




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




**GAVEL TALK APRIL 2025**


*Pat Kelly, Editor*

CALENDAR OF EVENTS		BIRTHDAY CORNER
<b>APRIL</b>	<b>MAY</b>	 No April Birthdays
Fri 4 <sup>th</sup> Executive Board 9:30am  Wed 9 <sup>th</sup> General Meeting 10 am @ <b>Grossmont Medical Library</b>	Fri 2 <sup>nd</sup> Executive Board 9:30  Wed 14 <sup>th</sup> General Meeting 10 am	

*Presidents' Message*




April is the beginning of Spring and all the wonderful things that springs means to us. Flowers and beautiful gardens, new beginnings in the earth and in our lives.



As with every other month it has several observances that focus on specific issues such as Earth Month, National Child Abuse Awareness Month, Stress Awareness Month, Celebrate Diversity Month and National Child Abuse Awareness Month. Perhaps most important for us, is National Volunteer Month.

This is our month! It's the time that people focus on all the volunteers in our communities that so generously give of their time, passion, efforts & money to others. They freely give not expecting anything in return except the joy & reward of their volunteering. Many organizations, institutions & whole communities depend upon these volunteers to make sure that others who are in need receive services to make their lives better.

*Marsha McDonald & Sandi Phoenix*



We are so aware that each of you is one of these valued volunteers. You show it every day on your own, but also in helping La Mesa Woman's Club help others in our community through our various projects.

This month at convention we will receive acknowledgment for our club efforts, but we also know that we get enough reward from just participating and helping others. Doing it with others in our club makes it more fun too. Thank you from both of us for all you do. We appreciate you!

“Volunteers don't get paid; not because they're worthless. They are priceless!”  
 Sherry Anderson

Sandi and Marsha

*Greetings friends! Happy April*

**BABY SHOWER:**

The baby shower was a great success. Thank you to Kathy and Darcy for the fun shower games and to Pat Kelly and Lynn Thalman for the decorations and yummy cakes! Barbara Chavez, Executive Director of M.O.M.'s spoke about the many ways the organization supports junior enlisted military families in our community. She was happy to fill up her van with all of our donations! Thank you to everyone for your contributions of baby items. We did great!

326 - Diapers, 68 Pull ups, 52 Pkgs Baby Wipes, 12 misc. items .

A special thank you to Carol Graves for the donation of 20 beautiful handmade quilts, blankets and bibs.



**OPERATION PAPERBACKS & MAGAZINES**

Southern District had requested the donation of books to support Operation Paperback which collects books for our military located overseas. Our members donated 56 books to this effort. Also, 35 magazines were delivered to the Grossmont Hospital Auxiliary office. Thank you to all for your support of these projects. Magazines are always welcome.



**HONOR FLIGHT:**

Thank you to those who wrote cards for the veterans traveling on the next Honor Flight which leaves on April 25. Forty cards have been mailed to their office. There is still time to write more cards if you are interested. There will be additional patriotic cards available at the next meeting.



**DONATIONS:**

Since La Mesa Woman's Club has officially become a Foundation, we are able to be more generous with our donations. At our March General Meeting we approved the following:

Heritage of the Americas Museum - \$1,000

La Mesa History Center for their archive department - \$2,500

Lions, Tigers, & Bears - \$1,000



We are looking for other organizations where our donations could make a positive impact. Any suggestions are welcome.

## 2nd CO-VICE PRESIDENTS

Elaine Ayers & Lou Turner



April greetings to all members and hopefully you are all doing well. In March, we were pleased to welcome two members into our Club. Gail Gilman and Ellen Meador. Ellen was generous in supporting our MOMS (Military Outreach Ministries) baby shower and stopped by to say hello, donate some baby items and officially join us. Gail planned on attending but didn't feel well the morning of our meeting. At our May 14th general meeting, we will formally welcome both Ellen and Gail as our newest members.

At our May 14th meeting we will also be celebrating an anniversary so we hope many of our longtime members will join us at this important celebration. We will be at Foothills United Methodist Church, King Hall.

Our April 9th general meeting will begin at 9:45am at Grossmont Healthcare District Health and Wellness Library, 9001 Wakarusa Street in La Mesa 91942. Kathy and Darcy have interesting meetings coming up so please refer to their 4th Vice Presidents calendar of upcoming events and what they have planned for us.

If you need a ride to these 2nd Wednesday general meetings, please let me know so I can help arrange a ride for you. Several of us are willing to pick up members who may not be driving any longer but still want to participate. Call Lou Turner at 619-462-4746 to leave a message and I'll call you back quickly.

Stay well everyone! Hope we have a good turnout for our anniversary general meeting on May 14th!

## 3rd VICE-PRESIDENT

**There is no fundraising report for this month!**

## 4th VICE- PRESIDENT

Kathy Tinsley & Darcy Barghols



***Start your engines... Racing season is coming!!!***

***Get your calendars out and mark the line up!!!***

***APRIL 9<sup>th</sup>, 9:45am***

***Grossmont Healthcare District's Healthcare Library  
9001 Wakarusa Street, La Mesa, CA 91942***

***May 14<sup>th</sup>, 10:00 am is our Anniversary Celebration***

***Foothills United Methodist Church - King Hall***

***June 11<sup>th</sup>, 10am Mt. Helix Park***

*There will be more information regarding parking and carpooling.*

***You will be bringing your own sack lunch and water!!!***

***September 10<sup>th</sup>, 10 am we shall be out and about again***

***The Heritage of the Americas Museum***

***12110 Cuyamaca College Dr W, El Cajon, CA 92019***

***Cost: \$4.00 per person. Details to follow.***



**HOSTESS CHAIRMAN: There are no hostesses for the April meeting.**

**FEDERATION :**

**Sandi Phoenix**

Happy Spring everyone. April promises to be another exciting month for LMWC and federation. It starts with “Magical Moments,” the 67<sup>th</sup> annual Southern District Convention on April 5<sup>th</sup>, 2025. The convention will be held at the Bankers Hill Club. Registration, morning refreshments and shopping with the vendors begins at 9:00 a.m. and adjourns around 2:30 p.m. La Mesa has seven members attending this year. Highlights from the agenda include:

- Reports from the club presidents. This is Marsha and my time to brag about all you wonderful ladies and a special project or two.
- The keynote speaker will be Sonya Matthies, CFWC President
- Charles Day, President & CEO of Ronald Mc Donald House is the program speaker. To say thank you to Mr. Day, clubs are asked to bring items from a “Kitchen Wish” List. Pat S. has organized all this for us.
- We will break for a delicious lunch catered by Cupids Catering.
- The afternoon will be filled with the excitement of the presentation of the club community service awards. We want to be ready to cheer and show our club spirit for this. Remember to bring a noise maker, ladies.

This will be an incredibly special day for all of us. We will have much to report at our general meeting on April 9<sup>th</sup>.

Wishing everyone a Happy Easter and sending federation hugs,

Sandi



**Dorothy Dixon**

We are sad to report that **Dorothy Dixon**, a federated member for 58 years, passed on March 6<sup>th</sup>, just two months shy of her 106<sup>th</sup> birthday. Dorothy was a member of the El Cajon and La Mesa Woman’s Clubs, and the Las Donas Past President Club. She served as President of the El Cajon Club and held several other positions on their board. She was an avid member of the La Mesa Woman’s Club bridge group and played until the group took a required COVID vacation.

There is no memorial service planned; however, you can send sympathy cards to her son, Dan Dixon, at Dorothy’s previous address - 1321 Peerless Street, El Cajon 92021

**Arnell Sanderlin** had a total left hip replacement on March 25<sup>th</sup>. She said she is recuperating well at home, but still has a lot of pain. Her son, Kevin is staying with her temporarily. Phone calls, Get Well or Thinking of You cards would be welcome. Her address is 13075 Evening Creek Drive, #140, San Diego 92128. Phone # is 619-792-5017

# Southern District 67<sup>th</sup> 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

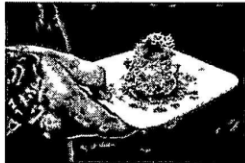


# Taste of San Diego - East



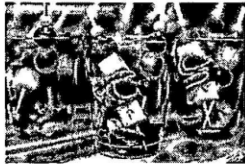
**TASTE ♦ SAVOR ♦ MINGLE**

**Monday, June 23, 2025**



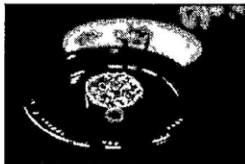
5 - 8 PM VIP Tasting ♦ \$60

6 - 8 PM General Admission Tasting ♦ \$45



Legacy Resort Hotel & Spa

875 Hotel Circle South - Mission Valley



**ORDER TICKETS NOW!**

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**LET'S GO TO THE MOVIES**

**Margaret Mendez**



Let's go to the movies Tuesday, April 15<sup>th</sup>. A list of the movies will be presented at the General Meeting on the 9<sup>th</sup>.



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