



Executive Officers 2021

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Diane DeGaetano

1st Vice President/

Membership

Kathy Shepherd

2nd Vice President/

Programs

Laura Byrd

Recording Secretary

Kathy Mattox

Corresponding Secretary:

Christine Peredney

Treasurer/501c3

Susan Allred

Parliamentary Advisor

Pat Swan



GFWC Lilburn Woman's Club

www.lilburnwomansclub.org

September, 2021

President: Diane DeGaetano

Hi, Ladies: Welcome to Fall, yes we are back in session and gearing up for several fun events. We are excited to know that we have at least 72 vendors for Lilburn Daze. Remember this is your one commitment to work at least 4 hours on the day of – Oct. 9. Many of us will work many more hours and to lighten everyone's work load, please consider signing up for a 6 hour shift. We will give each other breaks! Nadine Bily, Lilburn Daze Lead is really gearing up so please respond to help when the sign up genius for LD volunteers arrives in your email box!

I was privileged to attend the LEADS 2020 day at the GFWC International Convention in Atlanta on Aug. 27. It was a wonderful day of learning and the sessions on Sat. and Sunday were eye-opening.



Metris Bettis – FL GFWC LEADS Class 2020 and Ludine Heard – GA GFWC LEADS Class 2021



LWC at GFWC International – Atlanta 2021

LtoR) – Gloria Sill, Patty Gabilondo, Diane S. DeGaetano Barbara Brooks, Pat

September is Childhood Cancer Awareness Month Camp Sunshine, a camp for kids with cancer, is our district project this administration. We are having a district wide fundraiser to benefit this one of a kind nonprofit. This camp offers these children the camp experience and an adventure that they receive no where else. There are also year round activities and events that are supported by donations and volunteers. Please bring some extra cash or check to our club meeting and we will add it to the district donations. We are also happy to announce we have a matching donor for this project. Thank you in advance for your generosity!

1st Vice President: Kathy Shepherd

Welcome back, everyone! I hope that you have all had a restful summer and are energized to come back this Fall.

As far as membership, we are cheerleaders for our club. We should share all the good things we do with friends and acquaintances. Membership is our responsibility and new members help us stay vibrant. Please introduce yourselves to prospective members at our meeting next week.

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Corresponding Secretary: Christine Peredney

Members have reacted differently from the COVID Crisis. Some have gained weight; others have lost weight. Some have gained new skills; others may have taken the opportunity to slow down and do less. Some have had work routines; and others did leisure activities. Some had virtual and in person contacts with friends and family and others are waiting for a safer environment to socialize.

The April/May 2021 AARP Magazine had an article on "The Pandemic Recovery Plan". The article was written by Mike Zimmerman, who has authored more than a dozen books on health, fitness, and nutrition. I recommend reading the entire article since it has many good tips.

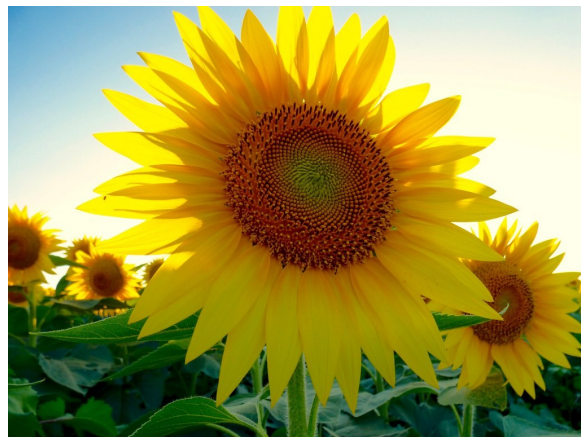
The main points in the AARP Article are the following: 1. Evaluate your weight and change your diet and activity level if needed. 2. Watch the tendency to overeat and focus on getting enough of the right protein, fiber, and plant nutrients. 3. Prioritize getting necessary sleep and rest (6-9 hours). 4. Find ways to avoid anxiety, depression and stress related disorders. 5. Work on being physically active- walking, moving. 6. Be consistent on taking prescribed medications. 7. Set up appointments with your physician, dentist and eye doctor.

We have only about four weeks of summer remaining. I do hope all of you have had the occasion to get out and see friends or family or at least saw them by Zoom or FaceTime. Staying connected to others also greatly helps our health and well being. Getting outside in the great outdoors helps our mood and contributes to our well being.

You might now be saying why is this information under Corresponding Secretary and Sunshine? The answer is simple. We need healthy members to actively participate in our five programs of work. Without each member doing her part, we will not have mail coming into the post office box to be distributed. We will have no work done and no letters coming in for community sponsorship of our projects. I will have no thank you notes to write.

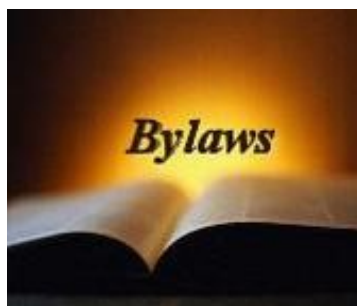
We need new officers and program chairs for 2022. The same people should not have to be in charge. We need to share the load, but we have to be healthy and willing to take on the challenge.

Sunshine is responsible for sending cards to members and for phone and texts contacts. We need to all work to meet the individual needs of our members and to assist our community and our world.



Parliamentary Advisor: Pat Swan

Don't forget to read your e-mail about the upcoming proposed by-law changes that were sent out by Diane on August 30th. We will be discussing and voting on these changes at the Sept. 9th meeting.





Art and Culture: Gloria Sill & Karen Snavelly

Community Service Program Chairs

Art & Culture
Gloria Sill & Karen Snavelly

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

Education & Libraries:
Nancy Chilcoat & Lee Jurjevich

Environment:
Laurie Benken & Lori Bottens

Health & Wellness:
Cheryle Haynes & Mary Pope

Committees

Lilburn Daze
Nadine Bily

Social
Laurie Benken

Communications
Brenda Dana

Websites, Facebook
Andrea Brannen

Newsletter
Dianna Carson

Fundraising:

Art Committee and other members have been working on items for the Sellables Booth at Lilburn Daze. We have priced everything. We hope to be working together to set up our booth so that it will be enticing for buyers to come in and browse all of our items. You all may want to see all of the cute and useful items that have been created.

We are looking forward to the Van Gogh Immersion Exhibit on Sept. 17. We leave Lilburn Park parking lot near the new Pavilion at 9AM for the 10AM exhibit. If you have not paid Gloria yet, please do so at your convenience. Ticket prices are \$27.70 each. We will be having lunch after the exhibit nearby afterwards. We've been told to buy the extra 3D glass-

es to view more of the exhibit after the initial exhibit. We will feel like we're walking through a village of Van Gogh paintings. So exciting!



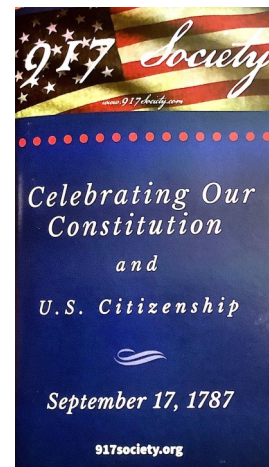
Civic Engagement & Outreach: Ginnie Childers & Adela Salame-Alfie

Celebrating Constitution Day

The Civic Engagement and Outreach (CEO) program partnered with the 917 Society to distribute pocket Constitutions to all 8th graders in the three Lilburn Schools. The 917 Society is a non-partisan non-profit educational organization whose mission is to provide a free program for 8th grade teachers for Constitution Day each and every September 17th.

In a letter to the teachers, the 917 Society states that each student gets their own pocket U.S. Constitution in a lasting, durable cover. Teachers and students are asked to sign and date the first page to commemorate when students receive it. The last page has the Official Citizenship Oath and many teachers have the students recite it at the end of their Constitution Day activities and also sign and date. We are excited to be able to distribute these free Constitutions to our middle schoolers.

Our committee will be reaching out to the schools to arrange for delivery at a time convenient to the schools. Given the existing COVID protocols forbidding visitors at the schools, we may not be able to take pictures but will ask the school to please share some pictures with us. The 917 Society encourages the teachers to submit pictures or videos of their Constitution Day activities and offers a \$100 gift card to the best ones to use for supplies or other needs.



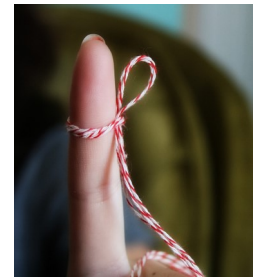
We are still working on our "Days For Girls" kits. This project has proven to be quite complicated but we will continue to help these girls and women who need this assistance. We will bring one of the kits to the Sept. meeting.





Education and Libraries: Nancy Chilcoat & Lee Jurjevich

Education and Libraries Program please help. Lilburn Middle School needs cookies and volunteers for their Sept 13 2:05p.m. cookie walk celebration for participants in the summer reading program. They are also asking for help with their book fair Sept. 20-24.



Donation Reminders

The LWC collects the following items to help those in need. Bring items to club meeting.

Art:

Civic Engagement:
Soda can tabs

Education:

Environment:
Empty Ink Cartridge
Empty Pill Bottles

Health & Wellness:

Lilburn Co-op:

Canned Peas
Canned Chicken, Tuna, Stew
Canned Mixed Veg.
Peanut Butter
Shampoo
Canned Pork & Beans
Toilet Paper
Cereal
Hamburger Helper



Environment: Laurie Benken & Lori Bottens

We continue to maintain the herb garden at the Lilburn community plot. The bee box has been installed at the JB Williams Community garden. No more live larvae is available in this area to install in the box, so we will do that next March. We have gotten some donations towards supporting some bee hives for Heifer international and also maybe a North GA bee group that is much closer to home!



Had a very successful Dog days of Summer event at the Lilburn Farmers Garden at the end of July. We had 30 dogs show up 22 of which participated in our dog parade, several had costumes on and everyone seemed to enjoy the event. We handed out 25 goodie bags that we put together with the help of donated items from Funny bones, and Gwinnett Animal Hospital, and our committee. We also made dog toys as part of our goodie bags, from recycled water bottles, socks, ribbon, and some dog treats, Andrea sent one to her daughter over seas and she said it is her dogs favorite toy!! 😊



We will be having another committee meeting soon, date to be determined.
Laurie Benken and Lori Bottens



Health & Wellness: Cheryle Haynes & Mary Pope

While we prepare for weather related emergencies, we don't always think about car safety. Older Americans today are healthier and more active than ever before. The aging baby boomer generation is the fastest-growing demographic in the U.S. By 2030, there will be more than 70 million people age 65 and older, and approximately 85-90 percent of them will be licensed to drive. In fact, seniors are outliving their ability to drive safely by an average of 7-10 years and for the first time in history, we must plan for our "driving retirement" just as we plan for our financial retirement.

Every day, we spend a lot of time in our cars, but our vehicles can be an invaluable lifeline if we need to leave quickly. Preparing your vehicle with the right accessories and products can ensure senior driver safety, even in an emergency.

- Blind spot monitors: Eyesight can weaken with age, but blind-spot monitors will sound an alarm if you attempt to merge when there is a vehicle in your blind spot.
- Rear view monitors: These monitors can work either as a backup camera or a continuous monitoring system that can help you see around the back of your vehicle.
- Car lighting: Interior and exterior lighting in your vehicle can help ensure visibility at all times of the day and night, no matter where you are.
 - Adaptive headlights: These headlights are extra convenient because they automatically adjust based on changing conditions on the road.
 - Automatic high beams: Turning your high beams on and off can add stress in traffic, so automatic high beams alleviate that burden by automatically adjusting themselves based on the surrounding lighting.
 - Auto-dimming side-view mirrors: As headlights become even brighter and sharper, they can wreak havoc on your eyes while driving, but auto-dimming side-view mirrors ensure that the reflection of other cars' headlights doesn't interfere with your vision while driving.
- 360-degree camera systems: Instead of just one camera, you can benefit from several that are strategically placed around your vehicle.
- Driver drowsiness detection: This new technology uses facial recognition and machine learning to recognize and prevent drowsy driving.
- Automated emergency braking: All it takes is just one second with your eyes off the road, and an accident can happen, but automated emergency braking will activate the brakes if you fail to first.
- Steering knobs: Also known as a Brodie knob, knuckle buster and wheel or suicide spinner, these steering wheel knobs allow for one-handed steering and easier navigation along curves and turns.
- Automated crash detection: This app can be used on your smartphone or some vehicles to detect a collision and summon help automatically.
- First responder access: Services like Onstar allow first responders to summon help and communicate with you directly, receiving potentially life-saving information that can help emergency services when they arrive.
- Hands-free phone use: [Cell phone use](#) is one of the primary causes of [distracted driving](#), but utilizing hands-free phone technologies, whether through your car or via smartphone, can ensure you operate your vehicle safely while enjoying your conversation.
- Keyless vehicles: Fumbling with keys is an extra headache that can also waste precious seconds in an emergency, but keyless cars can help you get on the road that much faster.
- Extra wheelchair or walker: If you have to evacuate in an emergency, you may not have time to load your wheelchair or walker, so having an extra set in the car can ensure you still have your mobility even if you need to leave quickly.

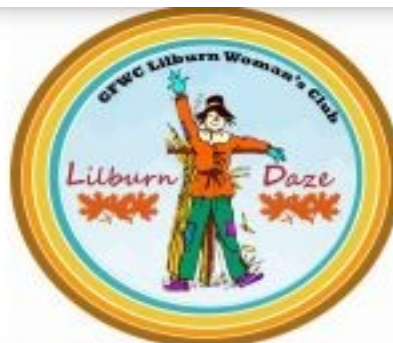
SAFETY FIRST



**Safety
Starts
Here**

Think Safe...
Work Safe...
Be Safe

Lilburn Daze: Nadine Bily



LILBURN Daze

**Saturday,
October 9
9 AM to 5 PM**



**Lilburn City Park
Lilburn, GA**



**annual
tradition
fun for
everyone**

**Handmade jewelry,
hair accessories,
candles, clothes,
home decor,
bath/body products,
pet products, delicious
foods**

www.lilburndaze.org

Sept., 2021

Because of covid-19, many of these activities may be cancelled, delayed, or held by conference call / zoom

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

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1	2 CEO Zoom Mtg. 7PM	3	4 S.M.I.L.E Sat. The first Saturday of each month is designated as S.M.I.L.E. (Smile, Motivate, Inspire, Lead, Excel) Saturdays. Club members are asked to wear Club T-Shirts, District T-Shirts, GFWC Georgia Shirts or GFWC Shirts when they visit the grocery store, nail salon, a neighbor, or simply out and about.
5	6	7	8 7PM Lilburn Daze Mtg.	9 6:30 LWC General Mtg.	10	11
12	13	14	15	16	17	18
18	20	21	22	23 7PM Exec. Bd. Mtg.	24	25 10AM NE District Mtg
26	27	28	29	30		



Happy Birthday:

Sept 1—Cheryle Hanes
 Sept. 11—Yoon-mi Hampton
 Sept. 11—Carol Watson
 Sept. 12—Christine Peredney
 Sept. 26—Sandra Pak
 Sept. 30—Shannon Terhune