




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



Pat Kelly, Editor

GAVEL TALK - MAY 2026

CALENDAR OF EVENTS		BIRTHDAY CORNER
MAY	JUNE	 Karyn Smith 2nd Robin Dunham 18th
Fri. 1st Executive Board 9:30 am Wed. 13th General Meeting 10:00 am	Fri. 5th Executive Board 9:30 am Wed. 10th General Meeting 10:00 am	

PRESIDENT'S MESSAGE

Kathy Tinsley



Hello my dear Club Sisters,

I hope you are as excited as I am about our new and updated website. LMWC is moving forward with this informative social media to attract new members to join us and bring their thoughts, suggestions and talents as we head into our 125 Anniversary. Many thanks to all that made this possible!

Also, our new Facebook page has lots of information! Many thanks to Lane Adams for her enthusiasm getting this started.



I hope to see you Wednesday, May13th as we provide a "Baby Shower" for military parents. Although the pregnant mommies won't be joining us a representative from S.T.E.P (Support the Enlisted Project) will be with us to share information about this much needed program.

It's a great time to be a member of La Mesa Woman's Club. Thank you for your membership.

Kathy

1st VICE PRESIDENT



Reminder; we are holding a Baby Shower at the General Meeting on May 13, 2026 to support STEP-(Support the Enlisted Project). Here is list of items that STEP is requesting:

- Diapers (*most needed: sizes 4-6*)
- Baby wipes
- Baby blankets
- Onesies
- Girls' & boys' toddler clothing (*most needed: sizes 3T-6T*)
- Girls' & boys' infant clothing
- Baby bottles
- Washcloths & baby towels
- Baby shampoo, lotion & diaper rash cream
- Diaper bags
- Pacifiers, rattles & baby toys

Magazines for the Sharp Grossmont Auxiliary.

The hospital is in urgent need of magazines. Please bring any magazines that you no longer need to the May meeting. Do not tear out your contact info, just black it out.

Pauline Basaran

Bancroft Elementary has requested financial support from the club for their 5th Grade yearbooks. This will be discussed at the general meeting.

125 Anniversary - invitations have been sent out for our first event, an invitation only mixer at El Torito Restaurant. The focus of this event is to introduce the La Mesa Woman's Club to the community and tell them about our 125th Celebrations for the next 12 months. There will also be a donation to the Friends of Library.

In June, the Club will be participating in the Flag Day Parade - more information to come on the 125th activities.

WEBSITE

Check out the refreshed La Mesa Woman's Club website. (lamesawomansclub.org) Information about upcoming events is available on the new events page. There is also a new blog and news section.

2nd VICE PRESIDENT



MEMBERSHIP

Our numbers are growing! We have two prospective members from our new website. They filled out the information on our application and it is sent directly to Pat and I as Membership chairs. The wonders of the new beautiful website! Thank you Rianna and Nicole! I will give you their names now, so in case they are at our May General meeting, you can introduce yourself to them and help them feel welcome. Additional contact info for you to add to your roster will come after they pay their dues and have formally completed the application process. We are welcoming: Ashley Morey and Brittany Lucas. This is exciting news. Please make sure to welcome them. They will love meeting you.

Marsha McDonald and Pat Spear

Sandi and Marsha will be attending the CFWC State Convention in May in Ontario. The keynote speaker is on Membership, so we will be sure to come away with new ideas and information that we will share in June.

Bylaws are still being worked on, so the Yearbook is a work in progress until the bylaws are approved. We will send out an updated roster in June to keep you all informed of all the new members' information. Until then, please add new members to the roster you have now. We want to make sure you have all the information you need. Let us know of any changes you have to your own contact information so when we get to the Yearbook printing, all is updated. Thank you ahead of time!

Who is this? Which of our members used to race motorcycles? She actually raced in the Baja 500 and Mexicali 250. On one of the pre-trials her motorcycle broke, her "friends" drove off without her, and she was stuck trying to find a way back home by herself in Mexico.



Carol Klipp has been a member of the federation for over 52 years. She started as a member of the Junior Woman's Club. She got involved with a movement in Juniors to see that paramedics became part of the county services. She took a class for CPR Instructors as part of her interest in emergency medical services and began teaching CPR for community groups, settling in teaching it at National University many, many years. She is still teaching CPR for community groups or even to individuals in her home. She says she is probably the county's oldest CPR instructor! And an interesting fact, her second husband was introduced to her through a LMWC member. We are so fortunate to have her as a member sharing her skills and knowledge. She has a long history with the federation. Carol is the proud mother of two grown sons, 4 grandchildren and one great grand daughter.

3rd VICE-PRESIDENT

Mary England

Bunco Is Back!

“Let the Good Times Roll”

From your 3rd Vice President, Mary England

After 6 years your LMWC is holding a Bunco Party! We're excited to offer you a chance to join us for a fun-filled day of high energy, door prizes, opportunity drawings, a Live Auction and Bunco prizes! We are exploring other opportunities to get together with all of you and the community soon. This is going to be a great year for our Club! Stay tuned for those events and activities by visiting our refreshed web site: lamesawomansclub.org for more information! Here is the information regarding our Bunco party:

Friday, August 21st

The Party Begins at 9:30 a.m.
With complimentary morning refreshments
At Marie Callender's
(In the Garden Room)
6950 Alvarado Road, San Diego 92120

\$40.00 per person
Includes a delicious box lunch and
morning refreshments

Make Your Reservation Now!
We Have Room for Only 40 Players

Reservation Deadline is Friday, August 14, 2026
Register NOW – Get a registration form from Mary England
At Mary@maryenglandpr.com or call 619-708-2820

Baby Shower to Benefit & Support the Enlisted Project (S.T.E.P.)

Bring unwrapped Baby Items to our May 13, General Meeting. Suggested “Baby Essentials” include baby wipes (this is the most requested item), diapers in any size, diaper rash cream, baby shampoo & lotion, any size clothes from newborn to toddler, diaper/changing bags or backpacks, baby blankets, caps for baby’s head, and books for all ages. Have fun shopping!

Our speaker will be Kathi Bradshaw from Support the Enlisted Project. Let’s fill her car with gifts for babies of all ages. See you at the Shower.

Mark your calendar for these future meeting programs:

June: club member luncheon. If you would like to help plan this annual, fun social event, please contact Lynn Thalman, Email: lynnthepejan04@yahoo.com, or call 803-847-0074

July & August LMWC is dark so there are no meeting programs planned.

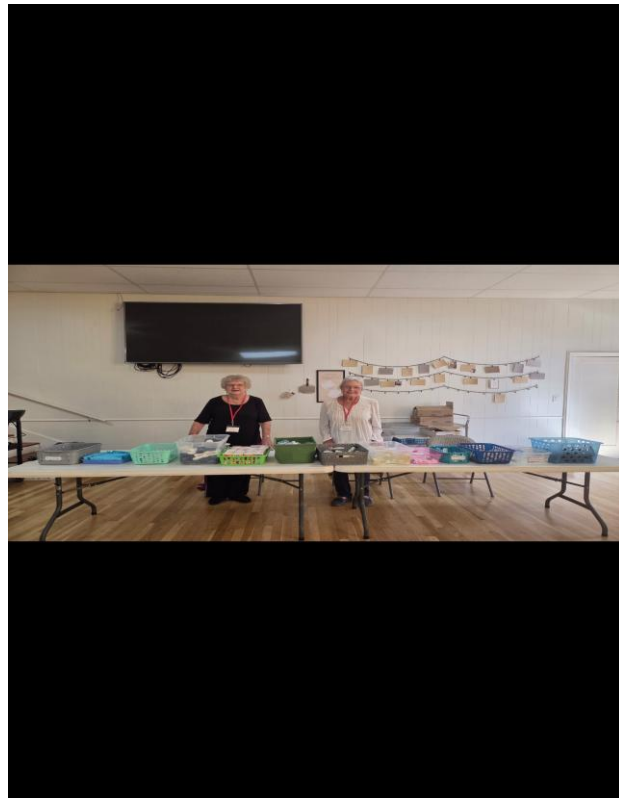
September: Carol Klipp, chairperson of Fresh Start. See picture and caption below

October: TBD

November: Quilt of Valor presentation. The afternoon presentation will be held at the La Mesa VFW Hall. Because of past LMWC interest our members are invited to attend the quilt presentation. The time and details of the presentation are TBD.

December: Our annual Holiday luncheon will be held on our December general meeting date, Wednesday, December 9, 2026, at Marie Callendar’s Restaurant.

In closing, I want to share my experience last Saturday. I volunteered with Carol Klipp at the Fresh Start event. It was such a meaningful experience. I felt that warm fuzzy feeling that I used to feel from the service projects that we used to do. I recommend every member volunteer to staff at the Fresh Start table at least once during the year. Fresh Start serves about 300 people on the 4th Saturday each month. The people are adults, teens, and small children. They come individually, with another person who is also homeless and with their families. It is heartwarming to watch clients help other clients process the program. I learned that the number of wipes that LMWC donates each month are matched by the church AND they are so needed. Each client receives one package of wipes, and the supply ran out before the event was over. One client told me that he uses the wipes to clean himself daily until he runs out of his supply. Congratulations LMWC for supporting such a worthwhile project! Thank you, Carol K., for introducing Fresh Start to LMWC.



La Mesa Woman’s Club is participating in numerous exciting events this year. Where do you feel comfortable participating? Chris Herzog, our guest speaker last month spoke about how important it was to First Lady, Eleanor Roosevelt that “The Woman’s Club” have a home. For us... our home is “Our Community.”

Here are several inspirational quotes from Eleanor Roosevelt.

Dreams:

“The Future belongs to those who believe in the beauty of their dreams.”

Action and Leadership:

“Do what you feel in your heart to be right—for you’ll be criticized anyway.”

Personal Growth:

“Remember always that you have not the right to be an individual’ you have an obligation to be one.”

*Happy Birthday May Members!!!! Your question?
What makes you excited about participating in “SOMETHING”!*

SCHOLARSHIPS

Marsha McDonald



Our Scholarship committee met on April 27th to select the five winners of our \$5,000 scholarships. The committee worked so hard reading the 33 applicants from twelve of the schools. Each applicant had about 6 pages making up their application, so it was a lot of reading! The readers then scored the students on their academics, school and community service or work hours and their essay. Included were letters of recommendation that gave us even more information. These students are amazing. They are all outstanding and so well rounded. Armed with all these scores and information, we finally agreed on 5 winners. We have two students from El Cajon Valley High School, one from El Capital High School, one from Helix Charter High School and one from Grossmont Middle College High School. Presentations will be made at each of the school’s Senior Awards ceremonies in late May and early June. Checks are sent to their college or university of attendance to be placed in the student’s financial account and used for their education. More information about them personally at our General meeting. Each one is unique and so deserving. We think you will be so proud and pleased! A huge thanks to the hard working committee of Pat Spear, Darcy Barghols, Pauline Basaran and Margaret Mendez! They worked their magic to make this happen!

SOCIAL ACTIVITIES

Margaret Mendez

April showers bring May flowers.

As we enjoy the beautiful spring flowers, I wanted to share some information about the Grossmont Health & Wellness Library.

The library offers many resources for East County residents, including medical books available for free checkout. They also host several regular programs:

- Memory Screenings: Held the 1st and 3rd Thursday each month; the next one is scheduled for May 5th.
- Easy Does It Chair Yoga: Held the second Wednesday of every month.
- Free Movies: Offered one Wednesday per month. The next showing is Hamnet, May 27th.

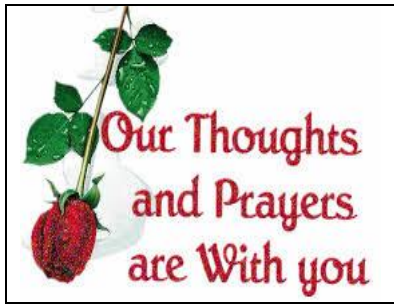
If you would like to learn more, you can visit their website at www.ghdhealthlibrary.org or call them at 619-825-5010.

HOSTESS CHAIRMAN

Lou Turner



The hostesses for the May general meeting are Lynn Thalman and Mary England.



Elaine Ayres is recovering from her shoulder surgery on March 2nd. She would love phone calls. Please keep her in your thoughts and prayers.
Angie Lombardo 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



Listed are 3 movies you may enjoy ; **Michael** - Biography and musical. **Big Shark** - Adventure, mystery and thriller. **The Devil Wears Prada 2** - Comedy and drama.
All 3 movies will be showing at the local Grossmont theater in May. Let me know if any of these sound like something you would like to go see together.

FEDERATION DATES and MO RE:

Debra Childers

April 24, 2026 — The Southern District convened an emergency Board meeting via Zoom.

A quorum was established in accordance with the bylaws (minimum 15 members present).

Chris Herzog was nominated and has accepted the nomination to run for CFWC President at the May Convention.

The next federation meetings are:

CFWC Convention 2026, May 14-16 in Ontario. Marsha & Sandi are attending

GFWC Convention 2026, June 27-29 in Scottsdale, AZ

At the April 11th Southern District Convention, the 2025 club presidents were asked to make a speech. Here are Marsha's and Sandi's:

Sandi – For the past two years, Marsha and I have been Co-Presidents of La Mesa Woman's Club. We are pleased to be here to share a snippet of all that our club accomplished last year and to introduce the 2026-2027 La Mesa Woman's Club President.

First, I would like to share that we are very proud to have 6 members with 50 or more years as members in the General Federation of Women's Club. Two have belonged to LMWC for 62 years.

Second, our club members are very proud and excited to be preparing an amazing yearlong celebration on honor of LMWC's 125th anniversary coming on May 19, 2027. Last year our club and members received very special honors. The La Mesa City Council presented us with a proclamation declaring May 17th 2025 as LMWC Day., and the La Mesa History Center named our club the "La Mesa History Maker of the Year". During 2025 our club donated over \$68,500; the highest amount we have every donated in one year.

Marsha – We provided volunteer service and monetary donations in each of the five GFWC community service programs, plus the GFWC Juniors special program, “Advocates for Children”.

La Mesa WC donated \$23,500 to Rady Children’s Hospital Neonatal Intensive Care Unit to purchase five kangaroo reclining chairs. The chairs will allow the premature and special needs infants to be cuddled and bonded with their parents, which in turn aids in the healing process. San Diego Woman’s Club joined La Mesa for a Bunco party which provided enough money for a 6th kangaroo reclining chair to be jointly donated to the NICU.

Since 1975 LMWC has awarded scholarships to college bound students in the Grossmont Union HS District. To date 287 Marjoree Howard-Hartman scholarships have been awarded for a total of \$166,300. This year (2025) we were very proud to have been able to award five scholarships totaling \$25,000.

Our members did all this and completed the formation of the La Mesa Woman’s Club Foundation. This 501 C 3 public charity will allow us to maintain our legacy of charitable services for many years to come. Now we would like to introduce our 2026-2027 Club President, Kathy Tinsley.

