




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



GAVEL TALK - FEBRUARY 2026

Pat Kelly, Editor

CALENDAR OF EVENTS		BIRTHDAY CORNER
FEBRUARY	MARCH	
Fri. 6 th Executive Board 9:30 am Wed. 11 th General Meeting 10:00 am	Fri. 6 th Executive Board 9:30 am Wed. 11 th General Meeting 10:00 am	 Ellen Meador 15 th Pat Spear 17 th Mary Verdone 21 st

PRESIDENT'S MESSAGE

Kathy Tinsley



Happy February my Club Sisters:

Your executive board is very busy researching, planning and networking to bring you new and informative meetings. Stay tuned!

Pauline, Debra, Sandi, Marsha, Judy, Lou and I attended CFWC Southern District meeting in January. Guest speaker was Paul Greenwood, former San Diego Deputy District Attorney and currently AARP Fraud Ambassador. He shared horror stories of seniors losing life savings as they fell victim to scammers. Important telephone numbers; Adult Protective Services: 800-339-4661, Paul Greenwood 442-257-2984.

Also at this meeting Debra Childers became the District Chair for Advocates for Children and I will serve as the District Chair for Domestic Violence/Human Trafficking.

I hope to see all of you February 11th for our general membership meeting especially those of you born in February. Our corresponding secretaries Darcy and Carol have fun things planned for your birthdays.

Happy Galantines/Valentine's Day



Kathy



Over the past month, I've been developing a list of the many projects our Club has supported over the years and researching exciting new opportunities based on member feedback. From fundraising to volunteering and donations, it's truly inspiring to see just how many meaningful ways women's clubs make a difference. Club.

As a relatively new member of the Woman's Club system, I've enjoyed exploring the websites of GFWC, CFWC, and other clubs—and I'm continually impressed by what I've discovered.

The San Ysidro Woman's Club, for example, raised an incredible \$500,000 to establish an endowment that will fund Incentive Awards and Scholarships for San Ysidro students in perpetuity.

The Chula Vista Club draws crowds of more than 100 people to their popular Bunco nights, while their primary fundraiser is a Fashion Luncheon.

The Pasadena Women's Club brings its community together through annual art and writing contests for both children and adults. While there are many similarities in what clubs do, the differences are just as fascinating—especially as we look ahead and imagine what's possible while approaching our 125th anniversary as a Woman's Club.

2nd VICE PRESIDENT

Marsha McDonald and Pat Spear



MEMBERSHIP

Happy February and Happy Valentine's Day. We are happy to report that we have three prospective new members, and the wonderful news that Mary Verdone is doing well and will continue as a member. Our membership is strong and always willing to support our service projects in the community.

We are eager to find new ways of gaining new members. In addition to inviting friends and neighbors to our meetings, we are looking into having some fun activities in a more casual setting. This would be an opportunity to invite friends and let us all get to know them, and encourage them to join us in friendship and serving our community. Your ideas are always welcome.

3rd VICE-PRESIDENT

Mary England

This is an exciting time for our Club. We have new officers that have been elected, and we have a common goal of moving our Club forward, exploring new opportunities to promote our Club, becoming involved with the community through new and possibly different activities, and as our new President, Kathy Tinsley 's motto states, "It's All About Fun!" Kathy is a dynamic and well-respected force within our local community. We are very lucky to have her at the helm of our Club during this pivotal time.

As I mentioned last month, a key ingredient to the success of my role for our Club is to create a data base of followers and include those that have received donations from our Club. Building on these relationships will allow our Club to design a fund raising and marketing strategy that is successful.

I have included my suggestions regarding this concept and other marketing opportunities in my report to the Executive Board. If approved by the Executive Board, I will then bring them to the general membership on February 11th for review, discussion and approval.

We have a proud history and although I have only been a member for 5 years, I have been involved with members of our Club through community activities and engagement for many years. The volunteer activities that are performed by this small Club are amazing! Each one of you should feel a sense of pride. An added benefit for our organization is the ability to now allocate funds through our Foundation to the delight and joy of others!

4th VICE- PRESIDENT

Lynn Thalman and Sandi Phoenix



February is a special month. **IT IS HEART MONTH!!** and we are doubling up with two programs. In lieu of a heart health speaker, we will have a table display and handouts that celebrate **HEART HEALTH**. Take a moment to check out the display, **AND** because high blood pressure is a leading cause of heart disease, Lynn, a Respiratory Therapist, and Sandi, a Registered Nurse, will offer private blood pressure checks before our meeting, starting at 9:30a.m. and for a half hour, following our meeting.

WE ALSO ASK YOU TO WEAR RED TO OUR FEBRUARY MEETING IN HONOR OF HEART MONTH.

.Never fear...We have a special speaker, **Jessyka Heredia**. **Jessyka is a member and Past President of the Lemon Grove Forward Club**. Many of you will remember Jessyka from her visit to La Mesa Woman's Club to check out our meeting and projects to get ideas for reincorporating the original Lemon Grove Forward Club. Jessyka and a group of ladies successfully reincorporated the Lemon Grove Forward Club in 2022. Their website history page states they are "Reborn and Reimagined". Jessyka will share the story of their "rebirth" and what they are currently accomplishing. Please join us to welcome Jessyka to our general meeting.



February , time to "Listen to your Heart"

My quote for the month is:

Always trust your heart. If you feel something is wrong, it probably is.

Your Corresponding secretaries will be honoring February Birthdays.

Please join us so we can learn more about YOU!

- 1. What qualities do you appreciate in others?**
- 2. What is something you had to do that you did not want to?**

Carol Klipp and Darcy Barghols, Corresponding Secretaries

January's out, February is in.

February brings several events.

Groundhog Day - predicts six more weeks of winter, however with San Diego's mild climate it doesn't faze us much. **Super Bowl Sunday** takes place on the 8th, featuring Seattle Seahawks vs. New England Patriots. **Valentine's Day** falls on Saturday and followed by **Presidents' Day** on Monday the 16th. Both Ramadan and **Ash Wednesday**

are observed this month.

Were you aware of the activities the La Mesa library has to offer?

Once a month they offer a complimentary concert. Last Saturday, the trio Tzidia performed to a live audience, presenting music from the Beatles, Glen Cambell, Chick Corea and as well as their own compositions. Lynn Thalman, Karyn Smith and Margret Mendez, attended and enjoyed the performance.



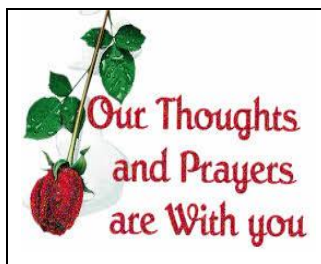
Picture of the trio who performed at the Library in January

HOSTESS CHAIRMAN

Lou Turner



The hostesses for the February 11th meeting are Margaret Mendez and Pat Spear.

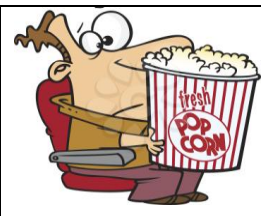


Angie Lombardo is now back at La Vida Real and continues to regain her strength. Phone calls and/or cards are appreciated. Keep her in your thoughts and prayers for a full recovery.

Pat Spear is recovering from a back injury. Please keep her in your thoughts and prayers.

MOVIES

Margaret Mendez



Members who are interested will continue to meet at the Grossmont Theater on the 3rd Tuesday of each month. If you want to see a particular movie, please let Margaret know and she will contact those on the "movie list".

FEDERATION DATES and MO RE:

Debra Childers

FESTIVAL OF ARTS — REPORT

Key deadlines and contacts

- Registration deadline: February 16. All registration materials and the attending members count should be submitted to Ginny Wisely.
- Include a \$25 gift card with registration (to be mailed with the registration).

LMWC responsibilities

- Mail a \$25 gift card with the registration.
- Provide door prizes:
 - Two door prizes at the \$10–\$15 level.
 - Bring door prizes to Lakeside VFW for set-up on February 24, 1:00–3:00 PM.
- Provide scholarship prizes:
 - Two high-value scholarship prizes.
 - One prize has been donated by Mary England value \$138 (La Mesa Chambers); one additional donation is needed.
 - Bring scholarship prizes to Lakeside VFW on February 24, 1:00–3:00 PM.
- Provide two boxes of chocolates for “Best Table” prizes (Debra Childers will purchase and donate these).
- Accept and process door prizes on February 24 and act as prize runners on February 25.
- Arrange for a press release after the event (this will be the first time the club issues a post-event press release).
- Coordinate professional photography of the event and each participating club (arranged by LMWC).

Event logistics

- Set-up: Lakeside VFW, February 24, 1:00–3:00 PM — LMWC members must be present to set up.
- Performance: LMWC will perform “A Lion Sleeps Tonight.” Members should plan to rehearse and prepare this song.

Volunteers needed

- Volunteers to accept and manage door prizes on February 24.
- Volunteers to be prize runners on February 25.
- Volunteers to assist with set-up on February 24.
- Volunteers to help with the post-event press release and coordination with the photographer.

Action items

- Ginny Wisely: receive registrations, attending member count, and \$25 gift cards (by Feb 16).
- Person to secure second scholarship prize (as soon as possible).
- Debra Childers: purchase two boxes of chocolates (completed/donate).
- Volunteers: sign up for door prize handling (Feb 24), prize running (Feb 25), set-up (Feb 24), and press release/photo coordination.

The next federation meetings are,
Executive Committee meeting which include club Presidents and Federation Chairs, is February 18, 2026. This is a Zoom meeting that begins at 10a.m., unless otherwise announced.
District meeting for all members March 18, 2026, this meeting is at the Lakeside VFW unless otherwise announced.
Southern District Convention & Installation of officers is April 18, 2026. It will be at the Banker's Hill Club where it has been before.
CFWC Convention 2026, To Be Announced
GFWC Convention 2026, Scottsdale, AZ

Southern District

FESTIVAL OF ARTS 2026



FEBRUARY 25, 2026 • 10:00AM – 2:00PM

📍 VFW Carter-Smith Post 5867
12650 Lindo Lane, Lakeside 92040

💎 \$30 PER PERSON

REGISTRATION DEADLINE: FEBRUARY 18

Send one check per club payable to 'Southern District' along with list of attendees and a \$25 GIFT CARD FOR THE OPPORTUNITY DRAWINGS to **CFWC Southern District, PO Box 240, El Cajon, CA 92022**

SET UP: TUESDAY FEBRUARY 24, 2:00PM-4:00PM

- Bring 2 Door Prizes from each Club
- Bring Donations for the Scholarship Table
- Decorate Club Tables in the "Around the World" Theme (There will be a prize for the best table decor)

ALL ART AND CRAFT ENTRIES MUST BE REGISTERED ON TUESDAY, FEBRUARY 24 BETWEEN 2:00PM-4:00PM

(Entries will not be accepted on Wednesday)

Connie Criswell, District Arts Chair

Save the Date: Saturday, April 11, 2026
68th CFWC Southern District Convention

Come Celebrate in
"The Magic Fairy Garden"



Bankers Hill Club
3030 Front Street, San Diego CA, 92103

Registration: 9:00 a.m.
Call to Order: 10:00

Delicious Luncheon by Cupids Catering

Club Awards
Speaker/Guests
Vendors
Door Prizes, Drawings
Installation of Officers 2026-2028

Reservations - through your club
~~\$50~~ Mail to
CFWC Southern District
P. O. Box 240 El Cajon, CA 92022