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GFWC Lilburn Woman's Club

www.lilburnwomansclub.org

November, 2024

President: Kathy Mattox

This is a month for giving thanks. We are grateful for so much this year! We have been blessed with new members joining us, accomplished a whole lot of good service, and raised lots of money for our community projects because of your efforts and our generous sponsors. We are grateful for our veterans and can show our support to them by donating or participating in Treats for Troops on November 12th! We can all give thanks for our many blessings this Thanksgiving. I am also thankful for the great friendships I've made since joining LWC and they continue to grow!

Finishing out our year, our November general meeting will include an opportunity through our CEO program to write a Christmas card to a veteran and our Art & Culture group will have a special program for decorating at Thanksgiving. Then we will be planning and making preparations for the Lilburn Christmas parade, December 7th, where we will showcase Santa on our beautiful float! This offers a lot of visibility to the community so come out and march ahead of our float if you can! We might even be able to get a few new members from there! Then, our annual Auction and Dinner is scheduled for December 7th. Be sure to include some interesting items for the auction since it's "For the Children." Get creative! Consider furnishing a baked item each month or perhaps some number of meals for the year! People love homemade foods, no matter what kind!

Lastly, we are also starting to make plans for 2025. Be ready to join a Community Service Program and get involved. Maybe you could assist your CSP Chair by leading one of the projects! It takes a village and we need you all to continue serving our community with the same commitment and dedication we've made in the past!



[Community Service Program Chairs](#)

[Art & Culture](#)
[Lori Bottons](#)

[Civic Engagement & Outreach:](#)
[Diane DeGaetano](#)

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[Barbara Brooks](#)

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[Andrea Brannen](#)

[Social:](#)
[Gloria Sill](#)

[Communications](#)
[Brenda Dana](#)

[Websites, Facebook](#)
[Andrea Brannen](#)

[Newsletter](#)
[Dianna Carson](#)



Art and Culture: Lori Bottons

Did you miss the Scarecrow competition for the LWC committees at Lilburn Daze? and the winner isCongratulations Engagement and Outreach!

Did you know? This is Native American Heritage Month - Have you checked your genealogy? Are you related to our original inhabitants of the USA?

Why not make time to visit an Art Museum on Nov. 9, Art Museum Day. Or take in the Immersive Titanic experience 5660 Buford Hwy NE. Or enjoy some music - Emory has free monthly concerts at the Carlos Museum, noon first Fridays. Or Check out Stone Mountain Art Station.Theater has announced the 2024-2025 season



Civic Engagement & Outreach: Diane DeGaetano



On November 11, 2024 we honor generations of America's veterans — patriots who have stood on the frontlines of freedom and kept the light of liberty shining bright around the world. Just as they have kept the ultimate faith in our Nation, we must keep ultimate faith in them.

Each one of our Nation's veterans is a link in a chain of honor that stretches back to our founding days — bound by a sacred oath to support and defend the United States of America. Throughout history, whenever and wherever the forces of darkness have sought to extinguish the flame of freedom, America's veterans have been fighting to keep it burning bright. We remember so clearly the pride seen by the families of Service Members serving all over the world. We owe them a debt of gratitude we can never fully repay, not just for fighting for our democracy, but for giving back to our communities and inspiring the next generation to serve, even after they hang up their uniforms.

As a Nation, we have one truly sacred obligation: to prepare and equip those we send into harm's way and to care for them and their families when they return home. Today, more than 1.1 million veterans and 11,000 survivors of deceased veterans are now receiving new service-connected disability benefits, and over 5.8 million veterans have been screened for toxic exposure — a critical step to ensuring they get access to the care they need. And as of last March, any exposed veteran who served during any conflict outlined in the PACT Act will be able to enroll in the Department of Veterans Affairs (VA) health

While our veterans are the steel spine of this Nation, their families are the courageous heart — they also serve and sacrifice so much for our country. The President has signed an Executive Order which increases training and employment opportunities for military spouses in the workforce and encourages Federal agencies to do more to retain military and veteran spouses through flexible policies. Additionally, through the Joining Forces initiative, the current Administration is working to better support military and veteran families on everything from making school transitions easier for military children to expanding economic opportunities and improving well-being for military spouses, caregivers, and survivors.

We honor all our veterans, who have preserved, defended, and fought for our democracy. They prove that we are a Nation that can meet darkness with light again and again, no matter how high the cost or how heavy the burden. May we all strive to be worthy of their sacrifices for us, doing our part to keep the light of liberty burning bright for generations to come. God Bless the Veterans and their families and God Bless America!



Environment: Mandy McManus

What is better for the planet - bar soap or liquid soap? At first you might think, what difference does it make? If you are concerned about the environment then maybe this is something to consider.

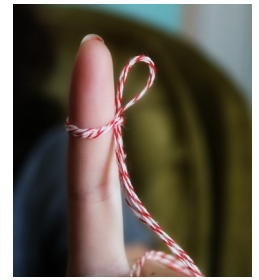
All soap works to clean dirt and oils from our skin by using surfactants which help water pick up grime and wash it away. Old school bar soap works by combining fat and alkali such as lye—the basic ingredients in soap for centuries. But around 1940 cosmetic companies found a cheap way to make surfactants out of petroleum, these products are not technically soap, but are “detergents”. Both clean the same way, but one uses natural ingredients to clean your skin while the detergent uses chemicals found by drilling and refining oil. To make detergents it takes five times more energy, and 10 times more greenhouse gases than making simple soap products. To determine if you are using a natural product or a synthetic one you have to look at the label. If you see sodium lauryl sulfate (SLS) or sodium laureth sulfate (SLES) you are using a product with detergent.

Next consider the packaging and transportation, bar soap has a clear advantage over liquid soap because of the minimal packaging which also can typically be recycled.

Liquid soaps come in plastic bottles, which contain may pumps which are hard to recycle. Pack-

aging liquid soap takes 19 times more energy than bar soap too. Plus liquid soap is mostly water, which means the majority of what gets shipped from the factory to your store is something you could get from your faucet. Bar soap has only the cleaning agent and you add the water when you wash, so that saves energy and money.

Whether your soap is bar soap or liquid, natural or synthetic these are things that are easy to think about when you are doing your part to improve our environment.



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



Education: Barbara Brooks

- Dictionaries have been distributed to the Lilburn Elementary Schools to many happy children who have never owned a book of their own before.
- The next book club will be 12/2/24 reviewing “Christmas Train” by David Baldacci.
- Volunteers are needed on Fridays. Drop by Minor Elementary 11AM to 2PM and assist the parent coordinator, Brooke Turner with various tasks. Stay an hour or the entire time, no need to sign up, just show up!



VOLUNTEERS NEEDED!





Health & Wellness: Nadine Bily

Submitted By: Pat Baker

November is National Family Caregivers Month in the United States. It's observed to call attention to the hard work of more than 50 million family caregivers across the country. During National Family Caregivers Month, awareness is raised of the societal value provided by caregivers. Caregiver services often make it possible for their loved ones to remain at home. It usually fills a gap that would be astronomically expensive otherwise.

Family caregivers may provide many different types of support:

Personal Care:

- Bathing, personal hygiene, dressing and toileting
- Getting in and out of bed or a chair and walking
- Meal preparation and feeding

Medical Care:

- Organizing and giving medication
- Managing and attending appointments and maintaining medical records and information
- Managing therapies and treatments
- Arranging nursing and other medical supports
- Performing basic medical tasks

Other Life Management Tasks:

- Shopping for food, clothing and other essentials
- Providing transportation or organizing transport
- Managing finances, paying bills, planning for the future
- Housekeeping and home maintenance
- Managing communication with others
- Arranging respite care providers

And much more!

Caregiving can be tedious, repetitive, physically challenging and emotionally straining. For many caregivers, they sacrifice their own well-being to take care of their loved one. Whether you are caring for your aging parents, a young or adult child with a disability, your disabled spouse or partner, or a friend; that care is priceless!



Lilburn Daze: Maureen Frazer



Congratulations!



**Claire Elizabeth Allred
(Susan's pumpkin)**



**Matthew Montee Moran
(Adela's pumpkin)**



**Isla Valentina Brannen-Victorio
(Andrea's pumpkin)**



**Caleb Nash Bailey
(Andrea's pumpkin)**



**Hannah Grace Mueller
(Pat Shaver's pumpkin)**

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**

November, 2024

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

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

					1	2
3	4	5	6	7 LWC Mtg. 6:30PM	8	9
10	11	12 4:15 Treats for Troops	13	14 A&C and H&W— Cooking class at Lilburn Middle	15	16
17	18	19	20	21 7PM Exec, Bd Mtg.	22	23
24	25	26	27	28 	29	30



Happy Birthday!
 Nov. 6—Laura Byrd
 Nov. 15—Doris Mann
 Nov. 17—Susan Boudreaux
 Nov. 20—Jenny Nall
 Nov. 23—Linda Pierce
 Nov. 26—Janie Dellinger
 Nov. 29—Beth Werve