

Birthdays & Anniversaries  
 Upcoming Events  
 Announcements

Save the date of **October 26th!** Our **Fall Social** will once again be held at the lovely home of Robert and Betty Trimm. District Governor Don Fipps will be joining us! Invitations will be mailed soon.

The 19th Annual **PMH Foundation Fall Gala** with the theme of “Night at the Louvre” will be held Thursday, October 19, 2023. Mark your calendar!

Registration is open for the **District Conference Cruise to Ensenada**. The 3-night cruise will depart from Los Angeles at 4pm on Friday afternoon April 26th, sail to and dock in Ensenada and return to Los Angeles at 8am Monday morning April 29th. Rotary activities include a Welcome Aboard reception on Friday, Saturday Day at Sea with two Rotary General Session meetings and the option to participate in Rotarians at Work projects in Ensenada, and a paella lunch on Sunday. Don't wait to register, cabins are going fast! Important: Go to the district website for some very vital information.

- September 27th: Jim O'Malley, Vietnam experiences
- October 4th: Robert Trimm, program chair
- October 11th: Dr. George Fareed, trip to Galapagos Islands and East Africa
- October 18th: Regular meeting

**September Birthdays:**

- 2nd: Nick Pricola
- 10th: Annette Fortier
- 21st: Mercedes Wheeler
- 24th: Jim O'Malley

**Wedding Anniversaries:**

None

**Member Anniversaries:**

- 11th: Stephen Smith, 4 years
- 14th: Kenny Humes, 7 years
- 22nd: Francisco Cossio, 2 years
- 26th: Mary Miller, 22 years

This Week's Meeting

**Guests:** Wanda Couchman

**Recognitions:** **Past President Dillon Faubion** led the meeting today. **Simon Canalaz** paid \$50 for a San Diego catching trip. **Dillon Faubion** paid \$25 for an Alaskan fishing trip.

**Program:** With the fall season approaching, everyone is anxious to break out their Halloween and Thanksgiving decorations, we were fortunate to have Wanda Couchman (Sam's much better half) with us today, to give those in attendance a “craft lesson”. Our craft was to create a decorative pumpkin. Wanda had kits for everyone, complete with everything we needed to complete our pumpkin. The kit included the following: a roll of toilet paper, tissue paper, adhesive tape, a piece of orange color fabric approximately 12x12”, a 3” cut twig and a fake stem with two fake leaves. We were instructed to fluff up the tissue paper and cover the outside of the toilet paper roll. Then tape the tissue paper to the side of the roll. Then place the roll with tissue paper in the middle of the fabric, and twist and fold the corners into the opened end of the roll. Once completed, place the stem and fake leaves into the middle to secure the fabric and just like that we created a pumpkin! Well, most of us did! Let's just say Bob Shank is no Martha Stewart. Once completed, Sam Couchman gave us some useful information regarding the pumpkin. The pumpkin is not a vegetable, it is a fruit. There are approximately 45 different varieties of pumpkins, some that can grow up to fifty pounds per day. Typically the smaller varieties are sweeter and are used for dessert products. The pumpkin is native to Central America and Mexico. They are grown all over the US primarily for the Halloween season. The first Jack-O-Lantern was not made from a pumpkin but from a turnip or potato. The Irish used them to ward off evil spirits. When the Irish came to America, they discovered that pumpkins were easier to carve. The largest recorded pumpkin was grown in Belgium, it weighed 2,624 lbs. The largest recorded pumpkin from the US weighed 2,528 lbs. There are 1.5 billion pounds of usable pumpkins grown each year in the United States. Thanks Wanda and Sam Couchman for a fun and informative lesson on pumpkins.

