



### **Executive Officers 2022**

#### **President**

**Susan Allred**

#### **1st Vice President/**

#### **Membership**

**Kathy Shepherd**

#### **2nd Vice President/Programs**

**Kathy Mattox**

#### **Recording Secretary**

**Dianna Carson**

#### **Corresponding Secretary:**

**Pat Swan**

#### **Treasurer/501c3**

**Ana Kolb**

#### **Parliamentary Advisor**

**Barbara Brooks**

# GFWC Lilburn Woman's Club

[www.lilburnwomansclub.org](http://www.lilburnwomansclub.org)

**May, 2022**

## President: Susan Allred

As always, spring is a busy time for LWC. Our CSPs are fully engaged in service to our community. Thank you for all you do!

Be sure to stop by the Lilburn Community Garden soon to view the mural that Art has painted and installed.

Our Civic Engagement & Outreach CSP has been busy collecting for Purses for Moms. Mothers in local shelters and the Ronald McDonald House will benefit from these contributions.

Environment is busy caring for several gardens and taking care of our bee box at JB Williams Park.

The Scholarship Reception is always a highlight of our year. Thanks to Education for planning and executing this lovely reception where we have the opportunity to honor our students and educators. See you on Thursday, May 5<sup>th</sup>!



## 1st Vice President: Kathy Shepherd

Start by doing what is necessary; then do what is possible: then you are doing the impossible." St. Francis of Assisi

I am constantly in awe of our women and how they are filled with the spirit to volunteer in our community and reach out to others. The beauty of LWC is that a woman can come to our organization and find various projects to be a part of and make new friendships at the same time. Much more can be accomplished when there are many working together in the same interest and belief than when they are trying to act as an individual.

I am so proud of our new members. Rodeon Wilson is co-chairing Education and Charleen Ray, another new member, are both busy planning the Scholarship Tea.

Ljerka Bilbija has jumped right into the Art Committee and came up with an Art project to do at the Farmer's Market in May.

Joann Brown is busy planning activities with the military and veterans in Civic Engagement. Denise Sullivan, new member, and her friend have donated portable storage units and Legos for a Special Needs class at Lilburn Elementary.



## 2nd Vice President: Kathy Mattox

### 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:

Have you logged your time lately??? The clock is ticking!!



We're already a third of the way through the year and things have been really busy! You should be certain you're logging all the hours and donations for the different programs you participate in!!! There's been several Art functions, donations within CEO, Environment work days, exercise for Health & Wellness, and plans being made for the Scholarship reception from the Education Libraries program.

Of course, I'm sure you're all recycling and there's many other things going on as well. PLEASE be sure you are keeping your hours on our new tracking forms so that they can be turned into the Program Chairs at the end of the year to capture a total of our hours!!

Program Chairs, please ensure your members can print copies of the forms or provide some to them to use. We want to be sure we're making it easier for everyone to log hours this year since we lost many last year due to those not using Track It Forward!! If anyone has questions, please let me know.



### Art and Culture: Gloria Sill & Susan Boudreaux

We are looking forward to presenting our art scholarship this Thursday to Annaclaire Yearick. She's an amazing young woman with many great talents and qualities. We're proud to present her this scholarship.

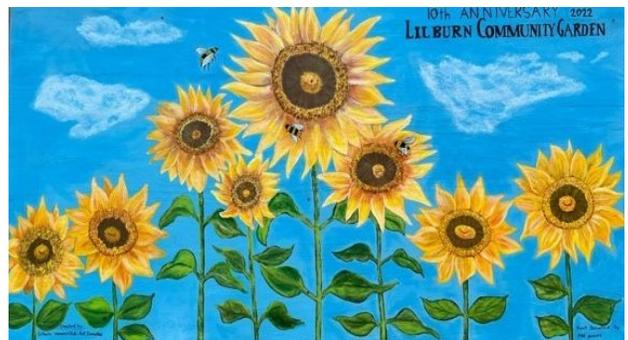
Please drive by the Lilburn Community Garden to see the beautiful sunflower mural the art committee created to celebrate the community garden's 10th anniversary. It's a cheerful addition to the garden. We even included three whimsical bees on it in honor of Susan Allred's symbol. Check our Facebook page for pictures.

Come this Friday to the Farmer's Market from 4-7PM. The Art Committee will be painting free little birdhouses with children. We think it will be a fun activity for the kids.

We're sorry to say that The Art Committee had been planning an excursion to the Monet Immersion exhibit for months only to have it cancelled. What a disappointment this has been.

We'll have to find other exhibits to explore in the future.

Enjoy the beauty of this wonderful spring!





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

### Protecting Yourself from Scams – Phishing, Smishing and Vishing

I don't know about you, but looks like everyday I get unsolicited emails (phishing), text messages (smishing) and annoying unsolicited phone calls (fishing). I'm sure the same thing is happening to you all. And it's not just the fact that they are annoying, but they are dangerous because those that send them are trying to trick us into giving our most sensitive information so they can use it for their own benefit. I spent some time reading several articles and I tried to summarize the most important content in a relatively short article. I hope you find it useful.

### What's the Difference Between Phishing, Smishing and Vishing?

These and other methods of identity fraud use your personal data or financial accounts to steal money, receive loans or services in your name, or to commit other crimes. In 2021, there were more than 1.4 million reports of identity theft, according to the Federal Trade Commission.

Knowing what methods fraudsters use and how to spot them can help you avoid becoming a victim.

#### What Is Phishing?

Phishing is a method of cyberattack that attempts to trick victims into clicking on fraudulent links in emails. The link typically takes the victim to a seemingly legitimate form that asks them to type in their usernames, passwords, account numbers or other private information. This information is then sent directly to scammers, and the victim may be none the wiser.

For example, an email may state that your bank account has been locked and requests that you click a link to regain access. In truth, that link will lead to a fraudulent form that simply collects your information, such as your online banking username and password. The scammers can then log in to your account and steal your money.

#### What Is Smishing?

Smishing is a kind of fraud similar to phishing, except that it comes in the form of a text message. A smishing text **will often contain a fraudulent link** that takes victims to a form that's used to steal their information. The link may also download malware such as viruses, ransomware, spyware or adware onto the victim's device.

These smishing text messages may appear to be urgent requests sent from a bank or parcel delivery service, for example. They may claim that there's been a large withdrawal from your bank account, or that you need to track a missing package. It can be easy to fall for this scam if you think you must take quick action to solve an urgent problem.

#### What Is Vishing?

Fraudulent calls or voicemails fall under the category of "vishing." Scammers call potential victims, often using prerecorded robocalls, pretending to be a legitimate company to solicit personal information from a victim.

Perhaps you get a call about your car's extended warranty. If you answer this call and get connected to an alleged agent, you may be asked to provide information such as: First and last name, Address, Driver's license number, Social Security number, Credit card information, etc.

### How to identify a Vishing scam

**Check the company.** Is the phone call from a legitimate company? If you can, look up the phone number or company name to see if it is legitimate. Always be extra cautious if it's a company you're not familiar with.

**Call them back using a number you have on file.** If the caller says they are from a company you know or do business with, hang up and call them from a number you know. For example, if a caller says they are from your bank, call them back with the number on the back of your card.

**Watch out for requests for sensitive information.** Be suspicious of requests for sensitive information, such as user IDs and passwords, financial account numbers or social security numbers.

**Be careful with websites.** Be suspicious of requests to visit a website, particularly to fill out a form or download software.

**Protect your computer.** If you are asked to access anything on your computer, beware! Do not download software, give the caller access to your computer, or modify systems files in any way.

**Hang up.** When in doubt, hang up the phone and do not accept future calls from the number.

### What to do if you think you are a victim of a vishing scam

If you accidentally provided your financial information to a scammer over the phone, it is crucial that you take immediate steps to protect yourself. Call your bank and alert them to the possibility of fraudulent charges – there is a chance some have already been made that need to be canceled. You'll also probably need to cancel your cards and get new ones, and you may even need to change your account numbers. You should also put a fraud alert or freeze on your credit with one of the three major credit bureaus. In the fallout from the attack, think about red flags you can learn from and recognize in future scam attempts.

Some scammers may also record your voice and ask a question you're likely to answer with "Yes." They can then use this recording to pretend to be you on the phone to authorize charges or access your financial accounts.

### How to Prevent Phishing, Smishing and Vishing Attacks

To avoid becoming a victim of phishing, smishing or vishing, there are a few rules you can follow. These can protect you directly from scams and reduce the likelihood you will be targeted in the first place.

**Never click on links from someone you don't know.** Go directly to the real website for the organization the communication purports to be from and check to see if the notification indicated in the email or text message is real.

**Never give out personal information to someone who contacts you out of the blue.** If they claim to represent a bank, government organization or company you already do business with, hang up and tell them you will call right back. Then go to the official website of the organization and call them at their official phone number to find out what's really going on.

**Don't answer calls or texts from numbers you don't recognize.** Even if you answer only intending to ask to be taken off the list, the scammers will note that you interacted with the call. This will likely increase the number of calls you get from scammers in general.

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

### How to Protect Yourself if Your Information Has Been Stolen

Scams are increasingly common, and many people become targets before they've even heard of phishing, smishing or vishing. In addition to the preventative steps above, it's important to be familiar with resources that can help you if your personal information is stolen.

**Credit freeze:** You can freeze your credit for free with all three national credit bureaus—Experian, TransUnion and Equifax. If you know a scammer has gotten hold of your private information, freezing your credit can prevent them from opening credit accounts in your name.

While phishing, smishing and vishing scams are not likely to go away anytime soon, these are simple steps you can take to help protect yourself. Please be safe!!!



### 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:

Empty Ink Cartridge  
Empty Pill Bottles

### Health & Wellness:



## Education and Libraries: Judy Nash & Rodean Wilson

# Age my way!



Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM). In 2022, ACL will be focusing on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible. The 2022 theme is *Age My Way*, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities.

We're going to be discussing how planning, participation, accessibility, and making connections all play a role in aging in place – emphasizing that what each person needs and prefers is unique.



## Environment: Laurie Benken & Lori Bottens

The Yellow River Wildlife Sanctuary is celebrating their second anniversary On May 14th and 15th. They have asked LWC to help with volunteers for this event on Saturday. A sign up genie has gone out. This should be a fun day and you are welcome to enjoy the sanctuary before or after your shift.

**From the Georgia Audubon:** Georgia Audubon has been receiving questions about the current outbreak of Highly Pathogenic Avian Influenza (HPAI) in birds across the country. In April 2022 the Georgia Department of Natural Resources [announced](#) that highly pathogenic avian influenza virus (also known as HPAI or EA H5 Avian Influenza) has been detected in several Bald Eagles and a handful of Georgia waterfowl species. More on those detections can be found on the USDA APHIS avian influenza surveillance [website](#).

There are no current recommendations from officials in Georgia to remove songbird feeders, though you may want to exercise caution if you keep or live near poultry.

As always, we recommend that anyone with bird feeders continues to follow responsible protocol by cleaning feeders and baths regularly. Wear disposable gloves, empty, then clean with a 10% bleach solution (one part bleach mixed with nine parts water). Rinse thoroughly with water and allow to air dry completely (in the sun if possible) before filling with fresh seed or water.



## Health & Wellness: Nadine Bily

A Mother's Love

© KATHRYN ANN MORE BY KATHRYN ANN  
Published: March 2015

A mother gives her children  
Stepping stones to the stars.  
Her love is unconditional;  
Her heart has no bars.

A mother teaches her children  
To be confident and bold.  
Her special love for her children ,  
More valuable than silver or gold.

A mother picks up her children  
And wipes away life's tears.  
She scares away monsters in the night  
And silences life's fears.



A mother celebrates  
Her children's accomplishments in life.  
She hurts and cries with them  
When life brings times of strife.

A mother shares her love freely  
With her tender loving way.  
She grows more beautiful  
To her children with each passing day.

Mother, I'm grateful  
for all these things that you do,  
And on this special Mother's Day,  
I want you to know how much I love you.

# May, 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](http://www.lilburnwomansclub.org/Calendar.html) for updates.

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

1	2 Book Club 7PM Nash Barn	3	4	5 LWC Gen. Mtg. 6:30	6 Farmer's Mkt. —Little Free Library	7 Mother Daughter Tea to benefit Well- spring Living
8 	9 CEO Treat the Troops	10	11	12	13 Farmer's Mkt—Little Free Library	14
15	16	17	18	19 Exec. BD. 7PM Nash Barn	20 Farmer's Mkt. Little Free Library	21
22	23	24	25	26	27 Farmer's Mkt. Little Free Li- brary	28
29	30	31	1	2 LWC Gen. Mtg. 6:30 PM Lilburn activi- ty Bldg.	3 Farmers's Mkt Little Free Li- brary	

### Happy Birthday:



- May 17—Pat Baker
- May 20—Sally Baker
- May 28—Laurie Benken
- May 30—Gloria Sill