



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

April, 2023

President: Susan Allred

We hosted a wonderful NE District meeting on March 25th. Thanks to all who worked diligently and provided breakfast items and drinks. As you know, we received quite a few awards. Congratulations LWC! We received the Best Overall in Health & Wellness, Communications and Public Relations, Special Project Wellspring Living, and the Leadership Award. Our club also won the Best Overall for the NE District, an achievement we share with Gainesville Phoenix Woman's Club.

Taste of Lilburn will be here before you know it! Our first, of what we hope to be an annual event will be held on April 29th. As of now, we have 18 restaurants signed up! We also have several craft booths. Our excitement is that we have quite a few Sponsors with \$4000! It's time to buy tickets and encourage friends and family to do the same. You can purchase tickets on our website. www.tasteoflilburn.org Or you can purchase them at our general meeting on April 6th.

At our meeting this month, we will welcome Cpl. Mike Johnson from the Lilburn Police Department. Mike will speak to us about the need and benefit of keeping our communities clean. We look forward to hearing what Cpl. Johnson will teach us!



1st Vice President: Kathy Mattox

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

Taste of Lilburn:
Kathy Mattox

In support of the state President's Special Project, Wellspring Living, they are asking us to host dinner parties to raise money for this project. At the same time, it is expected to also be a membership drive of sorts. You would invite several women from the club in addition to prospective members. It gives us the opportunity to get to know these ladies outside of meetings in a social environment and encourage them to join.

Several of these parties are planned but more are welcome. If you think you'd like to host one of these, please reach out to me for aid in planning and preparing an invitation.



2nd Vice President: Adela Salame-Alfie

Focus on leadership!

We all know many great leaders. Even though they may have different leadership styles, we recognize them as leaders because they stand out from the crowd, and they get things done.

As second VP I would like to focus my newsletter column on leadership. This month I would like to start a series of articles that focus on different concepts and types of leadership with a goal to raise our awareness about our own leadership qualities and strengths.

You probably heard the phrase "leaders are born", "he/she is a natural leader", etc. I believe we are all leaders or have the potential to be leaders under the right conditions. Think about it. I'm sure all of us have led some effort or activity at some point in your lives, whether at girl scouts, school, church, work, etc.

There are many leadership styles and sometimes the same person may have different leadership styles depending on the needs of the people they lead. Good leaders can adapt their leadership style to the needs of their team or group.

I hope this information helps build your confidence and interest in serving as a leader of LWC now or in the future.

As a service organization that wants to be successful, Lilburn Woman's Club (LWC) needs to be organized in order to serve. The strength and success of LWC is tied to each

one of us as well as to leaders at all levels of our organization.

Have you heard the term "leading from behind"? This concept was inspired by a famous quote by South African President Nelson Mandela:

It is better to lead from behind and to put others in front, especially when you celebrate victory when nice things occur. You take the front line when there is danger. Then people will appreciate your leadership.

Leading from behind is a leadership model based on the idea that the most effective kind of leadership is one where the person in charge motivates those under them to take charge of decision-making and innovation. Linda Hill, a professor at the Harvard Business School, conceived the idea after reading Nelson Mandela's autobiography, *Long Walk to Freedom*.

Leading from behind is the idea that leaders don't guide a group of people, a team, a company, etc. from the front, in the traditional top-down management hierarchy. Instead, they lead from the rear, like a shepherd tending to a flock.

Leading from behind promotes innovation and connectivity between leaders and team members.

Leading from behind shares many principles with a similar style of leadership called servant leadership. A servant leader inverts traditional leadership roles by putting the needs of the people under them ahead of their own.

2nd Vice President: Adela Salame-Alfie (Continued)

A servant leader fosters teamwork among all levels in an organization and empowers team members by nurturing their personal and professional development.

A servant leader creates an environment in which team members do their best in their respective roles.

There are several distinct differences between leading from behind and leading from the front.

- Leading from the front requires leaders to demonstrate or explain how they want their employees or team members to perform in their jobs. Those who lead from behind believe their employees know how to perform their jobs; these managers encourage and support their efforts.

- Those who lead from the front are the front line of a business; they direct employees on how to perform their tasks, or they do it themselves, which can inspire workers but can also lead to confusion about new tasks. They may wonder who can take on the duty if the leader cannot do it. ***Leading from behind isn't making others do the work for the leader; instead, it lets others become effective leaders to foster creativity and positivity.***

Employees in organizations led from the front and behind feel valued by their leaders when they succeed. However, unless an individual who leads from the front expresses their support, employees may not feel connected to success. Employees with a leader who leads from behind forge a psychological contract with their leader and their company because they feel supported and encouraged throughout their work lives.

There are many suggestions for effectively leading from behind. Among them are:

- **Encourage your team:** The key to success when leading from behind is harnessing what is called

"collective genius"—their ability to collaborate and innovate. To tap into that, leaders provide opportunities for growth through a positive environment, special activities or training, and support in the form of praise and rewards.

- **Plan well:** Leading from behind means you take an active role in guiding the team or organization. Make sure that everyone understands the organization's goals and policies/rules and feel supported. Strategic planning for the future goals should draw on communication and innovation driven by their efforts.

Prepare to step in: Effective leadership from behind also includes stepping in to lead from in front. If teams do not achieve goals or struggle to communicate ideas, lend your advice and expertise to help team members feel supported in difficult situations. This is also true in times of crisis when team members need leaders to restore order.



COOPERATION



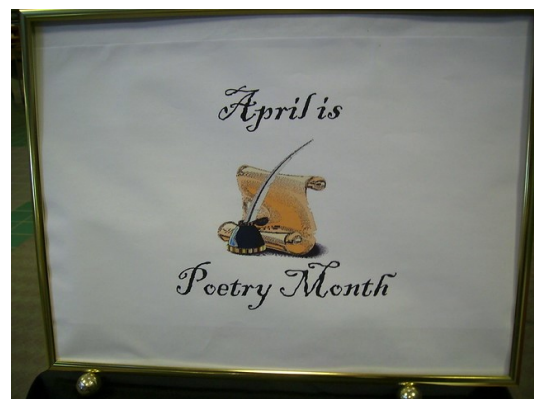
Art and Culture: Nadine Bily & Maureen Fraser

April is National Poetry Month. Why not sign up for a Poem-a-day email from poets.org this month and enjoy this beautiful craft. <https://poets.org/poem-a-day>

Spring is in the air and isn't it time to try something new? There are art opportunities here in Lilburn. The Lilburn Citizen Exchange has a variety of classes available in downtown Lilburn. <https://www.citizenexchange.biz/events#RXpOfI>

They are also having OTP-Murder in Old Town Dinner Theater at the Apothecary on April 13th & 14th.

The Art and Culture program will meet Monday, April 24th at 7PM at the home of Maureen Fraser.





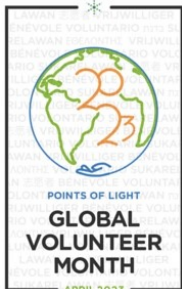
Civic Engagement & Outreach: Charleen Ray and Cheryle Haynes

1. CEO meeting 4/13/2023 at 7 PM
Kathy Mattox's house
2001 Lilburn Stone Mountain Rd
Stone Mountain GA 30087

2. We are still collecting for Jambos through the end of April. Three drop off locations now to donate so please share with your social media/friends, neighbors.

- Beans & Butter Coffeehouse
River Oak Plaza, 851 Oak Rd SW #1,
Lawrenceville, GA 30044
- Citizen Exchange, 79 Main Street, Lilburn
- Mountain Park First Baptist Church- Wellness Center

3. ADOPT A MOM - Please bring your Gently used Handbags to the April 6 meeting. \$10.00 Sponsors one woman's bag with Mary Kay hand products. Give Checks payable to LWC or Cash to Ana Kolb by 4/25/2023. Contact is Lori Harrison.



4. Article for April Awareness:
April is GLOBAL VOLUNTEER MONTH and what better group to Celebrate than our own GFWC Lilburn Woman's Club during the NATIONAL VOLUNTEER WEEK of April 16-22, 2023.

National Volunteer Week is celebrated annually during the third week of April and this year it will be observed from April 16 to 22. This week-long celebration is about placing a spotlight on inspiring figures whose invaluable seeds of kindness through volunteering are bettering the community and our world in general.

ness through volunteering are bettering the community and our world in general.

This year's theme is "United We Serve"

We invite you to not only read but share the history of this recognition that began for groups such as the 50 yrs. and growing Lilburn Woman's Club. The moments we share with others across the globe are people just like us who come together to GIVE not only of their time but their many skills, talents and hearts for others. They understand that it is better to give than to receive and that future benefits outweigh all of the time and effort spent over and over again, at all times and all seasons. Sowing their time, money, effort and physical strength do help make our communities a better place to live and grow ultimately blossoming into the next generation of healthy and engaged families.

Civic Engagement and Outreach salutes You ! Thank You fellow volunteer troop of sisters at GFWC, Lilburn Woman's Club!

Keep Giving, Keep Growing and Keep Serving and Keep Shining ☐ TOGETHER We Can and Will continue to make a difference for GOOD.

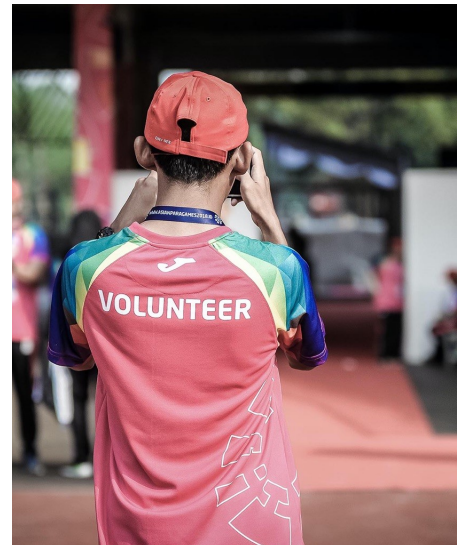
FOR MOTHER'S DAY 2023

Adopt A Mom

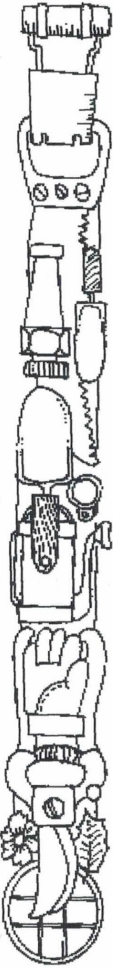
GIVE A Hand (Bag) for Women in Community

Donate Gently used Handbags to be filled with Mary Kay® Hand products

Sponsor a Mom for \$10.00
Checks Payable to Lilburn Woman's Club
Please give donations by Check or Cash to Ana Kolb by April 25, 2023



Environment: Submitted by Dianna Carson



Hastings Nature & Garden Center

Things to do in April

At long last, spring has arrived! There is so much to do in every corner of the yard this month that it is difficult to know where to start.

Perennials, annuals, and bulbs

- Plant dahlias, gladiolas and lilies, tuberous begonias and canna.
- Plant annual seeds asters, cosmos, marigolds, zinnias in the garden.
- Move your stored fuchsias and geraniums outdoors. Trim them back, feed, water and re-pot.
- Deadhead your spring flowering bulbs. Do not cut off the green foliage for a few weeks.
- Divide daylilies, delphiniums, iris, chrysanthemums, daisies and phlox early this month.
- Fertilize Hybrid Tea Roses with Mills Magic or Rosetone prior to buds beginning to bloom.
- Set aquatic plants in your pond.

Shrubs and trees

- Plant trees and shrubs through the 1st week.
- Prune evergreens through early April.
- Prune forsythia after flowering.
- Spread a high nitrogen fertilizer around the base of broadleaf and needle leaf evergreens.

Fruits and veggies

- Control weeds and aerate the soil by cultivating between the rows of plants.
- Plant fruit trees and berry plants in full sun.
- Plant more asparagus, rhubarb, horseradish, carrots, beets, spinach, cauliflower, cabbage, potatoes, radishes, parsnips, onions, beans and corn. Warmer weather crops like tomatoes, squash, cucumbers and peppers should not be planted until late in the month.
- Thin out seedlings to avoid crowding.
- Water strawberry beds well.

The lawn

- De-thatch and over-seed your lawn...there's still time.
- Aerate the lawn so water can penetrate deeper into soil and reduce the need to water in summer.
- As mowing becomes necessary, be certain that the blade is sharp to prevent tearing grass tips.

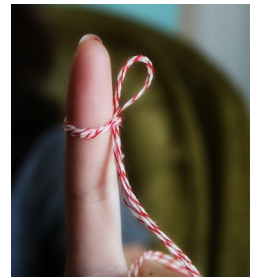
House Plants

- Rotate your house plants for even growth and a balanced shape.
- Move African violets away from a south-facing window to avoid leaf scorch.
- Remove any spent flowers, dead leaves or branches, or any yellowing leaves and rinse off dust.
- Pinch back the tips of foliage plants to stimulate new growth and make your plant fuller.

Odds and ends

- Water transplanted flowers during dry spells.
- Check containers and plants under the eaves and under tall evergreens for enough water.
- Take a stroll in the woods or the park at least once each season to enjoy a little bit of Mother Nature's gardening handiwork!
- Remember that whatever you accomplish in the garden now will definitely cut down on yard maintenance later this season!

Free Weekend Seminars & Monthly Newsletter. Free popcorn and balloons for the kids!
Hastings Landscape & Design Group
 Consultation • Design • Installation • My Personal Gardener™
Water Gardens • Ponds • Hardscaping • Irrigation • Outdoor Lighting
 3920 Peachtree Road NE, Atlanta, Georgia 30319
 Telephone: 404.869.7447 Fax: 404.869.7449
 www.hastingsgardencenter.com



Donation Reminders

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

Art:

Civic Engagement & Outreach:

Purses

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

For Wellspring:

Toiletries

Clothing items for girls age 14 plus

Shoes—any condition, size, gender

Education & Libraries:

Books for Little Free Library

Environment:
 Bring your seedlings and cuttings to share

Health & Wellness:



Health & Wellness: Wanda Staebell

Stress Awareness Month has been recognized every April since 1992, but this year it seems particularly important.

Learning to cope with our stress and finding healthy ways to deal with these situations can go a long way in living a healthy and positive life.

We all experience stress – yet we may experience it in very different ways. Because of this, there is no single definition for stress, but the most common explanation is a physical, mental, or emotional strain or tension. Stress is a reaction to a situation where a person feels anxious or threatened. Learning healthy ways to cope and getting the proper care and support can help reduce stressful feelings and symptoms.

Common reactions to a stressful event can include:

- Disbelief, shock and numbness
- Feeling sad, frustrated and helpless
- Difficulty concentrating and making decisions
- Headaches, back pains and stomach problems
- Smoking or the use of alcohol or drugs

Affecting more than just your mind

Long-term stress can prove to be more than just a mental issue. From headaches to stomach disorders to depression – even very serious issues like stroke and heart disease can come as a result of stress.

When you are placed in a stressful situation, specific stress hormones rush into your bloodstream leading to an increase in heart rate, blood pressure and glucose levels. This is helpful in emergency situations, but having this “rush” for extended periods of time can be dangerous and make you susceptible to the issues mentioned previously.

Learn to overcome issues you cannot change

Sometimes the stress in our lives is not something we have the power to change. Try to:

- Recognize when you don't have control, and let it go.
- Avoid getting anxious about situations that you cannot change.
- Take control of your reactions and focus your mind on something that makes you feel calm and in control.
- Develop a vision for healthy living, wellness, and personal growth, and set realistic goals to help you realize your vision.

Healthy ways for coping with your stress

Here are some basic ideas to help you cope with stress:

- Take care of yourself – eat healthy, exercise regularly, get plenty of sleep, give yourself a break if you feel stressed.
- Share your problems and how you are feeling and coping with a family member, friend, doctor, pastor or counselor.
- Avoid drugs and alcohol. These can create additional problems and increase the stress you are already feeling.
- Recognize when you need more help – know when to talk to a psychologist, social worker or counselor if things continue.

Potentially the most valuable takeaway here is knowing how to talk to others about your stress. This goes both ways, as you need to know how to discuss your problems with others as well as talk to anyone that comes to you with their issues.



Taste of Lilburn: Kathy Mattox

Wow! This thing is happening!!! We've now signed 16 restaurants and momentum is gaining. We have quite the diverse array of international foods as we have at least five different cultures represented besides good old American/Southern favorites!

We will be reaching out soon for your help in working the event and also helping supply beverages for sale. Please remember that in addition to Lilburn Daze, you are required to support one other club project. So please plan to offer us your time on the day of the event. There will be ample opportunities to help, most of which don't require much other than your time. So be on the lookout for a Sign Up Genius email to choose your job/timeslot as well as supplying beverages.

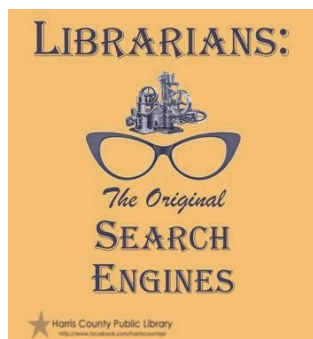
Thanks in advance for your support!! Let's make this a successful fundraiser for our club!!



Education and Libraries: Judy Nash & Rodean Wilson

Education and Libraries CSP held our second meeting this year at Always Fresh enjoying a delicious meal while making plans for the months ahead. We agreed to furnish water and snacks to Berkmar Middle School National Junior Beta Club's Day of Service where they were working to beautify the landscaping around their school. Eighth grade Social Studies Teacher, Rebekah Blankenship, gratefully received the donation from Rodean Wilson. We will be contacting the Mountain Park Library regarding housekeeping issues brought to our attention to see when we can arrange to come add some LWC sparkle to their library.

Tuesday, April 16, is National Librarian Day! Trained in Library Science, professional librarians work with complex cataloging systems to organize books, make purchasing decisions for their library, liaise with local schools, organize events and programming, teach classes, and so much more. Their role is constantly evolving to adapt to new technology and social needs in their community. Celebrate National Librarian Day and take a moment to say thanks to the awesome librarians in our Lilburn community.



April 22-29 is National Library Week -A time to celebrate our local libraries, their workers' contributions and promote the use and support of our local libraries. The theme for National Library Week 2023 is "There's More to the Story" reflecting that in addition to books offered in a variety of formats, libraries offer so much more. Many libraries now lend items like museum passes, games, musical instruments and tools. Library programming brings our community together for entertainment, education and connection through book clubs, story times, movie nights, crafting classes and lectures. And library infrastructure advances communities, providing internet and technology access, literacy skills and support for businesses and job seekers. Check out our local libraries to see what they are offering that may interest you!

Plans are under way for the scholarship reception (tea) on May 6th. At the reception we will be honoring scholarship winners, teacher of the year, partners to the dictionary project and citizen of the year chosen by CEO committee.



April, 2023

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

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

						1
2	3	4	5	6 LWC Gen. Mtg. 6—8 PM City of Lilburn Activity Center	7	8
9	10	11	12 Ed: Drop Every- thing and Read Day	13 CEO Mtg. 7 PM @ Kathy Mat- tox home	14	15
16 Nat'l Librarians Day	17	18	19	20 Exec. BD Mtg. 7-9 PM	21	22
23 Int'l World Book Day	24 7-9PM 7PM Art & Culture Mtg @ Maureen Fraser's home	25	26	27	28	29 4PM-7PM Taste of Lilburn Heritage Hall at Salem Missionary Baptist Church
30						

Happy Birthday:



Apr. 6—Nancy Delaney
Apr. 6—Deborah Shields
Apr. 11—Karen Snavelly
Apr. 12—Kathy Mattox
Apr. 14—Susan Allred
Apr. 14—Barbara Brooks
Apr. 15—Sandra Hawkins
Apr. 16—Roberta DeJean
Apr. 16—Anne Hennessey
Apr. 16—Lee Jurjevich