



Monthly Newsletter

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2026 CLUB MEMBERS

GFWC LILBURN WOMAN'S CLUB

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President's Message

As summer comes to an end, I hope each of you enjoyed a season filled with rest, special moments with family and friends, and time to recharge. While our regular meetings paused for the summer, the spirit of the Lilburn Woman's Club never took a vacation. Behind the scenes, committees have been hard at work planning another exciting season of service, fellowship, and community impact.

As we reunite, we're stepping into one of the busiest and most rewarding times of the year. Our calendar is filled with meaningful volunteer opportunities, engaging programs, and special events that make a difference in our community. We look forward to members representing our club at the GFWC Georgia LEADS Program and Institute, to be held August 21-23 at the Georgia Center on the campus of the University of Georgia in Athens. This annual leadership conference offers valuable training, inspiration, and the opportunity to share ideas with clubwomen from across the state.

Preparations are also underway for Lilburn Daze on October 10, where our club will once again play an important role in one of the city's signature events. Planning continues for our annual Christmas Auction on December 10th, a favorite tradition that supports our projects while bringing members together for an evening of fun and generosity. In addition, our community service committees have a variety of projects planned throughout the fall, offering everyone an opportunity to get involved.

Fall is also the perfect time to reconnect with friends, welcome new members, and invite someone to experience the fellowship and purpose that make our club so special. Whether you can volunteer a few hours or take on a larger role, every contribution helps strengthen our mission of serving others.

Thank you for your continued dedication to the Lilburn Woman's Club. I am excited to see all that we will accomplish together in the months ahead. Here's to a season filled with friendship, service, and making a lasting difference in our community. I look forward to seeing you at our first meeting!

Warmly,
Maureen

Feature Article: Jackson EMC Foundation Awards \$6,000 Grant

We are thrilled to announce that the Jackson EMC Foundation has once again demonstrated its strong support for the Lilburn Woman's Club by awarding a \$6,000 grant for our Dictionary Project.

This generous funding allows us to continue one of our club's most impactful community service initiatives—placing a dictionary in the hands of every third-grade student in our eight local elementary schools. Over the years, this project has reached thousands of children, directly supporting measurable gains in vocabulary development, reading comprehension, spelling proficiency, and overall literacy confidence.

Teachers consistently report that students who receive their own dictionaries show increased engagement with language, improved ability to decode unfamiliar words, and greater independence in reading and writing tasks. These foundational skills are critical predictors of long-term academic success, and early exposure to reference tools like dictionaries helps strengthen students' performance across all subject areas.

Thanks to this continued partnership, we are able to sustain a tradition that not only encourages a love of learning but also contributes to stronger educational outcomes for students throughout our community.

We are deeply grateful to the Jackson EMC Foundation for investing in local education and recognizing the lasting impact of this long-standing project. Their generosity, combined with the dedication of our members, ensures that the Dictionary Project will continue to make a meaningful, measurable difference in the lives of young learners for years to come.

Thank you to everyone who worked behind the scenes to make this award-winning project possible, particularly Kathy Mattox, who wrote the grant!



MEMBERS OF THE LILBURN WOMAN'S CLUB PROUDLY ACCEPTED A \$6,000 GRANT FROM THE JACKSON EMC FOUNDATION IN SUPPORT OF THE CLUB'S LONG-STANDING DICTIONARY PROJECT. THE GRANT WILL HELP CONTINUE PROVIDING DICTIONARIES TO EVERY THIRD-GRADE STUDENT IN EIGHT LOCAL ELEMENTARY SCHOOLS, STRENGTHENING LITERACY AND LEARNING THROUGHOUT OUR COMMUNITY.

MARK YOUR CALENDARS – KEY EVENTS

Lilburn Daze

Our 54th Lilburn Daze is coming soon, October 10, 2026!



As usual, Wanda has done an amazing job securing sponsors! We have many returning sponsors this year, including Presenting Sponsor, Blue Skies Atlanta, and Ruby Sponsor, Lamar Law. We have a new Ruby Sponsor, Orange Theory. We also have a new Diamond Sponsor, Weldon Heating & Air. More sponsors are being added every week.

We will host the Doggy Dazzle Paw-Rade again this year. This fun parade is co-sponsored by Pet Supplies Plus and the entry fee benefits the Gwinnett Humane Society. The parade begins at 11:00 a.m.

Arts and Culture CSP is sponsoring a CSP Pumpkin contest this year. The theme is Red, White, and Blue in honor of our nation's 250th birthday. We can't wait to see what the CSPs come up with! Our Entertainers are sure to captivate the crowds. Children's Activities will delight the kids as always.

Piedmont Eastside will host our Health Tent again this year, with BP checks, Breast Cancer awareness, Blood Sugar screenings, and First Aid. Busses and Shuttles are scheduled. Craft, Commercial, and Food vendors continue to register.

Club members should look for Sign-Up Genius for volunteer slots soon.

We will distribute Yard signs at our September meeting. Let's spread the word about our great community event, the 54th Annual Lilburn Daze Arts & Crafts Festival!



Christmas Auction

The Christmas Auction will be held **Thursday, December 10th**. All proceeds will go to support various projects for children in our community, including underserved children at Christmas.

For those who would like to help, please consider what you might be able to donate to be auctioned.

As always, we will include a bake sale and hope everyone will participate. Please reach out to Barbara Brennen with any suggestions or new ideas for this special event.



Author: Nadine Bily

From the Mayo Clinic Health System – Speaking of Health

Coloring is good for your health.



Coloring - what used to be known as a simple, fun activity for kids is now a tool for practicing mental health. While children's coloring books feature cartoon characters and designs with little detail, adult coloring books have intricate patterns of flowers, mandalas, animals, etc. Coloring can help you be more mindful. Mindfulness is the ability to focus and stay in the moment. As you center your attention on color choice and staying inside the lines, you're only thinking about the present moment. Noise and other disturbance around you are shut off and you have the opportunity to disconnect from stressful thoughts. Coloring calms the brain and helps your body relax, thus it becomes an effective neurological calming tool. Engaging in this task quiets your amygdale, which is the specific part of your brain responsible for processing fear and stress. Sleep is improved; fatigue is minimized. You may find a decrease in body aches, heart rate, respiration, and feelings of depression and anxiety.

There is no right or wrong way to color. Coloring is a non-competitive activity, so there isn't pressure to "level up", win a prize, or beat the clock. Let go of judgments or expectations and enjoy the simple beauty of coloring. Neat or messy, the only thing that matters is if you find enjoyment and relaxation while coloring.

As you sign in at the August general meeting you will find coloring sheets and small packs of colored pencils from which to choose. Pick out a couple sheets and a pack of pencils, take them home, and try out this calming activity during your own quiet time. See if it helps you to de-stress.

Coloring is not your cup of tea? Don't worry, there are many other ways to relieve stress, including:

- Spend time with a four-legged friend
- Read a book
- Massage your earlobes
- Break out your best dance moves
- Breathe deeply



Author: Amber Cannon



Food Insecurity in Our Community: A Challenge We Can Help Address

When we think about hunger, we often picture problems that exist far from home. The reality is that food insecurity affects thousands of families right here in Georgia, including many in Lilburn and Gwinnett County.

Food insecurity means not having consistent access to enough nutritious food for an active, healthy life. It can affect working families, children, older adults living on fixed incomes, veterans, and individuals facing unexpected financial hardships. Rising housing costs, inflation, medical expenses, and job disruptions have made it increasingly difficult for many households to put healthy meals on the table.

In Georgia, hundreds of thousands of people experience food insecurity each year, and children are especially vulnerable. During school breaks, many families lose access to free or reduced-price school meals, placing additional strain on already tight budgets.

Here in the Lilburn area, local food pantries, faith-based organizations, and community partners work tirelessly to meet the growing need. These organizations provide groceries, fresh produce, and other essential items to neighbors who may be facing temporary setbacks or ongoing financial challenges. While their work makes a meaningful difference, they depend heavily on volunteers, donations, and community support to continue serving those in need.

Food insecurity is not always visible. Many individuals experiencing hunger are employed and working hard to support their families. They may simply be making difficult choices between paying for housing, utilities, medications, transportation, or groceries. Hunger can affect a child's ability to learn, an adult's productivity at work, and a senior's overall health and well-being.

As members of the Lilburn Woman's Club, we have a long tradition of strengthening our community through service, compassion and supporting the Lilburn Co-op and several other organizations.

How You Can Help

This month, we invite every member to join Community Engagement and Outreach (CEO) CSP in supporting the Lilburn Co-op, a vital community resource that provides food and essential assistance to local families in need.

Whether you donate nonperishable food items, personal care products, or make a financial contribution, your generosity will help ensure that our neighbors have nutritious meals and hope during challenging times. Together, we can make a meaningful difference—one family, one meal, and one act of kindness at a time. Please consider bringing a donation to our next club meeting or contributing directly to the Lilburn Co-op. Your support stays right here in our community, helping our neighbors when they need it most.

<https://lilburnco-op.org/donate/>

COMMUNITY SERVICE PROGRAM FEATURE: EDUCATION & LIBRARIES



Author: Jenny Nall



We hope everyone has had a marvelous summer and that each of you have visited your local library and read many books! Record the time spent at your library and reading. Many thanks to the HARD work and time spent by Kathy Mattox in preparing a grant request for Jackson EMC. Our Bookmobile project received a \$6,000 grant due to her efforts.

Please bring "interview" clothes to donate to Berkmar High School to the General Meeting in August.

Education and Libraries will meet at Always Fresh on Tuesday, August 18th at 6 P.M. Doris Mann is on track to begin Dictionary distribution this fall. Please think about volunteering your time to help us distribute the dictionaries this year.

The 2026-2028 GFWC Plan of work is complete and can be found on the website.

Here are some highlights:

The theme is: UNITY THROUGH READING; EVERY STORY MATTERS

The idea is that all of us need to read and be encouraged to read, no matter our age, our capabilities, or our language.

GFWC Education and Libraries will emphasize providing books and resources about influential women to schools and libraries.

Other projects recognized were *Every home needs a library*, *Library Storytime*, *Book Parade*, and *Food Bank Book Cart*.

The Lilburn Library will have an anniversary celebration in October. They have asked for our support for providing a reading area in the children's section.

A BIG THANK YOU TO ALL WHO HAVE VOLUNTEERED AT THE LITTLE FREE LIBRARY!!!

Don't forget to sign up to man the Little Free Library at the Farmer's Market in August. We are needing some volunteers!!!



COMMUNITY SERVICE PROGRAM FEATURE: HEALTH & WELLNESS

Author: Patti Smith

National Wellness Month



National Wellness Month is observed each year during the entire month of August and encourages individuals to focus on improving their overall well-being through healthy habits and self-care practices. The observance promotes a balanced approach to wellness that includes physical, mental, emotional, social, and financial health. National Wellness Month serves as a reminder that small, consistent actions can lead to healthier lifestyles and improved quality of life.

Wellness extends beyond exercise and healthy eating. It also includes managing stress, maintaining positive relationships, getting adequate sleep, practicing mindfulness, and participating in activities that bring joy and fulfillment. By dedicating time to wellness, individuals can improve their health, productivity, and overall happiness.

National Wellness Month Activities

- Take a daily 20–30 minute walk.
- Practice mindfulness or meditation for 5–10 minutes each day.
- Drink more water and track daily hydration.
- Create healthy meal plans and try new nutritious recipes.
- Establish a regular sleep schedule.
- Keep a gratitude journal and write three things you are thankful for each day.
- Participate in yoga, stretching, or fitness classes.
- Spend time outdoors in parks or nature trails.
- Schedule preventive health screenings and wellness checkups.
- Connect with family and friends through phone calls, visits, or community activities.
- Limit screen time and engage in hobbies such as reading, gardening, or crafting.

Promoting wellness during August can help individuals develop healthy habits that continue throughout the year and contribute to long-term physical and emotional well-being.



Executive Officers, Community Service Program Chairs, and Committee Chairs

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Diane DeGaetano

Taste of Lilburn

Andrea Brannen

Co-Chair: Kathy Mattox

ACCESS KEY MONTHLY EVENTS @
[HTTPS://WWW.LILBURNWOMANSCLUB.ORG/CALENDAR](https://www.lilburnwomensclub.org/calendar)