

**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)**

**April, 2022**

**President: Susan Allred**

The Dogwoods are blooming! Spring is blossoming around us. It's a good time of year to get outside, do some gardening, take a hike, and enjoy the milder temps.

I'm looking forward to our April General Meeting, where we will get to share our favorite art and hear about Gloria Sill's experience of diving into the world of art. We all experience art in our own ways; come share with us!

April looks to be as busy as most months for Lilburn Woman's Club. There are more CSP meetings with projects underway. Be sure to stay in contact with your Program; your efforts are always appreciated.




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## Corresponding Secretary: Pat Swan

It was a busy time since our last meeting going to the mailbox to get our Scholarship Applications.

We also received "Thank you notes from Diane DeGaetano for her Reception and gift and Side by Side for our donations to that cause. I sent thank you's to Gloria Sill for hosting our reception and Pat Shaver for providing Diane's gift.

Sympathy cards were sent to members who lost family members, to those who needed Thinking of you cards and birthday cards to all members having Birthdays in March. Thank you for informing me when a member needs a card.



**Community Service  
Program Chairs**

**Art & Culture**

**Gloria Sill & Susan  
Boudreaux**

**Civic Engagement &  
Outreach:**

**Adela Salame-Alfie  
& Ginnie Childers**

**Education & Librar-  
ies:**

**Judy Nash &  
Rodean Wilson**

**Environment:**

**Laurie Benken &  
Lori Bottens**

**Health & Wellness:**

**Committees**

**Lilburn Daze**

**Nadine Bily**

**Domestic Violence:**

**Diane DeGaetano**

**Social**

**Laurie Benken**

**Communications**

**Brenda Dana**

**Websites, Facebook**

**Andrea Brannen**

**Newsletter**

**Dianna Carson**

**Fundraising:**

**2nd Vice President: Kathy Mattox**

All new co-chairs struggle when taking over a Program for the first time. Having sufficient guidelines can ease the anxiety and help them strategize a plan for the year. In an effort to ensure we don't lose material and information that should be handed down to future co-chairs, all co-chairs should be doing the following:

Develop a brief job description (you can use bullet points) of your program. Include the plan for the number of meetings you plan to hold, minimum of four.

Review the Plan of Work (POW) with your members and ensure their understanding of what's expected.

After POW review, have the program members help make the decisions of what your major focus will be keeping the community in mind. Include ideas for a challenge project. CEO will want to begin discussions early about the Outstanding Citizen Award recipient, honored at the May Reception.

Develop a calendar of activities for things that will need to be done. This is to facilitate certain things be scheduled in advance to achieve the best results possible. You can immediately get volunteers for the year's newsletter articles and using the POW determine what topics you want cover at the general meetings when it's your program's turn to host. Remember that you'll need volunteers for special committees like Scholarship, Awards, and Nominating committees. You can assign those early in the year as well, even though some won't be needed until later.

Ensure you keep a file of any forms you will be using during the year and share them with the President and 2<sup>nd</sup> VP. It's always a good idea for multiple people to have this information. A good example might be Education & Libraries who have forms for the Scholarship Application, Scholarship judging, Sample Letters used to notify winners, Invitations for the Reception, etc.

Please be sure that any materials you use or develop throughout the year are shared with Susan and me so that it's available in multiple places. These should help simplify things for yourself and future co-chairs. If you have any questions regarding these guidelines, please let me know!





## Art and Culture: Gloria Sill & Susan Boudreaux

Spring has blossomed and so are the Art Committee activities. Pat Shaver and Gloria Sill submitted a design to be considered for a mural on the little building at the Lilburn Community Garden. We are awaiting acceptance and then will begin the work with the help of others on our committee or even in our club.

Our April LWC meeting will feature favorite art examples from all of our LWC members with a brief

description of that example. We will present a slide show of Art in Our World as Seen Through the Eyes of an Artist.

We hope that presentation will help all members realize that we all have artistic skills and perspectives. We hope to see you all soon and we can't wait to see what you would like to share.



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

Greetings everyone,  
Our committee has been busy getting organized and planning for this year's activities. Due to the wide range of areas covered under our Community Service Program (CSP) and to streamline and have a bigger impact on our activities, we have decided to have five small subcommittees within our CSP. Each of the following ladies will lead a team:

Lori – Outreach  
Diane – Domestic Violence  
Ginnie - Civics/Patriotism  
Joann - Veterans/Military  
Kathy M. – Treat the Troops

This reorganization did not impact our work, since many activities in the subcommittees are already underway. The Outreach subcommittee continues to pick up food and delivering it to needy people through an already established network of donors and recipients. Though the St. Patrick's Day parade and booth were cancelled, the Domestic Violence subcommittee continues to work on the boutique and planning several activities to raise awareness of this important area. Our Civics/Patriotism subcommittee has already been in touch with the 917 Society to make sure we can get enough copies of the pocket constitution to distribute to our 8<sup>th</sup> graders during the next school year. Our Veterans/Military subcommittee started planning a fundraiser barbecue to benefit local women veterans and we continue to plan for collection and packing of cookies and other goodies for the Treat the Troops program.

On other news, Joann is stepping down from her role as co-chair. However, she will continue to be involved in this CSP and continue to lead the Veterans/Military subcommittee. We appreciate Joann's willingness to step forward and give it a try, but understand her needs to become more familiar with the club and our CSP. Thank you, Joann, for continuing to serve this CSP.

Much thanks to Ginnie for agreeing to step in as Co-Chair. Ginnie had planned to take a smaller, but still active role this year and I truly appreciate her willingness to step in and co-lead with me to benefit our club.

**We have scheduled a CEO meeting on March 31, 2022 at 7:00 pm at Adela's house.** We want to let you know that Pat Otwell suggested we make some blue and yellow lapel ribbons to support the Ukrainian people and we plan to finish making the ribbons during our meeting. We will bring the ribbons to our April General Meeting and we would like to ask you to please make sure you wear your name tag when you come to the meeting so we can affix a blue and yellow support ribbon to your name tag.

ROAD RAGE has become a serious problem on our streets and highways. According to the National Highway Traffic Safety Administration, aggressive driving is operating a vehicle in a way that endangers or is likely to endanger people or property. Road rage is the extreme of aggressive driving when behavior turns angry and violent. Protect yourself by being alert for potentially dangerous situations and do your best to avoid being the target of an aggressive driver.

The most common forms of ROAD RAGE are tailgating, yelling, honking in anger, making rude or offensive gestures, and trying to block another vehicle from changing lanes. These can escalate to cursing, verbal insults and threats, throwing objects, cutting off another vehicle on purpose, getting out of the vehicle to confront another driver, bumping, ramming or side-swiping another vehicle and forcing it off the road.

Protect yourself by being alert for potentially dangerous situations and do your best to avoid being the target of an aggressive driver:

Use your horn sparingly.

Do not tailgate.

Avoid blocking the right hand turn lane.

Do not take more than one parking space.

Don't park in a disabled space if you are not disabled.

Do not allow your door to hit the car parked next to you.

Avoid unnecessary use of high beam headlights.

If you travel slowly, pull over and allow traffic to pass.

Be the grownup on the road. Ignore obscene gestures and do not take an angry driver's aggression personally. Avoid eye contact, stay cool, and keep away from drivers behaving erratically. Drive to a public place or police station if pursued. Keep your doors locked and don't go home.

This might be a good time to make sure you have the right car insurance policy to protect yourself from aggressive drivers or if you find yourself the victim or a ROAD RAGE incident.





## Education and Libraries: Judy Nash & Rodean Wilson

The Education and Library Committee is proud to announce we received 17 scholarship application. Each one of them is an outstanding young woman that, if not handicap by funds, could be awarded a scholarship from LWC.

We continue to seek funds for the Dictionary project. Should anyone know of a source we could contact for funding please let Kathy Maddox know.

We are especially proud to have sponsored the Trickum TigerBots and thank the ladies of the Club for your generosity in raising close to, if not over, \$1,000 to help this group of bright young students continue their quest for international fame. We extend a special thanks to Jenny Nall for bringing this group to our attention during our February meeting.

Lilburn Woman's Club has many current and past teachers as members. While 1923 was before your time, I thought it appropriate to show how far women have come as educators and respected member of society.

Among the provisions of the 1923 contract was:

*Not to get married. This contract becomes null and void immediately if the teacher marries.*

*Not to keep company with men.*

*To be at home between the hours of 8 pm and 6 am unless in attendance at a school function.*

*Not to loiter in downtown ice-cream stores.*

*Not to leave town at any time without permission*

*of the Chairman of the Board of Trustees.*

*Not to smoke cigarettes. This contract becomes null and void immediately if the teacher is found smoking.*

*Not to drink beer wine or whiskey. This contract becomes null and void immediately if the teacher is found drinking beer, wine, or whiskey.*

*Not to ride in a carriage or automobile with any man except her brother or father.*

*Not to dress in bright colors.*

*Not to dye her hair.*

*To wear at least two petticoats.*

*To keep the schoolroom clean:*

*To sweep the classroom floor at least once daily.*

*To scrub the classroom floor with hot water and soap at least once weekly.*

*To clear the blackboard at least once daily*

*To start the fire at 7:00 am so the room will be warm at 8:00 am when the children arrive.*

Welcome to modern days in which women have been liberated and not all teachers are women.



### 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:



## Environment: Laurie Benken & Lori Bottens

Opportunities around our Lilburn community to get involved, even if you do not have space around your own home.

April is **National Gardening Month**! Join our Harvest Gwinnett team for a spring planting opportunity in our Community Garden share row's during **National Volunteer Week**! Gain insight and best practices as you help plant warm season crops and learn some tricks for playing in the dirt!

Come help at JB Williams community garden located on Five Forks Trickum Rd next to the playground and pavilion on **April 6<sup>th</sup> from 5-7pm** work on the shared rows in our local community garden.

Lilburn Community garden also has some opportunities to help in their garden ask Mandy for details if you are interested in volunteering, they also have plots that do not require you to bend over if you would like to garden and have easier access you could do it through their community garden. [Home \(lilburncommunitygarden.org\)](http://lilburncommunitygarden.org)

**\*\*When you are out walking in your neighborhood or on the trail, take a bag and pick up litter along the way to keep our community looking nice and litter free!**

Don't forget to put your clean hummingbird feeders out as they are migrating through this area...





## Environment: Laurie Benken & Lori Bottens (continued)

The Environment committee will have our next meeting on Wednesday, April 13, 2022 at 7PM on Zoom to continue planning for the year. The link will be in News and Notes.

April 14, 2022 is National Garden Day. National Garden Day is made for garden fanatics to spend time celebrating their gardens, and for newbies to experiment with getting their fingers green. Go outside and get your hands dirty...is good for the soul!

To celebrate Earth Day, Gwinnett Clean and Beautiful along with Gwinnett County Solid Waste are having a Recycling event at CoolRay Field from 9:00AM - 12:00PM. You have the opportunity to drop off items that are typically more difficult to recycle, such as electronics, latex and oil-based paint, and tires. Paper shredding will also be available.



## Health & Wellness: Nadine Bily

### April 2<sup>nd</sup> – Let's 'Light it Up Blue' for World Autism Awareness Day

Hundreds of thousands of landmarks, buildings, homes and communities around the world will light up blue on April 2<sup>nd</sup>. The goal is to increase understanding and acceptance of people with autism and foster worldwide support.

### 10 facts you might not know about autism spectrum disorder (ASD)

About one in 68 children has been identified with ASD, according to estimates from CDC's Autism and Developmental Disabilities Monitoring Network.

ASD knows no boundaries and crosses all ethnic and socioeconomic groups.

It is almost five times more common among boys (one in 42) than among girls (one in 189).

Almost half (46%) of children identified with ASD has average to above average intellectual ability.

It is estimated to cost at least \$17-21,000 more per year to care for a child with ASD than it does to care for a child without the condition.

Autism can affect the whole body and nervous system.

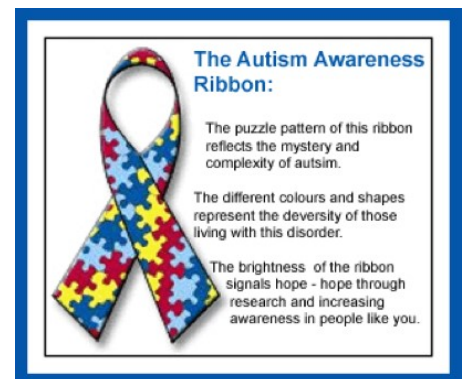
Early intervention such as speech and occupational therapy can significantly improve learning, communication, social skills and brain development.

An estimated half of ASD patients experience anxiety disorders, chronic sleep problems and hyperactivity (ADHD) in some form or another.

26% of Adults with ASD suffer from depression.

Children with autism are nearly eight times more likely to suffer from one or more chronic gastrointestinal disorders than are other children.

**What can you do to help?** Autism Speaks Inc. is an autism advocacy charity and the largest autism research organization in the United States. It sponsors autism research and conducts awareness and outreach activities aimed at families, governments, and the public. There is no cure yet, but there is always hope. Donate or get involved with local activities at [www.autismspeaks.org](http://www.autismspeaks.org) and don't forget to 'Light it Up Blue'!



Sip For Seniors, a charity wine tasting experience hosted by Friends of Gwinnett Seniors, will be held at Delmar Gardens of Gwinnett Thursday, April 28, 7PM-9PM. Tickets are \$50. Silver Oak and Twomey Wines will be featured, and hors d'oeuvres to complement the wines will be served. The event includes a Live and Silent auction.

# April, 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 Education: 11:30-1PM Always Fresh Restaurant	2 The first Saturday of each month is designated as S.M.I.L.E. (Smile, Motivate, Inspire, Lead, Excel) Saturday. Club members are asked to wear T-Shirts, District T-Shirts, GFWC Georgia Shirts or GFWC Shirts when they visit the grocery store, nail salon, neighbor, or simply out and about.
3	4	5 Social: Visit Gibbs Gardens	6 Envir.-5-7PM at JB Wms Park	7 LWC Gen Mtg 6:30 Lilburn Activity Center	8	9
10	11	12	13 Envir, Mtg. 7PM Zoom	14	15	16
17	18	19	20	21 Exec. Bd. Mtg. 7PM—Nash Barn	22 GFWC State Convention —Pchtree City	23
24 GFWC State Convention	25	26	27	28 Health—Sip for Seniors Delmar Gar- dens	29 Art: Monet Immersion— Meet @ Lil City Pk to carpool @ 9:15AM  Health: Well- spring Living Dinner 6PM	30 12PM—Festival of Trees

## Happy Birthday:



Apr. 6—Nancy Delaney  
 Apr. 6—Deborah Shields  
 Apr. 11—Karen Snavelly  
 Apr. 12—Kathy Mattox  
 Apr. 14 —Susan Allred  
 Apr. 14—Barbara Brooks  
 Apr. 15—Sandra Hawkins  
 Apr. 16—Anne Hennessey