



Executive Officers 2017

Co-Presidents

Trish Biemiller
Barbara Brooks

1st Vice President

Gloria Sill

2nd Vice President

Celma Spooner

Recording Secretary

Patty Gabilondo

Corresponding Secretary

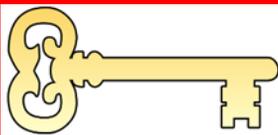
Karen Snively

Treasurer

Cherlye Haynes

Parliamentary Advisor

Pat Swan



*Opening Doors
and Unlocking
Opportunities*

LWC Lilburn Woman's Club

www.lilburnwomansclub.org

February, 2017

Co-Presidents: Trish Biemiller & Barbara Brooks

Yikes, it is already the end of January! I don't remember time going so fast when I was young. First of all, I want to thank Barbara Brooks for holding down the fort while I have been recuperating from my hip replacement surgery. Last year it was major back surgery, so I think I will take next year off and just keep all my old body parts.

I know how busy everyone is, but please take time to read the newsletter. We are really encouraging all program chairs not to read what is in their newsletter reports at the meetings. They should only be reporting new info or asking for event volunteers. If you find you are missing opportunities, it probably means you have not read the latest newsletter.

As you consider LWC, please think about what it means in your life and the life of the community. We are a service organization and it only works when members are willing to shoulder responsibilities equally. We all have time in our lives when we find our plate full, but I know we can succeed as a group. At present I still need a program chair for International. We may have to cancel this program if no one steps up to the plate. We are also asking someone to take Lilburn Daze. I know that looks overwhelming, but we have members who have run that event for several years in a row and they have successfully survived the experience! This is a great opportunity to stretch yourself; really get to know people in the community and put out some original, new ideas. If two of you want to head it up together, that is also an option. Remember, it is not as if you will be doing it alone. This is a group event with members taking sections such as vendors, publicity, entertainment, etc.

We have a great year ahead with lots exciting opportunities to help you develop your full potential. See you at our next meeting on February 2nd.

1st Vice President: Gloria Sill

As one of your new officers, I am learning about my new responsibilities in regards to membership. I would like you to voice your ideas to make our wonderful GFWC Lilburn Woman's Club more relevant for our changing times, especially in regards to use of social media. Perhaps we could find a speaker or consultant to give us information (perhaps at one of our meetings) about how we can take more advantage of social media such as Twitter, YouTube, Flickr, Pinterest, Facebook, etc. to communicate with club members and others about the wonderful things that we are doing as a club. We need your ideas about possible topics we could incorporate to our monthly meetings. What are some of your activity ideas that you have for our meetings and field trips? How do we bridge the gap between the needs of older and younger members? What are the benefits being a member of our Lilburn Woman's Club? I believe that all of these ideas and topics will help to attract new members and keep our existing members excited and interested. Thanks for allowing me to be an important part of our club. I look forward to hearing your ideas. Gloria Sill



2nd Vice President: Celma Spooner

2017 is off to a great start! Our programs are filling up with volunteers and there are so many great activities in the works!

PLEASE SIGN UP FOR A PROGRAM if you have not yet done so! I need to hear from all of you. Public Issues, Home Life and Art are full but we still have wonderful opportunities to make a difference in our community by working with Education, Domestic Violence, Conservation and International Outreach. I know it can be hard sometimes to pick a program and we will be glad to place you where you are most needed.

I also need volunteers for the Monthly Inspiration which is such a wonderful way to start our meetings. Please let me know what your preferred month is.



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 Outreach
Open

Public Issues
Mandy McManus & Gail Zarnik

Parliamentarian: Pat Swan

Our January meeting was very active with members sharing their thoughts and opinions about our 2017 budget. This activity is good for an organization. My tip for our members this month comes from "Rules of Order in Brief"

(a) by ballot, (b) by roll call, or (c) by a counted standing vote, especially if a division of the group has appeared inconclusive and the chair neglects to order a count.

If a member doubts the accuracy of the chair's announcement of the result of a voice vote (or even a vote by show of hands)—or doubts that a representative number of persons voted—he can demand a "Division of the Assembly, a single member thus has the power to require a standing vote-but not to order a count, which only the Chair can do. A member can move that a vote be taken

As we will again be voting on the 2017 budget, please read the budget so when you question a need to change an item, you will have a reason for the change. Remember, a budget is only a guide and it can be changed when necessary when issues of expenditures are brought before the assembly. Let's have a great 2017 year. We should be proud of the accomplishments of our club.



Art: Patty Gabilondo & Suzannah Heimel

The LWC Art Community Service Program kicked off the new year by renewing our club's Patron membership with the Lilburn Art Alliance! Several of our committee members attended their first event held on Jan. 11 where local artist Mark Watkins (owner/operator of the new Art Studio on Main St.) gave an oil painting demonstration.

During February, our members will be busy planning our annual 'Spring Into Art' elementary school art competition. We'll let you know as soon as we've confirmed dates and location.



Our first Art Program meeting was held on Jan. 24th, where we enjoyed the culinary arts during lunch at Los Hermanos, brain-stormed and made plans for the upcoming year. Starshine, Shannon and lead actress Ilene Miller, member of the Staged Right Theatre, came and spoke to us about their upcoming performance – A Doll's House opening on March 10th. Stay tuned for more information about how we plan to support this fledgling local theater group.

If you have not yet made up your mind which Program to join this year, please consider joining Art for a fun year of music, theater, crafting, painting, photography, needlepoint, sewing, culinary creations or whatever gets your creative juices flowing.

FUN FACT: The creative industries in Georgia support 200,000 jobs and have an economic impact of over \$48 Billion!





Domestic Violence: Pat Swan & Linda Newton

Our committee is getting ready for a busy year. Several members will again be going to Georgia State Capitol on February 8th for the "Stop Violence Against Women Day" It is such an exciting day when we can visit our legislator and talk to them about issues that effects women. This day brings together domestic violence and sexual assault advocates and community women across the state to rally together and speak with our elected officials about legislation that effect domestic violence and sexual assault victims. Some of us have a new Representative Clay Cox. P.K. Martian is our Senator at the Georgia Assembly.



This week the legislators are working on the budget. One of the issues that they will be discussing is a 19%

increase in the salary of DFC's Workers. Gwinnett County Department of Family and Children workers are overloaded with cases as our county has grown. With turnover rates hovering around 35% , it is paramount that the state is able to keep seasoned trained and qualified caseworkers to assist children and families in distress. Often we train these workers and they move to a county where the work load is less. Money is also being added for number of children in out-of-home care (foster care). There has been a 62% increase in the growth of out of home placement since 2017.



Our group will keep LWC members up to date with issues that will be brought up under the Dome that might be important to us. Most legislators say that only those who have messages against something call we can talk to them about something that is positive if we like what is happening. If you are looking for a committee that has fun and does good work come join us.



Home Life: Lee Jurjevich & Diane DeGaetano

Home Life FEBRUARY is National Heart Month - **Please wear red to celebrate on Feb. 2, 2017 for our general meeting. Lee and Cynthia will be checking Blood Pressures after the meeting as high blood pressure is one of the controllable risk factors**

Remember as women, our symptoms of a heart attack can be different than men's.

Well-known heart attack symptoms can include chest pain and radiating discomfort in the left arm. But, as Dr. Suzanne Steinbaum explains, there are several other ways your body may tell you when something isn't quite right, potentially with your heart.



Read on for details on four silent heart attack symptoms that women should most definitely be aware of

Shortness of breath: According to Steinbaum, director of The Heart and Vascular Institute at Lenox Hill Hospital in New York City, women often struggle to breathe a few weeks before experiencing a heart attack.

"If you are used to doing a certain amount of activity and then, all of a sudden, you can't get enough air, that is when I get concerned," says Steinbaum.

Back pain: Irregular pain in the lower or upper back can indicate stress to the heart muscle, Steinbaum says.

Jaw pain: "I had one patient who would feel her jaw start to hurt every time she got on a treadmill," Steinbaum says. "But once she stopped, her jaw pain would go away. She went to a dentist, but there wasn't anything wrong with her teeth." This discomfort continued until the woman experienced a heart attack. When she came into Steinbaum's of-

fice after the event, it was evident that the jaw pain was directly linked to what was happening in her heart. "Sometimes the heart isn't able to give a good signal and, instead, the pain can radiate to the neck, jaw and back," she says.

Nausea: Flu-like symptoms are often reported weeks and days before a heart attack. In fact, as Steinbaum explains, TV personality Rosie O'Donnell reportedly regurgitated a few times before she experienced a heart attack in early 2012.

Advice: Trust Your Gut: If you aren't feeling normal or are experiencing any of the symptoms above, head to you local emergency room. It is better to take care of yourself and prevent damage to your heart, in the event you are having a heart attack. "A women's intuition is a very strong thing; don't ever discount it," Steinbaum says "Ninety percent of my women patients who've just had a heart attack tell me that they knew it was their heart all along. That they just had a feeling." Learn more about your risk for heart disease as well as factors that increase your risk on Go Red For Women. www.heart.org

Call 911 for symptoms for lasting more than 5 minutes or the return of these symptoms return:

HL will hold the first meeting at Lee Jurjevich's home on Monday, FEB. 6, 2017 at 7 pm - 123 Planters Dr. , Lilburn, GA 30047.

DATES:

Jawbones v. Sawbones

March 25, 2017

Lilburn Relay for Life

April 21, 2017

February, 2017

www.lilburnwomensclub.o



Public Issues: Mandy McManus & Gail Zarnik

We are excited about our the upcoming year in Public Issues. Our first meeting will be January 31, 6:30pm, at Mandy's house. We have a lot of irons in the fire already! (And just to be safe, we have a fire extinguisher handy)! We are in the process of planning another **"Wine about the Issues"** event, in collaboration with State Senator PK Martin and State Representative Clay Cox. These gentlemen will be on hand to lead discussion and answer questions about the current issues in Georgia. This event will be in February, so watch for more information to come soon! We will need your help getting the word out.

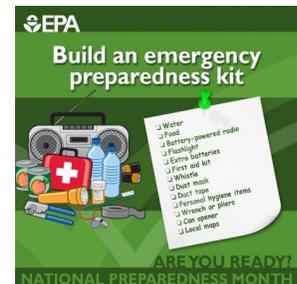
Even though the weather has been quite warm, emergencies can happen at any time, as we recently witnessed with the January tornadoes. PI wants you to make sure you have the things you need in an emergency. Do you have a back up charger for your cell phone?? Please take a minute and look at this list, and make sure you are ready! There will be a prize at the February general meeting for the first person that can name two specific items off of this list.

A basic emergency supply kit could include the following recommended items:
[Water](#), one gallon of water per person per day for at least three days, for drinking and sanitation

[Food](#), at least a three-day supply of non-perishable food

- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to [shelter-in-place](#)
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to [turn off utilities](#)
- Manual can opener for food
- Local maps
- Cell phone with chargers, inverter or solar charger

Watch your LWC newsletter this year for more great tips from your Public Issues Committee.



Save the Date!



GFWC Lilburn Woman's Club Presents:

Behind the Garden Gate

A tour of Lilburn area gardens

Saturday, May 13, 2017

9 am to 4 pm

**\$15 per person Advance Purchase
\$20 per person day of**

Purchase tickets in advance at either

www.lilburnwomensclub.org or

www.lwcgarden tour.org

Like us on FB at "Behind the Garden Gate"



The 2017 Garden Tour will be held on the Saturday before Mother's Day this year. Be sure to bring your Mum! Our Kick-Off meeting was Monday, Jan. 23rd from 7pm at Gloria Sill's house. If you missed it, the next Committee Meeting after that will be Feb. 6th, 7pm at Gloria Sill's house. Everyone is welcome, just contact Patty or Gloria for the tasks we need help

February, 2017

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

**Dates
to
Remember**

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|--|--|-----|-----|
| | | 31 Pub. Issues Mtg Mandy McManus 6:30 | 1 Ed. Library Lovers Living Life for Seniors 11 AM | 2 LWC Gen Mtg Calvary Bapt. 6:30 PM | 3 | 4 |
| 5 | 6 Garden Gate Mtg. 7PM Gloria Sill's Mayor's Town Hall Mtg. 7-8:30 | 7 Ed.—6:30 Barbara Brown's | 8 | 9 | 10 | 11 |
| 12 President's Tea 2-4PM Home of Nancy Delaney | 13 | 14 | 15 | 16 Exec. Bd. Mtg Nash Barn 7PM | 17 | 18 |
| 19 | 20 | 21 Wine About the Issues 7-9pm @ 1910 Event Rm | 22 | 23 | 24 | 25 |
| 26 | 27 Book Club Nash Barn 7 PM <u>A Man Called Ove</u> | 28 | | | | |

HAPPY BIRTHDAY!

Feb. 11—Penny Brown
 Feb. 18—Janet Pino
 Feb. 19—Dianna Carson
 Feb. 21—Jane Heyer
 Feb. 25—Linda Newton

