




La Mesa Woman's Club
 A Member of GFWC, CFWC &
 Southern District – Area D



GAVEL TALK MARCH 2025

Pat Kelly, Editor

CALENDAR OF EVENTS		BIRTHDAY CORNER
MARCH	APRIL	 Sandi Phoenix 9 th
Fri 7 th Executive Board 9:30 am Wed 12 th General meeting 10 am	Fri 4 th Executive Board 9:30am Wed 9 th General Meeting 10 am	

<i>Presidents' Message</i>	<i>Marsha McDonald & Sandi Phoenix</i>
<div style="text-align: center;">  <p>Hello March!</p> </div> <p>March means spring is on its way! We hope that this spring brings many more showers. We need it! Spring brings newness and growth all around us.</p> <p>Keeping true to our theme, LMWC will begin our attempts to "Bloom where we are planted." That means we start the month by having a baby shower for our March General meeting. What a great way to start spring - with new babies! Check your Gavel Talk to see what kind of baby items are needed by MOM'S. Remember these items are for families of enlisted military families who are on very tight budgets.</p> <div style="text-align: center;">  </div>	<div style="text-align: center;">  </div> <p>It also means that we will begin to spread the <i>seeds</i> of caring and generosity to many other organizations that we will be supporting with services, items and monetary donations. Look for all the ways you can help us do that.</p> <p>We also hope to grow our membership. Invite a friend or two to join us in our baby shower or in April to our tour of the Grossmont Healthcare District's Health and Wellness Library at our April General meeting.</p> <p>And FINALLY - we hopefully will be able to finish our efforts to grow into a legal and recognized LMWC Foundation! And so it begins!</p> <p style="text-align: right;">Sandi and Marsha</p>

1st VICE PRESIDENT- DEAN

Margaret Mendez & Pat Spear



Greetings friends:

Here we are already in March! I am looking forward to our March meeting when we will have a baby shower for M.O.M.s. (Military Outreach Ministries) The director, Barbara Chavez, will join us to share information about their services for military families. Please bring any of the baby items from the list provided to the meeting. I am told that for fun we will enjoy a couple of baby shower games! Be prepared to record information on your donations. There will be one project sheet for this event where you will record the number of items you have donated, the cost and time spent. If you have items to donate but can't make it to the meeting, please contact Pat Spear to make other arrangements. Thank you for your support.

Baby Shower Wish List :

**Bibs, Diaper rash cream, baby wash, baby lotion, baby wipes
Diapers: size 3 & 4 and Pull ups size 2t/3t/ & 4t/5t**



Honor Flight San Diego:

LMWC has always supported the Honor Flights by writing thank you notes for the Veterans who will be taking Tours of Honor to D.C. The first flight for 2025 will depart on April 25. Honor Flight San Diego volunteers coordinate a surprise "Mail Call" during the Honor Flight to D.C. There will be patriotic cards available at the Board and General meetings for you to take to write thank you notes for these Veterans. They will need to be returned by the April General Meeting to be delivered to the program director.

Sharp-Grossmont Auxiliary- Reminder

If you have any magazines you would like to donate to the Sharp-Grossmont Auxiliary, bring them to the General Meeting and they will be delivered to their office. It is requested that you do not cut out your address but use a marker to mark out the address. The Auxiliary distributes the magazines to patients at the hospital.

2nd CO-VICE PRESIDENTS

Elaine Ayers & Lou Turner



Our March 12th meeting will be at Foothills United Methodist Church (FUMC) beginning at 10am and we will be supporting the Military Outreach Ministry (MOMS) by having a baby shower and collecting baby items for military families. Please purchase and donate several of these items and lend your support to these military mom's.



Happy St. Patrick's Day, March 17th, to all members!

We would like to acknowledge our newest member, Gail Gilman, who attended our February meeting and decided to join our club. You will be hearing more about Gail at an upcoming general meeting.

Hope you are all doing well and plan to attend our March 12th meeting at FUMC in King Hall.

Remember to set your clocks ahead one hour on Sunday, March 9th!



3rd VICE-PRESIDENT

There is no fundraising report for this month!

Welcome from your Program Chairs “Kathy and Darcy”.



You're invited to a Baby Shower March 12th!

It's Baby Season! It's time to help MOMs and their BABIES!!!

*March 12th at 10am in King Hall. Games, prizes and fun!!! Don't Miss IT!!!
See the request from Pat Spear in what The MOM's would like for you to bring.*



HOSTESS CHAIRMAN: The hostesses for the March meeting are Pat Kelly and Lynn Thalman.



February 12th meeting with members in Red for Heart month and Valentine's Day

MEMBER TO MEMBER AWARD



Debra Childers presents Mary Verdone the Member-to-Member Plate award for her volunteer Chairperson support of the Penny Pines Community fundraising canisters. Debra also presented a \$200 donation to this project. Thank you, Debra and Congratulations, Mary!

FEDERATION :

Sandi Phoenix



Nine members attended the 2025 Festival of Arts on February 26th.

Hi everyone, I hope you are staying out of the March cold and wind. They say it will rain. I hope for some of the storybook “March showers” that we so desperately need. In the meantime, here is a brief wrap up of two special February federation events, the Festival of Arts, and the fundraising webinar.

Nine LMWC members attended the annual Festival of Arts, Margaret, Marsha, Pat K., Pat S., Kathy T., Debbie G., Mary V., Lou, and Sandi. Wearing our new club monogrammed tee shirts, we looked so classy. Thank you, Margaret, Marsha, Pat S, and Sandi for the fantastic table decor that highlighted our Parcheesi game board theme. With a printed history of the game spotlighting the Parcheesi board games at both ends of our table and indicating that Parcheesi originated in India, our table décor was India based. We received many compliments on the décor with Indian elephants, lighted lotus flowers, and handfuls of sparkling jewels scattered over the Indian patterned tablecloth. Great Job ladies!

The fundraising webinar that was part of the CFWC instructional series of online workshops was very informative. Pauline Basaran, Debra C., and Sandi registered for the webinar. The presenter informed us that she attended 70 hours of fundraising instruction, and she was sharing all this information with us. We three have reams of new fundraising ideas and guidelines that will most certainly benefit LMWC. Get ready for some fun times.

MARK YOUR CALENDARS FOR OUR UPCOMING FEDERATION ACTIVITIES.

1. The next Southern District general meeting will be March 19th at the Lakeside VFW. As always, doors open at 9:30a.m. and the meeting is called to order at 10a.m. Registration is \$3.00. See the speaker flyer in this *Gavel Talk* and look for the sign-up sheet at our March meetings.

2. THE SOUTHERN DISTRICT 67TH CONVENTION WILL BE HELD ON SATURDAY, APRIL 5, 2025, AT BANKERS HILL CLUB, 3030 FRONT ST., SAN DIEGO.

- WE ARE ALL INVITED TO COME CELEBRATE “MAGIC MOMENTS.”
- A LUNCHEON BUFFET, COMMUNITY SERVICE RECOGNITION, DOOR PRIZES, DRAWINGS, VENDORS, AND MAGIC!
- REGISTRATION AND LUNCH COST IS \$45.00.
- See the convention flyer in this *Gavel Talk*.
- Pat K. has the registration form and is ready to take your registration.

Other Coming Attractions:

1. A one-hour, FREE, workshop about TRANSPORTATION OPTIONS FOR SENIORS will be held on Tuesday, March 18, 10 to 11a.m., at the Healthcare District Conference Center, 9001 Wakarusa St. La Mesa. The Presenter is Natalie Ford, Program Representative Sharp Grossmont Senior Resource Center. Registration is required by calling 1-800-827-4277.
“Navigating around San Diego can be difficult and daunting. Learn about low cost, donation based, and reduced fare transportation possibilities offered in San Diego and East County. If you do not drive or are considering giving up driving, then this seminar is for you!”
2. “Celebrate Spring with Mira Mesa Women’s Club’s Spring Arts & Crafts Fair, Saturday, March 29th, 10a.m. to 3p.m., at the Summit Point Church, 10770 Rickert Rd., San Diego, CA 92126. For more information, please call Sandra Cabral, 858-342-4073, or email her at cabralzd@hotmail.com.

**SOUTHERN DISTRICT CLUB MEMBERS
ARE INVITED AND ENCOURAGED TO ATTEND THE
MARCH 19, 2025 SOUTHERN DISTRICT MEETING at 9:30 a.m.
at the Lakeside VFW Carter Smith Post 5867, 12650 Lindo Ln, Lakeside, CA 92040**



Program:

The Tijuana Sewage Crisis

This is a complex cross-border problem that has worsened due to years of neglect and lack of funding in both the U.S. and Mexico.

Key events leading to the current crisis include repeated failures and overflows where tens of millions of gallons of raw sewage spill into the Tijuana River and subsequently into the Pacific Ocean. The scale of the problem is immense, affecting wide areas from Tijuana to San Diego, compromising water quality, shutting down beaches, endangering marine

ecosystems, and posing serious health risks to local communities.

The health risks associated with the Tijuana sewage crisis are significant, posing a range of hazards as evidenced by medical and environmental studies. Public health researchers have identified that exposure to untreated sewage can lead to a range of waterborne diseases, including gastrointestinal infections, hepatitis, and respiratory illnesses, particularly among swimmers and others who come into direct contact with contaminated waters. Environmental studies have highlighted the presence of pathogens and chemicals in the sewage that can cause serious health issues over both short and long terms. *(San Diego Coast Keeper)*



WE HAVE INVITED OFFICIALS FROM THE AREAS THAT ARE DIRECTLY IMPACTED BY THIS ISSUE IN HOPES TO BECOME EDUCATED ON THIS CRISIS AND FIND OUT HOW WE AS FEDERATED CLUBS CAN BECOME INVOLVED.

I LOOK FORWARD TO SEEING YOU THERE ON MARCH 19.

KAREN REED, PRESIDENT, SOUTHERN DISTRICT

Southern District 67th Convention

Call & Registration
Saturday, April 5, 2025

Come Celebrate
“MAGIC MOMENTS”



Bankers Hill Club, 3030 Front Street, San Diego



Delicious Luncheon Buffet, Door
Prizes, Drawings, Vendors, and Magic!

REGISTRATION will begin at 9:00 a.m. Morning refreshments and beverages will be available while you meet, greet, and shop.

CALL TO ORDER will be at 10:00 a.m.

All attendees are asked to please wear your club, district, or state **NAME BADGE**.

ATTIRE – dress for the ‘Magic’ theme or with a little sparkle!

VENDOR shopping will be available throughout the day.

OPPORTUNITY DRAWING tickets will be sold at 10 for \$10.

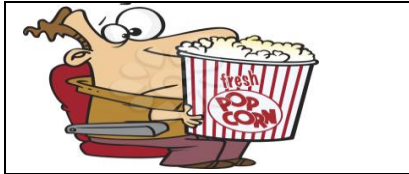
LUNCH will be provided by Cupid’s Catering

*Chicken Piccata ★ Rotini Noodles with Alfredo sauce
Broccoli ★ Garden Salad with Ranch and Italian Dressing ★ Rolls and Butter
Tiramisu ★ Lemon Mascarpone Cake
Coffee, Tea, and Water*

PROJECT FOR THE DAY Ronald McDonald House donations: **Kitchen Wish List**

Your donations of dry goods keep the pantries stocked for families to use during their time at Ronald McDonald House. Food drives also help keep costs down as they prepare three free meals daily year-round.

General: Cup of noodles, Dried pinto beans / white beans, Garlic salt, Granulated sugar, Juice boxes, Long grain rice, Coffee creamer (dry), Vegetable oil, Pasta sauce, Pasta (spaghetti & penne), Ranch salad dressing, Seasoned salt, Tea bags, Top ramen packs; **Canned Goods:** Beans (black, kidney, white, refried), Corn, Green beans, Spam, Pineapple, Pears, Peaches



Let's go to the movies Tuesday, March 18th. A list of the movies will be presented at the General Meeting on the 12th.



Sunday, March 9th



Monday, March 17th

**LA MESA WOMAN'S CLUB
8030 La Mesa Blvd., # 192
La Mesa, CA 91942-0335**