

We were further honored to have Southern District President, Karen Reed, CFWC Area D Vice President, Martha Pritchard, and the CFWC Parliamentarian and PR & Branding Chair and Past President of CFWC, Chris Herzog as special guests at the City Council meeting.

To continue celebrating the year of our 123rd birthday anniversary as a special year for our club it is important to recognize a few of the many changes our club has made. A La Mesa Woman's Club Foundation was established, our website has been updated, and our club logo has been redesigned to include the club flower, California poppies.



June promises to be another exciting month. It will begin with a tour of Mt Helix, then to the Olive Garden restaurant in Grossmont Center for lunch and a general meeting/social.

Lou has put together an updated June calendar. Check out the calendar and flyers in this "Gavel Talk," then attend and enjoy the LMWC June activities.

Remember our club is dark during July and August, but watch for a fun summer activity.

Take care & be safe,

Sandi & Marsha

1st VICE PRESIDENT- DEAN

Pat Spear



Happy June. The official first day of summer will be here before we know it!

HONOR FLIGHT:

The next Honor Flight will be leaving on September 26 and returning on September 28. If you are interested in writing cards for the veterans going on the flight, there will be cards available at our board meetings and next General meeting. You can write cards over the summer and bring them to the September General meeting. Our support of this program is always appreciated. The veterans always enjoy opening

their fan mail when they are on the flight. Also, there is some interest in meeting the flight when they return on September 28. It is always a wonderful experience for the veterans as they are welcomed home with a lot of fanfare. If you are interested in joining us, put it on your calendar. Details will be given later in the summer.



IN-KIND DONATIONS:

If you are motivated this summer to do some downsizing, consider donating items to the East County Transition Living Center, Thrift Corral, Friends of the La Mesa Library, Grossmont Hospital Auxiliary etc. Be sure and record all of your donations with the in-kind value.

Our May 14th General Meeting had a packed agenda and gave members a chance to celebrate our 123rd birthday! We had 2 excellent speakers representing Rady's Children's Hospital Neo-Natal ICU Department plus we welcomed two new members, Ellen Meador and Gail Gilman, into LMWC. Both are outstanding woman who will be a nice addition to our membership. Ellen is a longtime real estate agent with Keller Williams and Gail had an active career as a dental hygienist. A big welcome to both of them!

Also, thanks to Debra Childers for arranging a delicious buffet lunch provided by her friend, caterer Erna Cueva, and Debra out-did herself with a sumptuous sheet cake marking our 123rd birthday. It was delicious.

Regarding our June 11th meeting, programs vice president, Kathy Tinsley and member Darcy Barghols are planning a guided tour of Mt. Helix park. Please read details in the 4th Vice Presidents article here in Gavel Talk.

After the tour, we will meet at the **Olive Garden at Grossmont Center** for a no-host luncheon, meeting at 11:30 a.m. We will order from the menu by noon and receive separate checks.

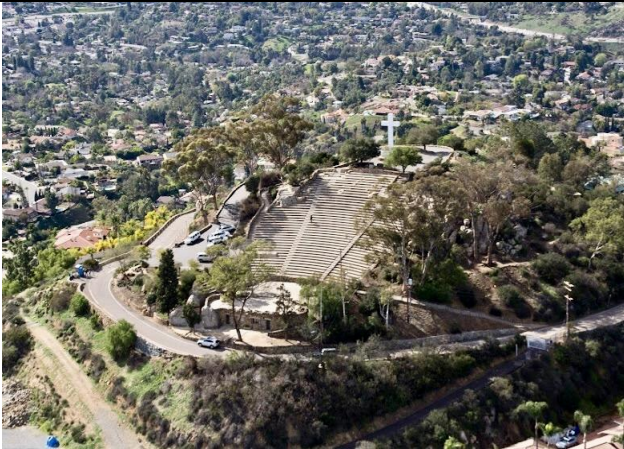
If you can't attend the Mt. Helix tour, you may join us for lunch only. Please make your reservation by Friday, June 6th by emailing me, Lou Turner, at lnjturner@cox.net, or text my cell phone: 619-985-7290. This is a good opportunity to invite interested friends to join us!

3rd VICE-PRESIDENT

See the flyer for the joint Bunco/luncheon fundraiser with San Diego Woman's Club

4th VICE- PRESIDENT

Darcy Barghols and Judy Burgess



June 11th, 9:45 at Mt. Helix Park
Have no fear, the golf cart is here! We're headed to the TOP! Mt. Helix Park, that is. There is plenty of parking and a golf cart too!!!

Let's meet at Mt. Helix Park at 9:45.
Bring a hat, water and a snack. The tour starts at 10:00 am.

Our board members are on their way. They will be here for the board meeting next Friday, June 6th. Margaret in Oklahoma and Judy in New Mexico.



EDUCATION REPORT

Marsha McDonald



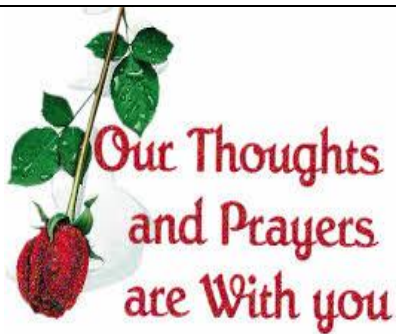
All five of the scholarships have been awarded to five very surprised and happy students. It was fun to hear the ooo's as we announced the scholarship was for \$5,000. All students received a letter in their awards certificate folder letting them know that the money would be deposited in their personal college account to be withdrawn as needed. We will be sending the money to each of their accounts when we hear from them the specific college of attendance. Special thanks to Darcy, Pauline, and Pat S. who helped along with me to present to each of the schools at their Senior Awards nights. That's the fun part! For 50 years we have never failed giving scholarships. It is certainly our flagship project!

HOSTESS CHAIRMAN

Lou Turner



There are no hostesses for the June general meeting. Lunch is planned at the Olive Garden at Grossmont Center after the Mt Helix tour.



Sincere condolences to Sharon Russon and her family upon the passing of her mother, **Corinne McKeel** at the age of 101 years earlier this month. Sympathy cards may be sent to 4206 Lomo del Sur, La Mesa 91941.

Please keep **Mary Lou Kohl** in your thoughts and prayers as she had a fall in early May and is living at Lantern Crest, 800 Lantern Crest Way, Santee, 92071. Mary Lou joined LMWC in 92019 and was an avid bridge player.

Mary England had a fall recently. We are praying she has a speedy recovery.

La Mesa Woman's Club
Events for June 2025

- June 6, Friday ***Executive Board Meeting***, FUMC 9:30am
- June 9, Monday ***Lemon Ave School, "Walk the Halls"*** event
LMWC volunteers will help with this event
- June 11, Wednesday ***General Meeting, Mt. Helix Tour and Lunch***
9:45am Meet at Mt. Helix Park
Lunch at Olive Garden in Grossmont Center. Arrival time 11:30am.
No Host lunch, we will each order from their menu and receive
separate checks.
If you can't take the tour of Mt. Helix, join us at the Olive Garden at
11:30am
Lunch RSVP to Lou Turner by **Friday, June 6th**
(email: lnjturner@cox.net or text: 619-985-7290)
- June 23, Monday ***LM Chamber's Taste of San Diego East*** 6pm to 8pm
Cost \$45 per person, Legacy Resort Hotel & Spa
875 Hotel Circle South, Mission Valley
RSVP: To Sandi Phoenix at 619-990-3210 by **Friday, June 13th**.
(Members attending so far: Sandi, Marsha, Pauline B., Lynn T., Pat S.,
Margaret M., Judy B.)
- June 24, Tuesday ***Burritos presented to the La Mesa Police Department***
9:30am LMWC members gather in front of the LMPD to have photo
opportunity with police department employees.
- June 25, Wednesday ***Joint Fundraiser with San Diego Woman's Club***
Bunco and Lunch, arrival time 11am, at Marie Callender's, 6950
Alvarado Road, San Diego 92120, in their Garden Room. Proceeds
benefit purchase of special chairs for Neonatal ICU Department at
Rady Children's Hospital. \$35.00 per person, checks made payable to:
"La Mesa Woman's Club". Mail reservation checks to: Lou Turner,
4325 Avenida Gregory, Spring Valley 91977. Reservation deadline is:
Monday, June 16, 2025

FEDERATION CALENDAR FOR JUNE

Sandi Phoenix

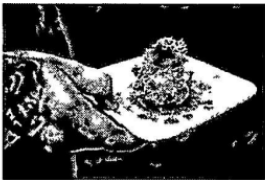
1. June 18, District Executive Committee meeting, 10:00a.m., Zoom
2. June 25, Bunco & Lunch Fundraiser hosted by La Mesa Woman's Club & San Diego Woman's Club.
Proceeds will be used to purchase a specialized Kangaroo chair for the Rady Children's Hospital's NICU.
Lunch & Bunco at Marie Calendar's Restaurant. Cost \$35. RSVP to Lou Turner by text or email. Lou's
cell phone is 619-462-4746, her email is lnjturner@cox.net. Send checks, made payable to La Mesa
Woman's Club, to Lou Turner, 4325 Avenida Gregory, Spring Valley, CA 91977. See the LMWC June
Calendar for complete details.
3. Look for Southern District activities in July and August. Stand by for flyers and more information.



Taste of San Diego - East

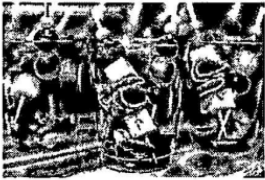
TASTE ♦ SAVOR ♦ MINGLE

Monday, June 23, 2025



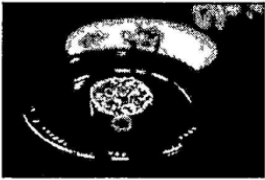
5 - 8 PM VIP Tasting ♦ \$60

6 - 8 PM General Admission Tasting ♦ \$45



Legacy Resort Hotel & Spa

875 Hotel Circle South - Mission Valley



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Taste.LaMesaChamber.com

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Flag Day – June 14th



First Day of Summer – June 20th