



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



GAVEL TALK - FEBRUARY 2021

Pat Kelly, Editor

CALENDAR OF EVENTS		BIRTHDAY CORNER
FEBRUARY Fri 5th Executive Board 9:30 am Wed 10th General Meeting Via Zoom 6:30 pm	MARCH Fri 5th Executive Board 9:30 am Wed 10th General Meeting Via Zoom	 <i>Pat Spear and Mary Verdone</i> <i>February 17th</i>

Presidents' Message



February Greetings!

If you began 2021 hoping it would be completely different from 2020, in many ways it has been. By now, most of us have likely experienced our first COVID vaccination and eagerly await our second. We are blessed to live in San Diego, where we can return to outdoor dining in the middle of winter. And good news—we can once again indulge ourselves in beauty salons! Let's continue to be careful—now by wearing the suggested two masks—and help to keep each other safe and well.

February has long been known for the birthdays of two famous presidents, Washington and Lincoln. It's also Black History Month, and along with our sisters in GFWC, we salute the accomplishments of determined people of color who were committed to creating peaceful change. The movement to place Harriet Tubman's portrait on the U.S. \$20 bill is in the design stage, and like many things, this plan is controversial. To honor the many achievements of Black women, highlighted recently by the inauguration of Vice President Kamala Harris, we offer this quote by Rosa Parks:

"Each person must live their life as a model for others."

Betsy Quinn and Kathy Tinsley



With that motto in mind, we offer our gratitude by recognizing a few of our many outstanding members who model the essence of volunteer service.

We thank *Sandi Phoenix* for her incredible talent and perseverance in completing our club's annual project reports.

We also salute *Jean Johnston* for offering to keep project records for this year with an organized system of data collection.

We so appreciate *Judy Burgess* for expertly keeping our clubhouse presentable and dry while we await the close of escrow (that is now estimated to be at the end of March).

Lou Turner has been using her masterful technical skills to update our membership roster and increase general communication within our club. We could go on....LMWC members are the best!

We end with a prayerful pause of remembrance for a dear, dedicated member of our club for 41 years, *Jodi Van Tieghem*. Be sure to read the memorial tribute in this newsletter.

Our warmest "Valentine" wishes to you!

Warmly, Betsy and Kathy

It seems like yesterday I was putting away my Christmas decorations and today is already February and it's time for Valentine decorations. Oh my, this year is already going quickly.

COMMUNITY SERVICE: It is exciting to report that in January, we completed a highly successful service project. Chairman Lou sent an email thanking everyone. I would like to add my congratulations and appreciation. In just ten short days you LMWC members purchased, donated, and delivered **312 pairs of socks to the SD County Council on Ageing – Serving Seniors - SOCKS 4 SENIORS project.** Socks are the number one asked for item during the cold winter months. Our socks will be distributed to senior residents throughout SD county to help keep their feet warm and cozy. Great job ladies!



February is American Heart month. The month we “Go Red for Women”. We wear red on the first Friday, February 5, and display the cute little red dress pins on our clothes all month in support of the American Heart Assoc.’s heart disease awareness program. It’s more than wearing red during the month. Did you know heart disease is the leading cause of death in the United States, and it has been for many years? More women die from heart disease than from the three leading causes of cancer. As a reminder, Heart Attack Symptoms include: 1. Discomfort in your chest, 2. Dizziness, lightheadedness, or breaking out in a cold sweat, 3. Any discomfort in your upper body – a sharp pain that resembles a toothache, an earache, pain in the neck, jaw, or shoulder, and 4. Indigestion, heartburn, or nausea. If you suspect someone you’re with has any heart attack symptoms call 911 immediately. You will be saving a life. If you would like more information about Heart Health, let me know. I will be happy to arrange a zoom program and provide a drive-up blood pressure check at our clubhouse. Time and date to be determined if there is interest. As an RN, you know health education is one of my primary interests, so just contact me, sphoenix@cox.net.



During a special zoom meeting your Board approved continuing our support of the La Mesa Police department, the three local fire departments including La Mesa Heartland Fire and Rescue Department, and Sharp-Grossmont Hospital’s Volunteer Auxiliary. Kathy purchased five really large, adorable Valentines cards to be delivered to these health and safety departments during February thanking them for all they do for us.



It is time to set our goals and make plans for our 2021 community service projects. Please let me know what project(s) you would like to continue and any new project(s) you would like to propose. I will check with Marsha to see about holding a zoom community service committee meeting soon. Watch for more information.

That’s it for now.

Don’t forget to **WEAR RED** and **HAPPY VALENTINE’S DAY!!**

Stay Healthy, Sandi and Jean

REPORT WRITING REPORT: YEA!!!

Club Year End Reports are written and sent on to District and State!!! Be sure to thank our 2020 Report Writing Committee, Sandi, Betsy, Marsha, and Lou! They spent countless hours on their computers and phones identifying service projects, calculating Volunteer Hours, \$ Donated, In-Kind \$ Donations, and documenting La Mesa Woman’s Club’s history.

Here’s some statistics for you to be proud of: Eight reports were written, 44 projects were completed, \$7,883 was donated from LMWC Treasury (including five scholarships), and In-Kind Donations totaled \$10,240.

We did all this during a year of COVID 19 pandemic when our clubhouse was closed, person to person gatherings were cancelled, our major fundraiser was cancelled, and our members were staying home, practicing safe and healthy behaviors!

CONGRATULATIONS LADIES! YOU ARE ONE STRONG CHARITABLE ORGANIZATION!

Now I’m going to ask for your help in preparing for our 2021 reports. You may notice Volunteer Hours were not included in the statistical report above. That is because the number of hours recorded and turned in by members and calculated was so small compared to what we know was the actual hours volunteered, it gives an invalid statistic. It is difficult to understand if you are not writing reports, but please believe me, it is very important for club records, CFWC and GFWC statistics, and will save countless hours if you will help by recording and turning in your numbers for each meeting and service project ALL DURING THE YEAR. Co-1st V.P., Jean Johnston is going to keep track of all this information during the year so it will be available at report writing time. A new form and instruction sheet are attached to this February Gavel Talk. Thank you in advance for your continued understanding and help. ☺

2nd CO-VICE PRESIDENTS

Lou Turner and Margaret Mendez



Looks like we had huge response for another community project the LMWC supported. In January we voted to support the Socks 4 Seniors, a county-wide project coordinated through the San Diego Council for Aging. Congratulations to our members who contributed **312** pairs of socks!

Thanks to Sandi Phoenix who suggested our club support this project, Judy and Betsy who recorded all donations by our members and Kathy who delivered them to the collection site. Another “thank you” goes to Irene Schmidt and her Canasta group as they boosted our total by collecting 20 pairs to support our efforts. Irene is the sister of Pat Kelly and she and her Canasta-playing friends have attended our card parties. They are truly “friends” of the LMWC.

VOLUNTEER



Co-1st Vice President, Jean Johnston, will keep track of all volunteer hours, what each member donates and its value during this year. At the end of 2021, all figures will be accumulated for the 1st vice president’s annual report. So, be sure to keep track of your own information and send it to Jean Johnston after each of our club projects/fundraisers. It would be helpful to Jean if you sent her your information frequently rather than wait until the end of the year. Jean’s email is: dollyjej@sbcglobal.net. Her home phone is 619-465-1367.

Thanks again for supporting all our Club projects so generously. Cross your fingers we can get together soon but, in the meantime, keep wearing your mask to protect yourself.

3rd VICE-PRESIDENT

Margie Hartman



SAVE THE DATE

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



4th VICE- PRESIDENT

February, a month full of many events and happenings.

It is **Black History** month and it reminds us of the year that has passed and that better days are ahead.

On February 2nd, Groundhog Day, the little fellows peaked their noses out and decided to go back in for 6 more weeks; however their friends the gophers decided NOT to hibernate!! Happy Groundhog's Day!



Girl Scout Cookies.

It's that time again. Yes, Troop 6731 hired a mascot this year. She is my Golden Retriever Chelsea and she suited up and decided not to eat what was in the box, but sell what was in the box. Troop 6731 thanks you for your support over the past "4" years.



Darcy Barghols and Judy Burgess



Then comes Valentine's Day and Chocolates. Well, instead of indulging in candies, I decided to decorate my barn and to wish our neighborhood walkers a Happy Valentine's.

As for programs, hopefully some opportunities will also open up so we can possibly have zoom speakers. They say the "impossible is possible".



Happy Valentines my La Mesa Woman's Club friends.

Be safe, be happy, be careful, and remember to be kind.

HOSTESS CHAIRMAN – Evening

Angie Lombardo/Roz Kennedy



The clubhouse is closed indefinitely due to the corona virus mandate to suspend all gatherings.

Bridge Dates:
No bridge sessions until further notice.
Sorry, ladies.



FEDERATION NEWS:

Sandi Phoenix

The CFWC January Workshops were very successful. March Madness 2021 Workshops are planned and ready for your registration. There are ten workshops offered. Many are activity workshops like creating a Trash to Treasure object in 30 minutes, recipe sharing, and tips for better photos and videos on your smartphone. Others are helpful club activities like creating and passing down Procedure Books, "Tips of the Trade" for club treasurers and finance officers, and enhancing our club social media, i.e. Facebook, Websites, Newsletters and community PR. A flyer is attached listing all the workshops. Please make your own registration by emailing Pam Ament at ament.pam5@gmail.com. If you have difficulty, I am happy to assist. Reservations opened February 1, 2021 and the deadline for each workshop is one (1) week prior to the workshop. Please see the flyer attached to this Gavel Talk.

More Federation: The CFWC February Winter Board is coming. The Call is out and reservations for the General meeting on February 26th, 9 am – 5 pm are open to all members. Reservations are required. Let me know if you would like to attend and I will assist with your reservation. The next Southern District General meeting is March 18, 2021. There will be a reminder note in the March Gavel Talk. This will be a ZOOM meeting.

That's all for now. Thinking of you all "IN THE VOLUNTEER SPIRIT".



CFWC MARCH MADNESS 2021 WORKSHOPS

We are happy to offer these 10 Workshops during March for our Federation Members and hope you can join us for 1, 2, or All! Registration is required, send an email to: ament.pam5@gmail.com for your meeting invitations. Each workshop will have a separate sign-in. Registration begins February 1, 2021 and closes 1 week prior to the Workshop.

Zoom...the Why & How!

Debbie Pietraszko, CFWC Visual & Zoom Chair
Tips for utilizing the Zoom Program to enhance your membership needs.
Monday, March 1, 2021 at 11 am

Procedure Books & their Importance for Memberships

Wendy Curran, Cindy Sanders, Marcia Willett, and Patsy Wilson, CFWC Area Membership Officers
The How-To's of creating and passing down Procedure Books for jobs in Clubs and Districts.
Thursday, March 4, 2021 at 2 pm

Trash to Treasure Pandemonium

Stephanie Zichichi, CFWC Arts & Culture Chair
Can you create a treasure in 30 minutes or less? Let's create something special together just for fun!
Sunday, March 7, 2021 at 1 pm

CFWC Finance Team Tips

Jill Drescher, Marsha LaRusso, and Reggie Mattox, CFWC Finance Team Officers
Finance Officers have certain things they must do to keep a Club and District running. Our CFWC Team will share their own special Tips of the Trade with you.
Friday, March 12, 2021 at 4 pm



So, You Want to Start a Cyber Club?

Sonya Matthies, CFWC 2nd Vice President
Cyber Clubs are all the rage; find out why & how!
Tuesday, March 16, 2021 at 10 am

Journaling for Goal Setting & Leaders

Pam Ament, CFWC President
Making Time for Everything is not as hard as it sounds
Why not learn how keeping a Journal can help you be a better Leader & Member?
Thursday, March 18, 2021 at 11 am

Social Media Communication Tools for Members

Sonja Hults, CFWC Communication & PR, Facebook & Newsletter Chair
How Facebook, Websites, Newsletters and other Social Media can enhance your club and district presence.
Saturday, March 20, 2021 at 12 pm

CFWC Executive Committee Recipe Share

Your entire CFWC 13-member Executive Committee
March is Women's History Month! We invite you to try-out Recipes from our past family history!
Wednesday, March 24, 2021 at 3 pm

Smartphone Tips for Photos & Videos

Sonja Hults, CFWC Communication & PR, Facebook & Newsletter Chair
Ever wonder how to take better photos and video with your smartphone and how to share them? Well then, bring your smartphone and let's "Say Cheese!"
Friday, March 26, 2021 at 11 am

CFWC State Brag Hour

Barbara Briley-Beard, CFWC 1st Vice President
Got A Brag? Show up and share with us All!
Tuesday, March 30, 2021 at 10 am

Life Tribute

Jodi Van Tieghem
August 22, 1933 -
January 28, 2021



Jodi passed away peacefully at home on January 28. She was born in Rome, Georgia, and relocated in 1951 to San Diego, where she met her future husband, Don, who was in the Navy. They married in 1957 and had three children: Vana, Robin, and Don Jr.

Jodi enjoyed a successful 30-year career with Thrifty Drug Stores. In 1983, after obtaining an AA degree from Grossmont College, she became a travel agent. She and Don loved to travel and visited Europe many times. They also explored North America in their camper. Her daughter Vana fondly remembers the special 3-week vacations to national parks throughout the U.S., as well as trips to British Columbia and Mexico.

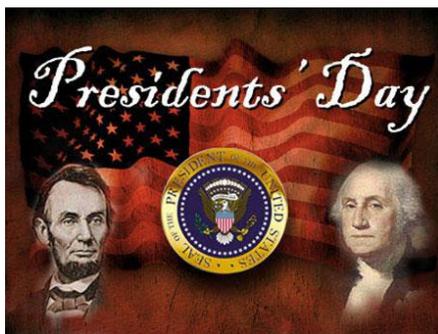
According to Vana, Jodi valued family above all else and was always involved in her children's school and sports activities. In addition to her husband, daughters, and son, Jodi is survived by 8 grandchildren and 3 great-grandchildren.

Jodi joined the La Mesa Woman's Club in 1979 with a desire to learn bridge. Gradually she became quite active in the organization, serving on various committees and on the executive board as parliamentarian. She was later the clubhouse rental manager. Her favorite service project was Scholarships, a committee she served on for years. With a love of writing, Jodi penned the history of LMWC and read it at a celebration in honor of our 110th birthday.

In March, 2020, Jodi was awarded the Honorary Member status in a ceremony at the clubhouse for her 41 years of dedicated service. She will be remembered as a generous, kind, helpful and strong leader who was a good friend to many. We will miss her gentle smile and send our sincere condolences to her family.

Funeral Mass for Georgia (Jody) Van Tieghem will be held Thursday, February 18 at 1pm at Our Lady of Grace Catholic Church, 2766 Navajo Rd, El Cajon, CA 92020

Celebration of Life will be held Aug 22, 2021. Location TBD



YOUR VOLUNTEER STATISTICS FORM INSTRUCTIONS

Following are instructions and explanations to help with the new Volunteer Statistics Form. I want to start by saying thank you for being willing to help track Volunteer Hours, In-Kind \$ Donations, service projects you supported, meetings you attend, planned, and facilitated, federation zoom workshops, sister club events, in other words, everything you do and spend to support our La Mesa Woman's Club.

The purpose is to facilitate statistics for our end of the year reports and to keep as accurate as possible a history of our club activities. This will also provide support for our 501 (C) 3 non-profit status, will provide information for our Treasurer and Board to base future plans, and will provide a more accurate accounting of our statistics than we are currently using.

DEFINITIONS:

Activity includes any event, meeting, service project, fundraiser, District or CFWC activity, or sister club or community organization activity, etc.

Date is self-explanatory.

Time includes the total time you volunteered, example 15 minutes preparing instructions, 2 hours at activity, 1 hour clean-up and 1 hour recording results. Total equals 4 hours 15 minutes.

In-Kind Donations definition is any item or money donated that DID NOT go through club treasury. Examples include monetary donations from members and guests, items purchased from your own money that you DID NOT receive reimbursement. Items donated such as books, gently used clothing, food, household items, socks, plants, rocks, Valentine, birthday, thinking of you cards, stamps, flowers, meeting refreshments, computer paper, ink, school supplies, Christmas gifts for students, gift cards, fundraiser basket raffles, and the list goes on...

Service projects any charitable project or program the club is supporting.

Project Title is the name being used to identify the project.

Federation, Southern District, CFWC, GFWC, Sister Club Awards, Honors, Festival of Arts, Convention, General and board meetings, offices, chairmanships, committees, etc.

DIRECTIONS:

Please complete a monthly form for everything you do. When more space is needed, please add extra pages.

Email, or hard copy postal mail your completed form, or telephone your totals to our Co- First Vice President, JEAN JOHNSTON following each event/project, etc., or at the end of every month. Her Email is dollyjei@sbcglobal.net. Her address is 5530 Aztec Drive, La Mesa, CA 91942. Her phone number is 619-465-1367.

Please contact Sandi with any questions: sphenix@cox.net, 619-990-3210. THANK YOU!

**YOUR MONTHLY VOLUNTEER STATISTICS
FORM**

JANUARY

CLUB, BOARD, COMMITTEE, OFFICE,
CHAIRMANSHIP MEETINGS, WORKSHOPS,
PHONE CALLS, EMAILS, GAVEL TALK
ARTICLES, PLANNING, AND ATTENDING

Activity:

Date and Time Spent:

In-Kind Donations:

SERVICE PROJECTS:

Project Title: Socks 4 Seniors:

Date and Time Spent:

In-Kind Donations:

FEDERATION, SO. DISTRICT, CFWC, GFWC,
SISTER CLUBS

Activity:

Date and Time Spent:

In-Kind Donations:

**YOUR MONTHLY VOLUNTEER STATISTICS
FORM**

FEBRUARY

CLUB, BOARD, COMMITTEE, OFFICE,
CHAIRMANSHIP MEETINGS, WORKSHOPS,
PHONE CALLS, EMAILS, GAVEL TALK
ARTICLES, PLANNING AND ATTENDING

Activity:

Date and Time Spent:

In-Kind Donations:

SERVICE PROJECTS:

Project Title: Valentines for LM Police, Fire & S-G
Hosp. Aux.

Date and Time Spent:

In-Kind Donations

FEDERATION, SO. DISTRICT, CFWC, GFWC,
SISTER CLUBS

Activity:

Date and Time Spent:

In-Kind Donations: