




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



GAVEL TALK - OCTOBER 2025

Pat Kelly, Editor

CALENDAR OF EVENTS		BIRTHDAY CORNER
OCTOBER Fri 3 rd Executive Board 9:30 am Wed 8 th General Meeting 10:00am King Hall	NOVEMBER Fri 7 th Executive Board 9:30 am Wed 12 th General Meeting 10 an King Hall	 Pat Kelly 10 th Arnell Sanderlin 17 th Lou Turner 16 th Roz Kennedy 25 th

PRESIDENT'S MESSAGE

Marsha McDonald / Sandi Phoenix



This month starts us back into events and projects that put us into the community's eye. With Debra's Feeding the Flock dinner closing out September, we join the La Mesa Chamber with the Salute to Heroes celebration on October 8.

It is also a month that we focus closely on our club. We have a newly revised set of bylaws that will be sent out to you next week after the Board meeting. Our committee met and added some new sections to more specifically help us function more smoothly.

The Nominating Committee has completed the slate of officers for the 2026-2028 terms which will be given to the Board this month and passed on to you at the October meeting. Other nominations can be accepted from the floor in November. You will be voting to approve the bylaws and to vote for the slate of officers in November. You have a whole month to look at both and consider them carefully. November is a big month for us!

Pat Spear has a few projects for you to consider closing out the year. Listen for events and projects that you would like to participate in. We had wonderful response from the Social Media Zoom. More information on that to follow. We also have several people willing to help write reports. The signup sheet will still be on the clipboard. We need all the help we can get on completing those reports. Writing, typing, proofreading....so many other ways to help.

We are so grateful to you and your generous help with spending hours working on projects, donating in-kind items from magazines to food and clothing, to tables (thank you, Pauline, for our new 6 ft table!).

LMWC is a unique type of non-profit. We are about giving, serving, and improving our communities as well as enhancing the lives of our members. And maybe that's why we've been around for 123 years! So grateful to all of you and all you do.

Marsha and Sandi

Thank you from Sandi

Hi everyone,
I'm home and happy to report that my recovery is going well. I want to take a moment in this October "Gavel Talk" to express my heartfelt thank you to everyone for your cards, phone calls, text messages, flowers, well wishes, offers to help, sharing advice and offers to share every kind of specialized recovery equipment imaginable. Thank you also for sending your love and prayers for my recovery.

My doctors tell me it will take about three months for the compression fracture of my vertebra to heal. I am physically independent and beginning to do some upper body exercises and will soon start physical therapy training to do breathing and exercises to strengthen my core muscles which will help support my back.

I look forward to returning to La Mesa Woman's Club meetings and activities. As I read and reread your cards and messages I am filled with special feelings of friendship and pride to be a 53 year member of this strong organization whose members share my pride in LMWC's 123-year legacy of providing charitable service to our community and beyond, AND whose members display a special caring, and friendship that are the building blocks for our teamwork and joy in enriching the lives of all members.

Thank you for sharing so much and enriching my life for so many years and especially during this past month.

Sharing my gratitude, love and prayers with you,

Sandi

1st VICE PRESIDENT- DEAN

Pat Spear



PENNY PINES: Just an update and information for new members. The Penny Pines Program started in 1941 to restore devastated forest lands by planting fir, redwood, and pine seedlings. The very next year, La Mesa Woman's Club members responded to the need to restore California's forest land and made a donation to the Forest Service Penny Pines Program. The effort continues to this day. There is a monument that stands in our Cleveland National Forest with an inscription honoring the list of charter and supporting organizations which includes La Mesa Woman's Club. For years a canister has been passed around at our meetings to collect donations. Last year, Mary Verdone and her daughter, Debi Grider, volunteered to take on this project. They had the wonderful idea of putting canisters in businesses along with information about the program. A canister is still passed around at our General Meetings. Mary has continued to find businesses willing to participate.

With Mary's perseverance and dedication to this project, **\$352.78** was collected last year and so far this year we have received **\$502.03**. That is really quite amazing! A huge thank you to Mary for her continued efforts in making this such a successful project.

LA MESA HISTORY CENTER:

The La Mesa History Center Home Tour will be held on November 8. They are in need of approximately 30 more volunteers to join their docent team. Let Marsha know if you would be interested in being a docent. Marsha will give you information on the process. Being a docent also gives you the opportunity of touring all of the lovely homes.

PLEASE NOTE: Judy Burgess's new phone number. (619) 760-6880. Update your member roster

	<p><i>MEMBERSHIP</i></p>	<p>We look forward to our Wednesday, October 8th general meeting at Foothills United when we will formally welcome new member, Lane Adams, into our club. You will remember that Lane was a guest at our May meeting and she spoke on behalf of Rady's Children's Hospital and their NICU. Lane shared her family's experience with Children's where her granddaughter, Sophia, received excellent care and continues to thrive! As a result of Lane's talk, LMWC was happy to purchase 5 of the much-needed "kangaroo" chairs for Children's NICU. A big welcome to Lane!</p> <p><i>Happy Halloween to all you Trick or Treaters.</i></p>
	<p>Greetings!</p> <p>It seems that Fall is finally in the air and that's such good news. Glad cooler weather is ahead and that means the holidays are coming up quickly.</p>	

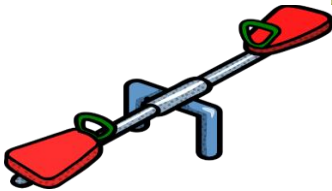
3rd VICE-PRESIDENT

There are no fundraisers planned at this time.

4th VICE- PRESIDENT

Darcy Barghols and Kathy Tinsley

Come and find out what fun fall project is planned for all of us to do!!



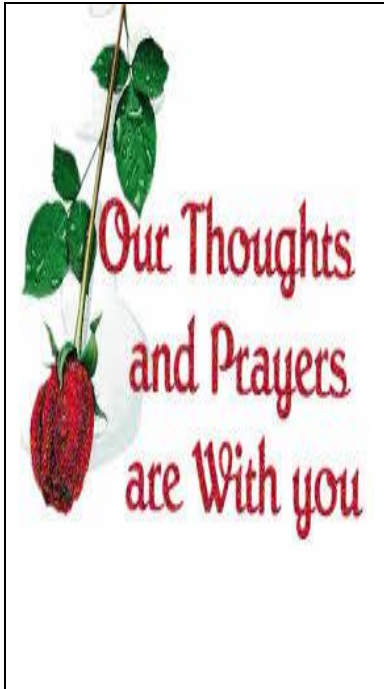
Fun and recreation are on our agenda! Come and hear what is going on in our community. This month our guest speaker is Misty Thompson from La Mesa Park and Recreation. She will be informing us about their fundraising project to rebuild Aztec Park. Please come and share with Kathy and I.



Next month, November, we will be having a very inspiring and memorable program. It is honoring our Quilt of Valor recipients. This is a must come!!!!



The hostesses for the October meeting are Karyn Smith and Lou. Light refreshments will be provided.

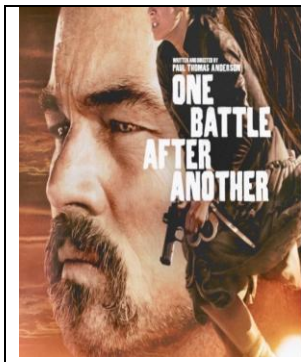


It is with sad hearts that we announce the passing of **Mary Lou Kohl** on September 12th. We do not have any information about a Celebration of Life at this time. Please keep Mary Lou’s family in your thoughts and prayers during this difficult time.

We are happy to announce that **Sandi** is home recuperating from her back injury. She is having therapy and wearing a brace. We hope to see her back at our meetings soon.

Carol Klipp recently spent 3 days in the hospital suffering from a pulmonary embolism. Prayers for Carol’s full recovery.

Please keep all of our members who are recovering from recent injuries and/or surgeries in your thoughts, and prayers for successful healing: **Elaine Ayres, Robin Dunham, Angie Lombardo** and **Linda Sotelo**.



Its movie time again. Here are two movie suggestions for Tuesday, October 21st - “One Battle after Another”, and “Big, Bold, Beautiful Journey.”

FEDERATION REPORT

Pat Spear reporting for Margaret Mendez

I attended the Federation meeting on September 17th In support of GFWC National Day of Service we heard a speaker from GRACE (Girls Rising Above Child Exploitation.) GRACE partners with organizations throughout San Diego County to support, empower, and provide services to trafficked, exploited, and at-risk youth. I was not familiar with GRACE and was amazed to hear of the many services they provide to the youth in our community. They are definitely changing the lives of hundreds of young women for the better.

**Mark your Calendar & Save the Date: February 25, 2026 for the 2026 Festival of Arts''
Around the World''**

Please put your thinking caps on because each club is asked to choose a country & a song representing that country as our table theme. The cost is \$30.00. Each club is asked to donate a \$25 gift card and 2 door prizes, \$10 - \$15 value.. Remember, if you are creative and crafty this is your opportunity to enter your handiwork for judging and recognition. The categories are photography: black & white and color. The theme TBD. Quilting, painting, needle work, and possibly more. Details TBD. Positions needed to be filled: Scholarship table, photographer, 1 more ticket seller, a club to collect door prizes & be runners for winners, Emcee, Prayer, thought of the day. How about being the club to collect door prizes and be runners for the winners? We have done this before. Please let Sandi know your choice ASAP, Email: sphoenix@cox.net. Thank you.

SAVE THE DATE: Southern District Convention 2026: April 18, 2026.

LEMON AVENUE ELEMENTARY SCHOOL DONATION

Friday, September 26th, five members of the LMWC attended the fundraiser for Lemon Avenue's Garden Program and presented the school a check for **\$1,000.**





Tuesday, September 30th, five club members attended the fundraiser for Debra Childer's Feeding the Flock.

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