

FEBRUARY

Lawrenceville Woman's Club February Newsletter 2025

February Chairlady **Shelia Jones**

Our next meeting is February 5th – Female Seminary 6 pm. I will serve as chairperson-- be sure and wear **red** to the meeting, so we can take a club photo to support Heart Health Month. See you at the meeting. We will be working on the tennis ball cans. Taking off labels and making sure the lids fit properly

Treasurer **Nicole Hallmark**

Please bring your dues of \$60 to the next meeting. Sustainer letters have gone out.

Newsletter **Nicole Hallmark**

The deadline for the March newsletter will be Friday February 21st by noon.

Arts and Culture **Marylouise Awana**

Now showing at the Aurora Theatre/Lawrenceville Arts Center is King of Pangea. It will run through February 16th.

Civic Engagement and Outreach



February 17th

Domestic Violence Day will be February 5th, at the State Capitol. Breakfast at 8:30 am, Kickoff will be at 9:00am-10:30am, at 10:45am – pictures will be taking on Capitol Step. Please think about joining other GFWC clubs members for this important event. I know it's the same date as our club meeting ---- but it would be nice to go support a worthy cause.



It's Girl Scout Cookie Time –do you know a girl scout? As a club, it would be nice to donate cookies and ship to Soldier's Angels – it's no cost to ship – we just purchase cookies-- let's discuss as the meeting.

Education and Libraries **LeeAnn Gregg**

Author Talk - Marie Benedict Tuesday February 18 1:00-2:00 Duluth branch

Queens of Crime - historical fiction

I have read a few of her books and have enjoyed them

[Visit Beanstack](#) to sign up for the library's reading challenge January 1- March 31

Brain Games Wednesday Feb. 26 11:30-12:30 Five Forks

The little library at Creative Enterprises is out of books. They would love to have us collect books for them again. They also have a community food library that they would love donations for.



Environment

Please continue to bring to the meeting ---

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

2025 WATER WORKSHOPS-----

- Water Conservation Homeowner H2O: Toilet Tech February 13, 6:00pm–7:30pm Virtual workshop on WebEx
- Virtual workshop on WebEx Water Conservation Rain Barrels February 22, noon–2:00pm Lilburn City Park Pavilion

Register online by visiting Gwinnetth2o.com/Events. You can also send an email with your name, address, and telephone number to DWRWorkshops@GwinnettCounty.com or by calling 678.376.7193, option 5. Check Gwinnetth2o.com/Events for updates on weather-related schedule changes.

By attending a Water Quality Workshop, you may qualify for a 5% credit on your Stormwater Utility Fee* Attendees of a Water Conservation Workshop will receive a water conservation kit for either indoor or outdoor fixtures.

*Please note that the maximum Stormwater Utility Fee Credit that a property owner can receive per year for attendance at a County-Approved Training Program is 5%. All 2025 Workshop credits will be applied to your 2026 bill.



Health and Wellness Shelia Jones



Happy February ---February is American Heart

Month. Wear Red to the meeting. Cardiovascular disease is the No. 1 killer of women. Wear RED to be seen, to be counted, to be heard, and to make an impact. Women at every age, stage and season of life need our support as we take on our greatest health threat – cardiovascular disease. On Friday, Feb. 7, National Wear Red Day®, let's GO RED together. Women play many important roles in their world - family, community, workplace and beyond. This February, American Heart Month, the American Heart Association and Go Red for Women wants every woman, parent, friend, and co-worker to be armed with the knowledge, skill and confidence to be ready to save a life. This includes learning CPR because chances are, the life that needs to be saved will be the life of someone you know and love.

I will bring valentine cards to the meeting to sign – I'm waiting to hear back from a couple places that I can drop off. Bethesda Park Senior Center is having a "All you Need is Love & Brunch" Friday – February 14th – 10:30-12:30- let Shelia know if you are available to help with that event.

Send a free Valentine e-card to St. Jude kids-----[Valentine ecards for patients - St. Jude Children's Research Hospital](#) --

-- keep track of how many cards you send as this counts as a project. See you at the meeting.

Just a reminder ----- February 11 – webcast – John Hopkins ---

[Register Now!](#)

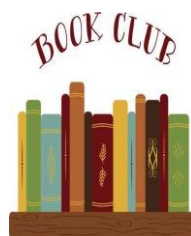
[Watch previous webcasts.](#)

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](#)

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

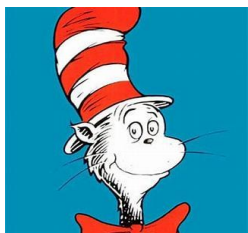


Book Club

Shelia Jones

Bring your calendar to the next meeting so we can decide on the February date!

We read for fun, and we read to learn, but while entertainment and education are the most obvious benefits of opening a book, they're just the tip of the iceberg. "Reading has countless benefits, starting from birth [and lasting] through adulthood."



Federation News

Shelia Jones

Club Reports Due January 25th ----- Shelia submitted all reports ---- Remember this year we are using track it forward – Please make sure you can login --- to track time, hours and projects that you have worked on –

Track it Forward ----- www.trackitforward.com - Login in --lwcgapresident@gmail.com Password -- **7Lawrenceville!** -

Atta girls to Nicole and Michele who purchased and delivered cookies for National Law Enforcement Day---

President Report Due February 15th

Central East Spring District Meeting – Covington, Ga March 8th

129th Annual Convention – Buford, Ga April 25-27th

GFWC 2025 Annual Convention Atlanta – June 7-9th - Omni Hotel



Sunshine Nicole Hallmark

Groundhog day Sunday February 2. Will he see his shadow? Are we in for 6 more weeks of winter?

HAPPY
GROUNDHOG DAY



**BLACK HISTORY
MONTH**