



### **Executive Officers 2023**

#### **President**

**Susan Allred**

#### **1st Vice President/**

#### **Membership**

**Kathy Mattox**

#### **2nd Vice President/**

#### **Programs**

**Adela Salame-Alfie**

#### **Recording Secretary**

**Dianna Carson**

#### **Corresponding Secretary:**

**Kathy Shepherd**

#### **Treasurer/501c3**

**Ana Kolb**

#### **Parliamentary Advisor**

**Barbara Brooks**



# GFWC Lilburn Woman's Club

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

**March, 2023**

## **President: Susan Allred**

Our 50<sup>th</sup> Anniversary Gala was the best event! So many people have told me how much they enjoyed the event. They stated that it was one of the best events they've ever attended. It was wonderful revisiting many past events and projects and amazing accomplishments. Welcoming many past presidents was a delight. The committee did a wonderful job of sharing these memories with us in so many ways. The display of scrapbooks and memorabilia, the wonderful video, and of course, the delightful skit filled with fun highlights of 50 years, were such a delight to enjoy. I hope you had your picture taken at the 50<sup>th</sup> Anniversary Photo Booth. Look for a montage of these photos on our Facebook page. Much gratitude to our committee; they really put their hearts into this event for all of us. Andrea Brannen, Lori Bottens, Dianna Carson, Mandy McManus, and Judy Nash, thank you!!

Make plans to attend our Northeast District meeting here in Lilburn on March 25<sup>th</sup>. We are the hosts, and we want as many Lilburn Woman's Club members as possible to attend! At this meeting, district award winners will be named. As hosts we will welcome members from across the northeast part of Georgia. A sign-up genius will go out in the next few weeks asking for help with various aspects of the meeting. Please plan to attend and sign-up to help. If you have not already, send your check for \$20 for the meeting to Ana, or bring it to the general meeting on March 2<sup>nd</sup>.

And just over the horizon is our first Taste of Lilburn on April 29<sup>th</sup>. The committee is working hard to engage restaurant participants for this fun event. When you visit a restaurant, engage the manager and ask for their participation in our event. You can print out the restaurant application from our website and hand it to them or just refer them to our [tasteoflilburn.org](http://tasteoflilburn.org) website. We will need all of you to help us make this event a success, so please plan to be there and take an active role in some way.

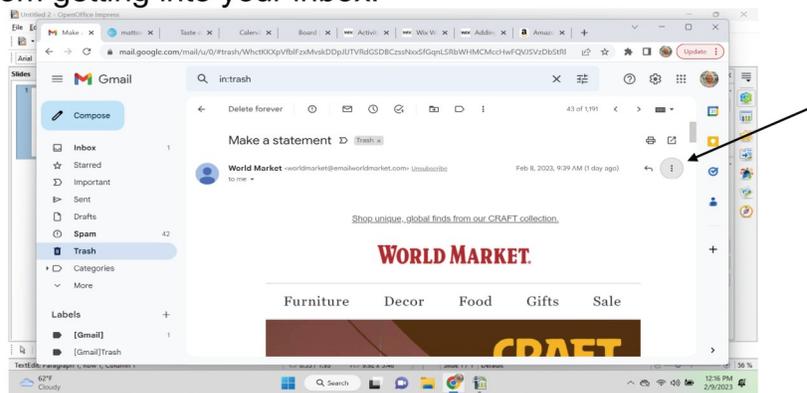


1st Vice President: Kathy Mattox

## Technology Tips

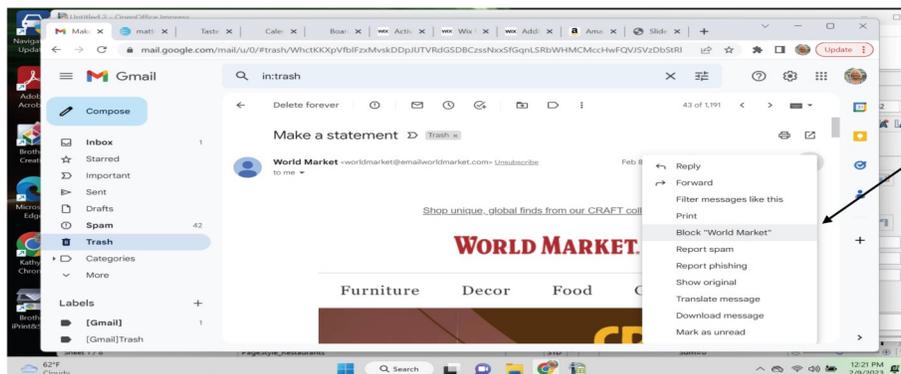
Many scammers/phishers attack your email in various ways. They will send you an email to upgrade your email account, invoice you for purchases you didn't make, send you fake IRS emails, etc. Many of these have links inside that they want you to click on which gives them access to your data. Don't fall prey to their tricks!!

If you receive these, the best way to stop the emails from coming is to unsubscribe or block them. However, there's a preferred way to do that with your email provider. Below I will show you the GMAIL and Bellsouth.net ways to stop these from getting into your inbox.



## Technology Tips

With Google Mail, you will see a vertical column of dots on the right hand side and then a vertical column of dots. If you click on those dots the drop down gives you choices of "Delete" or "Block" sender. Depending on whether you want to stop getting the sender's emails or whether they are scammers.



**Community Service Program Chairs**

**Art & Culture**  
Maureen Fraser & Nadine Bily

**Civic Engagement & Outreach:**  
Charleen Ray & Cheryle Haynes

**Education & Libraries:**  
Judy Nash & Rodean Wilson

**Health & Wellness:**  
Wanda Staebell

**Committees**

**Lilburn Daze**  
Dianna Carson & Diane DeGaetano

**Social:**  
Kathy Shepherd

**Communications**  
Brenda Dana

**Websites, Facebook**  
Andrea Brannen

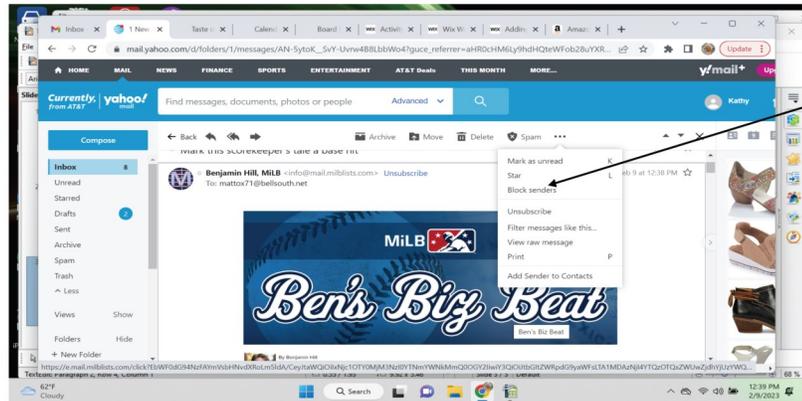
**Newsletter**  
Dianna Carson

**Fundraising:**

1st Vice President continued:

# Technology Tips

With Bellsouth.net, once you've opened the email you "Block Sender or Unsubscribe" from the same type of dropdown as Gmail. See below:



2nd Vice President: Adela Salame-Alfie

Let's make 2023 the year we all keep better records of our hours, donations, and books we read. I suggest using a calendar with large squares where you can jot down all of your LWC activities or on your phone calendar. This will make report writing for CSP chairs so much easier and more accurate!

JANUARY 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31					1
2	3	4	5	6 LWC	7	8
9	10 LWC	11	12	13	14	15
16	17	18	19	20 LWC	21	22
23	24	25	26	27	28	29



## Art and Culture: Nadine Bily

### DID YOU KNOW MARCH IS NATIONAL CRAFT MONTH?!

It's impossible to do all of your crafting in a single day, which is why we celebrate National Crafting Month every March. It is a great reminder for all of us to step away from the busyness of life and make time for artistic exploration, which has been proven to improve mental health disorders, including anxiety and depression, transporting you to a blissful new world!

#### *How it began...*

The birth of the Arts and Crafts movement in Britain in the late 19<sup>th</sup> century marked the beginning of a change in the value society placed on how things were made. This was a reaction to not only the damaging effects of industrialization but also the relatively low status of the decorative arts. In 1994, the Craft and Hobby Association created National Craft Month aimed to make positive social change through creative pursuits. It was intended to help everyone rediscover their creativity while learning about the world of crafting and its many benefits. Flash forward to today, and crafters of all kinds join the movement to begin new projects, pick up a fun hobby or learn a handy new skill – they get together to sew, knit, cut, paste, color, paint and more. Anyone who participates is sure to tell you that there are very few better ways to explore your creativity than just letting loose and making whatever your heart tells you to!

#### *The oldest crafts...*

Weaving is acknowledged as one of the oldest surviving crafts in the world. The tradition can be traced back to Neolithic times (around 3400 BC). Pottery also originated before the Neolithic period, particularly ceramic vessels.



#### *Why they are called crafts...*

The word 'craft' comes from the Middle English word for 'strength' or 'skill' derived from the Old English word craft, which comes from Old High German kraft, for strength, and means "skill in planning, making, executing" and, by extension, "an occupation or trade requiring skill." The name or definition for a craft person is artisan, defined as a worker who has special skill and training, especially one who makes things. Handmade is special because it means an item has a unique character and is not mass produced. When you buy handmade, you are buying a commitment of authenticity, a guarantee that no other piece will ever be the same.

#### *The five mediums of traditional craft and trending crafts today...*

Textile, Decorative, Paper, Functional and Fashion – these objects can include container vessels, eating utensils, weapons, clothing, jewelry, textiles and more. The top 10 handmade products to sell are Boho-Chic Style, Interior Design and Décor; Graphic Tees; Personalized Toiletry Bags; Handmade Body Scrub; Farmhouse Style Décor; Resin and Polymer Clay Jewelry; Knitted and Crocheted Items and Online Courses. Several of these popular products are also included in the most profitable crafts to sell: Jewelry, Art, Photography, Soap, Candles and Sewing.

#### *You can celebrate National Craft Month by...*

Starting a new hobby, telling your friends and family about one that you already have, or introducing your children and grandchildren to something crafty. You can also celebrate in these ways:

Buy a handmade product—support a local business or entrepreneur;

Do It Yourself—get creative and make something from scratch!; or

Give a handmade gift—show some love by making or buying a handmade product for someone.



## Civic Engagement & Outreach: Charleen Ray and Cheryle Haynes

CEO Meeting 3/9/23@7:00 pm  
Kathy Mattox' Home  
2001 Stone Mountain Rd  
Stone Mountain, GA 30087

Children in Foster Care are often given few opportunities to have new, well fitting clothing, especially Pajamas as their circumstances change frequently and unexpectedly, often during the night. We want to help them feel more loved and cared for as well as meeting practical needs.

CEO has a new project to help these girls and boys from infant to 17 yrs. through a 501c3 Non-Profit in Buford, GA known as JAMBOS.

They provide NEW pajamas to children in the Foster Care System in all 50 states. They strive to bring comfort to the children, the families and the agencies they serve.

CEO is Collecting BRAND New Children's PAJAMAS by placing SUPPORT JAMBOS Boxes at 6 Donation sites around Lilburn.

One box will be at the March 2nd General Meeting so bring NEW PJ's size 0-3 months - 17 yrs. old. You can purchase from anywhere, just leave the TAGS on the pajamas.

Check out their website where you can Donate online by sending funds OR ordering via Amazon who delivers direct to their warehouse.

[www.jambosdonates.com](http://www.jambosdonates.com)

We will be having a work day in the Spring to help sort, label, pack and prepare to ship orders awaiting delivery.

Rebecca Black, Founder of Jambos with her 3 daughters.



March is National History Month  
March 8 is International Women's Day  
#EmbraceEquity

For International Women's Day at the March meeting we would like to acknowledge our International heritage of the Members amongst us: (If y'all know of others please let us know before March Meeting.)

Adela Salame-Alfie  
Yoon-Mi Hampton  
Ana Kolb  
Gloria Sill

### About International Women's Day

The National Women's History Alliance, which spearheaded the movement for March being declared National Women's History Month announced the theme for 2023 is "Celebrating Women Who Tell Our Stories."

Throughout 2023, the NWA will encourage recognition of women, past and present, who have been active in all forms of media and storytelling including print, radio, TV, stage, screen, blogs, podcasts, and more. The timely theme honors women in every community who have devoted their lives and talents to producing art, pursuing truth, and reflecting the human condition decade after decade.

Charleen Ray, CEO Co-chair is a member of an organization called Christian Women in Media Association and host of a weekly Podcast called "Sound Bites with Charleen, Wisdom and the Word".

If any of you fit in these categories or aspire to be please contact her for more info. Watch for her interviews with some of our LWC international members. Visit [www.cwima.org](http://www.cwima.org)

SHOWING LOVE and Support to Our Firefighters on Valentine's Day CEO Co-Chair Cheryle Haines and CEO Member Dianna Carson took cookies & pastries to local Fire Stations 22 and 12. Thanks to all who donated their time & Sweets ♥



**Spring Cleaning ??? SAVE those Handbags.** Lori Harrison is once again spearheading giving back to Women in our community using GOOD but not Gone purses filled with hand-cream for Mother's Day 2023. \$10.00 donations accepted anytime with Bag Collection starting at April meeting. Contact Lori for more info.

## Domestic Violence : Diane DeGaetano

Stand with Survivors Day, Feb. 14, 2023 at the Capital was very interesting.

LWC was represented by Kathy Mattox, Charlene Ray and Diane S. DeGaetano. picture.

The details of the issues are included here. We did share these with Rep. Jasmine Clark (unable to see in person as she was in session but others from GFWC were able to briefly meet with her about these issues).

Interesting fact that 70% of all deaths in DV victims are by firearms.



Remember Well Spring Living items to bring to March meeting.

Toiletries

Clothing items for girls ages 14 +

Shoes - Any size, condition, gender etc.



### Donation Reminders

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

#### Art:

### Civic Engagement & Outreach:

#### For Wellspring:

Toiletries  
Clothing items for girls age 14 plus  
Shoes—any condition, size, gender

#### For Jambos:

New pajamas in sizes from infants to 17 year old, girls & boys

#### Education & Libraries:

Books for Little Free Library

### Health & Wellness:



### Firearms



**Our Ask:** We want to restrict access to firearms for those who have committed domestic violence misdemeanors against their intimate partners.

**The Need:** Lawful gun ownership is an individual right. Firearms should not be used to harm intimate partners or family members. GA Law should reflect this.

- Firearms are the weapon of choice for abusers who wish to kill their intimate partners.
- There is a 500% increase in the likelihood of a fatality when a firearm is present during a domestic or dating violence incident regardless of who owns it.

**The Impact:** Keeping firearms out of the hands of abusers will save lives, keep communities safe and save taxpayer dollars. Law enforcement, children and innocent bystanders are all impacted by this issue.



### Funding



**The Ask:** Support an increase of \$7M to state certified shelters and \$2.8M for certified sexual assault centers.

**The Need:** The current funding is not adequate to operate Domestic Violence Shelters and Sexual Assault Centers 24/7 which is mandated by State law.

- For the past six years the need for services has increased. This growing need continues to put a strain on programs that are already struggling to maintain staffing levels and resources.

**The Impact:** Domestic Violence Shelters and Sexual Assault Centers provide life-saving services for adults and children across the state every day. Adequate funding will ensure that nobody gets turned away



### Safe Time



**Our Ask:** Employers with 50 or more employees to allow victims to seek services related to domestic violence or abuse they are experiencing. This would include legal, housing, medical, counseling services.

**The Need:** The average person who is a victim of domestic violence loses on average 137 hours of work per year.

- Financial instability is the #1 reason survivors return to abusive situations.
- Many survivors need time off to seek a restraining order, find a safe place to stay, or to receive services from a domestic violence or sexual assault program.

**The Impact:** The Employer would essentially be getting back 97 hours of productivity that would otherwise be lost. Between 25-50% of domestic violence survivors report job loss, earn lower wages and miss out on advancement opportunities due to experiencing abuse. This bill provides employees and employers a safe and more productive workplace.



### Address Confidentiality



**The Ask:** GA needs an Address Confidentiality Program that protects survivors' personal addresses that are public record from potential misuse or abuse from abusers.

**The Need:** The most dangerous time for a survivor is when they choose to leave. Not being able to protect the confidentiality of a new residence is often a barrier for survivors when they choose to relocate to protect themselves and their families. The issue becomes compounded when they have experienced stalking.

**The Impact:** As a part of a comprehensive safety plan, an Address Confidentiality Program is a tool survivors can use to help keep themselves and their families safer.





## Education and Libraries: Judy Nash & Rodean Wilson

The Education Program held an informative meeting in February and Jason DiFranco of the Library Foundation provided info for the Library campaign. We decided that the campaign was not in our wheelhouse, but our focus this year is Libraries, as investing in your library is investing in education and learning for life. We will be providing opportunities to raise funds for our local libraries. Even though we will not be involved in the campaign, Jason DiFranco will be at our Taste of Lilburn.



GFWC - Epsilon Sigma Omicron (ESO) is an honorary educational society open to all per-capita paying GFWC federated club members. Over 60 years ago, the ESO program became a permanent part of the GFWC Education Department. Through ESO, clubwomen are given direction in planned reading for self-enrichment and personal growth. To become a member, you simply read. The motto of ESO is "Enlighten Your Own Path".

To get more information, go to <https://gfwcnc.org/community-service/eso/>. The ESO Reading List is available.

Thanks to the members that have contributed items for Minor Elementary. We contributed (4) children size chairs, beanbags, area rug, Lego table, shelf, and disposable products. Thank you!

March is Read Across America, Music in our Schools, and Women's History Month. Dr. Seuss' Birthday is March 2nd. Next Book Club meeting is Monday, March 6<sup>th</sup> at Judy's Barn.

Seuss' Birthday is a nationwide reading celebration. Across the country, thousands of schools, libraries, and community centers participate by bringing together kids, teens, and books. What's your favorite Dr. Seuss book? My favorite is One fish, two fish.." as I remember reading this to my kids when they were young.

"The more you read,  
the more you'll know,  
the more you learn the  
more places you'll go."  
Dr. Seuss.



## Health & Wellness: Wanda Staebell

Health & Wellness is looking forward to hosting the March 2nd LWC meeting.

We are using a St. Patrick's Day theme, so please wear something green.

March is brain injury awareness month, so we have invited Josh Blackmon of Side By Side Brain Injury Clubhouse, to be our guest speaker. Josh will be giving us the history of SBS and his new roll at the Clubhouse. He will explain how a traumatic brain injury is a life long injury in most cases and how SBS fits into helping in that recovery process. He will be bringing pamphlets on brain injuries and explaining how SBS gives hope and help to the brain injured and their families. Josh is new to SBS and will someday fill the lead position. The founder Cindi Johnson is transitioning to helping lobby for TBI patients and eventually retirement. Josh will also speak about how our club can assist SBS going forward and also will remind us about their upcoming Jawbones Sawbones event. Tickets for that event can be bought at the meeting with a credit card through Josh.

Also, as a fundraiser at our meeting for Side By Side. Health & Wellness will have a "Over the Rainbow Pot of Gold Nuggets" for you to purchase for \$10.00 each. A ten dollar donation will get you one gold nugget item and 5 raffle tickets for a opportunity to win a beautiful St. Patrick Day Themed basket. The basket not only has lovely green items, but SIX Zoo Atlanta tickets!! Baskets Value is over \$200.00. So, please bring cash or your credit card and consider donating ten dollars at our fundraiser.



## 50th Anniversary Gala: Andrea Brannen

So much to celebrate and we did it well!

Many past presidents came to celebrate with us. Lots of reminiscing occurred – especially as attendees looked through our President scrapbook collection.

John Lemley, our Masters of Ceremonies, did an amazing job keeping the evening upbeat and fun. The Organizing Committee performed a fun skit of remembering some of our history. The endless props were entertaining and humorous.

One of the highlights was honoring our three 50-year members, Doris Mann, Jenny Nall and Sally Baker.

Recognizing Presidents, Executive Board members, CSP Chairs and Members was an important part of the evening too.

Many thanks to everyone who helped make our Gala a success.

Mark your calendar for 2033 for our 60 year celebration!



There are a limited number of the 50<sup>th</sup> Anniversary Ornaments for sale for \$5. If you are interested, please contact Andrea ([aebnl@hotmail.com](mailto:aebnl@hotmail.com)).



# March, 2023

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> LWC Gen. Mtg.—Lilburn Activity Bldg 6PM—8PM	<b>3</b> <b>Dr. Seuss B'Day</b>	<b>4</b>
<b>5</b>	<b>6</b> LWC Book Club @ Nash barn	<b>7</b>	<b>8</b> 6-8PM Education & Libraries Mtg. Always Fresh	9 Read Across America 9:15 – 2:15 @ Lil Elem  7PM CEO Mtg. @ Kathy Mattox  Jawbones vs Sawbones	10	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18 1-4PM</b> Making bracelets to honor Wellspring survivors and to honor Barb. Brooks @ Diane DeGaetano's home
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	23 Exec. Bd. Mtg. 6:30 PM	<b>24</b>	<b>25</b> 9:30 AM –1:30PM District Mtg. -Mtn. Pk. Methodist Church  Teen Summit Program
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	

## Happy Birthday:



Mar. 3—Pat Shaver  
 Mar. 7—Nancy Chilcoat  
 Mar. 7—Gloria DiMaggio Tow  
 Mar. 12—Diane DeGaetano  
 Mar. 17—Lori Bottens