



Executive Officers 2019

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Judy Nash

1st Vice President/

Membership

Ana Kolb

2nd Vice President/

Programs

Diane S. DeGaetano

Recording Secretary

Suzannah Heimil

Corresponding Secretary

Chris Giddens

Treasurer/501c3

Susan Allred

Parliamentary Advisor

Pat Swan

GFWC Lilburn Woman's Club

www.lilburnwomansclub.org

June, 2019

President: Judy Nash

Thank you for the privilege of being your president these 3 months. It has been an unmitigated pleasure because all of you are so fun to work with. I am proud of our club and its spirit. I love it when it is hard to settle down before a meeting because that is positive energy. I love all the exciting new ideas and am thankful that we have wonderful new members who want to be a part of us. And the best is yet to be! I look forward to watching new things happen.

The Hi Hope Dance is coming up this weekend. I will be with you in spirit, but Elmer and I will be away celebrating our anniversary. Thank you to all who will be there to make it a fun and festive event



2nd Vice President: Diane DeGaetano

Community Concern

I am so excited to be part of LWC at this time in our history! So many worthwhile and thrilling projects which truly are making a difference in our community! Please don't forget to document in Track it Forward.

Program chairs, while you have a bit of a rest, go in and launch a report. (Just so you know what you will be getting) If you need help with this, please contact Diane or Ana. Have a wonderful, safety, healthy, summer!



Art: Brenda Dana

Community Service Program Chairs

Art
Brenda Dana

Conservation
Mandy McManus
Andrea Brannen

Domestic Violence
Beth Werve

Education
Jennie Nall

Home Life
Nadine Bily

International Out-
reach
Dianna Carson

Public Issues
Patty Gabilondo

Committees

Lilburn Daze
Nadine Bily

Social
Ana Kolb

Scholarship
Lori Harrison

Communications
Brenda Dana

Websites, Facebook
Andrea Brannen

Newsletter
Dianna Carson

Fundraising
Dianna Carson

We had a successful meeting last Saturday painting totem poles on boxes for the Hi Hope Dance this Saturday on June 1. South Seas is the theme and we have a Tiki Hut photo op thanks to Dianna Carson! We are all excited to see the decorations come together. We are meeting at Hi Hope at 3:30 pm Saturday, June 1, to decorate. The address is 882 Hi Hope Road Lawrenceville. Come join in the fun!

LWC loves to support Staged Right theater! Staged Right is hosting its first open mic night on June 15th from 7-10pm at the Lilburn Activity Building!! Tickets are only \$2 and they will have concession food as well! If you are a poet, a musician or an actor/actress and would like to share a piece, come out!! Contact Kendal Franklin at kendalfranklin13@gmail.com if you are interested in performing!

Watch News and Notes for upcoming dates to work on our cork wreaths and birdhouses to sell at Lilburn Daze!





Conservation: Mandy McManus & Andrea Brannen

What does organic really mean?

We have all heard of organic by now. It is everywhere and seems to be the buzzword of choice. But what does organic really mean?

The only foods that are truly organic are those that carry the USDA Certified Organic seal, it is a green circle and says "USDA Organic". This means that this food is compliant with the USDA National Organic Program. This is a very strict and comprehensive program that requires farms to be completely free of prohibited substances for 3 years before the certification process can even begin. It is also very expensive to receive this certification.



There are no regulations for the terms "natural", or "all natural". If you buy products at a farmers market ask the farmer about his growing practices, not all farmers are eligible or able to attain organic certification but they may still be farming using organic methods.

Is organic food more nutritious? There are studies being done now to test organic food verses conventional food production and the results are still pending. We do know that over the past 70 years, there's been a decline in the nutritional value of our foods. During this time, industrial and conventional agriculture increased yields and the size of crops, but the trade off was a decline in nutrient content, known as the 'dilution effect'. Organic methods improve soil and that improved soil leads to healthier plants—which makes for healthier people. And organic foods have less pesticide residues.

Another option to organic is Certified Naturally Grown. This certification is known as the "Grassroots alternative to certified organic and it is a designation that the food has been grown with pesticides. This program is designed for the small to medium sized grower and is a peer reviewed process with its own set of checks and balances.



The Conservation program hopes that this information will help you make informed choices about the food you and your family eat.



Domestic Violence: Beth Werve

Violence is pervasive in our world. There is gun violence, school violence, police violence and road rage. Television, films, video games and the internet are saturated with it. The very bonds that we hold most sacred, those of husband and wife or parent and child, are too often violated by occasions of abuse. The most helpless and innocent are often victims, including the unborn, the elderly and the disabled.

Contemplating all of this can be quite distressing...and it should be. However we can all do even a small part to try to combat some of this evil. How we speak and how we act every day can be a sign of our commitment to nonviolence. How we spend our money and how we vote can both be great agents of change. None of us are strangers to volunteering and we all are using our time to serve in ways that promote good will and positivity in our community.

In addition, our Domestic Violence Awareness Program is going to try and raise some funds to donate to the GFWC Success for Survivors Scholarship Fund. According to the GFWC website, this program "will allow GFWC to award intimate partner survivors with scholarships annually, giving them hope for a better tomorrow." We will be firming up our plans for this fundraiser at our upcoming program meeting. Please stay tuned and plan to support us in this very worthy endeavor!

The Partnership Against Domestic Violence Metro Atlanta Crisis Line is: 404-873-1766
The PADV National Crisis Line is 800-621-46





Education: Jennie Nall

*Trickum Middle School is recruiting reading mentors for the 2019-2020 school year. There will be a meeting in August. Contact Dr. Jessica Hegwood, Literacy Coach at TMS. (jessica_hegwood@gwinnett.k12.ga.us)

*Little Free Library – Please drop by the Farmers Market to drop off donated books and to work at the Little Free Library.

*Adult Education Opportunities at the Gwinnett County Public Library – Look through the June calendar to find educational opportunities for adults. For example: Mary Kay Andrews will be at Peachtree Corners City Hall at 7PM for Bites, Beverages, and Books with Mary Kay Andrews. Pick up July and August calendars at any GCPL. Don't forget to report any time you participate in an activity.

Many thanks to the wonderful team that provided such a fantastic reception for recognizing scholarship and community service. Gratitude to each of our members who prepared refreshments for all. A special thanks for Judy Nash, Pat Swan, Barbara Brooks, Patty Gabilondo, Ana Kolb, Brenda Dana and Andrea Brennan for leading the program and recognizing all our visitors.



Members with graduates in their families



Reebekah Ray—HOBY



Taylor Benton—Art Scholarship
Ellie Schutter—General Scholarship



Teachers of the Year



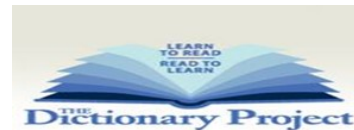
Our partners: Lilburn Downtown Development Association, Evergreen Seniors, Sweetwater Masonic Lodge, Lilburn Business Association, Lilburn Lions Club, Lilburn Woman's Club recognized at the Reception.

Our Community Project has completed successfully by engaging Lilburn Community Volunteer Organizations. Our goal was to provide a dictionary of their very own to every 3rd grade student in elementary schools with a Lilburn address. Over 1,400 students now have a dictionary in their homes.

The following elementary schools participated: Arcado, Camp Creek, Head, Hopkins, Knight, Lilburn, Minor and Mountain Park. In addition, St. John Newman's 3rd grade students also received dictionaries.

Everywhere the students received dictionaries, they were very caught up in reading the special sections in the dictionaries and in reading definitions. Teachers have reported to me how the students were excited to pour through them and share information. My doorbell rang and my next-door neighbor's niece was there with her dictionary telling me how excited she was to have it. She showed me her name written on the label and said that her teacher had used the dictionaries the rest of the day for lessons.

The goal of this program is to assist all students in becoming good writers, active readers, creative thinkers, and resourceful learners by providing them with their own personal dictionary. The dictionaries are a gift to each student to use at school and at home for years to come. Educators see third grade as the dividing line between learning to read and reading to learn, so we encourage our sponsors to give dictionaries each year to children in the third grade.



June, 2019

www.lilburnwomensclub.org

Home Life: Nadine Bily

Several members enjoyed the Farm to Market to Table dinner event on May 31. This DOES count for the "Together We Will Kick Health Up a Notch" contest. So congratulations to those who attended because they just earned another point! Home Life supported this event with a \$60 donation to purchase two tickets.

The Hope Lodge dinner May 7 was a success. Thanks to everyone who contributed time, money, and delicious food. We have one more dinner in October, and it will be a chili theme.

The Hi-Hope dance was enjoyed by all, with music and dancing and plenty of food. The Art Program did a great job on the tiki hut photo-op scene. If you weren't able to attend, you really missed a great event.

The two-day Women's Self Defense program mentioned in several News and Notes falls under Public Issues. However, peace of mind and feeling like you can defend yourself contribute to mental health. Therefore, if you attend one of these sessions – YAY – you earn a point in our Kick Health Up a Notch contest!! The first session was May 22-23, but there will be sessions July 24-25 and September 18-19. Mark your calendars and sign up for one of these programs.

The Lilburn Lion's Club has approached us to collaborate with them to sponsor a Diabetes Lunch and Learn on Thursday, September 19, 11:00 a.m. – 1:00 p.m., at House of Payne. They have gotten a speaker/chef. More details are coming soon.



June, 2019

www.lilburnwomansclub.o



International Outreach: Dianna Carson

We are planning on having an International "Potluck" dinner this summer... Date TBD. We want everyone to bring either pics, videos, or stories about the countries they have visited.

We will have a sewing day to complete dresses for Haiti. We will also be sewing the "Days for Girls" packets

Dates to Remember:

June 4th—International Day of Innocent Children—Victims of Aggression

June 5th—World Environment Day

June 20th—World Refugee Day

Aug. 12th—International Youth Day

Conservation and International Outreach are partnering in the Great Lilburn Shoe Drive. We want to keep new and gently used shoes out of the landfills and onto the feet of people in developing countries. Our goal is 2,500 pairs of shoes by August 1st. Obviously, we need your help. What a great time to clean out your closets! Also ask your family, friends, children, grandchildren – well, everyone you know – to check their closets too. All types of shoes (flipflops, loafers, sneakers, Crocs, heels – any kind) are being accepted. Men's, women's, and children's shoes are needed. Shoes can be brought to the June meeting or to the Lilburn Farmers Market every Friday from 4 to 8 PM located at 1400 Killian Hill Road. Andrea is willing to pick up shoes too – just call 404-384-8574 or email aebnl@hotmail.com.

Let's work together and make a big difference in the lives of individuals by providing jobs and shoes to wear while reducing what we put into our landfills.

LILBURN WOMAN'S CLUB'S SHOE DRIVE

*Let's keep shoes out of the landfill and
onto the feet of those in need.*



2,500

Our goal



Accepting new and
gently used shoes

– all styles (sneakers, heels, Crocs,
flipflops, etc)

–For men, women and children

Drop off at Lilburn Farmers Market
every Friday from 4 to 8 PM

located at
1400 Killian Hill Road, Lilburn or
email

lilburnwomansclub@gmail.com to
arrange pick-up.



Donation Reminders

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

ART

Plastic Bags
Wine Corks

Conservation:

Plastic bags
Shoes

Domestic Violence:

Children's Helmets
Laundry Materials
Cleaning Materials
Lightweight clothing for
rape victims

Education:

Children's Books
Adult Books
Dr Seuss Books

Home Life:

International:

Shoes
Washcloths
Dried Beans,
Rice
Canned food
Clothes
Shoes
Fabric
Small soaps
Onion/fruit bags
School Supplies
Children's books
Gallon size Ziploc bags
New or lightly used bras
Soft Drink tabs
Ladies or girls panties

Public Issues:

Pajamas for Men & Women
Worn & tattered flags

Lilburn Daze:

Pringle Cans w/lids – any
size Toilet Tissue rolls
Small, smooth rocks for
painting Pinecones – no
larger than 6" Zip lock bags
(snack size, quart, gallon)
Plastic straws Any red,
white, blue cardstock Star
stickers – patriotic colors
Flat drink boxes to act as
work area trays

June, 2019

www.lilburnwomansclub.o



Public Issues: Patty Gabilondo

Wow! PI is rocking this summer!

We really appreciate the enthusiasm you all displayed for our Top Dogg speakers and K-9's. Remember the Foundation will be hosting a golf tournament for Veterans Day on Nov. 8. Please mark your calendars to help out.

Many thanks to Arthy White, who received 2 \$500 sponsorships from All State. As Arthy applied for these, she has designated \$250 to go to Girl Scouts and \$250 to go to female vets. The 2nd scholarship designees are to be decided.

Coming up soon is the June 6 - General Meeting and we will celebrate Flag day. Diane DeGaetano and Lee Jurjevich will pass out American flags to every club member in attendance that evening. We want you to put these small flags on your mailbox if possible. Please wear your red, white and blue!

Friday, June 14th - FLAG DAY and Public Issues Day at the Little Free Library

Another great day to wear your red, white and blue!

The children are in for a treat as we celebrate our public servants at Lilburn Police Dept. The Lilburn Police Car with Officer Mike Johnson will be on display at the Lilburn Library. The children can get a free book and then peek inside a real Police Car. Officer Johnson will show us all the bells and whistles inside the vehicle. We will pass out flags to the children.

Honoring our female veterans:

On July 13, 2019, Habitat for Humanity will be placing the finishing touches on a Lilburn Home for a female veteran. Keep up with News and Notes as there will be a sign up to help – Details to be announced!

In November: We will be having a baby shower for local pregnant female vets. Again watch out for more details.



Habitat for Humanity®

June, 2019

www.lilburnwomansclub.o

New Member Bios: Anna Kolb

Pat Otwell:

I am retired after having been a school teacher for 20 years & counselor for 10. So you will not be surprised to know that the welfare of children is one of my primary interests. I love books & learning new things. I'm a pretty good writer & have shared some of my knowledge in several published articles—in particular related to prevention of child sexual abuse. I care deeply about animals. Most recently I've been concerned at the number of dogs and cats that have gotten loose & are lost in our neighborhood. But am gratified to see that so many neighbors are willing to care for them & search for owners.

I've lived in Hanarry Estates 40 years & at one time was active in the Swim & Racquet Club. I love the Lilburn City Park and often walk on the Greenway Trail. I'm hoping for the best with all the planned improvements. Although some of it looks like a big mess right now.

My favorite trip in recent years was to Kenya for an animal safari in Africa, but I often go to Chicago to visit my son & his family, and to Las Vegas to play slots, go to fine restaurants, & see fabulous shows.



Pat Baker:

Pat's career in the field of health and human services, particularly aging services, began in 1973. Most recently from July 2008 to July 2018 she was the Director of Health and Human Services in the Community Services Department of Gwinnett County Government which included Gwinnett County Senior Services.

Throughout her career she has worked as an activity director in a nursing home, directed government funded senior programs in Texas and Oklahoma, was a supervisor at the Oklahoma State Office on Aging, contracted with the Rosalynn Carter Institute for Caregiving (RCI) and AARP and worked in two different churches as director of Older Adult Ministry. Pat also served as the Project Coordinator and Facilitator for the Oklahoma Aging Advocacy Leadership Academy (OAALA), a training academy that identifies and develops volunteer leaders and advocates on issues related to aging. In retirement she is volunteering part-time as the director of Older Adult and Caregiver Ministries at St. Andrews Presbyterian Church in Tucker and serving on three board of directors (local, state and national).



Pat discovered her special gift of working with family caregivers in the early 80's when she started her first caregiver support group. Since that time she has facilitated caregiver support groups in Texas, Oklahoma and Georgia. She presently is facilitating three support groups; one for employees of Gwinnett County who are caregivers, one for the Emory Integrated Memory Care Clinic caregivers and one in her home which she has had since 2002. She is also a certified trainer for the Dealing with Dementia Workshop for RCI.

Pat and her husband Arch moved to the Atlanta Metro Area in 2002 after living in Texas and Oklahoma for almost 30 years. Pat grew up in Atlanta and she was excited to be coming home! Arch grew up in Dallas. They came to this area of metro Atlanta for Arch to serve as the Senior Pastor at Eastminster Presbyterian Church in Stone Mountain. They currently live in Lilburn. They have two children, Eliese who lives in Portland, Oregon with her son Novelle (3 in July) and her partner, Damon. Their son Charles lives in Norman, OK with his wife Alison and their two children Louisa (5) and Jack (3). Arch is serving as an interim pastor at First Presbyterian Church in Cleveland, GA at this time.

Pat's undergraduate degree is from St. Andrews Presbyterian University in Laurinburg, NC and her Masters of Science Degree in Organizational Leadership and Development is from the Philadelphia College of Osteopathic Medicine. She earned that degree the same month she turned 65.

Pat enjoys being around people, serving where and when she can doing volunteer work. That is what she considers her hobby to be. I joined the LWC to serve the community where I live. I admire the LWC's mission and the enthusiasm of their dedicated members.

New Member Bios: Kathy Mattox

Kathy Mattox Bio

I was born in Jacksonville, Florida but after my dad's transfer at the age of three, I grew up in Columbia, S.C. I went to college at the University of S.C. I met the love of my life at 15 and we've been together ever since, celebrating our 48th anniversary next month. While in school I pledged a National service sorority Beta Sigma Phi (not college affiliated) and celebrate 50 years this year with that organization.

I have a son, Christopher and a daughter Allison. They have blessed me with four beautiful grandchildren. Sydney, Chris's daughter, just turned 21 and will graduate next year from UGA. Go Dawgs!!! Allison's children are Drew (age 6), Evan a.k.a. Evie (age 4 this July) and Emily who will be 1 next month. They are truly my heartstrings.

I began work at Southern Bell as a long distance telephone operator. I was promoted to management in 1974. I was promoted several more times over the years but the big one moved us to the Atlanta Area where we settled into Lilburn in 1984. The last half of my career was spent in project/program management. We lived in Lilburn for 30 years and when I retired in 2013 with 45 years in the telecommunications industry we moved to Lake Lanier. We didn't love the lake as much as we thought we might and now we've just relocated back to this area to be closer to family and friends.

During a period of downsizing in the early nineties I went back to school to study Interior Design which is when I met Janie Dellinger, an LWC member. Also in 1994 I believe, Karen Snively another LWC member, joined my chapter of Beta Sigma Phi in Lilburn. I've been friends with these two ladies ever since. Before retirement I did not have time to devote to another organization like LWC due to family and my travel commitments with my job. I've been involved in various service projects through my sorority however and want to do more. While in SC, I was active with Junior Employees of the Telephone System. We did a lot of work with Newberry Boys Farm and Ronald McDonald House. After retirement I volunteered every week at HEROES for Children who provide a variety of support for children from families with AIDS and also the Gwinnett Trippers where I transported cancer patients to and from doctor's and radiation appointments. LWC seems to offer many other new avenues to give back to the community that interest me.

Besides time with my family and friends, I love to travel, doing home improvements projects and decorating. I am currently Corresponding Secretary for my sorority chapter, our Metro Atlanta Council Treasurer and I am Co Chair of the Beta Sigma Phi Georgia State 2020 Convention.



June, 2019

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

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

						1 Hi Hope Dance 1PM Trek to Tallulah 6PM Yacht Rock Schooner Concert
2	3	4 ED—Library Lovers	5	6 LWC Gen Mtg. 6:30PM	7 Little Free Library 4PM @ Lil Frmr's Mkt.	8 Ice Cream Social 4PM—Pat Swan's pool
9	10 Social Lunch 12PM Olde Towne Tavern Lilburn Daze Mtg. 6:30 Judy's Barn	11	12	13	14 Little Free Library 4PM @ Lil Frmr's Mkt.	15
16	17 7PM—PI Mayor's Townhall Mtg 7PM-LWC Book Club—Judy's Barn	18	19	20 7PM-Strategic Planning Mtg Nash Barn	21 Little Free Library 4PM @ Lil Frmr's Mkt.	22 GFWC Intn'l Conven- tion
23	24	25	26	27	28 Little Free Library 4PM @ Lil Frmr's Mkt.	29
30						

HAPPY BIRTHDAY!



June 4 — Debbie Slappey
June 10—Joette Segars
June 18—Lauren Cover
June 23—Brenda Dana