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Membership

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Corresponding Secretary:

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Susan Allred

Parliamentary Advisor

Pat Swan



GFWC Lilburn Woman's Club

www.lilburnwomansclub.org

March, 2021

President: Diane DeGaetano

Hi, Ladies: Well as I said in News & Notes: Spring is on the Way! Today the Sun is shining, and I really believe 2021 is going to be a great year for LWC.

We are going to have Lilburn Daze! Yes, it will look different from the past but please be supportive of the efforts of Nadine and her committee. It will be a great event no matter what it looks like.

There are so many fun, exciting ideas for us to get involved in. I just received notification of the 2nd Annual Lilburchaun Parade on Saturday March 13th, from 3-5 pm in Lilburn City Park.

This will be a walking parade around the park so dress up in your most festive St. Patrick's Day attire and meet in front of the band shell at 3 p.m. We welcome decorated bikes, wagons, strollers, and pets. Prizes will be awarded to our best dressed Lilburchaun's, best dressed pet, and best decorated vehicle (non-motorized). Performances on the bandshell by a Leprechaun Fiddler, Stilt Walking Leprechaun Juggler, Bagpipe Player, Irish Dancers, and DJ Matt playing all of our fun dance tunes!



Agavero Parkside and Kona Ice will have tasty food and beverage treats for all ages! Don't forget to participate in our Facebook Contest, Name the Lilburchaun. Just click here <https://www.facebook.com/LilburnCityPark>. Doesn't that sound like fun?!

On March 27, we will be going to the North East Georgia District Meeting in Gainesville. This will be an exciting fun meeting as we will be able to see the fruits of our labor with the awards.

We want to give a shout out to our 2 official "At Home" – inactive members – Debbie Slappy & Linda Newton! Please send them a call, text, picture, email or contact me to set up a zoom meeting with these members.

Thank you so much for your dedication to your Lilburn Woman's Club!

1st Vice President: Kathy Shepherd

This month we are having Zoom plus a face-to-face General meeting. It will be so nice to socialize and enjoy each other's company. If you chose to go inactive, I need a letter requesting your desire to do so.

Corresponding Secretary: Christine Peredney

March is the third month of the year. It was named after Mars. The Daffodils are the floral emblem of March. The gemstone is aquamarine. It is National Nutrition Month, National Reading Awareness Month, and Youth Art Month.



This is the month we can "march together" to meet the challenges in 2021 and to make a difference in our community.

We can do the following:

- M**OTIVATE ourselves and others to take one step at a time.
- A**CT positively to the tasks at hand.
- R**ESPOND with courage and determination.
- C**ONTRIBUTE our time, talents and money.
- H**ELP each other as team members in Lilburn Woman's Club.



Art and Culture: Gloria Sill & Karen Snavely

Our members have been very busy with their "COVID-19 Creations" during this time of staying in and staying safe. Just look at all the talent we have in this club.....

Community Service Program Chairs

Art & Culture
Gloria Sill & Karen Snavely

Civic Engagement & Outreach:
Ginnie Childers & Adela Salame-Alfie

Education & Libraries:
Nancy Chilcoat & Lee Jurjevich

Environment:
Laurie Benken & Lori Bottens

Health & Wellness:
Cheryle Haynes & Mary Pope

Committees

Lilburn Daze
Nadine Bily

Social
Laurie Benken

Communications
Brenda Dana

Websites, Facebook
Andrea Brannen

Newsletter
Dianna Carson

Fundraising:



Crochet items by Brenda Dana.



Beautiful colors in these home-grown radishes by Mandy McManus



Wreath made by Andrea and Mandy for Yellow River Game Reserve



Sign by Andrea Brannen



Lilly picture and hydrangea pillow by Pat Shaver.



Beautiful picture by Kathy Mattox.



Awesome pictures by Gloria Sill.



Civic Engagement & Outreach: Ginnie Childers & Adela Salame-Alfie

Beware of Social Media Scams

Contributed by Adela Salame-Alfie (extracted from an article published by HHS).

Social media has become a multifaceted tool that most of us use in our daily lives. We use social media for more than personal connections; we also use it in our professional lives. Social media has become a platform for job hunters and for business uses beyond the typical catching up with friends. It's not a surprise that cybercriminals have caught on to this technology's usefulness for scamming the public.

In this article I would like to share the most common social media scams that cybercriminals use and how to tell if you have been scammed. According to McAfee, Facebook estimates that in any given month, **between 50 and 100 million of its user profiles are fraudulent accounts**. This is just one type of social media scam on one social media platform. In 2019, the Federal Trade Commission reported that social media scams were responsible for \$134 million in losses. In just the first 6 months of 2020, these losses to social media scams climbed to \$117 million. The consequences of these scams are not just monetary.

Cybercriminals and scammers are very aware of the prevalence of social media use in today's world. Social engineering, the deceitful tactic of manipulating people into disclosing sensitive information or doing something they would not ordinarily do, is used by cybercriminals to perpetrate a number of scams. Most scams rely on social engineering for tricking people into clicking malicious links, downloading malware, or even spreading viruses. So how do they do it? Social engineers will often play off your emotions, use a sense of urgency, apply pressure, or impersonate someone else, to manipulate you into making a bad decision. Here are some of the ways these bad actors use social engineering in social media scams:

Phishing – These schemes make up a large portion of social media scams. Phishing attacks often start through a friend request or message. Using the common social engineering tactics, cybercriminals may pose as someone the victim knows and request money, ask them to click a malicious link, or even trick them into divulging their account username and password. Phishers will often take advantage of current events or crises to manipulate their victims.

Spoofing, Fake, and Doppelganger Accounts – Cybercriminals will often create fraudulent profiles or accounts that mimic one known to their people to carry out a con. They could spoof (copy) the profile/account of a coworker, friend, family member, or even a recognizable business with

the intent of stealing information, stealing money, and discrediting the victim or business.

Hidden URLs – Short form types of social media like Twitter or Instagram often use shortened URLs to post links that would normally be too large for that platform. Beware of clicking on shortened URLs because cybercriminals use these to hide a malicious URL that launches a malware attack.

Quizzes or Chain Letters – These types of scams frequently circulate throughout social networks requesting friends answer questions like "what elementary school did you go to" or "what's your mother's maiden name." Often these questions are sandwiched between fun or juicy questions like "who was your first crush." ***Don't be fooled into revealing personal information – some of these may be used as security questions for your bank account or other valuable accounts.***

Fraudulent Advertisements – These are the advertisements on social media platforms that deliver counterfeit goods or no product at all after the victim has paid for it. The Federal Trade Commission reported that 94% of these fraudulent ads were found on Facebook or Instagram.

Now that you are aware of the scams cybercriminals use, let's take a look at the red flags associated with them. Good cyber hygiene, like *having a strong and unique password and good anti-malware software, is the best way to stay safe online*. Being aware of these red flags provides you with an added layer of protection. Taking the time to think critically about what you're reading or receiving on social media will help you make safer cyber decisions. Here are some red flags that should alert you to a potential scam when using social media.

Too good to be true offers, advertisements, or sales
Clickbait or otherwise enticing headlines encouraging you to click a link to read more

Heightened sense of urgency or language encouraging you to "act now!"

Unknown or suspicious sender, friend request, or follower

Multiple accounts for the same person or business
Requests for personal or financial information

Environment:

These red flags should tip you off that someone may be trying to trap you in a social media scam. If you aren't sure about the legitimacy of a post, message, or link, ***take the time to verify its authenticity before acting and be safe!***





Civic Engagement & Outreach: Ginnie Childers & Adela Salame-Alfie (continued)

Treat the Troops Reports (contributed by CEO)

Thanks to everyone that was able to contribute to the February Treat the Troops (TTT) project. As we said before, don't worry if you didn't get a chance to contribute last time around as we will have additional opportunities in the future. As a matter of fact, we have added the upcoming dates in our website's calendar and the list of items needed (thanks Andrea for posting!)

We thought you would appreciate reading about some of the feedback from the troops stationed abroad as reported by Linda Jones who is leading this effort. Here are some excerpts from her latest report:

Despite all that has been happening, TREAT THE TROOPS – SOUTHERN STYLE, had an "Almost Record Breaking" FEBRUARY 2021 PACK!!! Yes folks, it's true. There have only been two other times in February where we packed more than this year. For those of you keeping records, you'll remember it was February 2018 when we packed 395 boxes and February 2020 when we packed 408 boxes. Well.....this February we packed a TOTAL OF 343 BOXES, which included 49,192 COOKIES & hundreds of pounds of CANDY, SNACKS, LETTERS, TRAVEL SIZE TOILETRIES, MAGAZINES, ETC.

Two of the ships receiving our goodie boxes are the U.S.S. Ronald Reagan and the U.S.S. Tempest. Other locations include Afghanistan, Iraq, Germany, Horn of Africa, S. Korea, Poland, and Japan. This comes from CW3 Jennifer A., part of Dakota Troop, BPTA Poland: "Hello. I am in a unit deployed overseas on rotation in Poland. We are here for 6 months and have no access to any stores due to COVID restrictions. Is there a way to get signed up for any programs that offer care packages or written letters for Soldiers overseas? I'd love to lead this for

my unit. Please let me know".

So far from home. Very restricted living/serving quarters. Asking for care packages AND WRITTEN LETTERS.....Asking perfect strangers to PLEASE WRITE TO THEM. This is so easy and costs pennies. Write a letter, run copies, make someone far, far away from home know that they are not forgotten.

Another request I received last week came from Tiffanie G. In part her email reads: "We are a small group of about 35 C130 aircraft mechanics deployed from Dyess Air force Base in Abilene, TX. We are currently setting up a new location with several Airmen on their first deployment and don't have a lot of items that are normally found at an established location.

Cookies and treats are an excellent way to help the younger Airmen feel safe and remind them of home. Thank you!".

As you can see, every little bit helps and is greatly appreciated. Thanks to Kathy Mattox for coordinating this great project and thanks again to everyone that has contributed!





Education and Libraries: Nancy Chilcoat & Lee Jurjevich

Thanks to 14 members of our club for making our quest to fill the cupboards of the Lilburn Middle School teachers' breakroom an overwhelming success.

Education and Libraries Program and Art will present the Dr Seuss painted chair to Lilburn elementary on Wednesday. all children and faculty will enjoy this presentation during their morning announcements.

On March 4, Read Across American Day, LWC members will read to K and 1st grade. A sign-up for all interested readers is now available from Valerie Dickey, Media Specialist at Lilburn Elementary is now on-line. Please pick a time slot or several time slots ASAP.

As we enter the last week of February, read a book, enjoy a magazine, listen to a book on tape or CD as our last "Love Your Library" activity for the month of February.



Remember to send one representative to help select winners for two scholarships to Pat Swan's home March 7,



Health & Wellness: Cheryle Haynes & Mary Pope

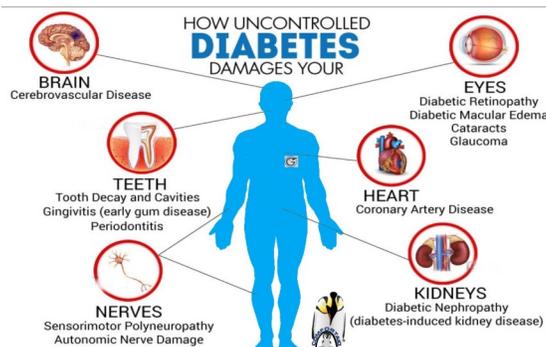
Pre-Register Now for the COVID-19 Vaccine.

COVID-19 vaccines continue to arrive in Georgia in extremely limited supply. As we await additional vaccine supply from the Federal Government, we urge currently eligible Georgia residents to pre-register today.



Pre registration today at myvaccinegeorgia.com

March 24th is Diabetes Alert Day



American Diabetes Association Diabetes Alert Day® is on March 24, 2020! Observed annually on the fourth Tuesday in March, Diabetes Alert Day is a one-day "wake-up call" that focuses on the seriousness of diabetes and the importance of understanding your risk. We encourage you to find out if you – or someone you love – is at risk for type 2 diabetes by taking this quick and simple Diabetes Risk Test.

Understand your risk:

The sooner you know you're at risk, the sooner you can take steps to prevent or manage diabetes. If you have a family history of diabetes, you have a greater chance of developing type 2 diabetes. You are also more likely to develop type 2 diabetes if you are over age 45, are overweight, or are not physically active. Take the Diabetes Risk Test online.

Download the Diabetes Risk Test (PDF, 324.45 KB)

Learn more about the risk factors of type 2 diabetes.



Donation Reminders

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

Art:

Civic Engagement:
Soda can tabs

Education:

Environment:
Empty Ink Cartridge
Empty Pill Bottles

Health & Wellness:

Lilburn Co-op:
Canned Peas
Canned Chicken, Tuna, Stew
Canned Mixed Veg.
Peanut Butter
Shampoo
Canned Pork & Beans
Toilet Paper
Cereal
Hamburger Helper



Environment: Laurie Benken & Lori Bottens

We will be going to Gibbs Garden soon. Watch for more information from the Social Committee.

Environment will be taking on several Nature and Beautification projects this year.

The first is we will be cleaning up the Herb Garden at the Lilburn Community Garden. We will be meeting at the garden at 4PM on Thursday, March 11th. Anyone is welcome to join us.

The Healing Garden at City Park has been a project of LWC for a number of years. We will be freshening it up.

“The Healing Garden” Written by Mandy McManus:

There is a small garden on the right hand side of the path around Lilburn City Park that is called the LWC Healing Garden. It was already in place when I joined the club in 2006, in fact this garden is the reason I joined the club. Gail Zarnick came to my annual plant sale and heard me complaining about having so many extra unsold plants. She mentioned that LWC plants a garden in Lilburn City Park and could use the plants there. I donated all my extra plants and that is how I got introduced to wonderful world of LWC.

From what I am told the healing garden was designed by the Conservation program to be a place of refuge and quiet contemplation which helps in healing of all kinds. During the inception of the garden a few members of the club were going through rough times with their health and health of their loved ones. This healing garden was conceived to bring peace while sitting on the bench and enjoying flowering plants nearby. Over the years it has changed as each new Conservation program chair saw a different vision for the landscaping (I

remember hauling 5 gallon buckets of water from the old bathroom to water new plants) Eventually during the annual American Cancer Society Relay for Life event an engraved stone was added to the Healing Garden to commemorate our lost loved ones to cancer. In 2014 at Lilburn Daze, my daughter Jolee McManus unveiled her Girl Scout Gold Award project, the City of Lilburn's first Little Free Library in the Healing Garden.

Stop by this Healing Garden the next time you walk around Lilburn City Park and sit on the bench there and enjoy a moment of healing amidst the activity that is all around you; brought to you by the Lilburn Woman's Club.



March, 2021

Because of covid-19, many of these activities will probably be cancelled, delayed, or held by conference call / zoom

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

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<p>H&W Food Drive: Mon, March 1, 9am – Fri, March 31, 5pm 96 Main St NW, Lilburn, GA 30047, USA (map)</p> <p>Arthy White will be conducting another Food Drive for LWC during the Month of March. She will have boxes out in front of the All State Office at 96 Main St. SW, Lilburn, GA 30047. Just bring what you can donate between 9 am to 5 pm any Weekday in March.</p>	<p>1 7PM LWC Book Club</p>	<p>2 E&L—Read Acrs America Lil. Ele. Sch</p>	3	<p>4 6:45 LWC Gen. Mtg. Calvary Bapt & Zoom Read Acrs Amer.</p>	5	<p>6 S.M.I.L.E. The 1st Sat. of each month is d S.M.I.L.E. (Smile, Motivate, Inspi Saturdays. Club members are a Club T-Shirts, District T-Shirts, Shirts or GFWC Shirts when th cery store, nail salon, a neighb</p>
<p>7 Scholarship Comm. Mtng. 1-3PM & Pat Swan's</p>	8	9	10	<p>11 4PM-6 PM Envir. Cleanup of herb garden 7PM—Civic Mtg. —Zoom</p>	12	<p>13 NE District Mtg.</p>
14	15	16	17	<p>18 6:45 PM Exec. Bd Mtg. Nash barn</p>	19	20
21	22	23	24	25	26	27
28	29	30	31	<p>1 General Mtg. 6:45PM</p>		



Happy Birthday:

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