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GFWC Lilburn Woman's Club

www.lilburnwomansclub.org

June, 2022

President: Susan Allred

Memorial Day is upon us, a day to remember those who gave their lives in service to our country. We are grateful for their sacrifice, and we honor their memories and all they did for our freedom. If you know a serviceman or woman who has served in conflict, remember they may have lost a friend or fellow serviceman in the field of battle. This Memorial Day can be a difficult time for them as well. As a parent of a soldier, I always remember the fellow soldiers my son lost in Afghanistan.

We will have another engaging meeting on June 2nd, hearing from Jeff Shaw of Frontline Response, which sponsors Anti-Sex Trafficking, Homelessness and Youth Prevention programs. It should be interesting to hear what he shares with us.



Speaking of prevention programs, GFWC Georgia is holding a workday to benefit Wellspring Living, which supports victims of sex trafficking and domestic violence. There are two possible times to work in Duluth on June 11th. Please check our calendar for the Signup Genius for this workday.

Although we do not meet in July and August, our club will still be quite busy. Be sure to check our calendar frequently, as projects are added. Don't forget to join our Club Project, the Little Free Library each Friday evening throughout the summer. Of course, Lilburn Daze is just over the horizon; stay tuned for ways you can help!



Community Service Program Chairs

Art & Culture

Gloria Sill & Susan Boudreaux

Civic Engagement & Outreach:

Adela Salame-Alfie & Ginnie Childers

Education & Libraries:

Judy Nash & Rodean Wilson

Environment:

Laurie Benken & Lori Bottens

Health & Wellness:

Nadine Bily

Committees

Lilburn Daze

Nadine Bily

Domestic Violence:

Diane DeGaetano

Social

Laurie Benken

Communications

Brenda Dana

Websites, Facebook

Andrea Brannen

Newsletter

Dianna Carson

Fundraising:

Fundraising: Andrea Brannen

AmazonSmile is a way members can support Lilburn Woman's Club every time they shop with Amazon, at no additional cost.

Customers who shop at smile.amazon.com will find the same Amazon they know and love, with the added bonus that AmazonSmile will donate a portion of the eligible purchase price to the charity of your choice.

How to use AmazonSmile on a web browser:

Visit smile.amazon.com

Sign in with the same account you use for Amazon.com

Select Lilburn Womens Club

Start shopping! Remember to checkout at smile.amazon.com to generate donations for your chosen charity.

Tip: Add a bookmark to make it easier to shop at smile.amazon.com.

How to use AmazonSmile using the Amazon app on your mobile phone:

Open the Amazon Shopping app

Navigate to the main menu (=)

Tap on Settings and then select "AmazonSmile"

Select Lilburn Womens Club and then follow the on-screen instructions to turn ON AmazonSmile in the mobile app

Once AmazonSmile has been activated in your app, future eligible app purchases will generate a donation for the charity you have selected.



Art and Culture: Gloria Sill & Susan Boudreaux

The Art Committee will be working on our sellables for the Lilburn Daze. Our workshops are open to the entire club. First workshop will be June 7 @ 7 PM, Kathy Mattox' house. Other workshops will be announced. Bring ideas and yourself.



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

As summer approaches, we may be looking forward to backyard barbecues, family reunions and picnics at the lake. Unfortunately, an unhappy occurrence in the summer months is an increased number of drunk driving incidents. In fact, 29% of drunk driving-related fatalities occur in the summer. Although New Year's Day sees the highest spike in drunk driving-related deaths for a single day, (116% above average), the week of July 4th is reported to be the deadliest week of the year for such deaths. Many people take off work that week for vacation or attend local festivities which may be accompanied by the consumption of alcoholic beverages or drugs.

The following tips may help drivers to reach their destinations safely:

Always have a designated driver.

If you don't, have a return-home plan in place ahead of time. Know who you will call for a ride home, whether it's a family member, friend or Uber.

Be sure that you and everyone in your car are safely buckled in their seatbelts or car seats.

Avoid all distracted driving: no phone use, mediating arguments, fumbling for the right CD (yes, I am old-school!). If you must attend to something, safely pull off the road until you can resume driving with 100% of your attention.

Driving defensively can only take you so far but it may help if you find yourself in the path of an impaired driver.

According to MADD (Mothers Against Drunk Driving), every 52 minutes, a life is lost because of someone's choice to drive drunk or drugged. Some of the strategies to eliminate this horrific statistic is through prevention including high-visibility law enforcement, ignition interlock devices on cars and trucks, and improved technology in vehicles that would prevent the vehicle from starting or moving if the driver is impaired.

Let's all enjoy our summer while being mindful of our own and others' safety.



Frontline RESPONSE



The Civic Engagement and Outreach Program of the Lilburn Woman's Club is pleased to offer a program from Frontline Response, which sponsor Anti-sex Trafficking, Homelessness and Youth Prevention Programs.

Program Location: Lilburn Activity Building, 788 Hillcrest Rd., Lilburn, GA 30037

Date: June 2, 2022

Time: 7:00 pm

Speaker: Jeff Shaw, the Chief Program Officer, Frontline Response International, headquartered in Atlanta. Jeff received his J.D. from the University of Georgia School of Law and enjoyed a successful law practice prior to starting Out of Darkness, the anti-trafficking arm of Frontline Response, in 2011. For over 10 years, the organization has served on the frontlines of homelessness and sex trafficking in the Metro Atlanta area with youth prevention, outreaches, 24-hour rescue, and emergency care that has resulted in over 1,186 individuals transitioning out of homelessness, and over 1,500 rescues out of prostitution and sex trafficking. Jeff speaks and trains throughout the United States to audiences including nonprofit leaders, the finance industry, lawyers and judges, churches, law enforcement, and healthcare professionals.

Organizational statement: In the 21st century, far too many people are trapped in the darkness of sex trafficking and homelessness. Without a path toward freedom, many of these individuals will die without ever knowing they are loved. Frontline Response is on the frontlines every day, rescuing these individuals and preventing the most vulnerable in society, our children, from falling victim. When people are rescued out of sex trafficking and homelessness, they can begin to walk out God's purpose for their lives and become a beacon of light for others.

We would be pleased to offer this program to our local school counselors and/or administrators. For more information, please visit [Frontline Response](http://FrontlineResponse.org) www.frontlineresponse.org



Education and Libraries: Judy Nash & Rodean Wilson

Don't forget that we are doing the Little Free Library every week at the Lilburn Farmer's market.



Health & Wellness: Nadine Bily

Summer time, summer time, how I love summer time! Whether you are taking a walk, gardening, driving your car, watching a ballgame or going to the pool, lake or beach or all of the other fun outdoor activities, protect your skin! Overexposure to ultraviolet (UV) rays is the leading cause of melanoma, the deadliest kind of skin cancer. So, what should you do? Sun protection is important all year round and here's a few tips to make sure you are sun-safe.



Wear a lightweight long-sleeved shirt or cover-up.

Wear a hat with a wide brim that shades your face, head, ears, and neck.

Wear sunglasses that block both



PROTECT YOURSELF IN FIVE WAYS FROM SKIN CANCER

UVA and UVB rays.

Use a sunscreen with SPF-15 or higher and both UVA and UVB (broad spectrum) protection.

Stay in the shade, especially during late morning through mid-afternoon.

Reapply sunscreen at least every 2 hours and after swimming, sweating, or toweling off.

Did you know that most makeups and moisturizers have a broad-spectrum sunscreen in them? The bad part about

the makeup is you would need at least a nickel-size amount of makeup for your face and neck to get the adequate protection. That's not the way we usually apply our makeup! To ensure your skin is protected with a sunscreen moisturizer or lotion with a minimum of SPF 30 broad-spectrum and apply it generously all over your face and neck. To avoid a heavy or greasy feel, choose a lightweight sunscreen specifically formulated for the face. Just so you know, applying layers say of a 30 SPF and a 15 SPF does not mean it equals greater protection! How do you apply more sunscreen without ruining your makeup? That's where the sheer or tinted sunscreen powders are a good solution for touch-ups.

By the way, May was skin cancer awareness month! Protect your skin! Ya'all know I love the sun and I do use 30 SPF broad-spectrum sunscreen on my body (Hawaiian Tropic Sheer Touch is my favorite) and for my face I use Elta, a 46 SPF broad-spectrum sunscreen. I also wear a wide brim hat and sunglasses and reapply the sunscreen! (Article by Barbara Brooks)



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:

Wood for bird Houses

Health & Wellness:

UV PROTECTION CHART

Low (0-2)	Medium (3-5)	High (6-7)	Very High (7-10)	Extremely High (11+)
Sunscreen	Sunscreen	Sunscreen	Sunscreen	Sunscreen
Sunglasses	Sunglasses	Sunglasses	Sunglasses	Sunglasses
	Hat	Hat	Hat	Hat
		Shade	Shade	Shade
				Indoors from 10am - 4pm



Environment: Laurie Benken & Lori Bottens

Environment Women are going to be making birdhouses from recycled wood to be sold at Lilburn Daze. We are meeting at Laurie Benken's house on Sunday, June 12th at 5:00PM. We will be building in her garage and driveway. Thank you to her husband Don for his guidance and assistance! Let us know if you would like to join us. We will be turning them over to Art to add their artistic touch.



Environment will be having a vegetable garden tour! It will be near the end of June. If you have a vegetable garden and would be willing to be added to our tour please contact Laurie Benken or Lori Bottens. Watch News and Notes for more information.

National Pollinator Week is June 20th-26th. "National Pollinator Week" marked a necessary step toward addressing the urgent issue of declining pollinator populations. Pollinator Week has now grown into an international celebration, promoting the valuable ecosystem services provided by bees, birds, butterflies, bats, beetles, moths, wasps, and flies.

You can promote pollinators in your landscape with a few of these plants to attract hummers, butterflies and bees!

Bee Balm, a red bloom perennial

Trumpet Vine: perennial tubular flowers in a variety of colors

Yarrow: perennial that gets tall in a variety of colors

Rudbeckia: perennial that reblooms

Shasta Daisies: yellow or white perennial

Coreopsis: yellow perennial that will rebloom if dead-headed.

From OGA Cooperative Extension:
Lightning bugs are aglow! Protect firefly habitat this season

[\(Full story here\)](#)

The glowing light produced by adult fireflies, called bioluminescence, comes from light-producing lantern organs in their abdomen where the chemicals luciferase and luciferin work with other substances in the insect's body to light up without generating heat.

Georgia is home to more than 50 species of fireflies — or lightning bugs — more than any other U.S. state.

The dancing light patterns we enjoy in our gardens and landscapes are an important, and nostalgic, part of Georgia summer evenings. To protect these insects and ensure that we continue to enjoy them, it is important to understand their lifecycle and habitat needs.

Here is how to provide habitat for fireflies in your landscape:

Add flowering plants of varying heights. Include tall grasses as well as trees and shrubs in your landscape.

Turn off outdoor night lighting during mid-summer. Light pollution is thought to disrupt firefly mating and could be a major cause of firefly population decline.

Leave parts of your landscape undisturbed with leaf litter and plant debris as safe places for the insects to deposit eggs and for overwintering.

Provide a clean water source on your property. This could be as simple as a birdbath lined with rocks or a plant pot bottom with filled pebbles and water. The insects need access to water without the possibility of drowning.



June, 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 LWC Mtg. 6:30PM @ Lil. Act. Bldg	3 4PM Little Free Library @ Lil. Frmr's Mkt.	4
5	6	7 Art: 7PM @ Kathy Mattox	8	9 11:30 Health & Well mtg @Nadine's	10 4PM Little Free Library @ Lil. Frmr's Mkt.	11 9AM—12 Wellspring Living Clean up living center 10:30—Wellspring Treasures—sorting, tagging, items in store.
12 Environ-ment 5-7PM Bldg. bird houses @ Benken's	13 LWC Book Club 7PM—Nash Barn	14	15	16	17 4PM Little Free Library @ Lil. Frmr's Mkt.	18
19	20	21	22 CEO Fundraising @ Smokin' Gold Bar-b-Q	23	24 4PM Little Free Library @ Lil. Frmr's Mkt.	25
National Pollinator Week						
26	27	28	29	30		



Happy Birthday:

- Jun. 4—Debbie Slappey
- Jun. 10 —Joette Segars
- Jun. 23—Brenda Dana