

Happy July everyone –



HONOR FLIGHT:

Thank you to all that have given me their cards for the Honor Flight Veterans. I will be collecting them until our September General Meeting. I forgot to remind you that it is requested that we don't seal the envelopes to make it easier for the veterans to open. I have more patriotic cards available if needed. Your efforts are very much appreciated



FRESH START

Carol Klipp has requested some items that are needed for Fresh Start's distribution to the homeless. Sports bras, costume jewelry, baby or adult wipes, and sunglasses have been asked for. Thank you to all that have been supporting this program with your donations. The distribution is the last Saturday of the month at La Mesa First United Methodist Church. Carol volunteers there every month. Kudos to Carol for her dedication to this program!

2nd VICE PRESIDENT

Lou Turner



MEMBERSHIP

We hope everyone is doing well, enjoying the beginning of our summer weather and having some downtime in July and August.

Our June 25th joint Bunco and Lunch fundraiser with the San Diego Woman's Club was well attended and we enjoyed getting better acquainted with their members. Lunch at Marie Callender's is always a nice experience.

We have a new member to welcome to the LMWC. If you attended our May meeting at Foothills United Methodist Church, you will remember that Lane Adams and her beautiful baby granddaughter, Sophia, were there. Lane was one of our guest speakers representing Rady's Children's Hospital and described Sophia's experience with Rady's Neo-Natal department and their need for more "comfort" chairs for Moms and families to use in the NICU. We are so happy to donate funds to purchase five (5) Kangaroo chairs for that department. Such a good cause!

Wishing all of you a very Happy Fourth of July celebration. If you are traveling by air or car, please stay safe!!

3rd VICE-PRESIDENT

The joint June 25th Bunco/lunch fundraiser with San Diego Woman's Club was a success.

Ahhhhh..... hear that? Of course you don't! It's the sound of Silence. And not Simon and Garfunkel.

We don't gather in the summer; however your program Chairs are busy pondering up new ideas....

September 10th 10 am we will be meeting at the Heritage of the Americas Museum in Rancho San Diego at 10am. The knowledgeable associates are well informed, and we know that you will come away amazed. We also plan on having lunch there either on their patio or in the conference where we met for our Town Hall.



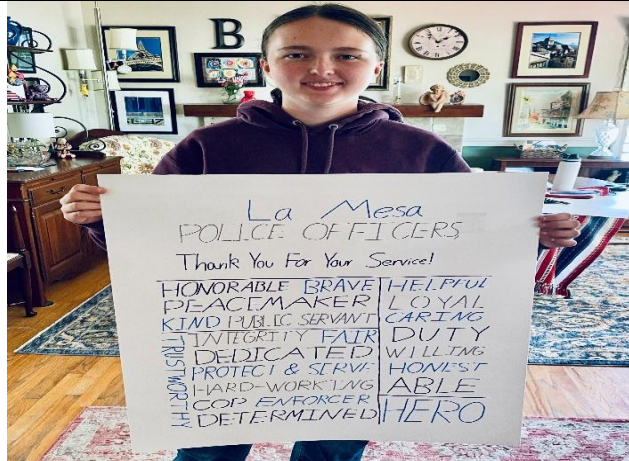
Quilts of Valor
www.govf.org

November 12th 10 am in King Hall/General Meeting. Members, you all received the flyer regarding the **Quilt of Valor** program that Kathy Tinsley holds dear to her heart. Please review the flyer again and ask a Veteran to be wrapped. It is a memorable, honorable and quite an endearing event. Please review the flyer and ask your guest to go online to fill out the application. Neither Kathy nor I can do this. The website is www.govf.org



Pictures of happenings since we last commenced.

My granddaughter made signs for us to celebrate our La Mesa Police Department.



Our fun "Walk the Halls" at Lemon Avenue and Taste of San Diego East



The La Mesa History Center Honored several of our members and Mt. Helix Tour



And I'm sure there will be more to come!!! Adventures and Outings.

La Mesa History Center Event

Pat S., Darcy, Margaret, and Sandi attended the La Mesa History Center 50th Anniversary celebration on Sunday, June 29th. It was a fun celebration outside in the yard of the McKinney House. A burger food truck provided all we could eat. LMWC received a special award the "La Mesa History - Maker of the Year". This is awarded to an individual/family/business/institution that is currently making a positive influence in the Greater La Mesa community in social, civic, business or educational activities. President Veronica Martzahl, and First Vice President, Jim Newland presented each LMWC member in attendance with a beautiful bouquet. President Veronica remarked that we would have received a plaque, but the History Center would be receiving it back in the future. This is a reference to all the club history that we have turned over to the History Center to be archived. She also remarked that she has never seen such care in scrapbooking every piece of history, like Margie Hartman's President's book. We have enjoyed our strong partnership together for many years., and look forward to many more.



HOSTESS CHAIRMAN

Lou Turner



There are no hostesses for July and August.



Please keep positive thoughts for our member, **Mary Lou Kohl** who is currently residing at Lantern Crest Retirement, 800 Lantern Crest Way, Apartment #817, Santee, CA 92071. Her daughter, Lynn, has been in contact with us and keeping us updated. **Mary Lou can have visitors** and appreciates our thoughts and prayers. Cards would be welcome.

FEDERATION REPORT

Sandi Phoenix

WHAT DOES FEDERATION MEAN? On June 25th SDWC & LMWC partnered to sponsor a fundraising Bunco Luncheon at Marie Callender’s Restaurant. Only a couple of members from each club knew members from the other club. This was the first time La Mesa had partnered with a sister club for an event like this. A Zoom planning meeting established that the purpose for the Bunco Luncheon would be to raise funds for the NICU at Rady Children’s Hospital. Phone calls back & forth helped members of both clubs complete their plans and get to know each other. The day arrived and the room at the restaurant quickly filled with voices and laughter. Friendly smiles and introductions quickly turned into conversations. At the end of the day, the goal of raising money for the Hospital was met. Members of SDWC, LMWC, and Mira Mesa WC, plus prospective member guests enjoyed winning Bunco prizes and raffle gift card prizes. Lunch was delicious and the entire day was a success. As ladies left voices were heard saying “I’ll see you at the next district meeting”, and “this was fun, let’s do it again.” **This is a true example of the meaning of Federation.**

FEDERATION DATES:

1. July 16: Southern District Meeting, 10a.m., VFW Hall in Lakeside
2. July 29: Las Donas meeting, 10a.m., Denny’s Restaurant on the corner of Navajo and Fletcher Parkway. No host lunch and leadership program.

SAVE THE DATE:

1. Southern District Convention 2026: April 18, 2026.

NEW Southern District Address:

1. Record this in your 2025 Yearbook.
GFWC Southern District
P.O. Box 240
El Cajon, CA 92022

By: Shelli R. Fehr, GFWC Leadership Committee Member

When club members aren't asked to run for office, the organization begins to lose one of its most essential qualities: member engagement. Leadership in a club should be a shared responsibility, not left to a small group who repeatedly fill roles by default. If new members are never encouraged to step forward, the club can stagnate, lose momentum, and even face decline.

Without being asked, many capable individuals may assume they're not wanted or qualified for leadership. As a result, opportunities for fresh ideas, energy, and innovation are missed. The same people staying in office year after year can lead to burnout, complacency, and resistance to change.

Additionally, failing to invite others into leadership roles creates a disconnect. Members may begin to feel excluded or undervalued, leading to reduced participation and weakened club spirit. Over time, if no one steps up, the club may face a leadership vacuum when current officers step down. With no succession plan or willing candidates, the club may struggle to function or dissolve altogether.

Inviting members to run for office signals trust and investment in their potential! It builds ownership, strengthens commitment, and prepares the next generation of leaders. Clubs that thrive are those that make leadership accessible and expected.

In short, if members aren't asked to run, they likely won't—and the whole club suffers as a result. A healthy club must regularly invite, encourage, and support new leaders to keep the organization vibrant and strong. Look for new leaders in your club!

Honor a Veteran for November 12th Meeting!

How to Nominate: web site: www.govf.org **Quilts of Valor**

Members, we would like for you to nominate a veteran for our November general meeting and have them be “Wrapped.” You need to have your “Recipient” (guest, friend, relative) fill out the form via this website www.govf.org

Kathy Tinsley and Darcy Barghols cannot do this. Your guest must go through the above website. Also on the form, have them reference La Mesa Woman’s Club/Kathy Tinsley. Once you know they have completed the online form please contact Kathy Tinsley and let her be aware so we may plan appropriately. It is necessary for the applicant to do it in this format. Again, we cannot do this for the veteran.

This form needs to be completed and submitted via the website and before **September 1st** so that their quilt may be prepared.



Quilts of Valor
Foundation

www.govf.org

Who are we and what do we do?

"The mission of the Quilts of Valor Foundation is to cover all those Service Members and Veterans touched by war with healing and comforting quilts called Quilts of Valor."

Kathy Tinsley and Darcy Barghols, Program Chairs.



**La Mesa Woman's Club
8030 La Mesa Blvd., PMB 192
La Mesa, CA 91942-0335**