



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

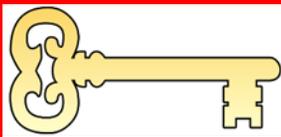
Karen Snively

Treasurer

Cherlye Haynes

Parliamentary Advisor

Pat Swan



*Opening Doors
and Unlocking
Opportunities*

LWC Lilburn Woman's Club

www.lilburnwomansclub.org

May, 2017

Co-Presidents: Trish Biemiller & Barbara Brooks

Ladies at the end of this week we will be 1/3 of the way through the year. How did that happen? I feel like I am running just to keep up. When I retired I figured I would have too much time on my hands. Are you kidding me! Between home, kids (they are never too old), church, Bible Study, LWC, Alpha Delta Kappa and two book clubs I sometimes feel like I never retired. When I think about giving something up I can't imagine my life without that activity. When I was with my daughter last week, she shared a presentation she was giving using TedTalks. They have them on many topics, but Erin's presentation was on time usage. The one thing that I took away from that is you can always find the time if something is really important to you. You can say you don't have an extra two hours of time on Monday, but if you had a flood in your basement, you would find that two hours. It is about what is important to you. Obviously family should always come first, and then decide what you feel passionate about. It may be working with battered women, local politics, or being a volunteer at the zoo (don't forget to log your hours). I think it is so important to find that passion if you want to have real happiness. For me, I value family and faith and things that support those areas.

Now lets make this Scholarship Tea a moment for its participants to remember. Let's make the Garden Tour magic. Remember to smile at everyone that comes through your garden assignment and they will see your passion for serving the community. Thank you to Patty and Gloria's committee and all those who are participating. You are all absolutely wonderful



Social Committee: Nadine Bily

The **May** general meeting will be our annual Scholarship Tea, and as in past years, each program is asked to provide a category of food.

Since we always have several guests in attendance we want to make sure we have plenty of appetizers. Our space is limited, so two or three people may want to form a team to provide a dish. This will allow each dish to be stacked higher on a single plate, therefore cutting down on the number of plates we are trying to fit on the serving tables.

Programs are responsible for the following:

- Art - desserts
- Conservation - vegetables
- Domestic Violence - nuts and mints
- Education - drinks
- Home Life - finger sandwiches or meat/cheese trays
- International Outreach - fruits
- Public Issues - chips or crackers with dips or spreads



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
Open

Public Issues
Mandy McManus &
Gail Zarnik



Art: Patty Gabilondo & Suzannah Heimel

FUN ART FACT: DRAW, SING, COOK!
A study in the *Journal of Positive Psychology* suggests that people who are more creative than usual on any given day feel more enthusiastic and are happier that day and the next. Don't fret if you have zero artistic talent – no need to create a masterpiece to reap the benefits! Singing (even badly), playing music, tinkering with a new recipe or brainstorming an awesome idea at work also counts.



Decorating Birdhouse

Gourds - We have two opportunities to paint gourds for our sellables tent at the Garden Tour - Thursday, April 27th and/or Thursday May 4th at Nancy Chilcoat's home. Drop in anytime between 10am-3pm either of those two days and release your inner Van Gogh.



Plein Air Art Class - Good Day Art Studio is collaborating with LWC and offering their Plein Air art class on the morning of May 13th inside one of the private gardens on our Behind the Garden Gate tour. Separate tickets are required for each event. You do not need a ticket to the Garden Tour to take the Plein Air Workshop, but it is highly recommended as the tour is going to be amazing! Treat yourself or the most important women in your life to a day of painting and touring the most beautiful gardens in the area. Register for the workshop at www.gooddayart.com. Register for the garden tour at www.lwcgardentour.org





Conservation: Susan Hendricks

The Georgia Piedmont Land Trust : Its Importance Today

Our guest speaker for the April meeting was Carol Hassell, Executive Director of the Georgia Piedmont Land Trust (GPLT) and a founding member of the organization. The GPLT was formed in 1998 as the Gwinnett Open Land Trust (GOLT) by a group of concerned citizens in response to the rapid development occurring in Gwinnett County. These Gwinnett residents rallied to the demand for protecting greenspace and saving trees.

From the start, as GPLT gained a reputation for conservation land protection. Land owners from outside Gwinnett County requested protection of their lands as well. This resulted in the name change and an expanded service area. Today GPLT has over 2,000 acres of land under protection located in Bibb, Catoosa, Cobb, Coweta, DeKalb, Gwinnett, Hall, Rockdale, Upson, Walton and Whitfield Counties.

Georgia's second-largest geographic region is the Piedmont, home to the largest portion of the state's population. Together with the mountainous regions of north Georgia, this hilly region includes roughly half the state. Gwinnett county is one of the 75 counties in the GPLT service area.

GPLT's mission includes the protection of water and woodlands, complementing the conservation efforts of cities and communities, saving working lands and historic sites, and educating the public about the values of land conservation

GPLT has a diversity of protected



properties to include Civil War battlefields in partnership with the Civil War Trust and the American Battlefields Protection Program, a green cemetery in partnership with the Monastery of the Holy Spirit, watershed restoration properties, conservation subdivision greenspaces, granite outcrops, habitats with threatened species and a community garden in partnership with citizens who care about green and open spaces in their communities.

In 2015 GPLT completed a rigorous 2 year process to achieve national accreditation. These land trusts meet national quality standards, uphold the public trust and ensure that conservation efforts are permanent. Accredited land trusts have demonstrated their commitment to national quality standards for non-profit management and land conservation.

Sources for this article: Carol Hassell and www.gplt.org

Related TED TALK: <http://www.jamesborrell.com/conservation-ted-talks/>

LWC members: Keep track of your Conservation Community Service Program activities! The categories were in the March newsletter and can be found at

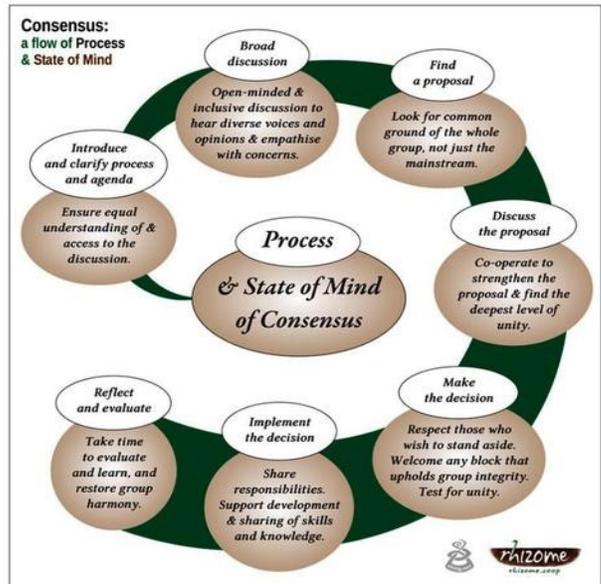


www.gfwc.org

Parliamentarian: Pat Swan

Did you know that originally "Robert's Rules" were derived from Practices in the English Parliament? Henry M. Robert a distinguished Engineer who retired from the US Army had considerable influence on the development of these rules. He first published his "Robert's Rules of Order while a Major in 1876. His rules quickly caught on and groups began using his methods to conduct meetings.

We are now in the 11th Edition of Robert's Rules namely "Robert's Rules of Order Newly Revised" The average person does not need to know all of Robert's Rules to effectively conduct a meeting. At least 80 percent of the contents of RONR are needed less than 20 percent of the time. Now all of you can rise to the occasion to serve in leadership positions for Lilburn Woman's Club.





Domestic Violence: Pat Swan & Linda Newton

A Chance to Walk a Mile in Someone's' Shoes

The **Virtual Dementia Tour** is an individual experience through simulated dementia created for families, organizations and companies seeking to better understand the physical and mental challenges of those with dementia.

After experiencing this sensory training, you will have a greater understanding of the realities of what living with dementia is like. This unique, interactive program has been shown to improve communication and care. Learning to create a positive environment for those with dementia can only come from attempting to walk in their shoes.

This will be held May 18th at 2:00 at Sunrise on the corner of Tom Smith Road and Five Forks Road. Please add to calendar and weekly updates. We will also post in the newsletter.

If you think you will be attending please contact Kathy Shepherd at kshepherd70@gmail.com.

Dementia is a group of thinking and social symptoms that interfere with daily functioning. There are more than 3 million US cases per year. As you learn more about what it is like to have dementia it is likely that you will realize how very vulnerable people experiencing dementia are. Some forms of abuse are neglect, physical abuse, sexual abuse, financial abuse and exploitation, emotional or psychological abuse and neglect (including verbal abuse and threats), and abandonment.

Symptoms of dementia include forgetfulness, limited social skills, and thinking abilities so impaired that it interferes with daily functioning

People with dementia may experience:

Cognitive: memory loss, mental decline, confusion in the evening hours, disorientation, inability to speak or understand, making things up, mental confusion, or inability to recognize common things

Behavioral: irritability, personality changes, restlessness, lack of restraint, or wandering and getting lost

Mood: anxiety, loneliness, mood swings, or nervousness

Psychological: depression, hallucination, or paranoia

Muscular: inability to combine muscle movements or unsteady walking

Also common: falling or jumbled speech

World Elder Abuse Awareness Day – June 15

Report suspected elder abuse to the police and the Georgia Department of Human Services. Division of Aging Services.

Resources Georgia Department of Humans Services – Division of Aging Services www.aging.dhs.georgia.gov Two Peachtree Street NW, 33rd Floor Atlanta, Georgia 30303-3142 404 657-5258 | 866-55-aging

Elder Abuse Awareness and Prevention According to the National Center on Elder Abuse, elder abuse refers to intentional or negligent acts by a caregiver or "trusted" individual that causes (or potentially causes) harm to a vulnerable elder.

International network for the Prevention of Elder Abuse www.inpea.net National Center on Elder Abuse -NCEA <https://ncea.acl.gov/> 1-855-500-3537



May, 2017

www.lilburnwomensclub.o



Home Life: Lee Jurjevich & Diane DeGaetano

May is National Stroke Awareness Month - According to the National Stroke Association, a person experiencing a stroke can be treated if people have acted FAST - 80% of strokes can also be prevented. FAST being an acronym for things to check in a suspected stroke victim:

- F - Face / Does the face droop on one side when the person smiles?
- A - Arm / After raising both arms, does one of the arms drift downwards?
- S - Speech /After repeating a simple phrase, does the person's speech sound slurred or strange?
- T - Time / If any or all of the above are observed call for 9-1-1 (if in US or 999 in UK) and ask for medical assistance.



May 1 - HL meeting - Lee J. house 7 pm

May 16—Hope Lodge Cook out - Sign up at May 4 meeting – will need condiments, side dishes, desserts, bun, drinks, HL will provide the meat and paper products.

June 4 mtg. – HL will host the meeting and it will be a potluck with a Beach Vacation theme. HL has been asked by the executive board to offer their speaker time to Lilburn Daze which we will gladly do

June 10 – Hi-Hope Dance – Hawaiian luau theme – HL is partnering with Art. Details to follow.



Education: Barbara Brown & Nancy DeLaney

Nancy Delaney and Patty Gabilondo attended the Scholarship Celebration at Gwinnett Technical College on April 21st and had the opportunity to meet the recipients of the scholarships sponsored by the LWC.



We are looking forward to our May Scholarship/Awards Program where the scholarship recipients will be introduced. In addition, we will be acknowledging teachers we have worked with "Teachers of the Year," principals, and counselors. It's exciting to recognize all these wonderful people.

Upcoming Library Events

Lilburn Branch

Library for Seniors - May 16th (Tuesday) 10:30AM to 11:30AM

Cyrillic Alphabet Celebration – May 20th (Saturday) – 10:30AM to 12:30PM

Performances and food from Bulgaria, Serbia, Russia, and Ukraine

Mountain Park Branch

May Day MishMash – May 3rd (Wednesday) 11:00AM to 12:00Noon

Come, learn and share about a variety of things of interest -- discounts you don't want to miss, a great book you've read, bucket list ideas, and anything else you think everyone should know about!

Wills vs. Living Trusts – May 16th (Tuesday) 6:00PM

Local attorney John Miles will discuss the difference between wills and trusts and what you need to know about

estate planning. Take the first step to create or update a plan that is appropriate for you.

Little Free Library

Education will be hosting the Little Free Library at the Lilburn Farmers Market again this summer. At the May and June General Meetings, we will have a sign-up sheet, open to all club members. 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.



Gwinnett L.I.F.E.

The newest edition of Leisure Is For Everyone is now available. Gwinnett L.I.F.E. is a complete program guide to interesting classes, local events, parks and recreation.

<https://www.gwinnettcountry.com/portal/gwinnett/Departments/CommunityServices/ParksandRecreation/GwinnettLIFE>

Hard copies of the program guide are also available at all Gwinnett Library locations.

Reminder to all members: Please keep up with the number of books you read and record each month on the sheet that will be on the Sign-Up Table.





International Outreach: Doris Mann & Jackie Thornberry

Our next meeting is at 2:00 Wednesday, June 21st at Laura Byrd's home. We invite any club members to come and hear the interesting discussions we have about people and projects all over the world. We hope to have a hands on project that day!

Operation Smile is an international program of dentists, orthodontists and facial surgeons serving children with cleft palate and other disfiguring conditions. We will be sending Smile Bags given to each patient following surgery. IO is searching out most of the contents, but we know many of you have travel sizes or items we can include in the Smile Bags. We are asking for the travel sizes of shampoo, soap, and toothpaste. Also, if you have small or child-size toothbrushes, we can use those. Look for the collection box at the May meeting!

Remember to find a copy of *Outcasts United* and get inspired with a short "read".

We are collecting used tutu's and dance costumes for girls who do not have access to

them.

NOW: calling all seamstresses; even beginners: IO is contributing to the Little Dresses Project for girls in other countries who need a decent (and cute!) dress. Details coming up at the meeting as well as the directions provided by the organizers. If you have soft, cotton, used pillowcases, we can use those for the dresses.

As you are reading the book, sewing or searching drawers and closets for the items above, count your minutes and hours and please give your total for each project to Laura



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:

Easter Baskets
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

Public Issues:

Pajamas for Men & Women
Worn & tattered flags

Bring Food for Scholarship Tea at 6:00 PM



Public Issues: Mandy McManus

Thanks to all of you fine ladies that participated in our Easter Parade. Congratulations to our winner, *Barbara Brown*.

Our focus this month is on the **American Flag**. Public Issues will be **collecting old flags at the May General meeting to take to the Girl Scouts to do a proper ceremony for its disposal**. They do this yearly at the Girl Scout Camp. So bring your tired and tattered flags, and we will make sure that they get taken care of with the respect they deserve. With Memorial Day (May 29) and Flag Day (June 14) coming up, we want to encourage all LWC members to **proudly fly your American Flags**. With that in mind, here is some of the proper etiquette for doing so.

- If the Flag is displayed outside it should be put up in the morning and taken down at sunset
- If remaining displayed overnight a light should be on the Flag during the dark hours
- The Flag should never touch the ground
- If used in an office the Flag is always displayed as to be on the left of the observer and the right and behind the desk
- The only time the American flag is flown upside-down is as a distress signal
- If the Flag is displayed, on the pole with other flags, the American Flag is always the highest displayed
- If the Flag is displayed against a wall, the union (stars) should be at the top and the flags own right to the observers left, and never used to cover a ceiling

- The Flag can never be used as a form of advertising, and no advertising type banner should be displayed or mounted on the same staff
- **When a Flag is worn, torn and tattered, it should be destroyed by burning in a dignified manor**
- **Bring your worn and tattered flags to the May General Meeting!**



May, 2017

www.lilburnwomansclub.o

Mark your calendars!

The garden tour is less than a month away and all the pieces seem to be falling into place!

Nancy Delaney will have tickets to sell at the May General Meeting. As you know, ticket sales are key to the financial success of the garden tour. This would be a perfect gift not only for mothers, sisters and friends, but simply a thank you to someone who has gone out of their way to do something nice for you. There will also be a drawing for a garden-themed door prize not only for club members, but our guests who are attending the Scholarship Awards.

Good Day Studio which is a new business in Lilburn is offering a Mother's Day weekend "Plein-Air" Art Class on the same day as our tour. After meeting with the studio owners, they are very excited to be collaborating with LWC and the garden tour. *Plein-Air* is the French expression for *in the open air* and one of the homeowners has graciously offered the use of their yard to hold the class. Our garden tour guests will be able to view the artists at work while touring that garden.

The Sellables Tent is a "must see and shop" for many of our guests and the sales have contributed significantly to the monetary success of the tour. Barb Tiller has been working tirelessly handing out "Save the Date" cards that include antique stores and local shops where she gets a lot of ideas for the Sellables tent.

Nancy Chilcoat has offered her house again this year to hold two crafting sessions where members will be assembling hanging teacup bird feeders, garden art, etc. Mindy Crean has scrubbed and drilled the gourds for birdhouses that are now waiting to be painted. Please watch the weekly News & Notes from Trish Biemiller for scheduled dates and times.

Prizes for the raffle drawings include hanging baskets, an insulated food carrier and cake stands. The **Ace Hardware in Tucker** donated a basket of flowers without even being asked. The owner recognized Barb from her previous visits purchasing paint and hardware for the various specialty items that were made.

This past Saturday, the Norcross Garden Club held their annual plant sale. They also had approximately 40 items on display for raffle and many were made and donated by garden club members. If any of you have a special talent or hobby and would be willing to donate a door prize, please contact any member of the Garden Committee.

Finally and most important of all, the garden tour would not be possible without the support of our members who volunteer their time on that day to act as hostesses for our guests. The shifts are structured so you'll still have time to visit the gardens before or after a shift. At this writing, we are still short about 18 volunteers for the gardens. Arthy White will be signing up final volunteers at the May meeting; however, please don't hesitate to send an e-mail directly to her (arthywhite@gmail) before the meeting.



Share the Facebook page with your friends and tell everyone!

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



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.lilburnwomansclub.org or

www.lwcgarden tour.org

Like us on FB at "Behind the Garden Gate"



May, 2017

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Garden Tour Mtg. 7PM @ Gloria Sill's HL Mtg. 7PM @ Lee Jurjevich	2	3 ED—Library Lovers—11-12 @ Gwin. Pub. Library May Day Mish- mash 11-12 Mtn Pk. Lib	4 LWC Mtg Scholarship Tea 6:30 Calvary Bapt. Church	5	6
7	8	9 Gourd decorat- ing for garden tour 10AM	10 Garden tour home owners recep- tion 5:30-6:30 @ Barbara Brooks	11	12 GA Native Plant work day 10-12 Stn Mtn Park	13 Behind the Garden Gate Tour Plain Art Class
14	15 Book Club Broken Wheel 7-8 Nash Barn	16 HL Hope Lodge Cookout ED—Wills vs. Living Trusts 6PM	17	18 Visual Demen- tia Tour 2-3 Sunrise Assist Living	19	20 Cons. Tour to Yellow River Reclama- tion Facility 9:30 –1 PM
21	22 Mayor's Town Hall—7- 8:30 Lilburn City Hall	23	24	25	26 GA Native Plant work day 10-12 Stn Mtn Park	27
29 Memorial Day	30	31	1 LWC Mtg. 6:30 Calvary Baptist Church	2 ED—Little Free Library Lil. Farmer's Mkt 4 – 8PM		

Happy Birthday:

May 1—Mindy Crean
 May 6— Gale DeGray
 May 20—Sally Baker
 May 30—Jerolyn Randles
 May 30—Gloria Sill

