




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



Pat Kelly, Editor

GAVEL TALK - JANUARY 2026

CALENDAR OF EVENTS		BIRTHDAY CORNER
JANUARY	FEBRUARY	 Lynn Thalman 4th
Fri. 2 nd Executive Board 9:30 am Wed. 14 th General Meeting 10:00 am	Fri. 6 th Executive Board 9:30 am Wed. 11 th General Meeting 10:00 am	

PRESIDENT'S MESSAGE

Kathy Tinsley



Hello my Dear Club Sisters,

I'm looking forward to being your president and I have some new and exciting activities! Please plan to attend our general membership meeting January 14th, 10am at King Hall when I will share my thought/visions for La Mesa Woman's Club. I'm very happy to report that our toy drive for Toys for Tots was successful and Kathy Denham and I delivered 70 gifts for our military families. Thank you so much for providing toys for this worthwhile project.



Best wishes for a healthy happy 2026!
 See you on the 14th!

Happy New Year,

Kathy



Welcome to 2026!

We will start our planning for our 2026 Community Service projects at our January meeting

We will continue our support of prior year’s projects and will be presenting some new projects for everyone’s review.

2nd VICE PRESIDENT

Marsha McDonald and Pat Spear

Happy New year - 2026!

Welcome back to LMWC and another year of fun and service to our community. Pat S and Marsha, as your new Second Vice Presidents of Membership, will begin this year with the goal of adding new members, as well as hopefully making this a rewarding and team building club year for all of us. Members make the club an active and happy place that everyone looks forward to coming to. You all can help us achieve that! We start by initiating a new member, Kathy D Denham, into our group at our January General meeting. She’s been at the last few meetings, and you’ve already seen her pitching in to help where it was needed before, after and during the meetings. We are thrilled to have her join us.

We hope this will be the first of many initiations ahead! Please don’t hesitate to invite friends and neighbors to come to a meeting to see if they might also be interested in making new friends while serving our community with our projects. Thankfully Robin has agreed to help us format our 2026 Yearbook. We’ll be adding our new bylaws and the latest roster. (Thank you, Lou!). We’ll get that out as soon as we can so you all have a copy to refer to.

We are excited to have all of us get to know each other better as we work together to help those in need in our community. If you have any ideas that might help us, please let us know.

3rd VICE-PRESIDENT

Mary England

Suggest a New Program to Launch
Developing Our “Brand”

Happy New Year to each of you. I wanted to share some information with you regarding the concept of publicizing our club through events and activities and “building our brand” within the community and region.

At the current time we do not have a data base of businesses, business leaders, corporations and other leading groups within our area to collaborate with and communicate with for our current and future activities. This data base can be used in the future to publicize our club, our club’s activities and projects. This data base is NOT to be confused with gathering names and information to gain members, this is a totally different data base – consider it a marketing data base.

The concept of “building a brand” is done by many organizations and businesses to create a communication link to socialize their activities and their programs. Building a “brand” takes time and dedication. Adding people and businesses that may have an interest in the Club’s activities and projects is an on-going activity. Names and pertinent information are gathered and added to this marketing data base.

I will bring this concept forward to the Board of Directors to create our marketing data base. I will create a form to gather this information from associates and members, once approved. A marketing data base will assist our club now and, in the future, and be a tool to be used with future marketing and fund-raising activities.

Mary England

<p>Hello Ladies,</p> <p>Lynn and I wish you a Happy New Year. We are excited to have been elected your Co-4th Vice Presidents, Club Meeting Programs. Margaret Mendez is joining us as the Social Events Chairman. We have decided to work together for your enjoyment this year.</p> <p>We will start with a request for your help. We are looking for entertaining, educational, and active programs for our monthly general club meetings. Lynn and I have come up with an idea list for you to review. Please highlight the programs you would like to have for our meetings AND add programs that are not on the list that you would like us to plan. The idea list begins with a January letter writing campaign to our law makers encouraging them to stay committed and to take stronger action and enforce existing agreements to clean up the decades long crisis that exists in the Tijuana River that flows between Mexico and California into our Pacific Ocean, contaminating our beaches, harming public health, and forcing you and me and other local taxpayers to clean up the mess.</p> <ol style="list-style-type: none">1. Possible speaker to update our members about what is currently happening with the Tijuana River clean up. Letter writing campaign to follow our January general meeting. LMWC will provide letterhead stationery, envelopes, and a template letter to guide you as you write your letter.	<ol style="list-style-type: none">2. Health topics:<ol style="list-style-type: none">A. February is Hearth Month. Heart disease is one of the leading causes of women’s deaths. We could have a speaker about women and heart problems, how to take care of our heart, and support the Heart Assoc.’s Little Red Dress Campaign.B. Other female health issues such osteoporosis, skin care, othersC. October is Cancer month. We can have a speaker, support Cancer organizations in several waysD. Hold a Wellness Faire at the Grossmont Healthcare Library like the one we held last year.E. Teach CPR to our members, open classes to the public3. Speaker about murals and building paintings in La Mesa Village4. Invite scholarship winners to our June meeting to honor them and ask them to tell us about their personal and college goals.5. Quilts of Valor in November6. NOW IT IS YOUR TURN TO TELL US WHAT MEETING PROGRAMS YOU WANT. MAKE A LIST AND BRING IT TO THE JANUARY 14th GENERAL MEETING. WE WILL COLLECT THEM FOR MORE IDEAS. PLEASE INDICATE IF YOU WOULD LIKE TO HELP US PLAN YOUR SUGGESTED EVENT. <p>We look forward to seeing you on the 14th.</p>
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Suggested Activities from the Social committee

Ideas for Engaging Members beyond Meetings

Introduction

The social committee has asked for input regarding the types of activities members would be interested in attending outside of regular board and general meetings. Please note that any associated costs will be covered by participants. Below are some suggestions to consider:

OUTDOOR ACTIVITIES

Walk the beach/bay
Visit Lions, Tigers and Bears

CULTURAL and EDUCATIONAL OUTINGS

Visits to museums, art galleries or historical sites
Live theater performances or concerts
Workshops (booking, painting, photography)

SOCIAL and RECREATIONAL EVENTS

Padre games
Movie at a cinema
Group dinners at local restaurants

VOLUNTEER OPPORTUNITIES

Volunteering at local shelters or food banks
Organizing donation drives for charitable causes

WELLNESS

Wellness workshops focusing on mental health, nutrition, or stress management
Dance classes or group fitness sessions

FEEDBACK:

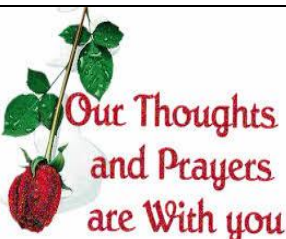
If any of these activities interest you or if you have other suggestions, please share your preferences with the social committee.

HOSTESS CHAIRMAN

Lou Turner

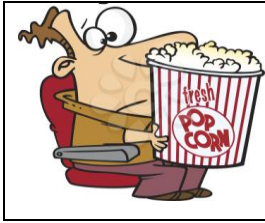


The hostesses for the January 14th meeting are Lou Turner and Elaine Ayres.



. Please continue to keep **Angie Lombardo** 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.



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:

Sandi Phoenix

The next Southern District meeting is Wednesday, January 21, 2026, at the Lakeside VFW, 12650 Lindo Ln., Lakeside 92040. The Call to order is 10A.M., registration is \$3 per person. Items of interest at this meeting include:

1. The program is a well know speaker on the topic of "Scamming Senior Citizens". Before he retired he was with the District Attorney's office working with the scamming task force. Following his retirement he became a speaker for AARP, traveling the country informing everyone how to protect themselves from being scammed, what to do if you are scammed, who to contact, and more. This promises to be a very interesting, educational, and informative program that all members are invited to attend. If you are interested in attending, please let Sandi know so she can prepare a LMWC RSVP list.
2. It is our turn, with 2 other clubs, to provide morning refreshments for this meeting. Pauline and Sandi have volunteered, so far. It would be nice to have 2 more members volunteer. Please contact Sandi if you would like to volunteer. Members providing refreshments are asked to arrive by 9:30 am to help set up. Usual refreshments include sweet rolls of any flavor, pumpkin bread, or breads of any flavor, fresh fruit, cheese & crackers, or use your imagination. Sandi will find out if we also provide drinks and small table decorations and candy.
3. 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