



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



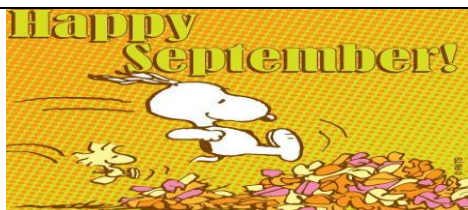
## *GAVEL TALK - SEPTEMBER 2026*

*Pat Kelly, Editor*

| CALENDAR OF EVENTS                                                                                                        |                                                                                                                          | BIRTHDAY CORNER                                                                                                                                                                                                                                                                                         |
|---------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>SEPTEMBER</b><br>Fri 4 <sup>th</sup> Executive Board<br>9:30 am<br><br>Wed 9 <sup>th</sup> General Meeting<br>10:00 am | <b>OCTOBER</b><br>Fri 2 <sup>nd</sup> Executive Board<br>9:30 am<br><br>Wed 14 <sup>th</sup> General Meeting<br>10:00 am | <br><br>Carol Klipp 5 <sup>th</sup> Karin Nichols 8 <sup>th</sup><br>Linda Sotelo 10 <sup>th</sup> Sharon Russon 14 <sup>th</sup><br>Emily Ueno & Marsha McDonald 23 <sup>rd</sup><br>Darcy Barghols 30 <sup>th</sup> |

### ***PRESIDENT'S MESSAGE***

**Kathy Tinsley**



Hello my dear Club Sisters,

I don't know about you but I've had enough of this weather !!!!!!!

Many thanks to all of our board members that have worked continuously through the HEATWAVE planning and organizing Club events through the end of the year.

On August 5<sup>th</sup> Ellen and her team presented 125 backpacks to Bancroft Elementary School. My heart is always so proud of LMWC seeing so many appreciative recipients.

On August 13<sup>th</sup> some of us attended the La Mesa Chamber Summer Bash. It's always lots of fun and we may have some new members as our Membership Chairs, Marsha and Pat , shared LMWC history and current information. Thank you, ladies.



I hope to see you Wednesday, September 9<sup>th</sup> as we welcome six new members to our Club.

As always, Love and Friendship,

Kathy

## 1st VICE PRESIDENT



Reminder to bring your food items to the General Meeting on September 9, 2026. If you wish to contribute but do not have a way to drop off items, please call me and I can do a pick up.

The presentation to Feeding San Diego and the Kempton Food Pantry will take place on September 12th at Marie Callenders from 12-2pm in La Mesa. Please keep the date open on your calendars. There will be representatives from the LMSV School District, Feeding San Diego, Kempton Academy, and sponsors.

Kempton Food Pantry has supplied us with a list of requested items. See the calendar event on the La Mesa Woman's website for details: [lamesawomansclub.org](https://lamesawomansclub.org)

We will be providing an update on the remaining 125th Events after the September General meeting.

Continue to check the La Mesa Woman's website for updates: [lamesawomansclub.org](https://lamesawomansclub.org). Check the News tab for information on recent activities. Check the Calendar for future activities.

Continue to like and share the La Mesa Woman's Club posts on Facebook.

Forms for tracking your volunteer hours and donations will be available at the General Meeting. Please continue to complete and return the forms to me. This information is critical for our year end reports to CFWC Southern District. If you have any questions on how to complete the forms, please reach out to me.



## Pauline Basaran

### *A Special Visit to Washington, D.C.*

I recently had the opportunity to visit the General Federation of Women's Clubs (GFWC) Headquarters in Washington, D.C. Joanna Church, a Women's History and Resource Center (WHRC) librarian gave me a personal tour of the houses that make up the headquarters. In her role as the WHRC librarian, she had in depth knowledge of the founding of the GFWC and the amazing women that have taken leadership roles in the organization.

Some of the rooms were not accessible as the GFWC Executive Board was having an on site meeting. I met Jolie Frankfurter, the 2026-2028 GFWC President-elect, and many of the staff who were preparing for the meeting. It was interesting to learn that all the women who provided housekeeping and cooking services are Club members who volunteer to work at headquarters. I had a peek at the President's office. The President has an apartment on the 4th Floor when she lives for her term of office.

I am grateful that I was able to make this visit as the history of the Women's Club became very real as I looked at photos and documents and heard stories about the early days. It was a reminder that the accomplishments of the La Mesa Woman's Club Founders were being duplicated across the nation. It was also interesting to hear how the GFWC is working to remain relevant, to encourage the implementation of new processes so the history we are making today is saved for future generations.

Please check out my blog post on the website with more information and photos about the historic buildings.



## 2nd VICE PRESIDENT



Greetings ladies,

We are looking forward to the installation of 6 new members at our September General Meeting. Several of these ladies have already been involved in some of our activities over the last two months. We have enjoyed getting to know them, and look forward to the energy they will bring to LMWC. We also have 10 prospective members that have expressed an interest in learning more about LMWC. Several of them will be attending our September meeting. It is required that a prospective member attends at least one meeting and pays their dues before joining. There will be another installation in October for those that are eligible for membership.

## Marsha McDonald and Pat Spear

We know that you will be ready to give our new members and prospective members a wonderful welcome at our September meeting

The New Member Orientation meeting we held in August went very well. Thank you to Carol Klipp for attending the meeting and sharing information about Fresh Start. These new members are very interested in working to make a difference in our community. We will schedule another Orientation Meeting before the October General Meeting. If you have information you would like to share at that time, you are welcome to attend.

## 3rd VICE-PRESIDENT

## Mary England

### Bunco Was a Fun-Filled Event!

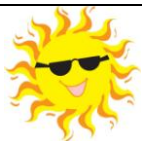
The dice were “hot”, and the chatter was abundant, as attendees gathered at Marie Callender’s on Friday, August 21<sup>st</sup> to participate in the Club’s first sponsored Bunco event in 6 years. The room was full of fun-loving folks who were ready to let the “Good Times Roll” as the bell went off to trigger the beginning of the day’s activities. Many attendees were “first time” Bunco players, so it was delightful to watch and hear them be “schooled” on the art of playing Bunco. In addition to the morning refreshments, lunch was served and the (6) Opportunity Prizes were drawn to the pleasure of the (6) winners! It was wonderful to observe the group having so much fun! I was honored to lead this endeavor and want to thank Sandi Phoenix for training me on the art of producing Bunco, donating Opportunity Drawing prizes and being part of the team to produce this activity and Lou Turner, for coordinating the reservations and managing the “check in” process. A loud round of applause to you both for working on this event!



The members have asked me to research an opportunity to take a wine tour together. I am working on gathering that information for you – so stay tuned for those options!

#### 4th VICE- PRESIDENT

#### Lynn Thalman and Sandi Phoenix



Happy September everyone. Welcome back to regular general meetings on the second Wednesday each month. Lynn and I hope your summer was eventful and full of friends and family.

The September general meeting for LMWC will be busy. We are excited to be initiating several new members. Please attend the general meeting on September 9th and join the excitement of welcoming our new members. Due to the initiation we will not have a guest speaker in September

Lynn and I are very excited about our October guest speaker. Most of us are familiar with the Fresh Start program for homeless persons and families that the La Mesa First United Methodist Church sponsors. Lynn Parsons, coordinator of this busy program will be with us in October to share her story about the Fresh Start program. Look for more information about this great program as we get closer to October.

Lynn and I also look forward to seeing you on September 9 at our general meeting. Stay cool and remember we care about you.  
Sandi & Lynn

#### Corresponding Secretaries

#### Carol Klipp and Darcy Barghols

##### Greetings from Darcy and Carol – Corresponding Secretaries



**“Life starts all over again when it gets crisp in the fall. F. Scott Fitzgerald**  
**Well members, we’ve had our summer. Now it’s time to fledge forward...**

**Gals your quote from August was...**

***“You must do the thing you think you cannot do.” Eleanor Roosevelt***

***“Believe you can and you’re halfway there.” Theodore Roosevelt***

***August and September Birthday girls... What are you proud of?***

#### HOSTESS CHAIRMAN

#### Lou Turner



The hostesses for the Wednesday, September 9<sup>th</sup> General Membership meeting are Karyn Smith and Lane Adams.



**Our Thoughts  
and Prayers  
are With you**

**Pat Spear** continues to have painful back issues. She needs our prayers.

**Carol Graves** is having some health issues and needs our thoughts and prayers for a good outcome.

**Kathy Denham** also has some health issues. Please keep her in your thoughts and prayers for a full recovery.

## September in La Mesa

Margaret Mendez

September has arrived, and La Mesa is ready with a fresh lineup of local events and community activities. Here are a few highlights to enjoy throughout the month.

**Join Grossmont Health and Wellness Library** for a day of *crafting* on Monday September 14<sup>th</sup> at 10:00-11:00 or 1:00-2:00. If crafting is not your thing, try out their *Fitness Forever Club* Sept. 3<sup>rd</sup> & 17<sup>th</sup> at 9:00 – 9:45 or 10:15 - 11:00am. Or *Chair Yoga* Sept. 9<sup>th</sup> at 10:00 – 11:00 am or 11:15 – 12:15 pm.

**La Mesa Farmers Market** – Every Friday in the Village from 3:00 -7:00 pm.

**La Mesa Lumber** - Customer appreciation BBQ. Friday September 18<sup>th</sup> – 3:00 -7:00pm

## End-of-Summer Concert

Get ready to close out summer with music, energy, and community fun at Grossmont Center! Join the celebration on Saturday, September 12, 2026, from 5:00 to 7:00 PM for an upbeat end-of-summer concert you won't want to miss.

## FEDERATION DATES and MO RE:

Southern District Meeting, September 16<sup>th</sup> at 10:00 am (see flyer attached)

GFWC International Day of Service is September 26<sup>th</sup>



Sandi and Marsha supporting the Friends of the La Mesa Library fundraiser at the Barnes and Noble Store at Grossmont Center on Saturday, August 29<sup>th</sup>. Karyn Smith volunteered several hours Sunday afternoon, but missed the picture.

HUMAN TRAFFICKING AWARENESS DAY  
SEPTEMBER 16<sup>TH</sup>, 2026

10AM

LAKESIDE VFW  
12650 LINDO LANE  
LAKESIDE



Joining us for this workshop  
LA MESA POLICE DEPARTMENT  
SD COUNTY DISTRICT ATTORNEY'S OFFICE  
BILATERAL SAFETY CORRIDOR COALITION

Presented by  
California Federation Women's Clubs Southern District

# Attention LMWC Club Members

## League of Women Voters

Is coming to Foothills.

We, the LMWC members  
have been invited to join in with  
Foothills United Methodist Church  
to hear their guest speaker.

(Where we meet for our General Meetings)

On: September 30<sup>th</sup>

At: 6 pm /King Hall

Please RSVP:

619-670-4009 (church office)

Thank you, Darcy