

# JANUARY

## Lawrenceville Woman's Club Newsletter January 2025

**January Chairlady**     **Nicole Hallmark**

Happy New Year! I'm excited about starting another year with the Woman's Club. We were part of some amazing projects last year and I'm looking forward to getting other projects on the schedule. We will meet at the Female Seminary at 6pm on Wednesday January 8th. Bring your ideas for projects as well as your information to report for the projects we completed this past year.

**Treasurer**             **Nicole Hallmark**

Please remember to bring your check for the 2025 dues. The cost is still the same as last year \$60. I will get an updated budget before the January meeting.

**Newsletter**             **Nicole Hallmark**

Articles for the February newsletter are due Friday January 24 by noon.

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

Hope everyone got a chance to see Christmas Canteen or at least visit and see the beautiful trees. Did you take a can or two and put under the LWC tree? Tear down of the tree at the Aurora will be Monday January 6<sup>th</sup>.

### **Civic Engagement and Outreach**

Martin Luther King Jr. Day **Parade** is Monday January 20th, at 11:00 AM. Gwinnett Justice & Administration Building. **75 Langley Drive**, Lawrenceville. The theme: Don't give up on the dream! Parade 12:00PM – Line up 11AM – Starts at GJAC and goes to Central Gwinnett High School. Celebration 3:00 – 5:00PM at Central Gwinnett High School.



Tuesday Jan 21, Grayson branch 6:00-7:00pm

Whether you are looking to declutter your inbox or optimize your communications, this session will provide valuable strategies to make Gmail work for you.

The library is hosting several health and wellness events as well as New Year's resolution workshops. Check the library calendar at [Gwinnettpl.libnet.info](http://Gwinnettpl.libnet.info)



### Environment

Please continue to bring to the meeting –

- Plastic grocery bags—Creative Enterprises for cleaning litter boxes at their no-kill cat shelter.
- Used printer cartridges—Cartridge World.



### Health and Wellness

Shelia Jones

Hello to 2025 and a healthier you!!! John Hopkins is having live discussion Webcast each month about important issues affecting women's health --- Hope you can join in on some of the webcast ----

Join us from 7 to 8 p.m. on the second Tuesday of each month for a live discussion, including Q&A moderated by [Kelly Geer Ripken](#), A Woman's Journey's national chair. Register for one or more of these complimentary webcasts below, and visit the on-demand library for past conversations.

[Watch previous webcasts.](#)

#### **What's Up with GERD?**

**January 14, 2025**

According to the American College of Gastroenterology, gastroesophageal reflux disease (GERD) is thought to affect up to 20% of the U.S. population. Johns Hopkins gastroenterologist Monik Lammi explores the signs, symptoms and causes of GERD, and the various nonsurgical and surgical treatment options available.

[Monik Lammi, MD](#)

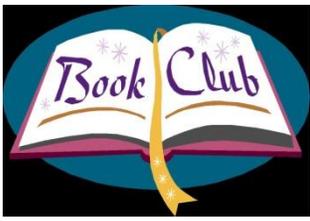
**February 11, 2025**

The American Heart Association reports that about 6 million Americans are living with heart failure. It's one of the most common reasons people age 65 and older go into the hospital. Johns Hopkins cardiologist Kavita Sharma shares details about the various causes and symptoms of heart failure and what can be done to manage this disease.

[Kavita Sharma, MD](#)

I Look forward to seeing everyone in January -

[Webcast: Healthy Conversations that Matter | Johns Hopkins Medicine](#)



**Book Club      Shelia Jones**

Bring your calendar to the next meeting so we can decide on the January date! My goal is to read more in 2025- do you have one? Should we start a 2025 Read Challenge – let me know your thoughts!

**Federation News      Shelia Jones**

Club Reports Due January 25<sup>th</sup>  
President Report Due February 15<sup>th</sup>  
Central East Spring District Meeting – Covington, Ga March 8<sup>th</sup>  
129<sup>th</sup> Annual Convention – Buford, Ga April 25-27<sup>th</sup>  
GFWC 2025 Annual Convention Atlanta – June 7-9<sup>th</sup> - Omni Hotel

**PADV/Wellsprings      Shelia Jones**

January is National Human Trafficking Prevention Month. Every year since 2010, the President has dedicated the month to raising awareness about human trafficking and educating the public about how to identify and prevent this crime. The U.S. Department of State raises awareness of human trafficking domestically and abroad through U.S. embassies and consulates. More than 20 years ago, the [Trafficking Victims Protection Act of 2000 \(TVPA\)](#) enshrined the United States' commitment to combating human trafficking domestically and internationally. In 2010, by presidential proclamation, President Obama declared January “National Slavery and Human Trafficking Prevention Month,” and every year since, each president has followed this tradition. To read more about modern slavery and human trafficking in the United States and globally, click on the report from Hope for Justice, one of our affiliate organizations.

**Sunshine      Nicole Hallmark**



**Nicole Hallmark    Jan 4    Marylouise Awana    Jan 8**

