



## Lawrenceville Woman's Club February 2024 Newsletter

**February Chairlady**            **Shelia Jones**

I look forward to seeing everyone at the February Meeting -- don't forget to wear red. I will be serving as the chairperson this month and LeeAnn will chair for March and April --- Nicole for May.

See you at the meeting on Wednesday February 7 at the Female Seminary 6pm--- Happy Valentine's Day!

**Treasurer's report**    **Nicole Hallmark**

Don't' forget to bring a check for our annual dues of \$60.

**Newsletter**            **Nicole Hallmark**

Mark your calendar for the following dates for newsletter article deadlines. All articles are due by noon on the dates below:

February 23 for March            March 22 for April            April 24 for May            August 23 for September

September 20 for October            October 25 for November            November 20 for December

**Arts and Culture**            **Marylouise Awana**

Now playing at the Aurora theatre "Knead" - interesting story – check it out – playing through February 25<sup>th</sup> in the Metro Waterproofing Main Stage. They are collecting recipes to do an electronic cookbook – bring a couple recipes to the meeting – handwritten or typed – put your name and email address on the back and we will deliver to the theatre and you will receive a copy of the cookbook. Please keep up with your hours that you attend the theater so we can count them – do you have season tickets??? –that can be counted too!

**Civic Engagement and Outreach**



Monday February 19 is Presidents Day. The deadline to register to vote in the March 12 Presidential Preference Primary is Monday February 12. Check your registration status, download a voter registration application, view sample ballots, and locate your polling location at [MVPSOS.GA.gov](http://MVPSOS.GA.gov).

The club will be making a donation to the Wounded Warrior Project in memory of Hope Torretti (Mary Sander's daughter).

**Education/Libraries**                      **LeeAnn Gregg**

I see on The February calendar for Gwinnett County library some classes on Meditation, Yoga and Tai Chi that might be a good way to learn/try some of these things at no cost. Just go to Gwinnett Library page and click on the "Events" tab.

Education also donated \$100 to the Gwinnett County Library Foundation to help support Spanish reading books.



**Environment**

Prepare your home for cold weather as the temperature drops its critical to winterizes your home to prevent potential damage to your plumbing system. Prepare your pipes for frigid temperature with these helpful tips.

- Insulate pipes in attics, basements, and crawl spaces.
- Use an insulated spigot cover on outdoor faucets.
- While traveling set your thermostat to 55 degrees to prevent freezing.
- Open cabinet doors to let in warm air.

Taking steps to winterize our home's plumbing is an effective way to protect your property and conserve our water resources.

Please continue to recycle. If you have any printer cartridges bring them to the meeting to be recycled at Cartridge World.



**Health and Wellness**

**Shelia Jones**

February is here! The year 2024 is already soaring, and this month, the shortest of the year, is sure to do the same! February is Black History Month – National Wear Red Day -Valentine's Day – Random Acts of Kindness Day and World Day of Social Justice. On Friday, February 2 – wear red --National Wear Red Day – when the American Heart Association, devoted to a world of longer, healthier lives for all, asks everyone to inspire women to make heart and brain health a priority by wearing red. "Awareness is critical. Let's wear red to our meeting February 7<sup>th</sup> for Woman's Health. I will bring Valentine Cards for us to sign at the meeting—I'm working on a place to take them. Community Health Fair – February 24<sup>th</sup> – 10:00 am- 1:00 pm – Lucky Shoals Park --- See you at the meeting



**Federation News**

**Shelia Jones**

**You are invited to**  
**2024 Central East District Spring Meeting**  
**Date: Saturday, March 9, 2024**  
**Check-In: 9 AM - 9:45 AM Registration and Light Breakfast**  
**Meeting Start: 10:00 AM**  
**Crawford Baptist Church**  
**124 Church Street, Crawford, GA**

**Theme: *The Best Peeps***

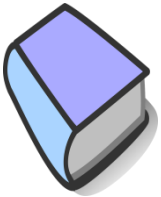
**Food:**

**Morning :**

Fruit, coffee cake, coffee, Orange juice, Sweet and Unsweet iced tea, and water

**Lunch:**

Roast Beef, Fried Chicken, Tossed Salad, Broccoli Salad, Rice, Roasted Potatoes, Rolls, Steamed Vegetables, Squash Casserole,  
Chocolate Cake and Cookies



**Book Club**

**Shelia Jones**

At our last meeting we discussed having book club again ---we will meet for lunch Thursday – February 15<sup>th</sup> ---place to be determined- we can discuss at meeting. Which book have you recently read? How has it inspired you? Reading is so good for you!!!

**PADV**

**Shelia Jones**

The Women in Action -8<sup>th</sup> Annual PADV Breakfast will be Friday, February 9<sup>th</sup>, 8:00 am – Sugarloaf Country Club - “Focusing on Mental Health” The Impact of Domestic Violence on the Mind and Body. LWC will donate an opportunity basket for the breakfast. If you would like to purchase a ticket – click on link below ---

[PADV's 8th Annual Women in Action Forum by Partnership Against Domestic Violence \(givelively.org\)](https://www.givelively.org)

#### **WHY SUPPORT Partnership Against Domestic Violence?**

- **1 in 3 women** and **1 in 4 men** in the United States have experienced some form of physical violence by an intimate partner.
- PADV operates 2 emergency shelters and 4 housing programs that offer survivors a safe place to rebuild their lives.
- PADV provide counseling, legal advocacy, educational workshops and various resources to help survivors heal and regain their independence.
- Domestic violence has an estimated overall cost to mental healthcare of \$176 million dollars.
- Research suggests that women experiencing domestic abuse are more likely to experience mental health problems. In contrast, women with mental health problems are more likely to be domestically abused, with 30-60% of women, with mental health problems, have experienced domestic violence.

- Domestic violence is associated with depression, anxiety, PTSD and substance abuse in the general population.
- Exposure to domestic violence has a significant impact on children's mental health. Many studies have found strong links between poorer educational outcomes and higher levels of mental health problems



**Sunshine news**

**Nicole Hallmark**

Congratulations to Shelia Jones. She is going to be another Nana. Grandchild #4 will be here in June.

**Mardi Gras Day**      Tuesday February 13

**Ash Wednesday**      Wednesday February 14

