



Executive Officers 2021

President

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

October, 2021

President: Diane DeGaetano

Here we are on the brink of our largest fund raiser – Lilburn Daze. Farmers Almanac predicts only a 20% chance of less than perfect weather. We live for these 21 hours over 2 days, even though many hours are put in ahead of Oct. 9 – doing things like contacting potential sponsors and vendors, coordinating with the city representatives, and organizing our members to work the event (just to mention a few).

Working at this event is very important to the club as a whole and even the members who just joined will be working some needed positions. We are very blessed to be able to have this event this year and it is very important that we give it our all. It is a very long, tiring but worthwhile day(s). I appreciate all the hard work of all our members.

Remember, we do this for our community, for the scholarships and all the wonderful programs we have and will execute next year. Thank you for your dedication to LWC!



1st Vice President: Kathy Shepherd



My name is Joann Brown and I am honored to be a member of GFWC Lilburn Woman's Club. I am originally from the Chicago area and have lived in Georgia almost 3 years now. I have 2 children. My daughter, Brittany, lives with her husband in England and my son, David, lives in Chicago.

I have a long history of giving back to the community. A few of my volunteer experiences have been with the March of Dimes, Special Olympics, donating blood and platelets for 25 years, Make-A-Wish and raising more than \$25,000 over 13 years for breast cancer.

I am looking forward to serving the Lilburn community as a member of GFWC Lilburn Woman's Club and making new friends. Thank you for the opportunity.

New Member: Ljerka Bilbija

Ljerka Bilbija was born and raised in Yugoslavia where she met her husband Miroslav and had her first daughter Andrea. When the civil war started in 1990, she moved with her family to Germany where she lived until 1997. During that period Ljerka and Miroslav welcomed their second daughter, Tanja.

Because of the instability in her native country, she and her family began a new life in the States and moved to Atlanta in 1997. Currently, they live in Lawrenceville and Ljerka is working as a Senior Sales Manager for Hyatt. In her spare time, she enjoys baking, gardening, and admiring the wildlife in her backyard.



Corresponding Secretary: Christine Peredney

LWC Team Sunshine- Sunshine invokes the positive thoughts of warmth, happiness, and good will. Being a LWC Sunshine Team member unites the club in its goal of Community Concern. In previous columns I have addressed being a Sunshine by a cheery in person hello at a club meeting, a text, phone call or a card to a LWC member. This column addresses other means to be a Sunshine Team member in Lilburn Woman's Club.

Nadine Bily and Dianna Carson have been busy with Lilburn Daze, our major fundraiser, urging members to cheerfully volunteer at least four hours on Saturday October 9. Help is also needed on Friday October 8 for set up. Think of this volunteering as a blessing and an opportunity to serve the community and work with fellow Sunshine Team Members.

I hope many can participate in the Fundraiser for Side by Side on October 12 at the Yellow River Wildlife Sanctuary and assist with the Halloween Celebration at the end of October at the Sanctuary. No member is expected to participate in every activity each program sponsors or volunteer at every club project. We have members who at present are unable to participate due to medical problems. However there may be some task that could be done without attending a meeting or an in person activity. We do not want any member left out, if participation is possible.

We also need LWC Sunshine Members to say "yes" when asked to serve as an officer in LWC for 2022. Many of the officers have served a consecutive two year term. The Bylaws changes passed at the September General Meeting states that officers can only serve a consecutive two year term and new officers must be installed. There will also be the need to have members volunteer to lead the five Programs of Work for 2022. 2020 and 2021 have been difficult for the club, but we have survived and achieved much for the Lilburn Community by working together as a Sunshine Team. Let's continue the onward progress. It takes all members working together as a team.



Sunshine



Art and Culture: Gloria Sill & Karen Snavely

Our visit to the Van Gogh Immersion was a real hit. It's wonderful beyond description. We were all amazed with this exhibit. It's running through November. If you go, pay the extra \$5 for the virtual experience. It's just incredible!



We also found a nice place to have lunch in the Kirkwood area of Atlanta. It's wonderful with the gentrification of many old houses.

We have created, priced, and inventoried many wonderful things for our sellables booth at Lilburn Daze. Take advantage of our many wonderful creations from bird houses, to decorative plates, crocheted items, yard art, and many other great items to purchase. Thanks to everyone who helped to work on these items for the LWC sellables booth



Community Service Program Chairs

Art & Culture
Gloria Sill & Karen Snavely

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:



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

With the coming of October, we can once again relish in the beauty of the colorful leaves and the cooling of summer's heat. We look forward to Halloween celebrations, "pumpkin spice"-flavored everything and of course, Lilburn Daze!

But October marks another event as well. It is Domestic Violence Awareness Month. This designation was established nationwide in 1987 and officially recognized by Congress in 1989. The statistics are shocking. According to the National Coalition Against Domestic Violence, "nearly 20 people per minute are physically abused by an intimate partner in the United States". 1 in 4 women and 1 in 9 men experience some form of intimate partner physical or sexual violence and/or stalking.

Fortunately, there are many groups seeking to help and advocate for these victims of domestic violence. We were lucky to have Marina Peed and Amanda Mickelson of Mosaic GA as guests at our September meeting. Marina spoke eloquently about their Sexual Assault and Child Advocacy Center which offers free services to their clients, 68% of whom are children 17 and younger. 15% fall into the 18-24 age range, the most common group to be

abused by an intimate partner. Marina reported that their forensic interviews alone are up 53% from 2020 to 2021 and that all cases are increasing across the board.

Mosaic GA is excited to be partnering with Rainbow Village in Duluth and also about the Mosaic Resilience Center which offers a variety of aftercare services including civil legal services, education in areas of safety, health and justice and the new Wholeness Project. This project is dedicated to addressing the healing of mind, body and spirit through a whole range of creative arts, movement, meditation, healing arts and the My Story project.

Mosaic GA is presenting their Mosaic Masterpieces Happy Hour Event on October 28 from 6:00 to 8:00 PM in the Gwinnett Historic Courthouse in Lawrenceville. It will be a fun evening with opportunities to bid on their masterpiece artworks, as well as offerings of hors d'oeuvres, desserts, beer and wine. Tickets are \$60 for one and \$45 each for four or more.





Education and Libraries: Nancy Chilcoat & Lee Jurjevich

Thanks to Kathy Mattox and all who helped make the dictionary project a success once again.

Thanks to Nadine Bily for heading up the Book Fair help at Lilburn Middle.

Thanks to Christine Peredney for taking care of the two Little Free Libraries for Education this year and to Kathy Mattox who has volunteered to cover for Christine while Christine recuperates from hip surgery.

Education booth at Lilburn Daze has been donated to several published local authors. Sally Baker has kindly stepped up to see that all goes well with them at Lilburn Daze.

Our next Education and Libraries Program meeting will be scheduled after Lilburn Daze. We will be discussing the possibility of a STEM project for students with disabilities. Laura Byrd suggested we think about donating cash and help to design a Hydroponics plant tower at one of our elementary schools.

Pat Swan has suggested we construct "sensory bottles" and present them to 11 students with disabilities at Lilburn Elementary school. Jenny Nall is checking with Hi Hope to see if they would also like some of these sensory bottles.

There's an Art and Reading Room project going on at Lilburn Elementary. We may be able to help when the reading room is completed. Stay tuned.

Remember October is National Learning Disabilities Month.

Try to see if you can help somewhere. It's also National Book Month - Read, read, read.

Don't forget upcoming Oct. Lilburn Woman's Club book choice is ENGINEER'S WIFE by Tracey Emerson Wood And Oct. 10 begins Teen Read Week. Have a teen in your life? Encourage them to take up a book instead of a tablet or phone or computer this week and discuss that title



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

SAVE THE DATE! Halloween fun at the Yellow River Wildlife Sanctuary October 30th and 31st . Great volunteer opportunity for LWC, you need to dress up, and Andrea will let us know more details closer to the date.

Environment met in September to plan the rest of our year.

Environment program will be sprucing up the Healing Garden in Lilburn Park prior to Lilburn Daze with some of our budget.

Do you recycle? Have you donated items? Do you conserve water? Please track these hours in Track-it-forward.

Gwinnett County's Gardening 101 & Volunteering series continues until the end of the year. It is offered 3 times a month at various locations. <https://www.gwinnettcounty.com/web/gwinnett/calendar/general>

Plan ahead for this event in November
America Recycles Day was started in 1997 by the National Recycling Coalition to encour-

age Americans to commit to recycling. Gwinnett County Solid Waste Management sponsors an annual America Recycles Day event in partnership with **Gwinnett Clean & Beautiful**.

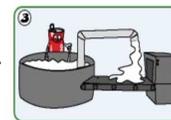
The event is scheduled for November 6, 2021. Check back closer to the date for additional details. This event is brought to you by Gwinnett County Solid Waste and Gwinnett Clean & Beautiful. For more information, please call the Solid Waste Call Center at 770.822.7141.



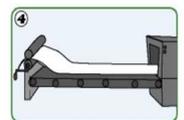
1 Paper is taken from the bin and deposited in a large recycling container along with paper from other recycling bins.



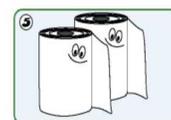
2 The paper is taken to a recycling plant where it is separated into types and grades.



3 The separated paper is then washed with soapy water to remove inks, plastic film, staples and glue. The paper is put into a large holder where it is mixed with water to create 'slurry'.



4 By adding different materials to the slurry, different paper products can be created, such as cardboard, newspapers or office paper.



5 The slurry is spread using large rollers into large thin sheets.



6 The paper is left to dry, and then it is rolled up ready to be cut and sent back to the shops.



Health & Wellness: Cheryle Haynes & Mary Pope

October is Breast Cancer Awareness Month:

The past year has posed a challenge to just about everything, and breast cancer prevention is no exception. Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast. Cancer begins in the cells which are the basic building blocks that make up tissue. Tissue is found in the breast and other parts of the body. Sometimes, the process of cell growth goes wrong and new cells form when the body doesn't need them and old or damaged cells do not die as they should. When this occurs, a buildup of cells often forms a mass of tissue called a lump, growth, or tumor. Breast cancer occurs when malignant tumors develop in the breast. These cells can spread by breaking away from the original tumor and entering blood vessels or lymph vessels, which branch into tissues throughout the body. When cancer cells travel to other parts of the body and begin damaging other tissues and organs, the process is called metastasis.

Breast cancer death rates declines 40% from 1989 to 2016 among women. The progress is attributed to improvements in early detection. According to the American Cancer Society, when breast cancer is detected early, and is in the localized stage, the 5-year relative survival rate is 99%. Early detection includes doing monthly breast self-exams and scheduling regular clinical breast exams and mammograms.

Northside Hospital Gwinnett hosts the Paint Gwinnett Pink 5K Walk/Run at Coolray Field in Lawrenceville, every October. The 2021 event will be held Saturday, October 23.

 NORTHSIDE HOSPITAL

Paint
Gwinnett
Pink 5K
Walk/Run for Breast Cancer



October 10th is World Mental Health Day:

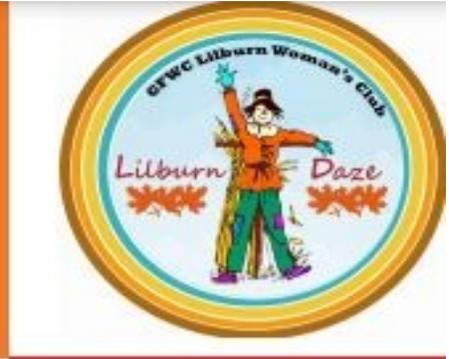
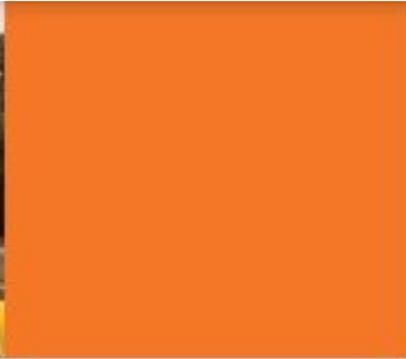
The COVID-19 pandemic has had a major impact on people's mental health. Some groups, including health and other frontline workers, students, people living alone, and those with pre-existing mental health conditions, have been particularly affected. And services for mental, neurological and substance use disorders have been significantly disrupted.

Yet there is cause for optimism. During the World Health Assembly in May 2021, governments from around the world recognized the need to scale up quality mental health services at all levels. And some countries have found new ways of providing mental health care to their populations.

The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health. The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.



Lilburn Daze: Nadine Bily



LILBURN Daze

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



**annual
tradition
fun for
everyone**

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

www.lilburndaze.org

Oct., 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 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) Saturday. 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.
3	4	5	6	7	8 Lilburn Daze Set Up	9 LILBURN DAZE 
10	11 7pm LWC Book Club	12 10AM Health & Wellness	13	14	15	16
17	18	19	20	21 7PM Exec. BD Mtg	22	23 Paint Gwinnett Pink 5K walk/run for Breast Cancer Prospective Member Meeting for LWC 1-2PM 7-11PM A Night to Fall into Literacy' Gwinnett County Public Library Foundation Gala
24/31 	25	26 Deadline to Contribute to Treats for Troops	27	28 6:30PM Social: Halloween Bingo	29	30



Happy Birthday:
 Oct. 18—Lori Harrison