disorders, addiction treatment
- Donations: UNICEF, Operation Smile, Heifer International, United Nations Shot@Life, St. Jude's



Wear your stretchy clothes to the March general meeting because we are going to try some yoga as Health and Wellness presents the program. No worries – it will be mostly chair yoga, with a few symmetrical standing poses. There won't be any pretzel shapes, splits, pushups, or hand stands. Removal of shoes and/or socks is your choice, but you will be able to exercise your feet and ankles better without having them restrained by your shoes. You have the option to bring a mat to place in front of your chair to avoid putting your bare feet on the floor.

Yoga is a wonderful exercise which allows you to do your own practice. There is no competition to be the best at any pose; no need to concern yourself with what your neighbor can or can't do. Simply breathe and enjoy your body's movement.

Any sort of movement is exercise, and exercise is listed as one of the ways to manage most chronic diseases, one of which is diabetes.

MARCH 22 IS AMERICAN DIABETES ALERT DAY.

Diabetes affects about 30.3 million Americans, or about 9.4 percent of the U.S. population. Nearly 1 in 4 adults living with diabetes are unaware that they have the disease. Another 84 million Americans have pre-diabetes, a condition in which blood glucose levels are higher than normal, but not high enough to be diagnosed as diabetes. Nine out of 10 adults with pre-diabetes don't know they have it. It is known as the silent killer. The human body sometimes shows no symptoms despite blood sugar levels gradually increasing until you are at fatal risk.

You can observe American Diabetes Association Alert Day:

- Take the ADA Diabetes Risk Test from the official ADA website to get your results online
- Donate to one of the non-profit diabetes organizations to help accelerate their research
- Spread awareness with social media

Common symptoms of diabetes:

- Frequent urination
- Excessive thirst
- Unexplained sudden weight loss
- Extreme hunger
- Sudden vision changes
- Tingling or numbness in hands or feet
- Feeling very tired much of the time
- Very dry skin

Ways to manage diabetes:

- Healthy eating
- Regular exercise
- Weight loss
- Medication or insulin therapy
- Blood sugar monitoring

Domestic Violence: Diane DeGaetano

Children's Advocacy Centers of Georgia (CACGA) has Published a Book!!

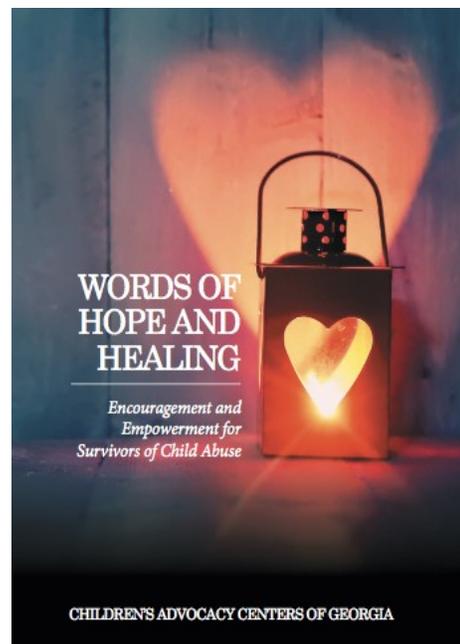
CACGA has published a book, **"Words of Hope and Healing: Encouragement and Empowerment for Survivors of Child Abuse."** Each chapter has been written by a director of a local Georgia CAC as a parting gift for the children and families who are served at Children's Advocacy Centers. Our hope is that the children and families who are served by our CAC's can read and contemplate these words in their own individual journeys toward health and healing.

About the Book: Georgia's 50 children's advocacy centers provide services and support for children who allege sexual abuse, severe physical abuse, neglect, and child exploitation. At a recent directors' meeting, the question was asked: How often do you think about the children after they leave your CAC? The answer: *All the time!*

And so an idea followed: Let's write a book and why don't you directors each write a chapter? During the time the children are at your center, they are embraced by your team through a variety of services. But what happens after they leave your center? Do you think that they have questions about their future?

In this book, our directors have written about hope, encouragement, and empowerment. They have imagined through their writings what it would be like sitting with a child and non-offending caregiver on their final day at the CAC when a child asks: What now? What is my life going to be like? What happens to kids like me who've had things like this happen to them? How can I be successful? How can I trust? How can I love? Who cares about me? Or any number of the many questions that have been asked by children over the years.

The result is a book of empowering words and ideas that will encourage survivors of childhood abuse and their families after they leave the safety of the children's advocacy center. It is a parting gift of hope and healing, because we believe in the promise that their future holds. Our goal is that these words be a source of strength for these courageous children long after they leave the CAC.



March, 2022

Because of covid-19, many of these activities may 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 Health & Wellness Zoom Mtg. 7PM	3 LWC Gen. Mtg. 6PM—Lilburn Activity Center	4	5 The first Saturday of each month is designated as S.M.I.L.E. (Smile, Motivate, Inspire, Lead, Excel) Saturday. Club members are asked to wear T-Shirts, District T-Shirts, GFWC Gloria Shirts or GFWC Shirts when they visit the grocery store, nail salon, neighbor, or simply out and about
6 Past President's Tea 1PM Gloria Sill's	7	8	9 4:15-6PM Clean Up at Community Garden Art Mtg 7PM – Gloria's Environment Mtg 7PM Zoom	10 7-7:30 PM Membership Requirement Mtg.	11	12 3PM Domestic Violence—Handing out domestic violence info and purple pin-wheels to children.—Lil. City Park
13 	14	15	16	17	18	19
20	21 7PM Book Club—Nash Barn—The Devil in the White City	22	23	24 7PM Exec. Bd. Mtg—Nash Barn	25	26 NE District Mtg
27	28	29	30	Apr 1	Apr 2	Apr 3

Happy Birthday:



- Mar. 3—Pat Shaver
- Mar. 7—Nancy Chilcoat
- Mar. 7—Gloria DiMaggio Tow
- Mar. 12—Diane DeGaetano
- Mar. 17—Lori Bottens
- Mar. 17—Pat Baker