



## Lawrenceville Woman's Club October 2024 Newsletter

### **October Chairlady    Shelia Jones**

Happy October --- I look forward to hosting the October meeting and seeing everyone - October 2nd – 6:00 pm at the Female Seminary. Wear pink – if you don't have pink – I will be handing out breast cancer ribbons in honor of Breast Cancer Awareness month. Bring your laptop as Michele (thank you) will be demonstrating/training on the new GFWC "Track it Forward". Look forward to learning about this new tool where we can enter project hours, volunteer hours, dollars and description of the projects we are working on. See you at the meeting!!!

### **Treasurer                Nicole Hallmark**

I will have blank expense forms for you to fill out and be reimbursed.

### **Newsletter                Nicole Hallmark**

Articles for the November newsletter are due Friday October 25<sup>th</sup> by noon.

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

Korean Festivals in the US are a cultural popular event –

On - Saturday, September 28- The 2024 The Original Atlanta Korean Festival hosted by KAAGA will be 11:00- 9:00pm 5900 Brook Hollow Parkway Norcross, GA 30071 and again on October 5-6<sup>th</sup> at Sugarloaf Mills (times will vary) ---Get ready for a day full of Korean culture, food, music, and fun. They are celebrating the 15th anniversary of this festival this year!

Immerse yourself in traditional performances, indulge in delicious Korean cuisine, and experience the vibrant spirit of the Korean community in Atlanta. Don't miss out on this exciting event that celebrates all things Korean!

The purpose of holding a Korean Festival in the United States is diverse, encompassing cultural preservation and sharing, maintaining identity, strengthening community bonds, and achieving economic benefits.

**Cultural Preservation and Sharing:** The Korean Festival provides a great opportunity to preserve and share traditional Korean culture and values with the local American community. Koreans aim to proudly introduce the beautiful Korean culture to the world.

**Identity Maintenance:** Overseas residents strive to maintain and strengthen their cultural identity by organizing and participating in cultural events and festivals. The Korean Festival offers Koreans in the United States a place to celebrate and enjoy Korean culture.

**Community Strengthening:** The Korean Festival not only benefits Koreans but also provides an opportunity for people from diverse cultural backgrounds to enhance cultural exchange and understanding. Through this, communities can grow richer and more harmonious.

**Economic Benefits:** The Korean Festival can have a positive impact on the local economy. Participants and tourists attending the festival may visit local shops and restaurants, contributing to the stimulation of the local economy. For these reasons, the Korean Festival has become one of the most popular cultural events in the United States.

The Fall Duluth Festival will be Saturday September 28<sup>th</sup> (9:00 am – 7:00) and Sunday the 29<sup>th</sup> (9:00am – 5:00pm) the Duluth Fall Festival is one of the most successful festivals in the southeast and has won many award and recognitions through the years. All proceeds from the Festival are used towards improving and beautifying Historic Downtown Duluth and to support non-profit organizations in Duluth.

I hope you go out and support the arts in our community – both events have a lot to offer!!!

## **Civic Engagement and Outreach**

Remember you can request an absentee ballot for the November 5 General Election through Friday October 25<sup>th</sup>. For more information about absentee ballot application visit [GwinnettElections.com](http://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.

## **Education and Libraries      LeeAnn Gregg**

**Below are a few events that the Gwinnett County library is hosting:**

### **Senior Living | Aging Adult Expo**

**Tuesday, October 08**

**10:30am - 12:30pm**

#### **Dacula Branch**

Join the Gwinnett County Public Library for their Aging Adult Expo! We'll have resources and information galore for adults of all ages! Partners include the SSA, Medicare/SHiP, GNR Health and more. No registration is required for this free event.

### **Senior Living | Exploring the Blue Zone Theory- Live Longer and Healthier**

**Tuesday, October 15: 4:30pm - 6:00pm**

Mountain Park Branch

**AGE GROUP:** AGES 19+

**EVENT TYPE:** SENIOR LIVING

Watch a slide show presentation inspired by the book "The Blue Zones Secrets for Living Longer."

### **Health & Wellness | Declutter to De-stress**

**Tuesday, October 22: 12:30pm - 1:30pm**

Five Forks Branch

**AGE GROUP:** AGES 19+

**EVENT TYPE:** HEALTH & WELLNESS

Did you know that physical clutter can have an impact on your mental health? Learn a few methods for decluttering and choose which method works



## **Environment**

Happy fall y'all! Fall is the time for planting, whether in a container on your deck or patio or in a raised bed. Some fall vegetables -Lettuce, peas, radishes, chard, spinach, kale, turnips, beets, and carrots are all cooler weather options. Some good herb choices would be parsley, sage, rosemary, thyme and cilantro.

Gardening 101 – will be Thursday – September 26<sup>th</sup> – 5:30- 7:30 pm at the Grayson Community Garden, Grayson.  
Save the Date - Gwinnett Technical College will be having their Fall Plant Sale, October 15-17<sup>th</sup> – 9:00 – 4:00pm

If you're interested in volunteering at the Lawrenceville Community Garden – upcoming work days are October 9<sup>th</sup> – 5-7pm, November 25<sup>th</sup> – 3-5pm and December 2<sup>nd</sup> 3-5pm!!!

Support your local farmers markets

- Suwanee Farmers Market – Saturdays 8:00am -12:00pm – Town Center Ave- Suwanee, Ga.
- Snellville Farmers Market - Saturday – 8:30 am -12:30pm –Towne Green – Snellville, Ga.



**Health and Wellness**     **Shelia Jones**

Wear pink to the meeting ---October is Breast Cancer Awareness Month- make sure you are up to date on mammograms and do monthly self-examinations.



What is Breast Cancer Awareness Month? Breast Cancer Awareness Month is an international health campaign that's held every October. The month aims to promote screening and prevention of the disease, which affects 2.3 million women worldwide. Known best for its pink theme color, the month features a number of campaigns and programs — conducted by groups ranging from breast cancer advocacy organizations to local community organizations to major retailers — aimed at: supporting people diagnosed with breast cancer, including those with metastatic breast cancer educating people about breast cancer risk factors encouraging women to go for regular breast cancer screening starting at age 40 or earlier, depending on personal breast cancer risk fundraising for breast cancer research Within the month of October, there are also specific dates designed to raise awareness of specific groups within the breast cancer community. Metastatic Breast Cancer Awareness Day (October 13) October 13 is nationally recognized in the U.S. as Metastatic Breast Cancer Awareness Day. About 168,000 women in the U.S. are estimated to have metastatic breast cancer (cancer that spreads beyond the breast to other parts of the body). Researchers estimate that about 30% of early-stage breast cancers eventually metastasize.

The ninth annual Paint Gwinnett Pink 5K Walk/Run for Breast Cancer and Survivor Celebration is in honor of Breast Cancer Awareness Month. Money raised from this event will benefit local cancer survivors and Northside Hospital Gwinnett Breast Centers. Let Shelia know if you are interested in doing the walk.

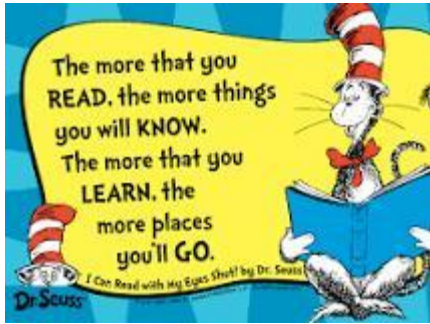
The 2024 event will be held on Saturday, October 19, 2024 at Coolray Field at 2500 Buford Drive, Lawrenceville, GA 30043. Race/Walk starts at 9:00 a.m.

Registration Fees:     Survivors \$25.00

Walkers or Runners (not survivor)

- \$30.00: Register from May 1st-June 30th
- \$35.00: Register from July 1st-October 17th (by or before 7:00pm)

**Book Club      Shelia Jones**



The next book club will be September 25<sup>th</sup> – 11:30 – Carrabba’s on Satellite and Sugarloaf. Please let Shelia know if you are able to attend. Bring your calendar to the next meeting so we can decide on the October date!

**Federation News      Shelia Jones**



Please join us for the 2024 Central East District Fall District Meeting. It is being held at Murphy Hall, 631 Telfair Street, Augusta, GA 30901. It will be Saturday, October 12, 2024

**Registration:** 9:30 am

**Meeting Starts:** 10:30 am

**Contact Person:** Freda Tylor, Augusta JWC, Cell 706-830-4320, [fredatylor@comcast.net](mailto:fredatylor@comcast.net)

**Hostess Clubs** – GFWC Augusta Junior WC, GFWC Augusta WC, Suburban Woman’s Club of Augusta

**Cost:** \$30 (plus a \$1.20 square fee)

**Speakers and Guests –**

Myredith Momongan- Myredith serves as a development director for the American Heart Association team championing the mission of being a relentless force in the fight for longer, healthier lives in Georgia and South Carolina. She helps bring to life the CSRA Heart Ball and Leaders of Impact/Teen of Impact campaigns. Myredith has over a decade of experience in sales and customer relationship management with a proven track record of driving success in both corporate and non-profit sectors. She is deeply committed to proactively leveraging corporate and community networks and delivering exceptional patron experiences to drive growth and impact.

Myredith holds a bachelor’s degree in Consumer Journalism from the University of Georgia. Outside of work, she is an avid culinary enthusiast, enjoys attending theater performances (especially ballet), taking dance fitness classes, and spending quality time with her husband, Chris and their newest addition, puppy Ollie.

Cathy Jones – GFWC Georgia President

Peggy Wilson – GFWC Georgia 1st VP both plan to join us.

**Collections-** Please bring donations for the local food bank as our district National Day of Service project.



## Fundraising opportunities-

-We will be playing a game to get us up and moving during the meeting. You can pre purchase beads for chances to stay in the game when you complete the payment for your registration.

-You can also buy more chances to win door prizes.

-We will be having a silent auction during the meeting!

## Register-

[Please click here to register using our square form.](#) Follow the link on the thank you for your submission page to pay using square. *For those of you who have members that do not use computers, please note that you can complete multiple forms and pay for multiple members.*

GFWC Southern Regional Annual Meeting – October 3-6, Hyatt Regency --Greenville, SC. – Shelia plans to attend for part of the meeting. The **GFWC Southern Region** encompasses clubs in Alabama, Florida, Georgia, Mississippi, South Carolina, Aruba and Belize. The conference agenda is filled with presentations led by our GFWC chairmen and committee members. Topics to be covered include Community Service Programs Circle of Service, Leadership, recognition of the 2024 LEADS graduates, Membership, Signature Program, Fundraising, Communications, Junior Special Program, Legislation/Public Policy, Annual Giving, and the Region Special Project. State Presidents and Directors of Junior Clubs will also spotlight their focus for the 2024-2026 administration. Shelia will bring back to the club what she learned.

## Sunshine      Nicole Hallmark

We don't have any October birthdays; however Nicole and Shelia had lunch and celebrated Phyllis birthday in September. She was so happy to see us --We enjoyed our visit and she asked about the club, members and what was going on.



Please continue to pray for Marylouise's sister as she battles the next stage of her cancer treatment.

