



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

### Board Members

President Becki Schwartz  
President-elect  
Bonnie Welch  
Past President Jen Flynn  
Secretary Kathy Olsen  
Treasurer Ryan Barnhill

### Board Members

#### Directors

Dale Bailey  
Marsha Darling  
Mary Elington  
Louise Herr-Marshall  
Gabriella Misirioglu  
Kimberly Schafer

### Membership

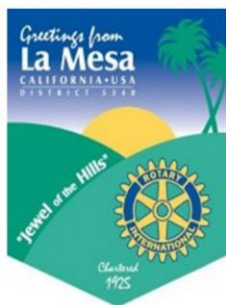
Mark Matthews

### Youth Service

Mark Matthews

### Speaker Chair

Bill Ashman



## Mission Trails Regional Park



Kindra Hixon, Mission Trails Regional Park Foundation, Stewardship Manager, spoke to us regarding a San Diego County jewel, the Mission Trails Regional Park.

At 8000 acres, Mission Trails, is one of the largest urban parks in the United States. The park managed by the City of San Diego and supported by the Mission Trails Regional Park Foundation averages 2 million visitors annually. Lake Murray and Kumeyaay Lake are important components of the Regional Park. The 5 peaks in the Park are Cowles Mountain (highest point in San Diego, Pyles Peak, Kwaay Paay Peak, South Fortuna, and North Fortuna.

Current surveys show that the Park is home to over 80 species of birds, hundreds of plants native to California, from towering trees to teeny tiny wildflowers, and coyotes, bobcats, owls, and grey foxes.

All programs are free at Mission Trails and they include Trail Tykes for 2 - 5-year-olds and 2 field trips a week for elementary schools. A new program to raise money for the park is Hike for a Cause: [Hit the Trails Hike-a-thon for Mission Trails - Mission Trails Regional Park \(mtrp.org\)](https://www.mtrp.org)

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## Grotarian Meeting

Gabriella Misirioglu invites you to attend her Grotarian meeting on Monday, September 9<sup>th</sup> at 6:45 pm. Gabriella will be holding her social at the **RCP** offices following our usual monthly board meeting. You're also welcome to attend the La Mesa Rotary Club Board meeting also.

**RCP** office is located at **8240 Broadway, Lemon Grove, CA.**

## World Polio Day



Our goal for the World Polio Day is October 24<sup>th</sup>. Our goal for this year is to exceed \$3000. Remember to drop your change in the jar and or see Mike Fellows to donate.

## Charitable Giving



**The fall cycle for charitable giving opened on September 1<sup>st</sup> and closes on September 30<sup>th</sup>.**

## Upcoming Programs

**September 11, 2024**



Rob Sauvajot  
YMCA Director

**September 18, 2024**



Jennifer Knuth-Tidball  
Event Manager SD Legion Rugby

**September 25, 2024**



Susan Naslund  
Director Good Shephard Food Bank

**October 2, 2024**

Sarah Granby  
Events Manager SD Alzheimer's  
Assoc.

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## Homeless Project

We're continuing to collect men's and women's clothing for the homeless outreach, Father's Table. There is a particular need for socks and underwear. Please bring your items to the weekly meetings until September 18<sup>th</sup>. Becki will accept them and deliver them.

## Walk 4 ALZ 2024

The Walk to End Alzheimer's Association is on Saturday, October 5<sup>th</sup>, 8 AM at Liberty Station. Ryan Barnhill is coordinating our team including a La Mesa Rotary tent at the event.

Please sign up to walk and or donate by highlighting the link, right on the Ctrl key and then click on it.

<http://act.alz.org/goto/RotaryClubofLaMesa>

Scanning this QR code will take you directly to the La Mesa Rotary page.



## La Mesa Rotary Logo Wear

Interested in having a shirt, blouse, jacket, etc. embroidered with the La Mesa Rotary logo?

Bring your item to a September meeting and Becki will have them embroidered for \$8.00 each.

Or you can purchase a new shirt or item from Morgan Monograms from the following website:

[www.companycasual.com/morganmonograms/start.jsp](http://www.companycasual.com/morganmonograms/start.jsp)

## Lunch Time Service

**Please trade with someone if you are unable to perform your assignment.**

### September 11, 2024

Greeter Burnie Dunlap  
Pledge Keith Dindinger  
Thought Marsha Darling  
4 Way Jack Dargitz

### September 18, 2024

Greeter Maggie Eggers  
Pledge Burnie Dunlap  
Thought Sue Richardson  
4 Way Marsha Darling

### September 25, 2024

Greeter Scott Elam  
Pledge Maggie Eggers  
Thought Mary Elington  
4 Way Sue Richardson

### October 2, 2024

Greeter Guy Elam  
Pledge Scott Elam  
Thought Maggie Eggers  
4 Way Burnie Dunlap