



GFWC Lilburn Woman's Club

www.lilburnwomansclub.org

February, 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



We're off to a great start for the year and have some exciting events ahead in the next few months! All of the CSPs have held their first meeting and are making big plans for the year. There's a lot happening this spring. The Bookmobile is going well and the students are really excited to choose their books. It seems that our press release to the attention of the AJC will be in the Atlanta Journal on or about February 23, 2025. The article will feature some of our community activities starting with the Bookmobile but also noting other club projects and fundraisers that we do. It will be the Inspire article in the Arts section of AJC paper. This is really exciting news and we hope it spawns other good things for LWC like increased membership, sponsors, etc. I will confirm that date later and remind you to look for it!

Our third annual Taste of Lilburn fundraiser will of course be held on March 1, 2025 at Parkview High School, 4-7pm. This year we are also bringing back our "Spring Into Art" display where local middle school students will have their art displayed at Taste of Lilburn. There will be nine possible entries from each school. The winning entries will receive cash awards and ribbons will of course be included. We will need more volunteers this year to cover the monitoring of the art displays. We're hoping this draws more attendees with the students and families, especially due to our location change. Tickets are available on our Taste of Lilburn website (tasteoflilburn.org) and Andrea will have them **at the February meeting only**. \$10 in advance for 10 tickets. Taste of Lilburn occurs before our March general meeting so this is your only in person opportunity to buy tickets!

LWC will also be hosting the NE District Spring Meeting/Luncheon! It will be held on March 29, 2025 at Harmony Grove Methodist Church. Sign in starts at 9:30am, meeting at 10am. The cost will be \$30/pp. Le Sorelle is catering so it should be good. I hope you will consider joining us for that luncheon, as it is always special since club awards are given out at that meeting.

Then April brings the Georgia State Convention on April 25-27, 2025 at Lake Lanier Islands. Please consider attending this year. It will be a little more casual than some previous conventions and should be fun at that resort. We will also need some volunteers to help with some Saturday night decorating!

In May we will have our annual Scholarship Reception where we honor our scholarship winners, Teachers of the Year, local Partners and the Citizen of the Year. Be thinking about who you'd like to nominate for the Citizen of the Year award. Nominations should be submitted to Barbara Tiller, CEO Chair **no later** than March 20, 2025.

Of course we will start to wind down some after that for the summer, but not before we assist with the GFWC International Convention on June 6-8, 2025 at the Omni Hotel. They need lots of volunteers for a lot of different things! Please check my weekly News and Notes for links to volunteer and for hotel reservations if you're interested in attending. It will great if some of you could coordinate volunteering at the same time so you could carpool or ride Marta together to town!!

We are one busy group of ladies but I know you're up for the challenges ahead!

1st Vice President: Jenny Nall

I hope that each of you as a member of the Lilburn Woman's Club will make a resolution this year to encourage at least one person to become a member of our club. Our GFWC Georgia Membership Chairman, Dale Reddick had some interesting points about membership. Why are clubs important to Lilburn? Ms. Reddick said, "Clubs help hold communities together and preserve civic values. Continuing this tradition and offering others the opportunity to be a part of that tradition are vital." Think about Lilburn without the dictionaries, books, food donations, pajamas, scholarships, celebrations like Lilburn Daze and Taste of Lilburn. So much of Lilburn's identity is tied to volunteer projects.

Ask those you come in contact with to visit our general meetings and program meetings, or just volunteer for some of our projects and social events. Here is a list of good things that happen for those joining our club.

Member Benefits:

- Develop leadership skills
- Build friendships and your professional network
- Influence your elected officials to effect positive change
- Access to members around the world
- Connecting with volunteer-motivated members
- Satisfaction, in knowing your time spent helping others makes an immediate positive impact

Encourage your Program members to put the District meeting this March on their calendar. \$30 will be the registration fee. Think ahead to the State Meeting at Lake Lanier. Who would like to spend a week at the resort and learn about what is happening in our state. Plan for these get-a-way times. They are so much fun.

Welcome to New Member: Amber Cannon



Amber Cannon is a passionate advocate for community engagement and personal empowerment. With a strong commitment to making a positive impact, Amber actively contributes to both local and professional initiatives aimed at fostering growth and collaboration. Her dedication to supporting others is reflected in her work, which spans counseling, mental health and technology. Amber is known for her leadership, problem-solving skills, and ability to bring people together to create meaningful change.

As a member of the Lilburn Woman's Club, Amber brings enthusiasm, energy, and a collaborative spirit to the group. Her dedication to volunteerism and service has helped strengthen the club's mission and broaden its reach within the community. She believes in the power of collective effort to create a lasting difference, and she is excited to contribute to the club's goals and initiatives.

Outside of her community work, Amber enjoys spending time with her husband and 2 daughters, reading, traveling and connecting with friends, new and old.

Amber's commitment to both professional development and community service makes her a valuable asset to the Lilburn Woman's Club, and she looks forward to growing alongside such a dynamic group of women.



2nd Vice President: Diane DeGaetano

We are off to a great start with all 5 Community Service Programs (CSP's) holding their first meetings within the first month of the year. Some do out of necessity such as Education and Libraries due to the scholarship deadline. This shows excellent leadership skills!

There are 5 leadership styles which are commonly recognized: Authoritarian, Participative, Delegative, Transactional and Transformational. You will see all of these styles within Lilburn Woman's Club whether it is an elective office or an appointed committee chairperson.

As an **Authoritarian Leader**, this individual will make all the decisions typically excluding all committee members from the decision-making process. This leader reinforces the rules and policies to exert their control over the project or situation. This leadership style works well in a crisis. The expectations of the group are made very clear with little room for creativity.

The **Participative Leader** may be otherwise known as the democratic leader as Input from the members is valued and all are included in the decision-making process. Characteristics of a participative leader include open-mindedness, collaborative nature and transparency. Members do give input, but the final decision is made by the leader(s).

The **Delegative Leader** is often referred to as Laissez-Faire or a "let them do it" style. This leader expects the committee members to take ownership of the task within a project. You may see this style with a very experienced leader who has worked with the team for a long time. Collective team expertise is valued and allows for complete creativity with little mentoring or guidance.

The **Transactional Leader** is seen as the traditional manager with emphasis on the rules of the organization, compliance, meeting goals and outcomes. The transactional style has the advantage of producing measurable outcomes which can motivate members to want to do more projects or more tasks within a project. It does create more followers than leaders.

The final style is known as the **Transformational Leadership** style. This leader sees the big picture and is a visionary. There are 4 pillars known as the "4 I's" of this leadership style: idealized influence, inspirational motivation, intellectual stimulation and individual consideration. There is a high level of trust in this style and provides a clear vision. This individual focuses on long term goals. There may be little patience for the details which may be delegated to the committee members.

Observe your club, church, home-owners association to evaluate the leadership style(s) being used. Enjoy!
Source: Business Leadership Today (<https://businessleadershiptoday.com>)





Art and Culture: Kathy Shepherd

Submitted by Bailey Rigor

Valentine's Day, celebrated on February 14th, is a day dedicated to expressing love and affection for partners, friends, and even oneself. Its origins trace back to ancient Roman traditions and Christian martyrdom, but over time, it has become a universal celebration of love in all its forms.

Here's a look at how people can celebrate, whether going big or keeping it low-key:

Celebrate in Style

Luxury Dinner Date: Book a reservation at a high-end restaurant or enjoy a private chef experience at home for an unforgettable meal.

Weekend Getaway: Escape to a romantic destination—think cozy cabins, beach resorts, or boutique hotels in a nearby city.

Fine Gifts: Consider extravagant tokens of love, like jewelry, personalized keepsakes, or a heartfelt letter paired with a bouquet of roses.

Couple's Spa Day: Indulge in relaxation with a pampering spa session, complete with massages and champagne.

Dressed-Up Evening: Dress to the nines for a night at the theater, an art gallery opening, or a glamorous Valentine's ball.

Low-Key Celebrations

Movie Night at Home: Watch romantic classics or favorite films with cozy blankets, popcorn, and a favorite drink.

Cook Together: Prepare a meal or bake something sweet as a couple or with loved ones, sharing laughs along the way.

DIY Gifts: Exchange homemade cards, crafts, or thoughtful tokens that show you care without spending big.

Nature Walks: Take a serene walk in the park, on a beach, or along a hiking trail to soak in the beauty of the day.

Celebrate Self-Love: Treat yourself to something you enjoy—whether it's a relaxing bath, a good book, or a solo adventure.

Whether grand or simple, the essence of Valentine's Day lies in cherishing the connections you have—romantic, platonic, or personal.



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:
Diane DeGaetano

Taste of Lilburn:
Andrea Brannen

Social:
Gloria Sill

Communications:
Brenda Dana

Websites, Facebook:
Andrea Brannen

Newsletter:
Dianna Carson



Civic Engagement & Outreach: Barbara Tiller

Jambos Program – Please bring new pajamas for foster children to March and April meetings for distribution to Jambos.

Treats for Troops – Please bring cookies, playing cards, etc. to LWC Feb. meeting for Treats for Troops - Feb. 13 is the packing date.

Domestic Violence - Georgia Coalition Against Domestic Violence hosts "Stand with Survivors" at State Capitol on Feb. 5 with webinar on Jan. 28 . You can register online - google

"Stand with Survivors" for registration information.





Environment: Mandy McManus

Let's learn about Styrofoam. Can it be recycled? How can we help our environment when dealing with Styrofoam?

First of all, what is it? It is scientifically known as expanded polystyrene (EPS) and it is one of the most harmful forms of single use plastic, Styrofoam is the brand name. It contains many harmful chemicals like flame retardants that may leach into our foods, air, water and soil. These are some of the dreaded microplastics we have all been warned about.

Styrofoam **CANNOT** be recycled. It can only be reused or downcycled into lower value items like building insulation, but it is highly flammable and so can be dangerous.

Ideas for reuse are giving your packing peanuts to shippers like UPS to be reused as packing material. Give it away to local Buy Nothing groups for someone else to use it again.

As of today, 13 states ban the use of Styrofoam, but sadly Georgia is not one of them. Let's think about not buying any more single use plastics, and reusing the Styrofoam we already have in our homes because it's not going away, ever.



Education: Maureen Fraser

1. Library Lovers' Month:

Libraries are important to our communities: Libraries are more than just places to borrow books. They offer internet access, educational programs for all ages, job search assistance, and community meeting spaces.

Libraries play a role in promoting literacy and lifelong learning: Libraries play a crucial role in fostering a love of reading and providing access to information for everyone.

Ways to celebrate National Library Lover's Month include:

Making a list of libraries you would love to explore.

Writing a story about being trapped in a library.

Giving a shout-out to your favorite library.

Creating a list of books to check out from the library.

Helping someone obtain their library card.

2. Career and Technical Education (CTE) Month:

Examples of CTE programs: These include programs in healthcare, technology, construction, culinary arts, and more.

Benefits of CTE for students: CTE can help students develop valuable skills such as problem-solving, critical thinking, teamwork, and communication.

3. School Counselors are Impactful

School counselors help students: This includes academic advising, social-emotional support, college and career guidance, and crisis intervention.

The theme for 2025 is "Helping Students Thrive".

4. Calls to action:

Visit your local library and participate in Library Lovers' Month activities.

Support CTE programs in your community.

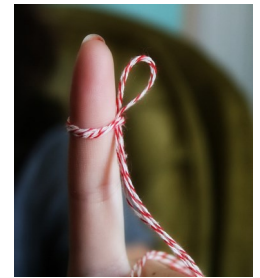
Express appreciation to school counselors.

"A heartfelt thank you to Jenny Nall for generously volunteering her time as a judge for Lilburn Elementary School's STEM Fair!"

Scholarship information is now available on our website and Facebook page, and has been disseminated to the respective schools. To assist us in spreading the word, please consider sharing this post.

**We encourage you to attend our February General Meeting, where our esteemed guest speaker will be Roger Green of Green Financial Resources in Duluth. Mr. Green will be presenting on the crucial topic of "Financial Planning and Investing During Your Retirement Years." **

As a reminder, Green Financial Resources graciously sponsored Lilburn Daze, and we kindly request that you acknowledge their support when you have the opportunity to speak with Mr. Green."



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,)

Education & Libraries:

Books for Little Free Library

Health & Wellness:

Articles for Brookside Store—lotions, socks, tissues

Environment:

Pill bottles



Health & Wellness: Nadine Bily

When we think of February, we often think of Women's Heart month. We wear red or add red ribbons to our clothing to raise awareness of women's number one killer. Remember to wear red the first Friday of February (February 7). However, as important as heart health is to us all, this article is not about taking care of your heart. It is about taking care of your self esteem.

The International Boost Self-Esteem Month is annually observed in February. It is a period set aside in the year to help us believe in and appreciate ourselves more, despite whatever we may be facing. High self-esteem can help prevent many problems with mental health, which is as important as our physical health. We all need to take care and learn to love ourselves.

How can you observe International Boost Self Esteem Month?

Remember your past accomplishments. Remind yourself of the amazing things you have done. Doing this will encourage you to do more.

Accept and give compliments. Appreciate others' kind words toward you; let them help build your confidence. Do the same for others.

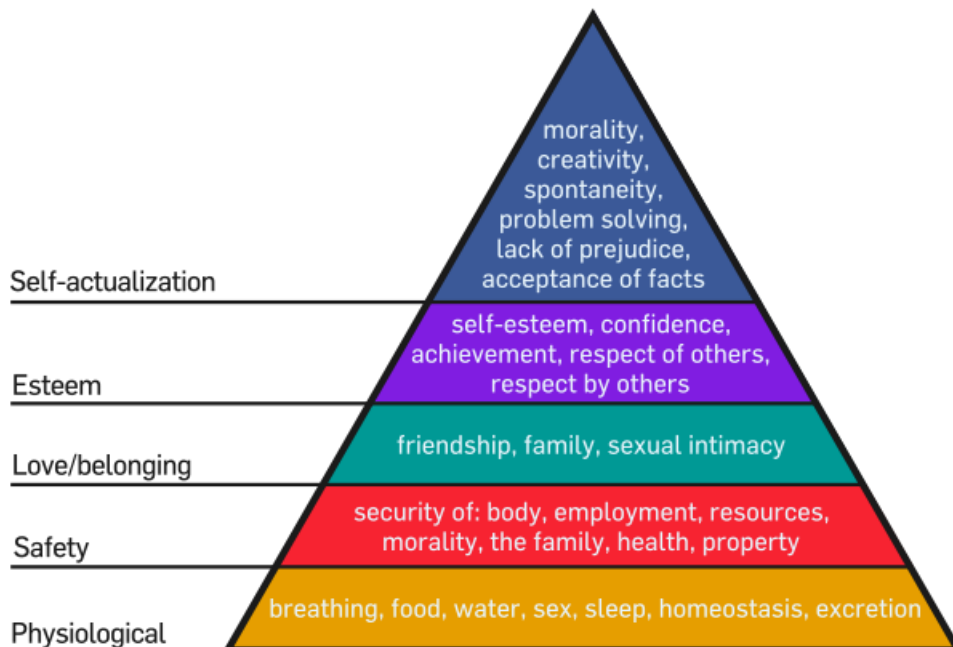
Build habits that will promote self-improvement.

Whether it's to get into a healthier shape or to perform better in a class, develop habits that will help you achieve these desires. Eventually, they will become realities.

Five facts about self-esteem that will intrigue you:

- It is considered a basic human need
- It has physical links to the brain
- There are many approaches to improving it
- Physical exercise can boost it
- A low self-esteem can affect others

Health and Wellness Dates to Remember
 March 20 – Center for the Visually Impaired Night Visions gala, 6pm, Atlanta History Center
 March 22 – 13th annual St. John Neumann SMILE 5k race and 1 mile fun walk, Lilburn City Park



Taste of Lilburn: Andrea Brannen

JOIN US FOR



Sample food from around the world
that's just around the corner

March 1, 2025 - 4 PM TO 7 PM

**Parkview High School
998 Cole Dr., Lilburn**

February, 2025

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

Sun. Mon. Tue. Wed. Thu. Fri. Sat.

						1.
2	3	4	5	6 LWC Gen Mtg 6PM @ Lilburn Activity Center	7 11AM Education—Volunteer at Minor Elem	8 Envir—9AM Hazard Waste Collection 3PM Social – Play & Dinner
9	10 LWC Bookclub @ Nash barn	11	12 ED –10:15 AM Career Day at Lilburn Middle School	13 Treats for Troops ED Mtg. 6:30PM	14 11AM Education—Volunteer at Minor Elem	15
16	17	18 8:50 AM Bookmobile at Hopkins	19	20 8:50 AM-Bookmobile at Minor ES Exec. Bd 7PM	21 11AM Education—Volunteer at Minor Elem	22
23	24	25	26	27	28 8:20 AM-Bookmobile at Arcado ES 11AM Education—Volunteer at Minor Elem	



Happy Birthday!

Feb. 3—Ginnie Childers
Feb. 18—Janet Daglis
Feb. 19—Dianna Carson