



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



*GAVEL TALK - OCTOBER 2020*

*Pat Kelly, Editor*

CALENDAR OF EVENTS		BIRTHDAY CORNER
<b>OCTOBER</b>	<b>NOVEMBER</b>	 <b>Pat Kelly 10th    Carol Dressen 14th</b> <b>Lou Turner 16th    Arnell Sanderlin 17th</b> <b>Roz Kennedy 25th</b>
<b>Fri 2nd Executive Board</b> <b>9:30 am</b> <b>Uncertain due to the</b> <b>mandate to stay home and</b> <b>keep safe.</b>	<b>Fri 6th Executive Board</b> <b>9:30 am</b> <b>Uncertain due to the</b> <b>mandate to stay home and</b> <b>keep safe.</b>	

*Presidents' Message*



October Greetings!

At this point in a typical year, most of us would be thinking about the upcoming holidays and perhaps noticing the mountains of candy as grocery stores encourage us to prepare for Halloween. We are all ready for a change—and we'd definitely like some cooler weather as we begin the fall season. However, nothing about 2020 feels normal, and we're a bit dismayed as thermometers inch up towards triple digits. It can be a challenge to stay positive, for sure. We offer the words of hope seen in a billboard sponsored by Mission Federal Credit Union: "Keep going. Things will get better." Yes, they will, with the support of friends and family. We are all in this together!

We'd like to honor the late Ruth Bader Ginsburg in this message. Following her death on September 18, much has been written in tribute to her amazing life. As women, we are deeply grateful for her legacy and are inspired by how much she did for women's equality and the equality of all.

*Betsy Quinn and Kathy Tinsley*

The daughter of immigrants, she truly loved her country and it's Constitution. Particularly strong in her career was the devotion to the equal protection clause in this foundational American document. Her work benefited both women and men, from the first father she represented, who was denied employment benefits afforded to mothers to raise children.

The "Notorious RBG" offered this advice to her law students: "Do something outside yourself...something that makes life a little bit better for people less fortunate than you." Doesn't that epitomize what we, the members of LMWC, have as our goal? This month, as we navigate the unsettling times we're experiencing, let's aspire to the honor, dignity, and wisdom that Associate Justice Ruth Bader Ginsburg modeled in her life.

Stay healthy and keep each other safe. This is the month for flu shots—be sure to ask for the senior shot. We hope to see some of you at our Zoom general assembly meeting on October 13. Sandi's message will give you information about upcoming projects that you might consider. Please let us know if you have any news or questions. Remember to love one another and have hope—things will get better.

Warmly, Betsy and Kathy

Hi everyone. Can you believe fall is already here? I put out my fall decorations last weekend and I found the toilet paper pumpkin decoration that Darcy & Kathy showed us how to make last October. Mine is now sitting in my guest bath. Thank you for the fun memories. 😊

We have an exciting program for our October Zoom general meeting. Hope you will join us. We also have 3 great projects coming up.



### OCTOBER GENERAL MEETING

PROGRAM: *League of Women Voters* will speak at our Zoom general meeting at 6:30 pm on Wednesday, October 14. November 3rd is election day. Do you have questions about the propositions on the ballot? I sure do. We are fortunate to have a League of Women Voter speaker to begin our zoom general meeting this month. Watch for Marsha's email meeting invitation. This is a wonderful meeting to invite a friend to attend. Let Marsha know so she can send your friend a Zoom invitation. The speaker will have time to talk about 8 -10 propositions. If you have a proposition(s) you would like her to discuss let me know & I will advise her before the meeting. Propositions 15, 19, 22 & 25 have already been requested. See you there & remember to vote by mail or on November 3rd! (Thank you, Darcy for allowing me to step into your Program V.P. shoes this month and set up the Oct. program.)

**Project 1:** We will close the month of September by delivering Root beer floats and thank you painted rocks & cards to the *La Mesa Heartland Fire and Rescue Department* on Wednesday, September 30. We will meet at the clubhouse at 10:30 a.m. to sign the clever poster cards that Darcy created and organize ourselves for our visits to the three fire stations in La Mesa. At this writing we have 10 members participating. Everyone is welcome to participate. Weather reports indicate a hot day. Wear your sun protection, hat & lotion and bring water. We will be practicing COVID social distancing and wearing our masks. Thank you Lou Turner & Elaine Ayres for donating the root beer, Pat Kelly & Sandi Phoenix for donating the ice cream, Kathy Tinsley for donating straws, spoons and cups, Marsha McDonald for donating cups, Darcy Barghols for donating and creating the 3 poster cards and painted rocks that will be delivered, Nora Maxwell whose idea it was to do this, Margaret Mendez for helping to deliver and thank you Betsy Quinn for writing the letter of appreciation from LMWC to all La Mesa's front line essential fire and rescue men & women.

**Project 2:** Join your La Mesa Woman's Club friends at Lake Murray on October 18, 2020 as our team **WALKS TO DEFEAT ALS**. We will meet at Lake Murray at 9:30 am in the parking lot. Again, wear your sun protection hat & lotion and bring water. I will have pin-on signs that say Team La Mesa Woman's Club for each walker. Walk at your own pace, bring a friend, enjoy the out-of-doors, and enjoy knowing that you are walking for a good cause. ALS stands for Amyotrophic lateral sclerosis. It is also known as Motor Neuron Disease, Lou Gehrig's Disease & Charcot's disease. ALS is a progressive neuro degenerative disease that attacks motor neurons in the brain & spinal cord resulting in the wasting away of muscle and eventually paralysis. It is estimated that in the U.S., there are 30,000 people are living with ALS. If you want to walk with Team LMWC, register on-line with ALS Greater San Diego Walk 2020. Our team is La Mesa Woman's Club. Elizabeth Quinn is our captain. Registration is free. A donation to ALS in support of our team is HUGELY APPRECIATED! Our long-time member, Nora Maxwell, has a family team, the "Maxwell Movers". She and her family team WALK TO DEFEAT ALS every year. She would greatly appreciate your donation to her team also. We look forward to seeing you at 9:30 am at Lake Murray on Sunday, October 18!

**Project 3:** *Honor Flight San Diego*, the group that flies veterans to Washington D.C., is having a special event this Veterans Day called "Parade of Honor". They have again asked for our help. Veterans Day is Wednesday, November 11, 2020. Honor Flight SD is inviting veterans to drive through lanes of well-wishers carrying signs and waving American Flags to wish our veterans a Happy Veterans Day. At the end of the "Parade of Honor", every veteran will receive a care package from Operation Gratitude. Inside every care package will be cards thanking each veteran for their service. Honor Flight SD is planning on 1,000 packages so lots of cards are needed. This is where we, LMWC comes in. We have been asked to write letters and sign cards for our veterans. This is a perfect project that can be completed at home while watching TV, or we can gather at the clubhouse and wearing masks and using social distancing we can sign cards and have a fun time together. So, this is what I am asking of you:

1. Donate cards, preferably with a patriotic red, white & blue theme. Call or email me and I will be happy to pick them up or you may drop them off at the clubhouse any Monday when Judy is there. We would like to donate at least 100 signed cards.
2. Sign your cards at home if you prefer. Please write a short note on each card stating, Dear Veteran, Happy Veterans Day, or Thank you for your service, or another cheerful note in your own words. Please sign each card, with your name followed by La Mesa Woman's Club. Again, call me for pick up, or drop them at the clubhouse.

Thank you for all that you do to support LMWC and provide service to our community. I would like to close this article with a poem by Justice Ruth Bader Ginsburg. "If you want to be a true professional, you will do something outside yourself, something to repair tears in your community, something to make life a little better for people less fortunate than you. That's what I think a meaningful life is – Living not for oneself, but for one's community."

May she rest in peace.

3. Meet as a group at the clubhouse to sign cards. Possible dates are, Tuesday, October 21, 12 noon, Thursday, October 22, 12 noon, or Friday, October 23, morning or afternoon.

Sending Hugs, Sandi

**2nd VICE PRESIDENT**

**Lou Turner**

Can't believe it's October and that Fall is finally on the way. One wish is that the weather would cool down, we would get some much-needed rain and fire season would finally be over! I do hope everyone is doing well and that we can have meetings at the clubhouse sometime soon. In the meantime, stay well and keep positive thoughts! My best to everyone!

**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.



**4th VICE- PRESIDENT**

**Darcy Barghols and Judy Burgess**

Well dear members, September flew by; however, I have been busy. Rock painting of course! Posters, what posters? Rocks, what rocks? I guess part of being program chair is, if you can't have a program, I guess you had better design a poster or paint a rock! How fun to serve our local community. This time we are sharing an afternoon with our local fire fighters. Heartland Fire and Rescue. Also, they too will receive a rock! Those rocks just don't seem to disappear.

October's 14th program is right on. With elections in November we will have the opportunity via zoom to have a knowledgeable spokes-person from "The League of Woman Voters" to explain some of the propositions. Please try and find an opportunity to log on.

Lastly, I wish you all well and look forward to sharing time with you in November. Kathy Tinsley and I have a wonderful Veteran who will be sharing her story. And..... she's a member.

Take care, be safe and remember..... Be Kind.



**FEDERATION NEWS:**

**Sandi Phoenix**

**October 17, 2020, Area D Zoom meeting:** FREE/no registration fee, the focus topic is report writing. There will be a 45-minute report writing training. CFWC President, Pam Ament will speak. She is an excellent speaker who always provides interesting teaching points about federation. This meeting is highly recommended for all officers, project chairmen and anyone interested in finding out the benefits of membership in our federated organizations, CFWC & GFWC. Registration will begin the first of October. Watch for my email to all board & general members.

**October 21, Southern District Zoom meeting, 9:30a.m. – 11:30a.m.**

**Meet the Chairs Zoom workshops:** Registration begins Oct. 1 – 21. Watch for my email about registration.

Nov. 3, 2 – 4p.m. Pick the Topics of your interest: Arts & Culture, Health & Wellness, Legislation & Public Policy, Fundraising, Music Scholarship Award, Creative Writing & Photography, CFWC Publications

Nov. 10, 2 - 4p.m. Topics: Civic Engagement & Outreach, Leadership, Domestic & Sexual Violence Awareness & Prevention, Community Impact Program Award, Amenities & Protocol, President’s Aide, CFWC Convention

Nov. 17, 2 – 4p.m. Topics: Education & Libraries, ESO, Advocates for Children, Women’s History Resource Center., Jenny June Contest, Calif. Clubwoman Editor, Inspiration & Meeting Timer, Meeting Planner, CFWC Bylaws & Standing Rules

**Nov. 24, 2 – 4p.m. Topics:** Environment, Communication & PR, FB & newsletter, Resolutions, Visual & Zoom, Audio & Song Leader, Color Guard, CFWC Website, Promotional Sales

September was truly a federation month for me with two District meetings and three days of CFWC Board meeting. I honestly was not looking forward to all these hours of Zoom meetings, but I want you all to know, the CFWC Board provided such valuable information in a timely, succinct, and interesting fashion. I have so much to share with you all. Look for more federation emails to come and for articles in the District newsletter, the “Spotlight”. Oh, there was one drawing on Sat. at the end of the meeting. I won the \$20! YEA!!

**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.

Bridge Dates:

**No bridge sessions until further notice.  
Sorry, ladies.**



**Two of our members, Margie Howard-Hartman and Darcy Barghols are having surgery on the 5th of October. Let’s keep them both in our thoughts and prayers for successful surgeries and full recoveries. I’m sure both ladies will appreciate receiving Get Well or Thinking of You cards while they are recovering.**



Hi everyone, I have 4 white cotton masks, 1 is a smaller size, and 3 masks made of cotton floral material and 1 child’s size San Diego Zoo mask. If you would like one or all of them, please let me know. They go to the first caller.

Sandi Phoenix

