



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



GAVEL TALK - SEPTEMBER 2020

Pat Kelly, Editor

CALENDAR OF EVENTS		BIRTHDAY CORNER
SEPTEMBER	OCTOBER	 Margie Hartman & Suzanne Colbert 5th Jean Adams & Linda Sotelo 10th JoAnn Knutson 12th Sharon Russon 14th Rosada Gonzales 17th Marsha McDonald 23rd Darcy Barghols 30th
Fri 4th Executive Board 9:30 am Uncertain due to the mandate to stay home and keep safe.	Fri 2nd Executive Board 9:30 am Uncertain due to the mandate to stay home and keep safe.	

Presidents' Message



September Greetings!

With the recent heat wave reminding us that summer continues, we turn the calendar and look forward to a cooler fall. What a year it's been! Our hearts go out to fellow Americans who have been victims of natural disasters. We don't know what the future holds yet pray for a return to relative peace and order.

August 26 has come and gone, with many opportunities to celebrate the 100th anniversary of the 19th Amendment, which granted voting rights to a larger population than any other legislation in American history. The GFWC "News & Notes" states that "although this amendment did not enfranchise all women or close the gender gap in the U.S., it helped women accomplish feats that otherwise would have been impossible. Women have voted at a higher rate than men in every presidential election since 1984." Thanks to Sandi and Cornelius for decorating our clubhouse in commemoration. Ladies, be sure to vote proudly this year and make your voices heard!

Betsy Quinn and Kathy Tinsley



Our LMWC members have always taken an active role in the community. In the "Images of America" series, author/historian Jim Newland includes a photo of the Women's Club building in 1915 with the description, "The club raised much of the \$5,418.70 cost through a concert by world-renown contralto Ernestine Schumann-Heinz".

The club became a center of local civic and community events, such as youth recitals. The clubhouse featured an elaborate rosewood baby grand piano donated by the famous composer and Grossmont resident Carrie Jacobs Bond." We're not sure if that references the current piano at the clubhouse—a piano that will need to find a new home at the close of our escrow. Any suggestions?

Unfortunately, the piano (as well as the clubhouse) has been strangely silent since March, and we are uncertain when we'll be able to gather.

However, our executive board will meet there on Friday, September 4, when we will wear masks and observe social distancing. After conducting business, we will enjoy each other's company as we add messages of encouragement to rocks painted by Darcy's Girl Scouts. Big thanks to the girls and Darcy for working during the extreme heat to prepare the rocks for us. Feel free to join us! When the project is completed, rocks will be distributed to our home bound members and to our neighbors.



Sharing and serving are what our club does best!

Plan to join us with Zoom on Wednesday, September 9 for our general meeting. We miss you and look forward to "seeing" you. Stay safe and well.
Warmly, Betsy and Kathy

1st VICE PRESIDENT- DEAN



Dear members:

For September, I wish you all cooler, fall days filled with kind people, lots of smiles and unexpected blessings. With the loosening of COVID-19 restrictions, I look forward to being able to get together face to face again. We will still have to social distance and wear masks, but that is not too much to ask of us.



AUGUST EXPRESSIONS OF THANKS:

Our donations to the Sharp-Grossmont Hospital Auxiliary's **Discharge with Dignity Clothing Drive** contributed to the **HUGE SUCCESS** of the drive. **THANK YOU AGAIN FOR ALL THE CLOTHING MEMBERS OF LMWC DONATED!** I had another box and two large bags of clothing to donate. Linda Van Fulpen, Director of Volunteer Services, told me they could not accept any more donations. She asked that I take the items to the **Thrift Korral** to be sorted and stored for the Closet. The volunteer at the Thrift Korral did accept these donations and explained that everything donated must be stored separately for 3 days, then sorted and prepared for sale or for the Closet. They have run out of space and are restricting donations for now. She recommended we call before driving all the way to the Thrift Korral to donate. Two places that are still accepting donations are the Transitional Living Center (TLC) on east Main Street in El Cajon and Father Joe's Thrift Shop on Fletcher Parkway.

Bancroft School support: Marsha is writing an article about our Bancroft school supplies donations. I simply want to add "YAHOO/GREAT JOB" for another hugely successful project. Betsy asked me how we did. I told her 15 members donated over \$400

Sandi Phoenix and Jean Johnston

La Mesa Police Department "Treats & Appreciation" project was another successful activity. When I spoke with Project Chair, Carol Dreesen, she asked me to again **THANK EVERYONE WHO BAKED, SHOPPED AND DELIVERED THE TREATS!** Another prize-winning project, Ladies!

LMWC Celebrates the 100th Anniversary of the 19th Amendment to the United States Constitution: The entire month of August was celebrated as the month women won our right to vote. The celebration culminated on August 26th, the 100th anniversary of the Amendment being ratified and officially becoming part of the U.S. Constitution. A sign was made and hung in the clubhouse office window surrounded by red, white & blue bunting to show our appreciation and celebration for all that women before us went through to win this **RIGHT** for us. Plans were in the works for several of our members to participate in this celebration, however, as they say, "the best laid plans..." sometimes do not work out. A huge thank you and shout out to Cornelius for helping me hang the bunting. Be sure to check out our growing clubhouse window display signs...



Pictured left to right are Marsha McDonald, Pat Spear, Darcy Barghols and Sandi Phoenix

of supplies, she commented, "That's our members, they always come through." YES, YOU DO!

TWO PROJECTS FOR SEPTEMBER:

"LMWC Appreciates & Supports the La Mesa Fire Department" and a "Member Car Parade" to greet & cheer members of LMWC".

La Mesa Fire Department: The La Mesa Fire Department has done so many things to keep us and our clubhouse safe. Many of us want to show our appreciation. Many of us remember celebrating summer days with cold Root beer and vanilla ice cream floats. Boy was it delicious and always something special. Plans are coming together to take this "Root Beer Float Appreciation Celebration" to the 3 La Mesa Fire Houses. The date is still to be determined. We are welcoming sign-ups from all members to gather at the clubhouse and go as groups to deliver letters of appreciation and bottles of Root beer and cartons vanilla ice cream to the LM Firemen. A sign-up sheet will be circulated at the Board meeting. If you are not attending this meeting, please email Sandi, sphoenix@cox.net, your desire to sign-up and join the fun.

Member Car Parade: Several members including Membership Chair, Lou Turner, Corresponding Secretary, Elaine Ayres, Parliamentarian, Nora Maxwell, and others have been so caring to call and send cards to LMWC members. Carol Dreesen expressed the desire to reach out to members who we have not seen during the COVID-19 restriction times. She suggested a "Car Parade". Carol and Darcy Barghols are working on plans for a "Car Parade" to happen during September. If you would like to participate by either driving or by watching for the parade, please contact Carol, dreesenc@msn.com or Darcy, arbt@att.net.

East County Crisis House: Last month we spoke about assisting the East County Crisis House because they are losing their lease with the city and will have to relocate during December 2020. The result of my contact is a request to wait for now. When they relocate, they will have a huge need for assistance. Therefore, we will put this deserving project on hold for now.

Health and Wellness: September begins flu shot season. I got my Fluzone High-Dose Quadrivalent flu shot today and want to remind everyone to get theirs. Contact your doctor or visit any pharmacy for the shot. If you are 65 years or older it is recommended that you ask for the Fluzone High-Dose Quadrivalent vaccine, often called the "senior shot". Studies show that persons 65 years and older have a poorer immune response to flu vaccines than younger people (Mayo Clinic). The High-Dose vaccine has 4 times the antigen making it stronger than the regular vaccine. The vaccine antigen is the part that your body uses to build antibodies against the virus. The stronger the antigen the better chance you have to build more antibodies. It takes about two weeks for your body to build these antibodies. Some medical personnel recommend getting the flu shot as soon as possible while others advocate to get it during October. Flu season begins in September/October and runs through March/April. There are two types of vaccines available for 2020-2021. The trivalent (two flu A strains and one B strain) and the quadrivalent (two A strains and two B strains). Discuss with your doctor which is best for you. Also remember to read the information papers given to you at the time of your shot and ask questions if you need.

Each month I am totally amazed at how much LMWC members manage to accomplish, even with all the COVID-19 restrictions. It just goes to show what wonderful members we have.

CONGRATULATIONS LADIES!! YOU ARE ALL SUPER WOMEN ☺
Sending Hugs, Sandi

2nd VICE PRESIDENT

Lou Turner

Happy Labor Day to everyone! Let's hope some cool fall weather is on its way. I recently brought our 2020 Membership Roster up-to-date because we had several changes in contact information. Note that longtime member, Donna Beckley-Walker moved to Midland, TX and Barbara Allen-Martinosky relocated to Yuma, AZ, so we wish them both well. Yuma isn't too far away so we'll probably see Barb occasionally when she visits Kathy. I would also like to note that Glynnis Andrews is still living at 474 Hills Lane Drive, El Cajon 92020. I sent revised rosters to all members who have emails. If you didn't get one, please call me and I'll mail you a copy for your personal records. Just leave a message at my home number, 619-462-4746, and I'll quickly have it in the mail to you. Also, the board made an effort to keep in touch with our membership throughout the summer and we are happy to know that everyone is managing well . . . so glad to hear that! Take care and stay safe.

3rd VICE-PRESIDENT

Margie Hartman



SAVE THE DATE

The Executive Board has changed the October 30th fundraiser date to April 30, 2021 (5th Friday) as the date for our Roaring Twenties fundraiser.



Greetings to all my LMWC friends. Don't we all wish we had 2020 vision so that we could see what lays ahead just a little bit better? What I do know is that I have been your program chair for three years and my term is coming to an end. Therefore, I thought this time around I would mention some of the fun and events that echoed our hall. So put on those imaginary lenses and let's take a walk thru the Wild Side. I am sure there were a few that you said, "what was that girl thinking"? And some that brought tears and hopeful insight for you to reach out to serve others. I think toilet paper wrapping takes the cake as now we were glad that we have that decorated roll hiding in a secret place just in case we run out! Who would have guessed what a handy dandy essential item that has become? Or baking cookies for the police department, or delivering meals and grocery goods to our hospital workers. Ladies..... We have paid it forward in thought, word and deed! Here are only a few of the many.....

1. I started you off with Daphne Miller, the exercise physiologist who made us wiggle, giggle, and laugh in our chairs.
2. Then along comes Maryann Boullain, the marvelous quilter that would be happy to refurbish any quilts that you have or may need some tender loving stitches.
3. Now for the love of my life - my Girls Scouts. Their cookies, Crisis House, Transitional Care Center and setting our "Tea Tables" for our Meals on Wheels teas and most touching; retiring our American Flag. You have supported my girls generously and with heart. My thanks to all of you for our sincere support.
4. Let's not forget our 97 year old Thai Chi gal, Marge Bitter. She graced us though our aged bodies with a smile and taught us that we are never too old to learn something new.

5. Lion Tigers and Bears, now that was an adventure. A most interesting and amazing day filled with lunch as an afterthought in Alpine. This we must do again.
6. Janaria Quigley from Meals on Wheels. We willfully have supported this organization with your donations, teas, delivering meals and writing notes to let the recipients know we care about them during this pandemic.
7. Kathy and her Bunco Girls. How can we forget that? We had them back we had so much fun with games, laughter and ice cream to boot! What a fun way to Let Summer Begin.
8. Dan McNamara, from Sharp Grossmont Senior Resource Center who brought us up to date on the happenings at the resource center and how to work our cell phones a bit more efficiently.
9. The Summit Mechanic who let us know that yes, we need to rotate our tires, change our hoses and be mindful of the bells and whistles that our car is telling us.
10. Georgie Reinstein our Harlequin novelist..... and The La Mesa Friends of the Library and our Dr. Seuss gently used and new books that we donated to Bancroft.
11. Phyllis Dorfman, Rainbow Travel who tried to take many of us on a fun filled cruise of the Pacific Northwest. Vancouver and Beyond! There is always a ship in a port waiting to set sail, just give me a call, I will set you free.
12. Emma Thompson from The Thrift Korral and the sharing of my "You Rock" rocks for Valentine's Day 2020.
13. Let me end with our most touching program with our thanks to Kathy Tinsley and her many connections to our community, city and beyond. Our Tribute to our Veterans. The quilt of Valor brought tears to my eyes. I know the recipients were most overcome with appreciation as were their families.

Well, I guess this is a baker's dozen. I'm hot, my kitchen is hot, and therefore the baker is signing off as program chair. It has been my pleasure to serve and come up with ventures, adventures and well let's just say who knows what's next... but there is always tomorrow. I have tried to share my passion, some of my vocation and hopefully a lot of my avocation. That is time with all of you.

Stay safe, stay healthy and remember to be kind.



FEDERATION NEWS:

Sandi Phoenix

As you have heard several times this year, there are many changes happening in our Federation and working their way to the club level. Change is good and CFWC is focused on helping us learn and adapt to the changes. They are offering a 4-week virtual series called “Meet the Chairs” in November. All the state department chairs will give a three minute speech explaining their category of service, followed by a Q&A session. The series are open to all members. You can register for one of the sessions or all four. Registration begins October 1 – 21, 2020. The first session is November 3, 2 -4 pm via Zoom. The second session is November 10, 2020, 2 -4 pm. The third session is November 17, 2 – 4pm. The fourth session is November 24, 2020, 2 -4 pm. I have flyers for each session. If you are interested in attending one or all of this informative series, please let me know. Thank you.

HOSTESS CHAIRMAN – Evening

Angie Lombardo/Roz Kennedy

	The clubhouse is closed indefinitely due to the corona virus mandate to suspend all gatherings. We hope to be able to meet again in the fall.
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Bridge Dates: No bridge sessions until further notice. Sorry, ladies.	
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BANCROFT SCHOOL

Marsha McDonald



Thank you, thank you for the wonderful response to our school supplies project for Bancroft School. We have a little bit of everything for them when they return to school for face-to-face instruction - from crayons to scissors to pencils. They were so appreciative of the skinny markers and Ziplock bags we donated for them to load with specific school supplies for remote learning at home. We got thank you’s from the secretary, counselor and the principal. They know how much it will mean to the teachers as well as the children. Thank you for all you continually do for Bancroft. It’s wonderful!

 Member Visits	<p>One day last week Betsy and I visited Esther Jones, Margie Hartman, and Dorothy Dixon. It was WONDERFUL to see each of them and spend time just talking and catching up. All three asked that we pass along their expressions of appreciation for the many cards and phone calls they receive from many of you. They also say they love short visits. Please call first.</p> <p>Esther lives at Mom’s House, 8596 Atlas View Dr., Santee, CA 92071. Esther’s cell phone number is 619-312-2250. Best times to call are around 10a.m., around 1:00p.m., or in the evening. There is a visitation procedure to follow. Arrange with Esther the best time to visit. Call Carmen McIntyre, the owner of Mom’s House and let her know your plans to visit. When you arrive call Carmen to let her know you are there. She will meet you in the front and walk you around to Esther’s room. You will sit outside in the shade of a lovely patio and talk over the phone with Esther sitting inside her room. Enjoy your visits.</p>
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**La Mesa Woman's Club
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