



Executive Officers 2017

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**Trish Biemiller
Barbara Brooks**

1st Vice President

Gloria Sill

2nd Vice President

Celma Spooner

Recording Secretary

Patty Gabilondo

Corresponding Secretary

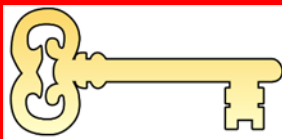
Karen Snively

Treasurer

Cherlye Haynes

Parliamentary Advisor

Pat Swan



*Opening Doors
and Unlocking
Opportunities*

LWC Lilburn Woman's Club

www.lilburnwomansclub.org

June, 2017

Co-Presidents: Trish Biemiller & Barbara Brooks

It may be summer, almost, but there are still activities rolling. Our last meeting is June 1st and it will be a potluck. We will have a short program and then we will have a pep rally for Lilburn Daze. I know that this is an activity that raises money for LWC, but that money is put back into the community. If you ask community members about the Garden Tour, Relay for Life, High Hope, Sawbones vs. Jawbones, Lilburn Daze, Art in the Park, and the Christmas Tour of Homes, they will tell you these activities are wonderful gifts to the community. It reminds me of a story, you knew this was coming, of a missionary who was given a beautiful seashell by a member of his congregation. The missionary raved about its beauty, but then stopped and questioned the man about how he got it. "Did you buy it? It is much too far for you to have gone to the seaside to search for it. It is a full day's walk one way. The man said, 'you do not understand. The journey is part of the gift'" So it is with LWC. The sweat, aching muscles, and effort are all part of our gift to the community. That's what we signed on for.

The journey of our lives is not just about the destinations we have reached.

Our wisdom, education and personal growth will come from the people we meet, the paths we choose to follow and the lessons we have learned along the way.



As you have heard, LWC donated money to the Lilburn Public Library for a wonderful mural. I have seen the sketches and they are adorable. We have been asked to help with the background painting and yes you will receive training. This reminds me of the mural we painted in the old Safe House and how much pride we took in that event. Art will have specifics on the times and places if you would like to jump in too.

If you know of someone who sells craft items, we are looking for vendors who want to purchase a booth at Lilburn Daze. I bet a lot of you know someone who works with their hands and talent to create beautiful items. How about a woodworker? Pottery? How about someone at your church or sorority? I remember Gail stopping by vendors at the Farmer's Market one year, which is another great idea.

This is the last newsletter for a couple of months and Dianna Carson desires a rest. Reports say that it is going to be hotter than usual all over the country, but we in the South are kind of used to this kind of weather. Enjoy the journey.

1st Vice President: Gloria Sill

To all the fine members of LWC, I need volunteers who are willing to be a mentor for our potential new members. We have five potential new members and I realized that thought I have some mentors, I need to pair other members who would be willing to give support and encouragement to potential new members. If you are interested in helping someone who is interested in our LWC, then please let me know and I'll add your name a list of mentors. We need your wisdom and experience.



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**
**Doris Mann &
Laura Byrd**

Public Issues
**Mandy McManus &
Gail Zarnik**



Art: Patty Gabilondo & Suzannah Heimel

Artists 'Behind the Garden Gate': Art was happening everywhere you turned during this year's Garden Tour. Our sincere thanks to members of the Lilburn Arts Alliance (including our very own Pat Shaver), the Lilburn Tai Chi Club and other local artists who shared their talents in addition to Good Day Studio for hosting their Plein Air art class in of our homeowner's gardens the day of the tour. Knight Elementary teachers created and gave away bookmarks for all the guests. It was an awesome day for the community!



Art in the Garden Field Trip

Mark your calendars for **Thursday, June 8th**. Arts and Conservation will be organizing a field trip to see **'The Curious Garden'** exhibit at the Atlanta Botanical Gardens. Cocktails will be available starting at 6pm. We will arrange a car pool. Location and time for departure to be announced soon. We plan to arrive at the Gardens between 5 and 6 PM. You don't have to be a member of Arts or Conservation to join us for this fun evening. Are you in? Email Celma Spooner or Patty Gabilondo.

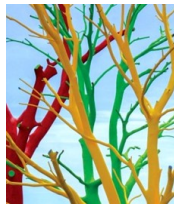


Photo Contest: National Photography Month was recognized in May, however that is only the beginning of our fun summer season and a wonderful time of year to capture special memories through a different set of lenses. The GFWC Georgia Arts Program holds a photo contest every year for active club members to encourage artistic expression - with cash prizes for the winners in each

category! Entries are due by Feb. 1st, 2018, so you've got plenty of time to grab your gear and start clicking. The three major categories are:



The World in Pictures:

Living Things - animals, children, birds, fish, flowers, insects, reptiles, wildlife

Scenery - cityscapes, landscapes, skies, sunrise, sunset, waterscapes, weather

Still Life - abstract (any assemblage of objects either in an arranged or natural setting), buildings, monuments

GFWC Volunteers in Action: provides members with the opportunity to demonstrate their volunteer activities through photography.

A Year in Pictures: also known as the GFWC Calendar Contest showing photographs depicting the twelve months of the year

For more details about contest rules and how to participate logon to <https://gfwcgeorgia.files.wordpress.com/2016/09/arts-section-of-yearbook.pdf>

Children's Library Mural Painting Days: Volunteers will be needed over the summer months to help paint the mural panels for the Children's Library area. These painting days will be held indoors at Good Day Studio located on Main Street. Tentative dates are the week of July 3rd-7th and July 16th-21st. We'll let you know more as the project moves forward.

Teresa Hyke Foster Arts Scholarship: Congratulations to our 2017 Arts scholarship winner, Melisa Majdancic, graduating senior from Brookwood HS who has been accepted into SCAD (Savannah College of Art and Design).

Fun Fact: [Vincent Van Gogh](#) produced more than 2,000 works during his life: 900 paintings and 1,100 drawings and sketches. He only sold one painting while he was alive. That is some serious persistence!

Parliamentarian: Pat Swan

I would like to give a little Protocol for members. I know everyone likes to visit however there is the need for us to be a little more respectful when someone is giving report or speaking when they have the "floor". A few rules: 1. Give full attention to the chair (the President) at the rap of the gavel, 2. Obtain the floor before addressing the group unless there is an emergency, 3. Never speak against your motion, 4. Refrain from calling out a motion to adjourn or "Call for the question" when someone else is speaking. 5. Refrain from disturbing the assembly and the presiding officer through whispering and restless behavior and 6. Accept responsibilities of the club as assigned and if you cannot please let someone know that at this time you are unable to complete the assignment. Have a great summer and keep in touch. We are a great group of volunteers.

One of the most **sincere**
forms of **respect** is
actually listening to
what **another** has to say.

Bryant H. McGill

June, 2017

www.lilburnwomansclub.o



Conservation: Susan Hendricks

Find Natives, Rescue Natives, Nurture Natives, and then Resettle Them!

Curious about the Georgia Native Plant Society (GNPS) Rescue Program? "Saving native plants from certain destruction not only perpetuates their lives, it educates and enriches ours." – Jeanne Reeves, founder of the GNPS rescue program.



This program is a very important part of GNPS, and, the work is rewarding to everyone who participates. At every rescue, the diggers are collecting plants not only for their own gardens but to donate to schools, churches, a GNPS's restoration project, and private neighborhood gardens. Many of these plants are difficult to obtain, or simply unavailable, in the nursery trade. Hundreds of the rescued plants are nurtured all year at the GNPS Propagation Nursery at Stone Mountain Park.

If not donated, these plants are sold at the Spring and Fall Plant Sales. There is more to rescues than just saving native plants. We are all teaching and learning every time we set feet on a rescue site. We build relationships with others who share a common interest in these wonderful plants along with the pollinators and wildlife who depend on them for their existence.

Never dig native plants on public property, or on private property without the permission of the owner. Join a GNPS Rescue and help us save the plants legally and ethically. Because these plants are on private property there are several Plant Rescue Rules: 1) Must be a GNPS member (LWC has a corporate membership) 2) Rescued native plants cannot be sold privately! 3) can only enter the property with a GNPS Plant Rescue Leader

Fall is a perfect time to participate. Members will help you identify plants, show how to dig them up and give you tips for their care. Join GNPS members on a workday at the Propagation Nursery. Hope you come "do a Rescue" too! Contact GNPS member, Susan Hendricks or gnps.org for more information.

Lets Spruce Up Camp Creek Elementary Outdoor Classroom

Chris Giddens, LWC member and parent of a Camp Creek student, has asked us to help Spruce Up their outdoor classroom. Conservation will partner with Art to provide new or gently used bird houses. We will partner with the GNPS to plant native shade plants. (There are plenty of native shade plants out there waiting to be rescued!) We also will help Chris Giddens find someone to build wooden picnic tables.

Following the Principles of Leave No Trace

We usually have 40 plus members eating refreshments at our monthly meetings and that means 1-2 large trash bags head to the dumpster at the end of the night. Conservation members would like us to institutionalize the Leave No Trace

Principles by using washable cups, glasses, plates and silverware. We will purchase these items, store them in bins and have them available at every monthly meeting. The diminishing weight of trash will be documented at the end of the meeting. Then, hopefully, the trash bags will be "hiked" off the property and home to our own trash cans! And yes, someone will get to wash the dishes. Yes, I would be glad to do that!

Field Trip to The Curious Garden exhibit at the Botanical Gardens

Aren't you curious? "In some cases, art objects are suspended, piquing the curiosity even more when forced to look up at the magnificence of tree canopies and brilliant skies." Join Conservation and Art for an evening tour of The Curious Garden exhibit at the Botanical Gardens on Thursday, June 8. Be amazed by the gardens and the abstract art, have a drink, enjoy the view – in the company of a bunch of women! It simply does not get much better than this!!! We will car pool. Location and time for departure to be determined. We plan to arrive at the Gardens between 5 and 6 PM. Are you in? Email Celma Spooner or Patti Gabilondo.

Project Read Green

This is a project recognized by GFWC and Conservation wants us all to participate! Project Read Green where children learn about nature through beautifully illustrated and written books, Green Earth Book Award winners, recognized nationally as the best in children's and

16 Awesome Books For Earth Day



young adult environmental stewardship literature. We plan to donate several books to institutions in our community, conduct readings, challenges, and more. The goal is to promote environmental awareness, love for our planet and to instill the desire to conserve resources. Education, Home Life, Public Issues, International Outreach Programs, Educators, Librarians, and Book Clubs, we would love your participation, thoughts and ideas. This project touches all of you! Check out Green Earth Book Award Winners on the GFWC website! It's a great list!

TedTalks this summer? Look up TED TALKS for Kids and TED TALKS for families





Domestic Violence: Pat Swan & Linda Newton

At the domestic violence team meeting on May 17 Kathy Shepherd was full of ideas about what the team can do to support the needs of the elderly. Her vision is consistent with the goals of GFWC and GFWC Georgia and was shared by members of the team. (See GFWC Georgia Domestic Plan of Work <https://gfwcgeorgia.files.wordpress.com/2016/09/domestic-violence.pdf> pages 183-184)

Kathy organized the Virtual Dementia class at Sunrise that eight people attended. A member of the Lawrenceville Woman's Club attended and wants to connect with LWC DV on this issue. At the time Kathy raised the idea with Sunrise of our team showing up to run bingo games on a quarterly basis and there are two days on the calendar: June 28 and August 9 at 6:30 pm (after dinner).

Some Facts from the June Issue of O.

- An estimated 5.5 million Americans have Alzheimer's disease; about 5.3 million of them aged 65 or older.
- Dementia is a more recent name for senility. Alzheimer's is a type of Dementia and is distinguished from other forms of dementia because it has two proteins in the brain beta-amyloid which forms plaque and tau which forms tangles.
- Women account for nearly two thirds of those who have Alzheimer of people ages 71 and older.
- Social connections can help build new brain cells and neural pathways.

Some Gifts from GFWC Georgia and LWC:

A project for GFWC Georgia Convention was to bring new panties and bras for Sexual Assault victims in honor of President Ida Dorvee's Special Project. Patty and I took Gwinnett Sexual Assault Center and Children's Advocacy Center's share to the center. Kate was delighted to receive the 100 pair of new panties and 41 new bras that were valued at \$910 and said her advocates were over the moon with the big infusion of items to support sexual assault victims. Also the DV team is donating a child's Tablet to help children as they experience examinations. Thanks to our GFWC Georgia sisters for their generosity.



Kate
Katherine E Bobb
Assistant Director
Director of Legal Services/Victim Assistance
Attorney



Home Life: Lee Jurjevich & Diane DeGaetano

According to the National Wellness Institute defines WELLNESS as is an active process through which people become aware of, and make choices toward, a more successful existence.



By applying this Six Dimensional Model, a person becomes aware of the interconnectedness of each dimension and how they contribute to healthy living. This holistic model explains:

- How a person contributes to their environment and community, and how to build better living spaces and social networks
- The enrichment of life through work, and its interconnectedness to living and playing
- The development of belief systems, values, and creating a world-view
- The benefits of regular physical activity, healthy eating habits, strength and vitality as well as personal responsibility, self-care and when to seek medical attention

- Self-esteem, self-control, and determination as a sense of direction
- Creative and stimulating mental activities, and sharing your gifts with others

Applying a wellness approach can be useful in nearly every human endeavor. As a pathway to optimal living, wellness is being applied to related fields, such as health promotion and holistic health, and has seen a growth in "helping professions" including counseling and medical arts and practices. The National Wellness Institute devised three questions that can help persons and organizations assess the degree to which wellness is incorporated into a particular approach or program:

- Does this help people achieve their full potential?
- Does this recognize and address the whole person(multi-dimensional approach)?
- Does this affirm and mobilize peoples' positive qualities and strengths?

J

June 1, 2017: HL will host pot luck meeting – Lori Harrison member of HL committee will present a very brief program.

June 10, 201: HL partnering with Art will host the Hi-Hope Dance from 6 to 9 pm, at 882 Hi Hope Road Lawrenceville, 30043. This is a club project meeting that most club members need to participate at least by providing the refreshments. We will need sugar free desserts, sugar-free drinks (please avoid sodas), chips, dips, cheese doodles etc. sign up will be at the June 1 meeting.

June, 2017

www.lilburnwomansclub.o



Education: Barbara Brown & Nancy DeLaney

Overview of 2017 Scholarship Awards: The LWC has awarded \$9,085 in scholarships to local students. Abigail Ivmeyer (Brookwood High School) and Leah Hall (Parkview High School) were the recipients of the two General \$2,500 Scholarship. The \$1,500 Teresa Hyke Foster Art Scholarship was awarded to Melisa Majdancic (Brookwood High School). Two \$1,000 scholarships were awarded Jessica Green and Lisa Fenwick who are attending Gwinnett Tech. Education has also sponsored three students from local high schools in the amount of \$195 each to attend HOBY (Hugh O'Brian Youth Leadership Workshop).



Education will be supporting Parkview High School and Trickum Middle School teams who have qualified to participate in the Odyssey of the Mind World Finals which will be held in Lansing, MI in June.

Approximately 850 teams from around the world will compete. The competition emphasizes creativity and teamwork and is the largest international creative problem-solving competition in the world.



HOBY Georgia Southeast will be held June 9 - 11 at Georgia College in Milledgeville. Education will be helping with registration.



Knight Elementary hosted their annual "Knight in the Garden" on Friday, May 19th. The Outdoor Learning Environmental Center was a buzz of activity with learning stations and storytelling.

The two advisors, Lisa Petrassi and Christine Christopher, have dedicated a significant amount of time and effort in preparing the garden for both the "Behind the Garden Gate" tour and the "Knight in the Garden" event.

The Gwinnett County Library was on site with information and signing students and parents up for Library Cards.



Little Free Library

Education will be hosting the Little Free Library at the Lilburn Farmers Market again this summer. At the June General Meeting, we will have a sign-up sheet and hope that everyone will consider taking a time slot or two. This was very successful last year. In fact, this is the only way we can really run it with the number of weeks involved. This is a great community outreach project and we appreciate the members' support.

We are still looking for children's books in good condition!!!





International Outreach: Doris Mann & Laura Byrd

If you checked out the book Outcasts United, please remember to return it at the June meeting so that others can check it out and enjoy it.

We are still collecting travel size toothpaste, child size toothbrushes, etc. to make bags for Operation Smile. This organization provides surgeries for children with cleft lips and cleft palates.

Our next meeting will be at Laura's house on June 21 at 2:00.



Public Issues: Mandy McManus & Gail Zarnik

Public Issues is collecting tattered and worn American flags for proper disposal by Girl Scouts. Bring all flags to the June meeting and give them to Mandy McManus.

Public Issues will represent LWC at the Lilburn Farmers Market on Friday, June 9th. Information about bike safety for adults and children will be distributed. Children of all ages can 'Touch a Police Car'. A Lilburn police officer will be available to check car seat safety. To celebrate Flag Day on June 14, flag pins and flag tattoos will be given out.

Plans are also being finalized to participate in National Night Out on Tuesday, August 1st in Lilburn City Park. Patriotic pencils, bubbles and bottles of water will be distributed to the attendees.

The beginning of summer is the perfect time for enjoying the outdoors and bike riding with your family. Riding a bike is a great way to get kids outside and encourage them to stay active, but without precautions in place, it can be a cause of serious injury.

10 Tips for Safer Cycling

- *Wear your helmet. Follow this simple rule and you reduce your risk of serious injury by as much as 85%.
- * Keep your head up and look ahead, not at the ground. You need to see what is coming up so you have time to react and maneuver.
- *One person per bike. Riding with unsecured passengers puts you at risk for injury

to yourself and others.

- *Ride in single file with space between bikes.
- *Ride on the right side of the road, never against traffic.
- *Plan ahead if you ride in a group. Agree on the route ahead of time. Have a plan on what you will do if separated by traffic.
- *Avoid busy roads and peak traffic times on your route.
- *Before riding at night, ask someone to help you check your visibility to motorists.
- *Maintain the bikes in your household. Keep chains clean and lubricated and periodically inspect brake pads.

BICYCLE SAFETY

- Did you know...nearly 800 people are killed in bicycle-related crashes each year.
- Did you know...nearly 70% of all fatal bicycle crashes involve head injuries, yet only about 20-25% of all bicyclists wear helmets
- Did you know...a bicycle helmet can reduce the risk of a head injury by up to 85%?
- All riders, adults and children, should know that helmets save lives.

When buying a helmet, look for the label that reads, "Complies with U.S. CPSC Safety Standard for Bicycle Helmets." Rider actions and reactions, especially obeying traffic laws, play a major role in injury-free bicycling!

Bicycle safety . . . it's no accident!

- Protect your head by wearing a helmet.
- Learn the rules of the road and obey traffic laws.
- Wear bright colors and reflective tape to be seen.

U.S. Consumer Product Safety Commission
CPSC Hotline: 800-638-2722 and 800-638-8226 (TTY)

NHTSA NSN
Sign up to receive free NSN safety alerts and posters at: www.cpsc.gov



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:

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

International:

Empty pill bottles
Tutus for children
Travel size shampoo, toothpaste, soap
Children's toothbrushes
Pillow case dresses

Public Issues:

Pajamas for Men & Women
Worn & tattered flags

Bring Food for Pot Luck Dinner

June, 2017

www.lilburnwomansclub.o

“Behind the Garden Gate” Tour Wrap-Up and Thank You



On behalf of the *Behind the Garden Gate* Committee, I would like to take this opportunity to say “thank you” to all the members who made this year’s tour possible. In addition to the hostesses who greeted our guests at each garden, there were those who participated in the art sessions painting gourds and assembling crafts for the Sellables booth, several donated art and secured door prizes from local vendors, publicity insured the event was covered in all medias, and a contingent of others who worked tirelessly behind the scenes canvassing for sponsors, setting up the logistics/maps for the tour, designing and printing tickets, scheduling volunteers and any others who I may have missed. TEAM WORK at its best!

All of the home owners put a significant amount of hard work and new plantings in their gardens for the tour and all seemed genuinely happy to be sharing the beauty of their efforts. Check out the photos of the gardens and homeowners on the Facebook page.

At this writing, the number of tickets sold was just under 200 which is a 25% increase over last year’s count and the Sellables raised approximately \$750.

A special thanks to our local sponsors whose generosity contributed to the financial success of the tour in support of the

elementary and middle school programs. Please consider them when searching for services – Mosquito Squad, McGuire Landscaping, Dorrough Landscape Company, State Farm (Lisa Richardson), Gregg’s Nursery and Expo Nail Spa.

St. John Neumann Church kindly allowed us the use of the parking lot and restrooms for our guests at Ticket Sales and at the Gracious Southern Living Garden.

And now, it’s time to put the signs back in storage, repack the aprons and supplies, and organize our notes and binders before filing away until next time.

We’ve already identified several club members’ gardens for possible tour stops in 2019 and there were two guests who left contact information that they would be interested in opening their gardens for our tour. One local business owner who has been working for several years on his project garden spent a great deal of time studying and making pictures at one of the gardens. So there’s already a possibility of 6 gardens!

It’s been a pleasure to meet and work with each of you and my sincerest wishes for the continued success of the garden tour.



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



June, 2017

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 LWC gen mtg. 7PM Calvary Baptist Church	2 Summer Lunch Prog. 11-1:00 @ Harmony Grove Ed-Little Library @ Frmr's Mkt 4-8PM	3
4	5	6	7 ED—Living for Life for Seniors— Gwinn Pub. Lib 11—12	8 Tour of Curious 5-6 Atl. Botanical Grdns.	9 Cons.-Ga Native Plant Work Day 10-12 Stn Mtn Pk	10 HL/Art High Hope Dance 4-11
11	12	13	14	15 World Elder Abuse Day	16 Summer Lunch Prog. 11-1:00 @ Harmony Grove Ed-Little Library @ Frmr's Mkt 4-8PM	17
18	19	20	21 IO Mtg. 2-3PM @ Laura Byrd's Christmas Tour of Homes 7-8 @ Sandy McGuire's	22	23 Ga Native Plant Wk Day 10-12 Summer Lunch Prog. 11-1:00 @ Harmony Grove Ed-Little Library @ Fmr's Mkt	24
25	26 Pl Mayor's Town- hall Mtg. 7-8PM Lilburn City Hall	27	28	29	30 Summer Lunch Prog. 11-1:00 @ Harmony Grove Ed-Little Library @ Frmr's Mkt 4-8PM	

Happy Birthday:

June 4—Debbie Slappey
June 6—Barbara Brown
June 10—Joette Segars
June 23—Brenda Dana

