



# GFWC Lilburn Woman's Club

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

March, 2024

**President: Kathy Mattox**

We're heading into Spring really quickly!! The club members are in full swing with the CSP meetings and making plans to deliver some awesome projects in the community this year! Thank you all for getting involved so readily and kicking us off to a great start!

Please consider attending the North East District meeting on March 30, 2024 in Hartwell, Ga. Some of our members will be installed as new district officers and we will have the district awards presentations to the clubs for all their hard work in 2023!!

The Taste of Lilburn committee has been working hard planning our 2024 event!!! They have several sponsors committed and so far around a dozen restaurants. If you have a regular restaurant you visit, mention Taste of Lilburn to them to show them the community support for this event and ask them to participate. We could use more sponsors too, so if you know of a company that we should reach out to, please contact Wanda Staebell or Andrea Brannen. Tickets are already on sale on our website. Be sure to order yours early, they will cost more at the door. We will also have tickets for sale at our March 7<sup>th</sup> and April 4<sup>th</sup> General Meetings. Tickets are \$10 a set (of 10). There will be sign up Genius emails to schedule helpers at the event coming out later. Remember this is one of our Club projects and your requirement is to support at least two of these.

Lastly, we will be ordering some new LWC "bling" shirts in blue with v-necks and short sleeves for anyone that's interested. Sample sizes will be available at the March meeting and Andrea will be taking orders. Prices will vary by size. We have to have a minimum of 10 orders. You will also be able to use this link to order online but remember, there you'll also pay a credit card fee. [LWC Bling Shirts | Taste of Lilburn](#) Don't worry that the link takes you to our Taste of Lilburn site, we needed to do that for these sales due to our website pricing restructure.

**Executive Officers 2024**

**President**

**Kathy Mattox**

**1st Vice President/**

**Membership**

**Jenny Nall**

**2nd Vice President/**

**Programs**

**Adela Salame-Alfie**

**Recording Secretary**

**Deborah Shields**

**Corresponding Secretary:**

**Dianna Carson**

**Treasurer/501c3**

**Ana Kolb**

**Parliamentary Advisor**

**Susan Allred**



## 1st Vice President: Jenny Nall

We will be greatly honored with the attendance of Kim Sekulow, the GFWC Georgia President at our March meeting. Her emphasis has been to support the goals of Wellspring, a residential program to provide women and youth with trauma-informed care in a safe environment. In honor of their 23<sup>rd</sup> year, GFWC members can give a \$23 donation as a birthday present. Make the check to the Lilburn Woman's Club and write for Wellspring . We have a great program planned! Cimi Douglass, GFWC Georgia Treasurer will lead our program on utilizing Google Mail in ways that can make your life easier! Let me know if you or anyone you have invited to attend our meeting or program meetings needs a ride. I will be happy to arrange a ride.



EXCITING NEWS! We have our first new member in 2024. Barbara Brennen has fulfilled membership requirements and is joining us this month. She is interested in participating in Civic Engagement and Outreach. She is a wife and mother of 2 just married sons and a step-daughter who is a nurse in Nebraska. Barbara grew up in Connecticut but has lived in Lilburn for 43 years. She worked in the IT industry for over 30 years and just recently retired. She is a member of St John Neuman Church and has worked with St. Vincent de Paul and other church programs over many years. She enjoys hiking, running, reading, painting, and spending time with family and friends. She is joining our club in hopes of meeting new people and giving back to the community.

## 1st Vice President: Jenny Nall (continued)

The GFWC Georgia Historian, Jennifer Spivey, asked each club to submit a paragraph about a member who is a Woman of Courage. Pat Swan's efforts for Healthy Mothers Healthy Babies has been sent as our Woman of Courage.

Pat Besson Swan is a Woman of Courage. As a nurse, she saw the toll that the lack of maternal care, prenatal and postnatal, takes on mothers and babies. In the 70's, she inspired her junior club to begin a program in DeKalb called Continuum. In 1974, it became the statewide, nonpartisan, non-profit organization called Healthy Mothers, Healthy Babies Coalition of Georgia, which is still the strongest statewide voice to improve the health of Georgia's mothers and babies. Her junior club project in DeKalb County assisted with taking blood pressures and monthly weigh-ins at a health clinic. If the prospective mother came as scheduled, then when she delivered, she was given a basket of baby items furnished by the club and a local church. Pat was, and continues to be, involved in legislative issues for funding for this issue. During her service as Director of Junior Clubs and as State President, she encouraged clubs to hold baby showers to provide maternal support. During her State Presidency, the state raised over \$40,000 to help build a house for pregnant women seeking to be drug free. This year, Healthy Mothers Healthy Babies will celebrate 50 years of service toward improving the health of mothers and babies. Pat continues to call legislators to lobby to fund this work, as our job is not finished.



## 2nd Vice President: Adela Salame-Alfie

(source: National Women's History Alliance)



The National Women’s History Month’s theme for 2024 celebrates “Women Who Advocate for Equity, Diversity and Inclusion.” The theme recognizes women throughout the country who understand that, for a positive future, we need to eliminate bias and discrimination entirely from our lives and institutions. Women from every background have long realized that an uneven playing field will never bring equality or justice. Many feel the critical need to speak up and work harder for fairness in our institutions and social interactions.

During 2024, we recognize the example of women who are committed to embracing everyone and excluding no one in our common quest for freedom and opportunity. They know that people change with the help of families, teachers and friends, and that young people in particular need to learn the value of hearing from different voices with different points of view as they grow up.

Today, equity, diversity and inclusion are powerful driving forces that are having a wide-ranging impact on our country. As members of families, civic and community groups, businesses and legislative bodies, women are in the forefront of reevaluating the status quo. They are looking anew at what harmful social policies and behaviors exist and, often subtly, determine our future. In response, women in communities across the nation are helping to develop innovative programs and projects within corporations, the military, federal agencies and educational organizations to address these injustices.

It takes courage for women to advocate for practical goals like equity, diversity and inclusion when established forces aim to misinterpret, exploit or discredit them. Throughout 2024, we honor local women from the past and present who have taken the lead to show the importance of change and to establish firmer safeguards, practices and legislation reflecting these values. Following decades of discrimination, we are proud to celebrate women who work for basic inclusion, equality and fairness. Who are the women in your community or organization that you will honor?

### Lilburn Daze: Maureen Fraser

The Lilburn Daze website ([www.lilburndaze.org](http://www.lilburndaze.org)) is LIVE!! Be sure to take a peak to become familiar with our 2024 sponsorship opportunities, as well as craft/commercial and food vendor guidelines. It will take all of us working together to make the 52<sup>nd</sup> Annual Lilburn Daze a grand success.

One of our earliest deadlines is for sponsors. The sooner they sign on the sooner we can begin promoting them on the our website, Facebook page and include them on printed materials. Think of businesses that you deal with on a regular basis throughout the year – nail salons, car washes, car dealership, insurance companies, pet shops, dentists, banks, appliance stores, orthopedists, etc. Contact Wanda Staebel if you need help planning the best strategy to win them over! Remember that sponsorship dollars go directly to our bottom line. Given today’s economy, we expect that some of our costs will increase so additional sponsorship can help fill the gap and enable us to meet our goal!

Also, we are excited to announce that each CSP will be debuting a new scarecrow this year at the festival that will highlight their theme – Arts & Culture; Education & Libraries; Environment; Civic Engagement & Outreach; Health & Wellness. We can’t wait to see each group’s creativity!

Upcoming Meeting Dates:

Subcommittee Project Leads: Thursday, March 14<sup>th</sup> at 7:00 pm at the home of Maureen Fraser

All Committee Volunteers: Monday, April 29<sup>th</sup> at 7:00 pm at Judy’s Barn

Contact Maureen ([rickmaurf@gmail.com](mailto:rickmaurf@gmail.com) or 404-35804319) with any ideas you may have for the committee to consider.

### Community Service Program Chairs

Art & Culture  
Lori Bottens

Civic Engagement & Outreach:  
Diane DeGaetano

Education & Libraries:  
Barbara Brooks

Environment:  
Mandy McManus

Health & Wellness:  
Nadine Bily

### Committees

Lilburn Daze  
Maureen Fraser

Taste of Lilburn:  
Andrea Brannen

Social:  
Gloria Sill

Communications  
Brenda Dana

Websites, Facebook  
Andrea Brannen

Newsletter  
Dianna Carson



## Art and Culture: Lori Bottons

March is dedicated to honoring and celebrating the contributions and achievements of women throughout history. There are countless remarkable women in history who have made significant contributions to various fields including science, literature, politics, activism, art, and more. Below are just a few remarkable examples of extraordinary women throughout history who serve as beacons of inspiration:



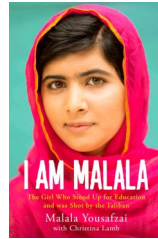
Marie Curie (1867-1934): A pioneering physicist and chemist, Curie was the first woman to win a Nobel Prize and remains the only person to have won Nobel Prizes in two different scientific fields (Physics in 1903 and Chemistry in 1911). Her groundbreaking research on radioactivity laid the foundation for advancements in the field of nuclear physics.



Rosa Parks (1913-2005) was a pivotal figure in the Civil Rights Movement, earning the title of the "Mother of the Civil Rights Movement." Her courageous stand came about when she made the decision not to yield her seat on a segregated bus in Montgomery, Alabama, in 1955. This act of peaceful resistance ignited the Montgomery Bus Boycott, a significant turning point in the struggle for civil rights in the United States. Through her steadfast resolve and dignified protest, Rosa Parks inspired countless others and helped galvanize a movement toward justice and equality for all.



Ada Lovelace (1815-1852): Often regarded as the world's first computer programmer, Lovelace collaborated with Charles Babbage on his mechanical general-purpose computer, the Analytical Engine. Her notes on the engine include what is now considered to be the first algorithm intended to be processed by a machine, making her a pioneer in the field of computer science.



Malala Yousafzai (born 1997): A Pakistani activist for female education, Yousafzai gained international prominence after surviving an assassination attempt by the Taliban in 2012. She continues to advocate for the right to education, particularly for girls, and became the youngest-ever Nobel Prize laureate in 2014 at the age of 17.



Jane Goodall (born 1934): A primatologist, ethologist, and anthropologist, Goodall is best known for her groundbreaking study of chimpanzees in Tanzania. Her research revolutionized our understanding of animal behavior and the relationships between humans and animals, and she remains a prominent advocate for wildlife conservation.



Elizabeth Cady Stanton (1815-1902): A leading figure of the women's suffrage movement in the United States, Stanton was instrumental in organizing the Seneca Falls Convention in 1848, where the Declaration of Sentiments, calling for women's rights, was drafted. She dedicated her life to advocating for women's suffrage and equality.



Frida Kahlo (1907-1954): A Mexican artist known for her vivid and emotive self-portraits, Kahlo's work often explored themes of identity, gender, and Mexican culture. Despite facing numerous challenges, including lifelong health issues resulting from a bus accident, Kahlo's art has left a lasting impact on the world of modern art.

These are just a few examples, and there are countless other remarkable women throughout history who have made significant contributions to society and have left a lasting legacy in their respective fields.





## Civic Engagement & Outreach: Diane DeGaetano

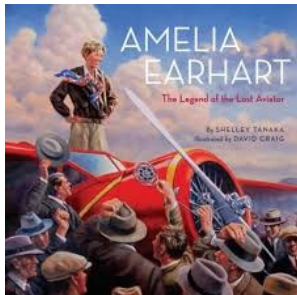
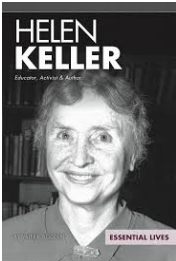
Submitted by: Ana Kolb

Every year, March is designated Women's History Month by presidential proclamation. The month is set aside to honor women's contributions in American history.

In 1980, a consortium of women's groups and historians—led by the National Women's History Project (now the National Women's History Alliance)—successfully lobbied for national recognition. In February 1980, President Jimmy Carter issued the first Presidential Proclamation declaring the Week of March 8<sup>th</sup> 1980 as National Women's History Week.

Women's contributions and accomplishments have largely been overlooked and consequently omitted from mainstream culture. The National Women's History Museum helps fill that void. To this end, the Museum serves to place women's history within current historical narratives because inclusive history is good history.

With the age of technology, we can explore the history of women who have contributed and enriched our lives. Go to [www.womenshistory.org](http://www.womenshistory.org) to explore biographies and articles about women making history.



The site [www.womenshistorymonth.gov](http://www.womenshistorymonth.gov) is where The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in commemorating and encouraging the study, observation and celebration of the vital role of women in American History. There are so many exhibits and collections devoted to women from Art & Design, Business, Government, National Parks and more.

There are so many events and things to do around Atlanta to celebrate and honor Women's History month. Go to <https://secretatlanta.co/things-to-do-womens-history-month/> to explore concerts devoted to women in music, eat at women-owned restaurants in Atlanta, see art mural in Ponce for International Women's Day, and so much more to explore.

We need to embrace how women have made an impact in history and be proud of our accomplishments. Our own organization and all women in our club have changed history, and I'm proud to be part of the Lilburn Woman's Club. We make a difference.

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### To Order New LWC Bling Shirts:

Orders are now being taken for LWC Bling shirts. The blue shirts are Bella Canvas V-neck. Samples will be available at the March General Meeting.

Orders and payment have to be received on or before March 15<sup>th</sup> to insure shirts will be here for Taste of Lilburn.

Complete the form first and then go back to the page for credit card payment.

<https://www.tasteoflilburn.org/lwclubshirts>



## Environment: Mandy McManus

Environment CSP has accepted the Nextrex Recycling Challenge for the Lilburn Woman's Club.

During the next 12 months, LWC is going to collect 1,000 pounds of soft film plastics and packaging. You read it right – 1,000 pounds! This is an enormous task BUT we will be collecting items that cannot be recycled in our curbside program.

How can we do this?

**FIRST, collect these items**

**More than just plastic bags are recyclable.**  
**APPROVED ITEMS FOR NEXTREX® PROGRAMS**



Trex Bench

**NEXT**, Solicit friends, neighbors, and family to join the challenge.

Do you know a business owner? Ask them to save these items for us too!

**BRING** collected bags to general meetings or call Andrea (404-384-8574) for pick up.

This Challenge is not only great for the planet, but we will receive a Trex Bench once we meet the goal.



## Health & Wellness: Nadine Bily

Do you know the difference between Health and Wellness?

Lappe says, **"health is the goal and wellness is the active process of achieving it."** We can make active decisions toward wellness. **March is National Nutrition Month.** Many of us donate food in our club, our schools, our churches, and Co-ops. Think about donating the healthier food choices this month.

In the handbook, you will find that a GFWC goal is for us to **Get Fit Within our Communities!** Keep track of times that you are participating in community wellness activities. One excellent resource in the Lilburn Community is Building C behind Mt. Park Baptist Church. It is a Wellness Center. The top floor Mezzanine is an indoor track. The second level has pickleball, a machine workout center with elliptical machine, recumbent bikes, and weights, plus exercise classes. The first floor is a meeting area for speakers.



Classes:

- For those with Silver Sneaker insurance, just scan your card.

- Pickleball- Sign in on the 2<sup>nd</sup> floor
- Flexibility & Toning-Beginner Fridays 11 AM, Intermediate on mats 9:45
- Balance for Fall Prevention-Tues. & Thurs. 11 AM
- Low-Impact Cardio & Strength-Mon. & Wed. 8 :30 (Silver Sneakers Circuit)
- Low-Impact Cardio & Strength- Friday 8:30 (Interval Training)
- Chair Cardio & Strength- Mon. & Wed. 10 AM (Silver Sneakers Classic)

There is a suggested donation for those without insurance: Pickleball (\$20 per month or \$3 drop in), Walking/Weightroom ( \$2), Class fees vary but also have a drop in fee


Other community opportunities: Nadine Bily, one of our members, teaches yoga in Lawrenceville. Several members walk the trails that are available in Lilburn. Harmony Grove UMC is trying to start a Pickleball group. Contact the church if you are interested.

If any of you have formed a walking or exercise group, encourage your LWC friends to participate. Be sure to keep track of all the wonderful ways you are using wellness activities to reach a healthier you!!!

# March, 2024

Check [www.lilburnwomansclub.org/Calendar.html](http://www.lilburnwomansclub.org/Calendar.html) for updates.

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

					<b>1</b>	<b>2</b>
					Reading @ Lil. Elem. SignUp Genius	
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> LWC Gen. Mtg. 6PM Lilburn Activity Center	<b>8</b> 11AM to 1:40 ED & Library Lunch Monitors at Minor Elem	<b>9</b>
	Reading at Hopkins Elem. SignUp Genius					
	ART & Culture: Mtg @ Wynn Russel House 6-8PM					
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> 7PM Lil. Daze Project Lead Mtg.	<b>15</b>	<b>16</b>
	9AM Vision Testing @ Lil. Middle					
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> 2-7PM ED wking at Minor Elem.  7PM Exec, BD Mtg	<b>22</b>	<b>23</b> 11AM Social Brunch at 3 Blind Mice
						
<b>24</b>	<b>25</b>	<b>26</b> 4:30 PM Charcoal Painting class	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b> NE District Mtg.
<b>31</b>						

### Happy Birthday:



- Mar. 3rd—Pat Shaver
- Mar. 7th—Nancy Chilcoat
- Mar. 7th—Gloria DiMaggio Tow
- Mar. 9th—Bailey Rigor
- Mar. 12th—Diane DeGaetano
- Mar. 17th—Lori Bottens