



Lawrenceville Woman's Club February Newsletter

THE VALUE OF A SMILE

It costs nothings but creates much.

It enriches those who receive without impoverishing those who give.

It happens in a flash, but the memory can sometimes last forever.

None are so rich they can get along without it, and none so poor they are not richer for its benefits.

It creates happiness in the home, fosters goodwill in a business, and is the countersign of friends.

It is rest to the weary, daylight to the discouraged, sunshine to the sad, and nature's best antidote for trouble.

Yes, it cannot be bought, begged, borrowed or stolen, for it is something that is of no earthly good to anyone unless it is given away.

And if in the course of the day some of your friends should be too tired to give you a smile, why don't you give them one of yours?

For nobody needs a smile so much as those who have none left to give.

February Chairperson's Report Cheryl Shaw

Environment CSP will lead the February meeting. I will share information about a program in observance of Georgia's Arbor Day, which is planned for Saturday, February 19, at Slow Pour Brewing Co. The celebration includes a tour of the brewery, so there is something to interest everybody! Join us at the Female Seminary and bring your ideas!

Cheryl will be responsible for News and Notes throughout the month of February. Same rules apply email any information you want to send out to her by 10am on Tuesdays.

Membership

It's that time again! Membership dues are due! Please bring your check for \$60 to the February meeting if you haven't paid yet. Thank you to Paula for bringing the club letterhead to me. Current and Sustainer letters will go out by the end of the week. At the February meeting new membership information will be distributed to put in your membership binders. Thank you to Mary Sanders for coming up with **Women Promoting Healing** for our 2022 club theme.

Our General meeting chairperson for February will be Cheryl Shaw, March Mary Sanders, April Paula Carroll, May Nicole Hallmark. We are looking for a chairperson to fill September, October, and November, December. Even though December is our Christmas party we will still need a chairperson to send out News and Notes.

The General meetings will be held at the Female Seminary starting at 6pm. February 2, March 2, April 6, May 4, September 7, October 5, November 2, December 7, during our regular meeting time. If we are to meet in the summer it will be held at White Hawk Subdivision Clubhouse.

All reports have been submitted and a big "Thank you" to those who submitted your reports on time!

Fundraising

An idea to discuss for a joint fundraiser with the Lawrenceville Garden Club. This would be an "Off the Beaten Path" garden tour featuring local gardens that you might never see or even know about. More discussion to follow at the next meeting. If anyone has any other ideas for a fundraiser please bring it to the February meeting.

Treasurer report A current treasurer' report will be distributed at the February meeting.

Arts and Culture



The Hudgens Center for Art and Learning is excited to host an afternoon of "Brushes and Brews" at **Ironshield Brewing** in downtown Lawrenceville. **Saturday, February 12, from 2 to 4 pm.**

Bring along your boo for a laid-back Valentine's date, or bring your bestie for a Galentine's date! Enjoy Ironshield's amazing selection of house-crafted brews as one of The Hudgens' talented instructors guides you through the process of creating your own masterpiece. Art supplies will be provided and no artistic experience is necessary.

[**Get Your Tickets Here!**](#)

Workshop
ALL-NATURAL HAND LOTIONS AND TOILETRIES MAKING

February 6, 2022, 1:00 - 4:00 pm

It's easy to make your own hand creams and lotions, customized to different skin types with fragrances, healing herbs, and even goat's milk. Then move on to bath salts, body rubs, lip balm, cleansing cream, and cologne. Go home with several jars of skin care products and recipes for many more. Materials fee covers use of all equipment and the supplies necessary to make 10 - 12 recipes of hand lotions and other toiletries, plus an extensive handout covering all instructions and many recipes for skin care products.

Masks Required

Register



If interested in going you will need to purchase your tickets online at the Hudgens Center.

Civic Engagement **Mary Sanders**

Public Safety

Be prepared in case winter weather traps you in your car. Take these few steps to prepare for a winter emergency in your vehicle.

- Always check forecasts on your route
- Dress for the weather outside, not inside your vehicle
- Try not to travel alone and/or let someone know your route
- Winterize your vehicle and keep gas tank at least half full
- Stock an emergency kit with food and bottled water, cell phone charger, Flashlight and batteries and a warm blanket
- If you get stuck, stay in your vehicle

Thanks to Frontline Workers

In a previous News and Notes I had proposed that we provide snacks to Frontline Workers at Northside Hospital Gwinnett. We had done this last year and the staff were very appreciative. I spoke with Sarah Lundy (past president of the Auxiliary) and she gave me some ideas for this year. I will have further details at our next meeting.

Education and Libraries

News Flash ⚡ LWC has a new format with less structure (no monthly Board meetings), no officers, and the entire Club will be voting on organizations to sponsor and events to participate in. We plan to continue the

CSP plans of work, and we would like to have a volunteer to head up Education and Libraries. Reports are no longer to be feared. Many of us have decided to report on statistical information only (number of participants, hours involved, club money spent, and in-kind donations). No narratives will be required.



Environment Cheryl Shaw

🗑️ Thanks to everyone who has provided gently used, warm clothing to donate to the homeless and to families in need. We are exploring several places to donate: the Co-Op, Police Department, or Gwinnett Warming Centers. If you know of a church that has a “clothing closet”, please share. We will contribute to this on-going project for as long as our cold weather continues. *I have several bags of donated yarn (in all colors, along with extra needles) in case anybody knits or crochets and would like to make scarves for this project. If you would like to learn to knit a simple scarf, we can hold a Ladies’ Time-Out and I will teach you how!

Household Hazardous Waste Collection Day: Saturday, February 12, 9am-1pm, at the Gwinnett County Fairgrounds, 2405 Sugarloaf Parkway, Lawrenceville. Gwinnett residents are allowed to bring up to five containers of household hazardous waste for free. For more information about containers, accepted and non-accepted items, visit www.gwinnettcb.org. *Containers will not be returned.

Tree City USA: Plans for Lawrenceville to obtain this designation are on temporary hold, but there is another exciting opportunity to merge efforts with Georgia Gwinnett College to educate the public about tree management and conservation. A prominent thing for the committee to focus on is the College Corridor, a newly installed 2.2 mile stretch of pedestrian friendly roadway connecting the College and Slow Pour. An event is planned for February 19 at Slow Pour in observance of Georgia’s Arbor Day. Committee partners include Randy’s Perennials & Water Gardens, our Forestry Service advocate, LWC, and Lawrenceville Garden Club.

🥬 **Lawrenceville Community Garden**—At the recent Volunteer Workday, we harvested 16 pounds (11 bags) of Savoy cabbage and collards for the Co-Op. We are waiting on the remainder of the cabbages and leafy kale to grow.



At the next workday, we will harvest and bundle herbs, which are available in LWC bed #1 and in the handicap-accessible garden beds. I met two ladies who walked over from the Senior Center and asked for several herbs (rosemary, sage, lavender, and oregano, with roots) to plant in containers at home.

Breaking News—Environment has reserved Bed #28 to establish a Children’s Garden. We will experiment with several different types of gardens, including Pizza, Alphabet, Book, Butterfly, Dinosaur, Giant, Miniature, Rainbow, and Salad. I am “in negotiations” to have children’s reading programs at this garden and give each child a book related to the type of garden we feature.

Mark your calendars: the next workdays at Rhodes Jordan are Thursday, Feb. 3, 11am-1pm, Tuesday, Feb. 22, 11am-1pm, and Thursday, Mar. 17, 9am-12pm. All LWC members are welcome to join us! Other activities include pulling weeds, harvesting produce, watering, and composting.

Federation News

Central East District Meeting	March 12, 2022	
GFWC Georgia 126th Annual Convention	April 22-24, 2022	Crowne Plaza, Peachtree City, GA
GFWC Volunteers in Action Week	April 24-30, 2022	
GFWC Georgia Day of Service	April 23, 2022	“Help a Ronald McDonald House”
GFWC Federation Day	April 24, 2022	
GFWC Convention Tour	June 23, 2022	New Orleans, LA
GFWC 2022 Annual Convention	June 25-28, 2022	New Orleans, LA

Shelia will continue to be our point of contact person for all district, state and general federation information.



Health and Wellness

Happy February – it’s love in the air!! February is Heart Disease Awareness Month and February 4, 2022 is National wear Red Day --- Be it a lipstick, **dress**, shoes, or accessory, **wear** your brightest reds on National **Wear Red Day** Wear Red and Give - Go Red for Women day! Cardiovascular disease kills more women than all forms of cancer combined. This February, we are uniting for American Heart Month to help you Reclaim Your Rhythm, because losing even one mom, sister, friend, neighbor to cardiovascular disease is too many. 1 in 3 women die of heart disease and stroke each year which makes it the number 1 killer of women, killing more of us than all forms of cancer combined. So we encourage you to join movement to end heart disease and stroke in women because it’s not just a man’s disease. Learn what it means to Go Red For Women to help women like you fight back:

G: GET YOUR NUMBERS Ask your doctor to check your blood pressure and cholesterol.

O: OWN YOUR LIFESTYLE Stop smoking, lose weight, exercise, and eat healthy. It’s up to you. No one can do it for you.

R: REALIZE YOUR RISK We think it won’t happen to us, but heart disease kills one of three women. Know your family history.

E: EDUCATE YOUR FAMILY Make healthy food choices for you and your family. Teach your kids the importance of staying active.

D: DON’T BE SILENT Tell every woman you know that heart disease is our No. 1 killer.



In February - let's get moving for our health ----- 28 days of walking --we are focusing on three types of walking: **Steady Walk**: think of this like you're running errands in a hurry, timing at a 20-minute mile (or average 3 miles per hour). **Brisk Walk**: a walk where you're a bit out of breath, but can still keep the pace for the entire time. **Power Walk**: the highest level of walking, you'll use your arms (and weights, if you have them) for full power the entire time. You can add in hills and elevation gain as well if you choose. Walking for weight loss will do more than trim your waistline, it can help support overall health. Plus, it's a simple activity that can be done anywhere, anytime. We also recommend adding in a quick cool-down, stretch, or yoga class after your walks

Happy Valentine's Day to everyone. I plan to contact Gwinnett Extended Care this week to see what we can do for Valentine's Day --- maybe drop off some candy/cookies for Valentine's Day.

Newsletter News Nicole Hallmark

These are the following deadlines for your newsletter articles. The chairlady for the month will review the newsletter before it goes out.

March due February 18

April due March 23

May due April 22

September due August 26

October due September 23

November due October 21

December due November 30

Sunshine News Nicole Hallmark

We don't have any February birthdays. Paula's daughter Camille was sick but doing much better

Shelia is going to be doing our facebook page.

