



La Mesa Woman's Club
 A Member of GFWC, CFWC &
 Southern District
 CA Federation of Woman's Clubs



GAVEL TALK - OCTOBER 2019

Pat Kelly, Editor

CALENDAR OF EVENTS		BIRTHDAY CORNER
OCTOBER	NOVEMBER	
Fri 4 th Executive Board 9:30 am	Fri 1 st Executive Board 9:30 am	Connie McKee 6 th Pat Kelly 10 th
1st Friday Bridge 11:30 am	1st Friday Bridge 11:30 am	Carol Dreesen 14 th Lou Turner 16 th
Wed 9 th Evening Meeting 6:30 pm	Mon 11 th Hospitality Tea 11:30am	Arnell Sanderlin 17 th
Mon 14 th Hospitality Tea 11:30 am	Wed 13 th Evening Mtg. 6:30 pm	Dalal Lehman 20 th Roz Kennedy 25 th
Tue 15 th Marathon Bridge 1:00 pm	Tue 19 th Marathon Bridge 1:00pm	
Mon 28 th Bridge lunch 11:30 am	Mon 25 th Bridge lunch 11:30 am	

Presidents' Message

Betsy Quinn and Kathy Tinsley



Autumn greetings to all! Finally, I can feel the seasonal change in the evenings--a bit of coolness in the air with a promise of "sweater weather" to come. This past summer was a busy and emotional experience for Betsy. She lost her step-mother in July, and her father left this life in August. After a service for him in September with military honors (WW II vet), Betsy's trips to Oregon have ceased. Heartfelt thanks to all of you who sent cards of condolence and encouragement.

The LMWC gears up for some productive months before the end of the year, and a quote by F. Scott Fitzgerald comes to mind: "Life starts all over again when it gets crisp in the fall." We welcome our four new members who will surely add energy, enthusiasm, and new ideas to our club. Let's all get started on resuming support for our projects, representing our efforts to improve our little corner of the world.

PARKING REMINDER:

Please always park in front of the building when attending meetings or bridge sessions. The numbered spaces are paid for by Penske Ford and the first five (5) parking spaces facing Grossmont Blvd. are paid for by Discount Tire. Thank you !!



After all these months we are now in escrow with CityMark. On September 27th, 2019 their initial deposit of \$50,000.00 was received.

Our broker, Joe Yetter, will provide detailed escrow information to the executive board/sale committee on Friday, October 4th, 11:15am. You are all welcome to attend.

Warmly, Betsy and Kathy

Judy Burgess, Rental Manager



Fall has arrived and our days are cooler and shorter, and I am loving it. I hope everyone is enjoying this wonderful time of year as much as I am. As usual, I would like to start my article with thanking our members who volunteered their time and support this past month. If you ventured into our clubhouse office this month, you probably saw bags and bags filled with nonperishable food and personal care items lining the wall. These are for the La Mesa Senior Holiday Project. Thank you, Jean Adams and Elaine Ayres for shopping and delivering everything. All items donated will be packed into festive Holiday baskets and delivered along with a turkey dinner to La Mesa's low-income, Senior shut-ins. This will most certainly brighten their holidays. Thank you to Marsha McDonald, Margie Hartman and Elaine Ayres for buying and delivering Otter Pops to Bancroft School for their attendance incentives. Thank you, Judy Burgess for delivering our collection of personal care items to the East County Crisis House to be given to homeless persons in the East County.

October is Breast Cancer Awareness

Month. Breast cancer is the most common disease in women, 1 in 8 women develop cancer during their life. The survival rate is high if the cancer is found early when it is easier to treat. It is recommended that women between the age of 50 years to 74 years get a mammogram every 2 years. Talk with your doctor and schedule your mammogram.

October is also Domestic Violence

Awareness Month. Purple is the color that represents Domestic Violence Awareness. Let's all wear something purple to our General Meeting on October 9th in honor of this increasing awareness.



A New Project: coloring books and crayons for the Emergency Department at Sharp-Grossmont Hospital. Can you imagine being a child who must accompany their parent to the emergency department and then sit and sit and sit waiting while your parent is cared for? Probably frightened, certainly Bored, Bored, Bored!!! Mira Mesa WC is donating coloring books and crayons to be given to these children who come to Sharp Memorial Hospital Emergency Department and requested other clubs in Southern District contact their local hospitals and establish the same donation program. Well, I just couldn't let Sharp Memorial receive this donation that Sharp-Grossmont did not, so I talked to Linda Van Fulpen, the Director of the S-GH Volunteer office who put me in touch with Trish Gardenhire, Supervisor of Guest Services for the Emergency Department. Trish is very excited that we came to her with this project and told me that the coloring books and crayons are definitely needed and will be greatly appreciated. We decided to begin with 30 coloring books and 30 boxes of crayons which have been purchased. We will vote to approve this worthwhile project at our next meeting. A work party will be planned to divide the crayons into small baggies, then a date will be set for us to deliver the coloring books and crayons to the Emergency Department where we will have our picture taken with the Emergency Department Team. Look for the sign-up sheet to volunteer for the work party.

I am so sorry that neither our La Mesa Library Committee nor our Community Service Project Committee were able to meet during September. I am looking at dates in October and will be in contact with everyone who signed-up for these committees.

One last community service thought, our year is quickly coming to a close. November is our month to vote our annual donations. Please let me know if you have a favorite place for LMWC to financially support. I will include it in our suggested list of donations. Thank you and enjoy our beautiful fall season.

Hugs, Sandi

2nd VICE PRESIDENTS

Carol Dreesen and Lou Turner



So happy fall is finally in the air! Thanks to Angie and Roz for arranging the Panda Express dinner for our September meeting. Our guest speaker, Dan McNamara, was an informative and fun guest speaker. He shared lots of up-to-date information on iPhones that some of us really appreciated. We are looking forward to seeing everyone on October 9th.

We had several guests in attendance and we are happy to announce that Barbara Allen has joined the LMWC! Barb is Kathy Tinsley's sister-in-law and we are happy to have her with us. At our October 9th meeting, we will have four members to officially welcome to our membership. . . Mary Lou Kohl, Nancy Watson Evans, Robin Dunham and Barbara Allen!

Please update your LMWC Directory with the following:
ALLEN, Barbara BD 6/23
4134 N. Bonita Street, Spring Valley 91977
Cell: 619-997-6027
Racingbabe1954@gmail.com

3rd VICE-PRESIDENT

Margie Hartman



The fundraiser at the Off Broadway Live Theater was Sunday, September 8th. We only had 16 purchase tickets under the club's name, and were given a check for \$165 from Steve Rolf. The attendees all enjoyed the "Roadshow" performance.

4th VICE- PRESIDENT

Darcy Barghols

 I ♥ MY LIBRARY



Happy Harvest and cooler days. Our guest speaker for October shall be Chelsea Harris, Librarian, from La Mesa County Library. She will share with us how we can help each other to enrich the lives of our community through the gift of reading.



Are any of you still wondering if there are a few cabins left for the spring cruise to Vancouver, British Columbia in May of 2020? Yes there are! Just call to set up an appointment with Phyllis at Rainbow Travel. 8285 La Mesa Blvd # A, La Mesa, CA 91942 Phone: (619) 464-5345 See you all October 9th.

HOSTESS CHAIRMAN – Evening

Angie Lombardo/Roz Kennedy



The hostesses for the Wednesday, October 9th evening assembly meeting are Kathy Tinsley and Lou Turner. Please mark your calendars for the December 11th dinner meeting at Marie Callender's at 5:30 pm. There will be a sign-up sheet at the October meeting.

OCTOBER Bridge Dates:

Friday, 4th	1st Friday Bridge	11:30 am
Monday, 14th	Hospitality Tea	11:30 am
Tuesday, 15th	Marathon Bridge	1:00 pm
Monday, 28	Bridge lunch	11:30 am



Hospitality Tea: This month **Dorothy Dixon's** table will provide the refreshments. If you are interested in substituting or playing bridge, please call Esther at (619) 583-5010.

FEDERATION: Southern District General Meeting Notes:

Sandi Phoenix

On Wednesday, September 18, Carol and I attended the Southern District General Meeting held at the Sweetwater WC. The meeting was well attended with all clubs in Southern District represented. The Budget for this year was presented, discussed and approved. The Treasurer reported that as of September 18, 2019 the total cash on hand is \$9,253.37. Area D conference was discussed, and La Mesa's \$10 door prize was delivered to President Denise. A Nominating Committee to select the 2020-2022 slate of officers was formed. Sandi Phoenix of La Mesa is a member of the committee. President Denise reported that several members attended the sentencing of the past SD Treasurer. She received 300 hours of community service, but no jail time. She must pay East County Jrs., \$50 each month restitution. The Judge asked the past treasurer is she would like to address the members representing Southern District. She answered, no. District 2nd Vice President Carol Dreesen, honored the members attending the meeting for the first time. She introduced each member and gave each one a cute Halloween candle holder and battery powered candle. It was stated that the August District Picnic was a huge success. Another picnic is being planned for next summer. The meeting was adjourned following Club announcements.

Club announcements: included:

1. Sweetwater WC is selling Cheese Balls for \$8.50 each. The deadline for pre-orders is October 15. (Sandi has an order form.)
2. Coronado WC is holding a shredding event on October 19. The cost to shred 1 box full is \$7.00.
3. Pacific Beach WC is holding a drawing for a 7 - day Holland America Cruise for two to Alaska, Caribbean, Mexico, or Canada/New England. Tickets are \$20 each or 6 for \$100. Drawing will be held on November 2nd.
4. Mira Mesa WC is holding a Halloween Bunco fundraiser on October 27th. Cost is \$20 per person. The next District Board meeting is Wednesday, Oct 16, at the LMWC.

Announcement: The Herrick Community Health Care Library hosts a “Wellness Wednesday” on the 4th Wednesday of each month. On October 23rd, 10 a.m. to 11 a.m. the speaker will be Colleen Linnertz. The topic of her presentation is “Legacy Letter Writing Workshop”. Wellness blood pressure screening is provided from 9:30 a.m. to 11:30 a.m.

FEDERATION DATES:

- October 5, Saturday, Area D Conference, San Bernardino. Carol & Sandi are attending. Would love to have more join us for the all-day event. Registration and lunch costs are \$30. Look for Reservation sign-up at our Sept. meeting.
- October 16, Wednesday, Southern District Board meeting at LMWC clubhouse.
- November 20, Wednesday, Southern District General meeting
- DECEMBER 21, SATURDAY, SOUTHERN DISTRICT HOLIDAY TEA. A fun, fun event. Details TBA. Look for sign-up at our Sept. meeting.

CONDOLENCES: Jim Kelsey, husband of CFWC President, Dori Kelsey passed away September 26. Dori is doing “as well as expected”. Cards may be mailed to Ms. Dori Kelsey, 8041 Cantana Way, Antilope, CA 95843.

	<p style="text-align: center;">GET WELL WISHES</p> <p>Please keep Sandi’s husband, Ted, and Elaine Ayres in your thoughts and prayers. Ted is having back surgery Wednesday, October 2nd. Elaine is having shoulder surgery on Wednesday, October 9th. We hope that both surgeries go well and Ted and Elaine have full and complete, pain free recoveries. Let’s keep positive thoughts. I’m sure Get Well cards will be appreciated.</p>
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