



Chartered October 26, 1925
Wednesday 12:00 noon
La Mesa Community Center
4975 Memorial Drive
La Mesa, CA 91942

Board Members

President Bonnie Welch
President-elect
Gabriella Misirlioglu
Past President
Becki Schwartz
Secretary Kathy Olsen
Treasurer Ryan Barnhill

Board Members

Directors

Dale Bailey
Marsha Darling
Mary Elington
Greg Erickson
Mike Fellows
Louise Herr-Marshall

Membership

Mark Matthews

Youth Service

Mark Matthews

Speaker Chair

Bill Ashman



THE MAGIC
OF ROTARY



The Tattler

September 3, 2025
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Good Shepherd Ministry Center



We were privileged to have Susan Naslund, of the Good Shepherd Ministry Center, as our speaker today. The Good Shepherd Ministry Center located at 772 S. Johnson; El Cajon is a Foothills Methodist Church program with the goal of cultivating a place of health and peace with many vital programs serving the community.

The ministry center continues to hold a weekly Food Pantry each Saturday, gathers clothes for their Clothes Closet, provides diapers for babies, and free Yoga classes each Wednesday at 3 PM. The ministry has started the Shepherd's Spa, which dispenses full size shampoo, soap, etc.

The need is growing; they provide food for 300 folks each Saturday. Six years ago, they developed the Rescue Food project. The local grocery stores donate food they can't sell because the veggies aren't perfect, or the packaging is slightly damaged. Last year the Food Pantry received 47,000 pounds of food in this program.

The ministry center provides English as A Second Language Program and UCSD Health provides a clinic every other Saturday.

They are fortunate to have 200 volunteers. 20 of the 30 volunteers that work each Saturday are high school students. A scholarship program was developed for these student volunteers. This year 2 student volunteers received a \$1000 scholarship for college.

How can we help?

- Donate adult clothing to the Clothes Closet
- Donate nonperishable food items to the Food Pantry

Rotarian of the Month



President Bonnie Welch, honored Ron Morrell as the September Rotarian of the Month. Things get accomplished for our meetings, projects, etc. and we wonder how. Frequently they have been completed by Ron who is the behind-the-scenes guy quietly taking care of things. Ron coordinates our bi-weekly Meals on Wheels route A 22.

Congratulations, Ron! Well-deserved!

Ivan Nolan Scholarship Recipient



Anas Jnidi, Grossmont College student, is the Ivan Nolan Scholarship recipient for this year. Anas was close to completing medical school in Egypt when he immigrated to the US with his family from Syria. Anas is starting his medical school education all over again, starting at Grossmont, with the goal of attending UCSD Medical School.

Lunch Time Assignments

September 10, 2025

Greeter Mike Fellows
Pledge Mary Elington
Thought Maggie Eggers
4 Way Test Jim Kline

September 17, 2025

Greeter Bill Ashman
Pledge Mark Matthews
Thought Mary Elington
4 Way Test Maggie Eggers

September 24, 2025

Greeter Jim Kline
Pledge Bill Ashman
Thought Mark Matthews
4 Way Test Mary Elington

Upcoming Programs

9/10/2025

Dan Moore
San Diego Food Bank

100th Anniversary Meeting

Wednesday, September 17th, 11 AM
Prior to Regular Meeting

La Mesa Rotary Centennial Celebration



Time is running out! Last day to register for the Club's 100th Anniversary is September 17th! The event will be held on **Saturday, October 18, 2025**, on the Hornblower Harbor Cruise from 5:30 pm to 9 pm. Please use the QR code below to sign up.



Walk 4 ALZ 2024



The Walk to End Alzheimer's Association is on Saturday, October 18th, at 8AM at Liberty Station. Ryan Barnhill is coordinating our team at the event. Please sign up to walk and/ or donate.

Rotary Foundation 2024-25

District 5340 Club members donated \$702,767.11 to the Rotary Foundation Annual Fund for Rotary Year 2024-25. La Mesa Rotary was recognized as second in the district at \$793.87 per capita. We were edged out by the Del Mar Club who had \$ 2726.58 per capita. As Mike Fellows, Club Foundation Chair, reminds us there are no losers in this area. Thank you to each of you for your continued generosity to the Foundation.