



### **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**



# GFWC Lilburn Woman's Club

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

**December, 2024**

## **President: Kathy Mattox**

With this busy holiday season, we still have club activities to manage. We will be wrapping up several projects and beginning to write our annual reports for the state. The Lilburn Christmas Parade will be Saturday, December 7th. As usual, we will be leading the Santa Claus float! The elves will be gathering at my home to decorate on Friday, December 6th to prepare the float. We hope many of you will walk (or ride) in the parade and show your LWC spirit! If it gets rained out, the backup date is the following Saturday!!

Our annual Christmas Dinner and Auction is on Friday, December 13th. We will have the strings from the Parkview High School Orchestra playing at the beginning of the evening. As always, our live auction, with auctioneer, Michael Sullivan returning will be lots of fun!!! This year we will have the opportunity gifts again. You can purchase tickets, 5 for \$10 and 12 for \$20. Use your tickets to have an opportunity to "win" the gift items. And don't forget, we will also have our bake sale!! The bake sale proceeds will go to St Vincent de Paul this year. Thank you to everyone for your generosity and support for this great fundraiser!

**Merry Christmas!!!**



**Community Service  
Program Chairs**

**Art & Culture**  
**Lori Bottens**

**Civic Engagement &  
Outreach:**  
**Diane DeGaetano**

**Education & Librar-  
ies:**  
**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**



**1st Vice President: Jenny Nall**

Merry Christmas and Happy New Year to you! As you are greeting new and old friends at get-togethers this December, remember to mention that you are a member of the Lilburn Woman's Club. We hope to have several visitors for our January meeting.

One reason someone will be interested is that they are looking for a way to make a difference in their community as well as enjoy the friendship of like minded people. You are our best Ambassador!



**2nd Vice President: Adela Salame-Alfie**

**You make a difference!!!**

I want to take this opportunity to recognize our members for all the wonderful work and volunteering this year. In preparation for our end-of-the-year reporting I started to look back at some of the projects we embarked on and, spoiler alert, we had another very successful year. It is amazing to see so many of our members take on a wide range of projects that have a great positive impact on our community. All the projects, big and small, make an impact. I'm listing just a few examples of our contributions to give you an idea of the overall impact.

We supported families in need (Family Promise), we provided free books for children (Little free library), we taught cooking classes (Lilburn Middle School), we delivered Dictionaries to third graders (Dictionary Project), we collected pajamas for foster children (Jambo's), we saved over 3000 pounds of plastic from going into the landfill and turned them into 3 beautiful benches that we donated, we worked hard to raise money for our projects by participating in Lilburn Daze, we raised money for our local children by participating in Taste of Lilburn, we supported our troops abroad by baking and packing cookies and other goodies (Treat the Troops), we made and delivered lap blankets for women veterans undergoing cancer treatment, supported Side by Side, supported Yellow River Wildlife Sanctuary, donated food for the Lilburn Co-Op, recycled medicine bottles for the Humane Society, supported Elementary Schools, etc.

We also learned about photography, the Yellow River, how to make flower arrangements, how to set up and manage google and Gmail accounts, etc. WE WERE BUSY but had fun in the process.

I want to thank everyone for bringing new ways to engage as well as supporting true and tried activities that we know benefit our community, and most of all for your engagement in this year's activities.

I want to encourage you to continue staying engaged and continue to volunteer throughout the year. We really need and appreciate your commitment to the Lilburn Woman's Club. It takes all of us to make an impact and you have definitely contributed to making it happen. Have a wonderful holiday!





## Art and Culture: Lori Bottons

Please come join us for the Lilburn Holiday Parade on Dec 7<sup>th</sup>!

With all the hustle and bustle of this season, take some time to enjoy the beautiful opportunities available to us. Our school calendars have choral, band, orchestra and performing arts events the first 2 weeks of December.

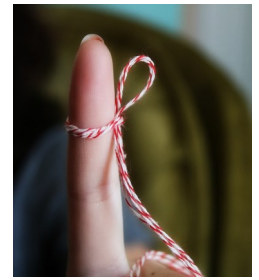
[Brookwood HS / Calendar](#) [Calendar - Parkview High School](#). UGA has their beautiful Winter Wonderlights. [Winter WonderLights - State Botanical Garden University of Georgia](#)

The Wynne-Russell House is having Candlelight Evening Tours Dec 10<sup>th</sup> and 12<sup>th</sup>. Many local churches are having special musical events.



Enjoy!

Need a gift idea for that hard to find person? I met the owner of Cooking for Caregivers LLC this week. She offers personal chef services and will cook in someone's home. It can be on a regular basis or one time. [cookingforcaregiversllc@yahoo.com](mailto:cookingforcaregiversllc@yahoo.com) Or one of the many food delivery businesses such as door dash or uber eats perhaps?



### Donation Reminders

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

#### Art:

### Civic Engagement & Outreach:

#### Lilburn Co-op:

Canned Peas  
Canned Chicken, Tuna, Stew  
Canned Mixed Veg.  
Peanut Butter  
Shampoo  
Canned Pork & Beans  
Toilet Paper  
Cereal  
Hamburger Helper  
Soda Pop Tabs  
Fronts of used greeting cards & cancelled stamps (St. Jude)  
Pajamas for Jambos

### Education & Libraries:

Books for Little Free Library

### Health & Wellness:

Articles for Brookside Store—lotions, socks, tissues

### Environment:

Pill bottles



## Environment: Mandy McManus

We all do it....probably everyday. We wash our dishes. But have you ever thought about the environment when you are doing thing everyday chore? First important thing to know is the automatic dishwasher is the best way to go, it uses less water than hand washing and rinsing and recycles the water so it has the most efficient use of water. Just remember to only run it on a full load.

But what about those dishwasher pods? Are they safe for the environment? Actually they are! The outer coating is a dissolvable polyvinyl alcohol PVA which is made of different thicknesses to separate the different cleaning agents and enzymes for different times in the dishwashing cycle. These PVA's do not dissolve into the dread-  
ed micro plastics that are very worrisome for our environment, they dissolve into the water and are mostly filtered out at our water treatment plants.

Next you should **not** pre rinse your dishes! The enzymes that are in dishwasher detergent are designed to attach to food particles on the dirty dishes and need to be there to do there cleaning work. Plus the pre-rinsing really wastes water, especially if you use warm water that has been heated using energy.

Lets give thanks to Josephine Cochran, a woman who invented the dishwashing machine in 1850! She has saved everyone countless hours of work by making our lives so much easier and cleaner! You can feel good about using your dishwasher and benefitting the environment as well.





## Health & Wellness: Nadine Bily

December is National Stress-free Family Holidays Month

A stress-free holiday month sounds like an oxymoron. For many, the winter holidays can be the most stressful time of the year. The pressure to keep up with social occasions and make others happy can lead to physical and mental exhaustion. Here are some ideas to cut holiday stress:

- Don't seek perfection – everything about your holiday season doesn't have to be perfect or just like last year.
- Simplify wherever possible. Be realistic about what you can do, and eliminate some tasks or social functions so you have more time to enjoy the people you value most.
- Avoid social media. Postings of lavish dinners and perfect parties can lead us to feel we are not measuring up.
- Continue your workout routines. Exercise helps relieve stress and burn off calories that accumulate quickly this time of year.

Also from Health and Wellness:

Don't forget to turn in your hours for the everyday things you did this year which fall under Health and Wellness:

- Your personal exercise routine
- Your personal physical exams, especially eye care and procedures. This can be included with our CVI project. Did you drive anyone to an eye appointment? Did you volunteer at LMS for their student eye exams and eyeglass distribution?

Did you donate money to St. Jude's? H&W donated to them, and your personal donations can be added to our donation.

Did you do anything for shut-ins? Volunteer hours at senior centers or donating clothing/gifts/food treats? Did you read to, provide transportation for, or help a senior person pay his/her bills?

Your report of your hours are very much appreciated!



Social: Gloria Sill



GFWC Lilburn Woman's Club

**CHRISTMAS  
DINNER AND AUCTION  
WITH LIVE MUSIC**

**Friday, Dec. 13 at 6 PM**

**Reynolds Hall of St. John Neumann Church  
801 Tom Smith Rd., Lilburn, GA**

Cost \$30 per person - bake sale  
- opportunity tickets (cash only) - cash wine/beer bar  
Music by Parkview Orchestra - Live Auction to Follow

*Purchase tickets online by Tuesday, Dec. 5*

*[www.lilburnwomansclub.org/holiday-dinner-and-auction](http://www.lilburnwomansclub.org/holiday-dinner-and-auction)*

This charitable project  
will provide holiday gifts for local  
children in need as well as  
support other children's projects



Taste of Lilburn: Andrea Brannen

# JOIN US FOR



Sample food from around the world  
that's just around the corner

**March 1, 2025 - 4 PM TO 7 PM**

**Parkview High School  
998 Cole Dr., Lilburn**

# December, 2024

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

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

1	2 LWC Book Club	3	4	5	6 A&C 1PM Decorate Santa Float for parade	7 Lilburn Christmas Parade
8	9	10	11	12	13 LW Christmas Auction 6PM at St. John Newman	14
15	16 Social Visit the Tate House	17	18	19	20	21
22	23	24	25 	26	27	28
29	30	31	1 	2	3	4



**Happy Birthday!**  
 Dec. 1—Susan Hendricks  
 Dec. 3—Barbara Brennen  
 Dec. 6—Maureen Fraser  
 Dec. 16—Lee Jurjevich  
 Dec. 9—Pat Otwell  
 Dec. 10—Susan Kintzler  
 Dec. 24—Andrea Brannen  
 Dec. 27—Adela Salame-Alfie