



Lawrenceville Woman's Club September 2024 Newsletter

September Chairlady **Marylouise Awana**

I'm looking forward to seeing everyone Wednesday September 4th at 6pm at the Female Seminary. Michelle will be teaching us Google Track it forward.

Newsletter **Nicole Hallmark**

Newsletter articles for the October newsletter will be Friday Sept 20 by noon. I'll be out of town the following week so I want to make sure everyone gets the newsletter before I leave.

Arts and Culture **Marylouise Awana**

The Color Purple is now showing at the Aurora Theatre until Sunday September 15th. Make plans to attend.

Civic Engagement and Outreach



Please take a moment on September 11th to remember those we lost. As of August 19th you can request an absentee ballot for the November 5 General Election through Friday October 25th. For more information about absentee ballot application visit GwinnettElections.com. Early voting will start October 15.

Please continue to save and collect the tennis ball container for our "Special Needs Project. We will be working on this during the fall.

Fire Cider 101

Friday, September 06: 1:00pm - 2:00pm

Five Forks Branch - *Five Forks Meeting Room*

AGE GROUP: AGES 19+

EVENT TYPE: CULINARY ARTS

Fire cider is an easy-to-make DIY tonic that provides numerous health benefits, from aiding in digestion to alleviating cough/cold symptoms! As we near the end of summer, this program will teach the basics of making your own fire cider at home just in time for flu season.

Thursday September 5 at the Snellville library, Snellville Police Dept are hosting an internet safety class.

In-Person Program



Falls are the leading cause of fatal and non-fatal injuries in older Americans. Join us to learn about resources for seniors and tips to prevent falls.



Environment

Continue to save pop tops for Ronald McDonald house. If you have any printer cartridges you can bring them to the meeting and Nicole will take it to Cartridge World. Also if you have electronics that you want to get rid of you can all Work4Eli in Conyers. They will take laptops, cell phones, tv's, monitors, computers. You can take it to them or they will arrange to come pick it up.

Did you know if you live in unincorporated Gwinnett you can take advantage of bulky item pickup service to get rid of unwanted furniture, appliances, and other large items. Up to two bulky items can be scheduled for pickup each week with no additional charges. Make sure you request the service in advance at GCSolidWaste.com before placing your items at the curb.

The third Saturday in September is National Cleanup Day- Select a trail to clean up.

The Gwinnett County Fair is coming up September 12-22, there are a lot of opportunities to enter a fruit or vegetable from your garden. They also have classes --- here's the schedule --



2024 GWINNETT COUNTY FAIR HOME GARDEN EXHIBITS

Questions? Call or email Kathy Parent
678-377-4024 or kathy.parent@gwinnettcountryfair.com

- Entries are to be brought to the fairgrounds on Saturday, September 14th from 7:30am to 9:30am. **You do not have to pre-register any of the home garden exhibits.** Directions to the fairgrounds can be found at www.gwinnettcountryfair.com
- Exhibits must be grown by name on entry or will be disqualified.
- Pick up will be Monday, September 23rd from 3:00 to 6:00pm. After that time, entries will be disposed of. You can pick up your prize money at this time also.
- Prize money: 1st - \$10.00, 2nd - \$7.00, and 3rd - \$5.00. Exhibits with no competition will receive 1st place ribbon and 2nd place money. Judging of entries will be 10:00 a.m. the day of take-in.
- EXHIBIT CLASSES: One name per Class entry. Exhibits not listed in a class may be displayed and if sufficient amount of entries, a class can be added. In some classes, ribbons may be awarded but no money.
- Exhibitors are responsible for attaching their name, address, email address, phone number and class number to entries. No special tag is required; however, tags are available for pick-up at the Gwinnett Fair Office or available at "take-in."
- Exhibitors may prepare their exhibits by cleaning, washing and polishing or waxing their entries. Produce may be displayed on foam trays, sturdy paper plates, baskets, etc. Exhibitors are responsible for picking up any display materials they wish to keep on pick up day. Materials not picked up will be disposed of.

CLASSES

1. Apples - 3
2. Beans - Lima/Butterbeans - handful
3. Beans - String - handful
4. Beans - Other - handful
5. Berries - Small tray or basket - pint size
6. Carrots w/tops - 1 bunch
7. Corn - White - 3
8. Corn - Yellow - 3
9. Corn - Best stalks - 6
10. Cucumbers - 2
11. Dried - Lima/ butterbeans - 1 pint
12. Dried - Peas - 1 pint
13. Dried - Seeds - 1 pint
14. Eggplant - 1
15. Exotic/Tropical Fruits - (Pomegranates, Bananas, Asian Pears, etc.)
16. Figs - 3
17. Gourds - Martin type - 1
18. Gourds - Other - 1
19. Honey - 1 pint with comb
20. Honey - 1 pint NO comb
21. Muscadine - small tray/basket
22. Nuts - Chestnuts - small tray or basket
23. Nuts - Other - small tray or basket
24. Okra - Green - 6
25. Okra - Other - 6
26. Onions (bunch)
27. Onions -red - 3

28. Onions - yellow - 3
29. Onions - white - 3
30. Peanuts - 1 single plant
31. Pears - 3
32. Peas - handful
33. Pepper - Bell - 3
34. Pepper - Banana - 3 (hot & sweet)
35. Pepper - Hot - 3 (list variety)
36. Pepper - Other - 3 (list variety)
37. Pepper - Potted - 3 on a bush
38. Potatoes - Irish - White - 3
39. Potatoes - Sweet - 3
40. Potatoes - Novelty - 3
41. Pumpkin - Orange - 1
42. Pumpkin - Largest - 1
43. Pumpkin - Ornamental
44. Root Crops - other - 3
45. Squash - Butternut - 1
46. Squash - Yellow - 3
47. Squash - Zucchini - 1-2
48. Squash - Other - 1-2
49. Sunflower - Largest
50. Sunflower - Novelty
51. Tomatoes - Red - 3
52. Tomatoes - Yellow - 3
53. Tomatoes - Icebox
54. Watermelon - Largest
55. Watermelon - Largest

56. Weird Shaped Vegetables-1
57. Other - Miscellaneous
58. Herb Bouquet Display in 1-Qt. jar with water
59. Creative Vegetable Display
Display can consist of a variety of vegetables, gourds, etc. Not to exceed space of 18 x18".

Youth Classes - 15 years and Under

60. Decorated Fruit or Vegetable (1)

61. Garden Friend - Scarecrow or garden companion

62. Pictures made with seeds.
Let your imagination go wild on a thick piece of mat board, or thin wood, bring in your picture created with garden seeds. No need for framing, just trimmed out nicely. Picture must be completely made of seeds that you plant in the garden. Finished size can be no larger than 8 1/2 by 11 inches. This class is for youth 15 years and under only. Rules will be followed or will be disqualified.



Health and Wellness

Shelia Jones

Hello September ---- look forward to cooler weather and getting back to the things we love to doVolunteer. I will miss the meeting but will see ya'll in October.

September is Healthy Aging Month

Healthy Aging Month is observed during the month of September. This observance raises awareness on the physical and mental health of older adults and serves as a reminder that as we age, our minds and bodies change. It is important to maintain a healthy lifestyle to help deal with those changes and to help prevent some common age-related health problems.

You can take a proactive approach to aging by adopting healthy habits and behaviors, managing existing health conditions, and staying connected to your community. Consider practicing the tips below to help you stay active and independent as you age.

- **Eat and Drink Healthy.** Dietary needs may change as you age. A healthy eating plan includes nutritious foods that are low in cholesterol, fat, and artificial ingredients. You should also drink plenty of liquids, especially water, to stay hydrated. Eat nutrient dense foods like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.
- **Move More, Sit Less.** Staying active can help you prevent, delay, and manage chronic diseases, improve balance and stamina, reduce the risk of falling, and improve brain health. Aim for moderate physical activity, like walking, at least 150 minutes a week (22-30 minutes a day) and muscle strengthening activities, like carrying groceries, at least 2 days a week. Always consult with your doctor before starting a new exercise regimen.
- **Get Regular Checkups.** It is vital to go to the doctor for regular health screenings for healthy aging. Regular checkups help doctors catch chronic diseases early and can help patients reduce risk factors for disease, such as high blood pressure and cholesterol levels. In some cases, regular checkups have been linked to improved quality of life and feelings of wellness.
- **Be Aware of Changes in Brain Health.** Everyone's brain changes as they age, but dementia is not a normal part of aging. There are a variety of healthy behaviors that can be done to reduce age-related cognitive decline or manage dementia. Engaging in social and intellectually stimulating activities, getting enough sleep, and not smoking are a few actions you can take. See your doctor if you have questions about memory or brain health.

For additional resources and information on healthy aging, visit the [National Institute on Aging, Healthy Aging website](#).



Federation News

Shelia Jones

I attended institute a few weeks back and really enjoyed it- lots of fellowship from other clubs/districts. If you never attended – try to attend next year- it will be in Macon in mid-August. They have several breakout sessions on the CSP's. Thank you for helping with the Health and Wellness Project Board at book club last month- it was a big hit.



Save the Date -

GFWC National Day of Service - September 28th --- more details to follow.

GFWC Southern Region Conference --- Hyatt Regency Greenville --- October 3-6th

GFWC Central East District Fall Meeting --- October 12th – Augusta, Ga

Wreaths Across American Ceremony ---December 14th

Book Club Shelia Jones

Next book club will be Wednesday September 25th at 11:30. The meeting place to be determined.

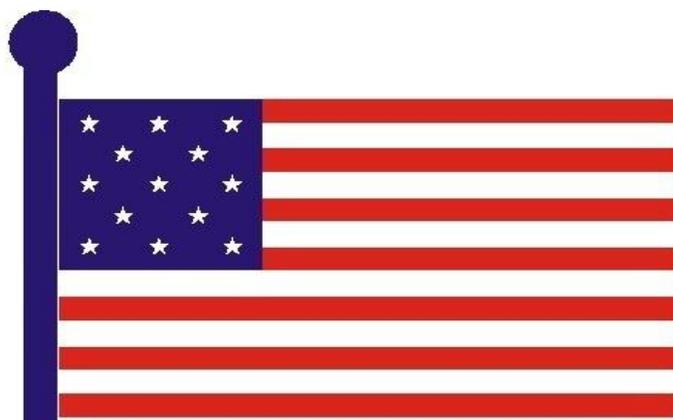
Sunshine Nicole Hallmark

Please continue to keep Marylouise in your thoughts and prayers as she continues to recover from her surgery. All went well and she continues to rest and recover.



Shelia Jones 8/22 Phyllis Prunty 9/7

Let's make plans at the September meeting to meet Phyllis for lunch to celebrate her big day.



HAPPY LABOR DAY