





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



GAVEL TALK JANUARY 2025

Pat Kelly, Editor

CALENDAR OF EVENTS		BIRTHDAY CORNER
JANUARY	FEBRUARY	 Lynn Thalman 4 th
Fri 3 rd Executive Board 9:30 am Wed 8 th General Meeting 10 am to 12 pm @ Grossmont Auditorium	Fri 7 th Executive Board 9:30 am Wed 12 th General Meeting 10:00 am	

Presidents' Message	Marsha McDonald & Sandi Phoenix
 <p>Welcome back everyone. Marsha and I hope you took time to rest and relax during the holiday. Our past year was an exciting, successful, and fulfilling year for LMWC. We provided community services that made our community stronger, and we enhanced the lives of others as well as our members through volunteering together. Congratulations, ladies, let's celebrate another successful year!</p> <p>2025 promises to be another exciting and fulfilling year for LMWC. Do you know that January 3, 2025, is International Mind/Body Wellness Day? This is perfect for us because our first event for the year is sponsoring a free, community wide wellness event, <u>"MIND/BODY/SOUL."</u> The event will be held on our general meeting day, January 8, 2025. We will meet for the wellness event at the Grossmont Healthcare District Conference Center, 9001 Wakarusa, La Mesa, from 10a.m. to 12 noon, and the public is welcome to attend. Everyone is encouraged to attend and bring a friend.</p> <p>Co-chairs, Kathy Tinsley and Darcy Barghols have planned an exciting morning of informative speakers from Sharp Healthcare, demonstrations to enhance your wellness, printed handouts on women's health topics, and swag bags full of snacks and little surprises. Check out the flyer in this issue of the <i>Gavel Talk</i> or in your recent email.</p>	<p>This will be our first large-scale membership and public relations event for 2025. We will have a membership information table, and volunteers will be needed to staff the table for the two-hour program. Please contact Sandi to volunteer. Plan to wear your new LMWC Tee shirt and your name badge. Remember the public is invited. RSVP to Lou Turner at 619-462-4746 to attend. Let's start the year off with a bang and make this wellness day a tremendous success!</p> <p>Continuing with the theme of health and wellness, do you know that volunteering will help you maintain your wellbeing? Research shows that being a volunteer will help to improve your health, mind, body, and soul. Marsha and I recently read articles about how volunteering improves your health. We would like to share it with you.</p> <p>Three articles began with similar statements that research shows volunteering provides significant health benefits, especially for older adults. The three articles divided the benefits into four categories, Mental Health, Physical Health, Social Wellbeing, and Cognitive Benefits.</p> <p>Mental Health</p> <p>Volunteering reduces stress and anxiety and provides a sense of purpose. It also increases a positive and relaxed feeling by releasing dopamine. It improves self-esteem and confidence. It reinforces a sense of accomplishment by providing opportunities to build new skills, meet new people, and achieve personal goals.</p>

Physical Health

By increasing physical activity levels, volunteering can improve cardiovascular health, enhance muscle strength, and contribute to overall physical fitness. A study by Carnegie Mellon University found that volunteering also lowers blood pressure probably due to increased physical activity.

Social Benefits

Volunteering provides opportunities to meet new people and connect with others from diverse backgrounds. Volunteering fosters a sense of community and belonging. It builds a support network that provides emotional and practical support. We call this enhancing friendship.

Cognitive Benefits

Volunteering often involves learning new skills, solving problems, and engaging in activities that require cognitive effort. These activities stimulate the brain and promote mental sharpness.

In closing, volunteers make a difference in their communities and enhance their own health at the same time.

Marsha and I hope you found this information interesting and that we will see you at the MIND/BODY/SOUL wellness program.

1st VICE PRESIDENT- DEAN

Margaret Mendez & Pat Spear



Happy New Year! We hope your holiday celebrations were enjoyable.

COMMUNITY SERVICE PROJECTS FOR 2025:

It is time to start planning for our 2025 community service projects. At our February General Meeting, members will have an opportunity to share ideas for consideration. It would be great if a couple of members were willing to take on the chairmanship of a specific project. Be thinking of ways that La Mesa Woman’s club can make a positive impact in our community.



SOUTHERN DISTRICT OPERATION PAPERBACK: SENDING BOOKS TO OUR MILITARY:

Operation Paperback began in 1999, sending its first shipments to Kuwait and Saudi Arabia. They have since shipped 2.9 million books to over 30 locations overseas. They have 19,000+ volunteers from all 50 states. These individual citizens, American families and community groups form a network of shippers that send around 15,000 books per month. OPERATION PAPERBACK will be the program at the January 15 Southern District meeting. We have been asked to donate gently used or new paperback books and bring them to the meeting. If you have any paperback books you would like to donate to this program, please bring them to either the January Board Meeting or to our January 8th gathering.

MILITARY OUTREACH MINISTRIES

(M.O.M’S):

As we look ahead to our March General Meeting, we are planning a “baby shower” for the enlisted military families that are supported by M.O.M.’s (Military Outreach Ministries.) We have supported this ministry with baby wipes, diapers, gift cards, etc.

The director, Barbara Chavez, will join us and share information about the work of the organization. More information about the event, including what baby items would be needed the most, will be forthcoming. Think about it as having fun as we support this worthy cause.



2nd CO-VICE PRESIDENTS

Elaine Ayers & Lou Turner

We hope our members had a very nice Christmas celebrated with family and friends. Now it's on to 2025 . . . hard to believe, but true.

24 of our members had a nice time at our annual Christmas Luncheon at Marie Callenders. Thanks to Darcy for the TLC she gave to the potted poinsettias so they would stay healthy and decorate the lunch tables. Handmade Christmas garlands also graced our tables. Everyone took home a poinsettia and several people bid on the garlands for their own personal use and those funds went to the LMWC. Thanks to our members who sponsored a Bancroft student with gifts and supported the **Toys for Tots** annual toy drive.



We are looking forward to our January 8th General Meeting from 10am to 12noon at the Grossmont Community Resource Library. Please read the publicity flyer, and reminder in this issue of Gavel Talk, by our 4th Co-Vice Presidents Kathy Tinsley and Darcy Barghols who have worked hard to make this **"Mind, Body and Soul"** seminar a nice event with special guest speakers. If you plan to attend, please call or email me, Lou Turner, to reserve your seat asap. . . . lnjturner@cox.net or cell: 619-985-7290.

Most of our current members have renewed their dues for 2025. If you haven't had the opportunity to send in your \$50 check payable to "LMWC", it's not too late. Mail to: Lou Turner, 4325 Avenida Gregory in Spring Valley, CA 91977 so your name and contact information will appear in our 2025 Yearbook. Please respond by December 31st. Thanks to all who are continuing your support and participation in our Club.

A Happy, Healthy 2025 to everyone!



3rd VICE-PRESIDENT

There is no fundraising report for this month!

4th VICE- PRESIDENT

Darcy Barghols & Kathy Tinsley

We hope to see all of our members, and perhaps family and friends at the Wednesday, January 8th Wellness event. Happy New Year!!

HOSTESS CHAIRMAN

There are no hostesses for the January meeting.

FEDERATION :

Sandi Phoenix

Happy New Year to everyone. I am looking forward to another fun and educational year with the federation. I would like to plan a 15 to 30 minute, all member orientation session every other month either before or after the general meeting (time still TBD). These could possibly begin in February. I will place this on the January board meeting agenda to ask for approval of the board.

Anyone not on the board please let me know if you are interested in attending. Thank you.

CALENDAR:

1. January 6, 11a.m., Festival of Arts meeting, Marie Callendar's Restaurant, off I-8 & Lake Murray. Plan on ordering lunch.
2. January 15, 2025: the next Southern District Meeting, 10 a.m., Lakeside VFW, 12650 Lindo Lane, Lakeside. Registration is \$3.00.
3. Festival of Arts 2025, February 26, 10a.m. to 2p.m., Lakeside VFW, Registration & lunch cost is \$25.00 per person. Registration deadline is February 19. LM members pay our treasurer, Pat Kelly. Pat will send one club check for all members attending.
 - ***PLEASE SIGN THE REGISTRATION FORM, INDICATE CHOICE OF SUBWAY SANDWICH, AND PAY \$25 AT THE JANUARY BOARD MEETING, OR THE JANUARY GENERAL MEETING. THE LAST CHANCE TO SIGN UP AND PAY IS THE FEBRUARY BOARD MEETING.***
 - Each club will donate a \$25 gift card. Mail with registration form to Barbara Meyer
 - Each club will donate 2 door prizes valued at \$15 each. Bring with you to the event.
 - All art and craft entries **MUST** be registered on Tuesday, February 25, between 2p.m. and 4p.m. when you may also deliver your entry to the VFW hall.
 - **Categories for the CRAFT DIVISION** are Hand Quilting, Machine Quilting, Apparel Sewing, Crochet, Knitting, Cross-Stitch, Other needlework (needlepoint, Embroidery), trash to treasure , scrapbooking, & general crafts
 - **PHOTOGRAPHY DIVISION** categories are: Black & white OR color,
 - **SUBCATEGORIES** are: Living Things, Scenes, Still Life
 - **FINE ART DIVISION** mediums are watercolor OR oil or other medium.
 - **FINE ART CATEGORIES** are portrait, scenic, still life.

There are more contest rules. See Sandi for a complete set of rules.

4. The lunch menu includes: 6 " Subway, ham, turkey, or veggie, salad, chips, dessert, beverages.
5. La Mesa, Lakeside, Mira Mesa, & Coronado WC's will provide dessert. It can be bought or homemade, your choice. I think at the last board meeting members volunteered to donate dessert. I'm sorry, I have lost the list of volunteers. Please remind me if you volunteered.



Thank you, thank you to all of you who provided gifts for children at Bancroft Community School. My car was piled high with full bags for 22 children. You were all so generous with your giving. The counselor was thrilled! She said that this year so many families were having such a hard time at the holiday. You have made it a very merry Christmas for 22 happy children. We aren't sure exactly how many years LMWC has been doing this project, but it is at least 20 years. Such a rewarding thing for us to do! Many of you told me how much joy it gave you to shop for your child. Happy shoppers, happy children! Thank you again so much.



Please remember *Dorothy Dixon* in your thoughts and prayers as she is recovering from recent falls. She would welcome cards and/or telephone calls from her club sisters. Her address is 1321 Peerless Drive, El Cajon 92021 and her phone number is 619-444-1276. Dorothy is our honorary 105 year old member who joined the club in 1968.

LET'S GO TO THE MOVIES

Margaret Mendez



The holidays may be over, but the New Year is just getting started, and there's so much to look forward to! Why not kick off the year with something fun and relaxing? Starting in February, we're making every third Tuesday of the month *Movie Day!* We'll head to the Grossmont theater to catch the latest films, and afterward, enjoy a delicious lunch together—either before or after the movie. It's a great way to unwind, share some laughs, and make new memories. We can't wait to see you there!

Happy New Year !



La Mesa Woman's Club

Mind/Body/Soul **Invites You to be “Refreshed”!**

January 8, 2025 – 10-Noon

Grossmont Hospital District Conference Center
9001 Wakarus Drive, La Mesa, CA

Please register with Lou Turner at: 619-462-4746

Sponsored by: La Mesa Woman's Club

Support from: Sharp Health Care/Natalie Ford



There will be handouts, opportunity drawings and demonstrations.

FESTIVAL OF ARTS 2025



FEBRUARY 26, 2025
AT LAKESIDE V.F.W.



OUR THEME WILL BE "BOARD GAMES"



Are you working on your items to enter in the Festival of Arts?



What is your forte?

Painting, photography, quilting, sewing, cross stitch, and many more categories.

Don't forget "trash to treasure!"



The committee for the FESTIVAL OF ARTS will be the president or their representative from each club.



Our first committee meeting is September 18, 2024, IMMEDIATELY FOLLOWING the District Meeting.

I look forward to working with everyone on this event.

Connie Criswell, District Arts Chair

Imperial Beach Woman's Club

