



## Lawrenceville Woman's Club December Newsletter

### **President's Report    Shelia Jones**

Hope everyone has an awesome Thanksgiving and enjoy your time with your family. Wow – it's hard to believe November is almost over and our Holiday party is right around the corner --- December 1 at 6:00pm in the Kensington Clubhouse located at 1236 Kenilworth Place, Snellville. It's going to be an Italian night if you haven't done so already, please let Nicole know what food item you will be bringing. I want to thank all the CSP chairs and helpers for the hard work this year and look forward to our planning meeting in January. If you have some projects, you would LWC to participate in next year bring to the January Meeting. If you are interested in volunteering at the Festival of Trees they could use folks Wednesday, December 1<sup>st</sup>, 5:00 - 9:00pm. Thursday, December 2<sup>nd</sup>, 5:00-9:00 pm and Saturday, December 4<sup>th</sup> any shift please contact Tina at [tinadaniel1224@gmail.com](mailto:tinadaniel1224@gmail.com) or 678-459-0337. Just a reminder that January 25<sup>th</sup> is the deadline for online reporting more information will be send when it is received. See you at the Holiday Party!

### **2<sup>nd</sup> Vice President**

Looking forward to seeing everyone at our Christmas Party. At the November meeting we decided instead of the gift exchange we would bring can goods for the Co-op. We will have a box at the door for you to place your donations in. I will email you what you signed up to bring once I get home on Sunday. I forgot my list at home.

### **Arts and Culture    Mary Louise Awana**

The Aurora Theatre will open the new 500 seat Grand Stage Theatre with Christmas Canteen. The longest running theatrical holiday tradition will open November 26 and run until December 23<sup>rd</sup>. Get your tickets now you won't want to miss it!

From Arts and Culture to our IDC ladies, a huge thank you for your energy and enthusiasm throughout 2021.

Cheers and good tidings to you and your family for a wonderful Christmas and New Year.

### **Civic Engagement    Mary Sanders**

### **Honoring First Responders**

Many thanks to Cheryl and Marylouise for helping to deliver coffee and doughnuts to Gwinnett Fire Station #9 on Five Forks and to Station #15 on Scenic Hwy. This was done to help them celebrate the 50<sup>th</sup> Anniversary of Gwinnett Fire Stations and to give them Thanks for all they do for our community. It was a fun!

## **Wreaths Across America**

We have donated \$60 to East Shadowlawn Memorial Gardens at 87 Scenic Hwy S. in Lawrenceville, Ga., to pay for 4 wreaths to be laid on December 18<sup>th</sup> at 12:00pm. All are invited to join the Ceremony which Remembers the Fallen, Honors those who serve and Teach our children the value of Freedom.



## **Education and Libraries**

 Who knew? Gwinnett's 15 branch libraries are not for just checking out books! Visit [www.gwinnettpl.org](http://www.gwinnettpl.org) to discover the many resources available to you, both live and virtual, at a library near you. In person programs vary by branch and are presented with day and night hours. Examples include Tutoring, e-books Online, Book Clubs, Volunteer Opportunities, virtual Author and Speaker programs, Citizenship Clinics, Social Security 101 Workshop, Foster Parent Information, Arts & Crafts Make and Takes, Job Interviews, etc. Donations to the Library Foundation support children, adult, and technology enhancement programs, as well as the Career Online Highschool.

\*G.R.E.A.T. Little Minds is looking for locations and stewards for book exchanges. For more information email [B2Anywhere@GwinnettCounty.com](mailto:B2Anywhere@GwinnettCounty.com).



## **Environment**

**Cheryl Shaw**

 A Whale of a Problem—Remember December 2020 when we worked on the mural about the problem of plastic pollution in the oceans at our Christmas Party? There are five major garbage patches in the world's oceans, including the Great Pacific Garbage Patch between Hawaii and California. On October 14, an environmental group, the Ocean Cleanup, announced that its final test of a large new scale plastic removal technology called System 002, nicknamed Jenny, has been successful with removing more than 63,000 pounds of plastic and other trash swirling in ocean currents from the Great Pacific Garbage Patch. System 002 consists of two boats that pull a net that is a half mile long with a large arm that guides the trash into the net. Jenny moves slowly at less than 2 mph, to give the fish and other marine animals time to swim out of the net. It also has quick release systems, escape routes, and lights to help them avoid the net. Once the net is full, workers empty the trash into a boat and take it to shore to be recycled. The organization is also developing System 003, which will be about three times bigger than System 002.

 Lawrenceville Community Garden—Fall vegetables are almost ready to harvest. I needed to discover the proper way to harvest kale from reading online, due to our recent workday being canceled because of rain. Instructions say to trim the larger, lower outer leaves (about the size of your hand) off from the bottom of the plant at the main stem. Baby greens are ready in 25-30 days, while larger leaves take approximately 60 days after seeds are planted. Starters were used at the Community Garden, so most of the plants are ready for harvest now. Be sure to leave the center bud and smaller leaves on the top so that the plant can continue to produce new growth.

 Recycle, Reduce, Reuse—Let's have a cold weather "coats/sweaters/hats/gloves/scarves" drive for the Lawrenceville Co-Op at the January meeting! If you or other family members get new items for Christmas and are willing to part with gently used older items, bring them (in lieu of canned goods) to the meeting, and I will deliver them to the Lawrenceville Co-Op.



## Health and Wellness

 Make a note to bring non-perishable food items for the Lawrenceville Co-Op to the December meeting. Good choices include canned vegetables, fruits, and soups; canned chicken or tuna; peanut butter, cereal, hamburger helper; pasta, dried beans, and rice.

The Gwinnett Community Health Fair is Saturday, December 4, 10am – 1pm at Best Friend Park Gym, 6224 Jimmy Carter Boulevard, Norcross. It's free to the public and open to all ages.

Making New Year's Resolutions for a Healthier Lifestyle? Condiments—Read the labels and avoid condiments made with refined sugar and white flour, artificial colors/flavors/sweeteners, and preservatives. Aim to keep added sugar, sodium, and saturated fat at around 5% or lower. Products advertised as low-fat, gluten free, or plant-based aren't always better for you. They can contain less-healthy ingredients to compensate for flavor or texture. To use less salad dressing, chop your salad ingredients, then toss, helping to distribute the dressing so you don't have to use as much. Portion out a serving's worth of condiments to give you an idea of how much you use.

## Sunshine News

**Nicole Hallmark**

I don't have my list of Birthdays with me, so I'll make sure to send a Happy Birthday shout out on Sunday when I get home. I want to wish each of you a wonderful and healthy Holiday Season!



