




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



***GAVEL TALK - NOVEMBER 2025***

*Pat Kelly, Editor*

CALENDAR OF EVENTS		BIRTHDAY CORNER
<b>NOVEMBER</b>  <b>Fri 7<sup>th</sup> Executive Board</b> <p style="text-align: center;">9:30 am</p> <b>Wed 12<sup>th</sup> General Meeting</b> <p style="text-align: center;">10 an King Hall</p>	<b>DECEMBER</b>  <b>Fri. 5<sup>th</sup> Executive Board</b> <p style="text-align: center;">9:30 am</p> <b>Wed. 10<sup>th</sup> Xmas lunch</b> <p style="text-align: center;">11:30 am</p>	 <b>Carol Graves 11<sup>th</sup>      Beth Miller 21<sup>st</sup></b>

***PRESIDENT'S MESSAGE***

*Marsha McDonald / Sandi Phoenix*



Welcome to November, the month of fall colors, cooler nights, and beautiful warm days. Our first November club project will be supporting the La Mesa History Center's 19<sup>th</sup> annual home tour, on Saturday, November 8<sup>th</sup>. The theme this year is "Golden Gems of La Mesa." This year Marsha, Pauline, and Sandi will provide docent support at one of the "Golden Gem" homes. Pat S., Margaret, Lynn and a guest will enjoy the tour using the club's complimentary tickets that come with our membership in the History Center.

Our November general meeting is an exciting and important meeting for all members to attend. During this meeting, LMWC is proud to host the special presentation of the Quilt of Valor to a deserving veteran and friend of Margaret Mendez. This is a heart-warming ceremony, and it is our pleasure to honor our country's veterans for their service that preserves our freedom. Please join us in welcoming this veteran, family and friends.

November is also election month for LMWC. The Nominating Committee presented the slate of officers for the 2026-2028 term last month. Per our Bylaws, nominations may be accepted from the floor at the November general meeting. All nominees, including any nominated from the floor, will be qualified and will have agreed to be nominated. The election will follow the presentation of the slate of officers.

Our Bylaw Committee also met and proposed a few additions to our Bylaws. Per Bylaw requirements, the Executive Board reviewed them, and copies were distributed to all members last month. This is your time to attend and your membership privilege and responsibility to vote on both of these items.

This is also the time of the year when we begin preparing to write the club year end reports. Zoom workshops have been set up for our participation to assist with writing these reports. Two Zoom workshops will be held on Wednesday, November 5. one at 10a.m. and one at 6:30 p.m. Two more workshops are scheduled for Monday, November 10. The workshop times are the same (10 am and 6:30 pm). The workshops will follow the same agenda, and you can attend one or all the workshops. So far, Pat S., Marsha, Pauline, Ellen, Lou, and Sandi signed up to attend. As soon as I receive the zoom link, I will forward it to each of you. If anyone else would like to learn more about writing the club year end reports, please let me know right away.

On Wednesday November 12 at 5:45p.m., the La Mesa City Council is voting on restarting the La Mesa Library Task Force. This Task Force will address improvements needed for the library at 8074 Allison Ave., La Mesa. La Mesa Woman's Club members are asked to attend this meeting to show our support and interest in this project. Marsha, Pauline and Sandi are planning to attend. We invite you to join us. Please let Sandi or Marsha know if you will also attend. Thank you in advance!

There are so many activities and events coming up. Please see the flyers and "Dates to Remember" in this Gavel Talk, then sign your name to participate.

We wish you Happy Thanksgiving and be safe if you are traveling to be with family and friends.

Hugs to each of you,

Marsha and Sandi

1st VICE PRESIDENT- DEAN

Pat Spear

*Wishing everyone a Happy Thanksgiving.*

**BANCROFT SCHOOL HOLIDAY**

**FAMILIES PROJECT:** At our November General meeting you will be able to choose a child or children to adopt for Christmas gift giving. These children were identified by the school social worker as being from families that need help providing Christmas gifts for their children. Members will sign their name by the child/children of their choice, then make a copy of that child's family code number, age, gender, sizes and wish list. You can make a screen shot on your phone of that information if that helps. Most spend between \$40 and \$50 on their adoptee. Do not wrap the gifts, just include a roll of wrapping paper. All gifts are placed in a bag with the outside marked with the family code (Ex. Boy, D-2). Gifts may be brought to our December 10th luncheon at Marie Callender's. If you have a problem with that, contact Marsha and she will make arrangements for pickup.

**LA MESA CHAMBER'S HOLIDAY**

**HOMEBOUND SENIOR PROJECT:** We received information from the La Mesa Chamber on their Holiday Homebound Senior project. They are gathering items to assist 16 seniors. The gifts are wrapped and placed in decorative baskets. Members are invited to make In-Kind donations. The deadline is November 29th. Gifts may be brought to the November General Meeting, or other arrangements can be made. See the list below of suggested items. Canned soups, canned fruits, packets of crackers, packets of pasta or mac & cheese, bars of soap, tubes of toothpaste, packs of tissues, bottles of hand soaps, bottles of hand sanitizer, pens and pads of paper. Gift cards in any denomination from Walmart, Target, or any grocery store. ***Please remember to record your In-Kind donations.***

**RADY CHILDREN'S HOSPITAL RECOGNITION:**

Last week seven of our members went to Rady's Children's Hospital to have a picture taken with our check for the chairs. As you can see from the photo, there were quite a few staff from the NICU that were there to show their appreciation to La Mesa Woman's Club for our donation of the five chairs. We heard stories about how much these chairs mean to families, and the nurses and other staff that care for the infants in the NICU. In the photo Lane and Sophia are holding a label that will be placed on the back of each chair showing they were donated by La Mesa Woman's Club.



**The club received a Thank You card signed by the NICU staff. See next page.**

Thank you so much for the generous donation! Our families are so thankful!

Thank you so much for your kind donation. This will greatly help our moms have better comfort with breast feeding.

Thank you so much for your generous gift. It's made it so much more comfortable for our parents to snuggle their babies.

Thank you so much for your generosity! Our families happiness has skyrocketed thanks to you!

Thank you for making our snuggle time more comfortable! we appreciate you!

Thank you for supporting the precious bond between Dr. Nicu babies & their families. Thank you so much for your kind donations!

Thank you so much for your generosity! My favorite part of my babies is helping their babies so much so we will be forever grateful for your generous donation.

Our babies love to snuggle their families in them!

Thank you for your generous donation. Our babies & their families thank you for making Kangaroo care in the NICU that much more special!

THANK YOU! OUR FAMILIES LOVE THEM!

Such an amazing gift to our families! Thank you so much for your generosity!

The chairs are incredible and loved by parents + staff!

9/20th

Thank you for your generous donation. Our NICU moms are very appreciative to be able to bond in their comfort.

Thank you so much for your generous donation!

Thank you again for your donation!

We are babies' parents appreciate your donation so much! & kinds

Your GENEROSITY means more

and is truly APPRECIATED.

Thank you so much! Our babies & families will appreciate this so much.

9/20th

Our parents and their families are loving these recliners.

Thank you so much for helping our babies & families snuggle... we are all so thankful.

Thank you so much for your generous donation for our families!

Our families needed this so much! We are incredibly grateful for your donation!

Thank you so much for your generosity. These chairs will be used by countless families for years to come.

Thank you so much for your generous donation. It is so appreciated and the families of babies will benefit from this immensely.

Thank you so much for your generosity! The families will love all the snuggles!

Thank you for your generosity! We are so grateful for your donation for our families!

Thank you so much for your generosity! The families will really appreciate a comfortable recliner!

Thank you for your generous donation for our families!

Thank you for your generous donation for our families!

We appreciate your generosity and our NICU families will surely enjoy the chairs.



**MEMBERSHIP**



With Halloween behind us, and Thanksgiving just a month away, it's time to remind you that our **2026 Membership dues** are payable during November and due by December 31st. Dues will remain at \$50 per person and will be collected by Lou Turner, co-membership chairperson. Please make your \$50 check payable to *La Mesa Woman's Club* or shorten payee to: *LMWC* and add "2026 dues" on the Memo Line. Also, we ask that you include any changes to your contact information. You may refer to our 2025 Yearbook that all paid members received earlier this year. Mail your dues check to: Lou Turner, 4325 Avenida Gregory, Spring Valley, CA 91977.

You can also bring your dues check to our General Meeting on either November 12th or to our annual Christmas Luncheon at Marie Callender's on Alvarado Road, with arrival time at 11:30 am. Reservations for our Christmas luncheon should be made with me, Lou Turner. The reservation deadline for lunch at Marie Callender's is Friday, December 5th. If you would like to invite a potential new member, December 12th would be a perfect time. If you have any questions regarding dues payment or reservations for our Christmas lunch, please email me, Lou Turner, at: [lnjturner@cox.net](mailto:lnjturner@cox.net) or call or text me at 619-985-7290.

A reminder: We will continue to support the "**Toys for Tots Annual Toy Drive**". Please donate a new, unwrapped toy(s) and bring it to our Christmas Lunch on December 10th.

Our co-president, Marsha McDonald will provide details regarding our continuous support for **Bancroft Elementary School needy students** at our November general meeting. Wishing all of you good health and a Happy Thanksgiving Day to everyone! .

3rd VICE-PRESIDENT

There are no fundraisers planned at this time.

4th VICE- PRESIDENT

Darcy Barghols and Kathy Tinsley

**ATTENTION, ATTENTION,  
ATTENTION!!!**

**HONORING OUR VETRANS**

**Two separate Quilts of Valor Events!**

**One at 10am King Hall, Foothills United Methodist Church**

**One at 1 pm Veterans Hall, 8118 University Avenue, La Mesa**

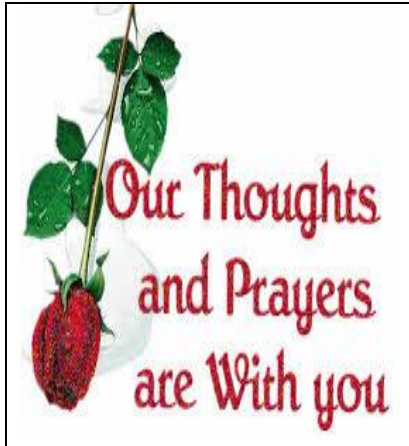
We encourage all our members to attend both these memorable experiences.

Our dedicated Quilters from **Quilts of Valor** will be honoring 1 veteran at our general meeting and twelve (12) Veterans along with their family members and guests at Veterans Hall in La Mesa across the street from the La Mesa Police Department.

**You will not want to miss this! Kathy and Darcy**



The hostesses for the November general meeting are Margaret Mendez and Pat Spear



Angie Lombardo is still in the hospital receiving physical therapy. She hopes to be back to La Vida Real soon per her sister, Roz. Please continue to keep Angie in your thoughts and prayers for a full recovery.

Pat Kelly is having total hip replacement surgery on Friday, November 7<sup>th</sup>. Best wishes for a speedy recovery for her.



Save the date, November 18th for movie day @ Grossmont theater, we meet at 11:00 in the mall patio.

**Movie trivia: Match the movie to the quotes**

"Here's looking at you, kid." -

"May the Force be with you." -

"I'll be back." -

"You can't handle the truth!" -

"Life is like a box of chocolates; you never know what you're gonna get. "I'm the king of the world!" -

Forrest Gump, A Few Good Men, Casablanca, Titanic, Star Wars, The Terminator

**Answers in order:**

Casablanca, Star Wars, The Terminator, A Few Good Men, Forrest Gump, Titanic

**FEDERATION "DATES TO REMEMBER", MARK YOUR CALENDAR: Sandi Phoenix**

NOVEMBER 5 & 10: Report writing Zoom workshops, 10a.m. and 6:30p.m. each date.

WEDNESDAY, NOVEMBER 19: Southern District meeting, doors open 9:30a.m., Call to Order 10a.m., Lakeside VFW.

MONDAY, NOVEMBER 24, Festival of Arts planning meeting, Marie Callender's, 11a.m.

SATURDAY, DECEMBER 13: Holiday Lunch with Southern District President, Karen Reed, Marie Callender's, 12:30 – 3p.m., \$30 per person Contact Sandi if you plan to attend.

WEDNESDAY, DECEMBER 17: Southern District Exec. Committee Zoom meeting, 10am

FEBRUARY 25, 2026: Southern District Festival of Arts

SATURDAY, APRIL 11, 2026: Southern District Convention, Bankers Hill Club

MAY 2026: CFWC Convention, Ontario, CA JUNE 2026: GFWC Convention, Scottsdale, AZ

# OCTOBER 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



## The Friends of the

### La Mesa Library Bookstore

Mon, Thu & Sat: 10 am - 4 pm

Tue, Wed, Fri: 1 - 4 pm | Sun: 10 am - 1 pm

5

6

10:30 am: Baby Storytime  
4 pm: Construction Club  
4 pm: Math Coaching\*

7

2 pm: Tech Help  
4 pm: Afterschool Craft

8

11 am: Chair Yoga  
12 pm: Sidewalk Talk  
4 pm: Math Coaching\*

9

10:30 am: All Ages Storytime  
1 pm: Tales Out Loud

10

10 am: Crisis House

11

12

13

10:30 am: Baby Sign Language Storytime  
4 pm: Construction Club  
4 pm: Math Coaching\*

14

2 pm: Tech Help  
4 pm: Afterschool Craft

15

11 am: Chair Yoga  
12 pm: Sidewalk Talk  
1 pm: Book Club  
4 pm: Math Coaching\*

16

10:30 am: All Ages Storytime

17

10 am: Crisis House

18

11 am: Star Wars Reads Day!

19

20

10:30 am: Baby Storytime  
4 pm: Construction Club  
4 pm: Math Coaching\*

21

2 pm: Tech Help  
4 pm: Afterschool Craft  
4 pm: Teen Book Club

22

11 am: Chair Yoga  
12 pm: Sidewalk Talk  
4 pm: Math Coaching\*  
5:30 pm: Social Equity Book Club

23

10:30 am: All Ages Storytime

24

10 am: Crisis House

25

\*Registration required

26

27

10:30 am: Baby Storytime  
1 pm: GHD Mobile Library  
4 pm: Construction Club  
4 pm: Math Coaching\*

28

2 pm: Tech Help  
4 pm: Afterschool Craft  
4 pm: Teen Cooking Around the World

29

11 am: Chair Yoga  
12 pm: Sidewalk Talk  
4 pm: Math Coaching\*

30

10:30 am: All Ages Storytime

31

10 am: Crisis House

4

3

10 am: Crisis House  
11 am: Coffee + Books

2

10:30 am: All Ages Storytime

1

11 am: Chair Yoga  
12 pm: Sidewalk Talk  
4 pm: Math Coaching\*

1

10:30 am: All Ages Storytime

3

10 am: Crisis House  
11 am: Coffee + Books

4

1 pm: Hand Knit Blanket\*  
6 pm: Teen Lock-In\*



Scan to learn more!

HOURS: Mon & Thurs: 10 AM - 6 PM | Tues & Wed: 12 PM - 7 PM



**La Mesa Woman's Club  
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