

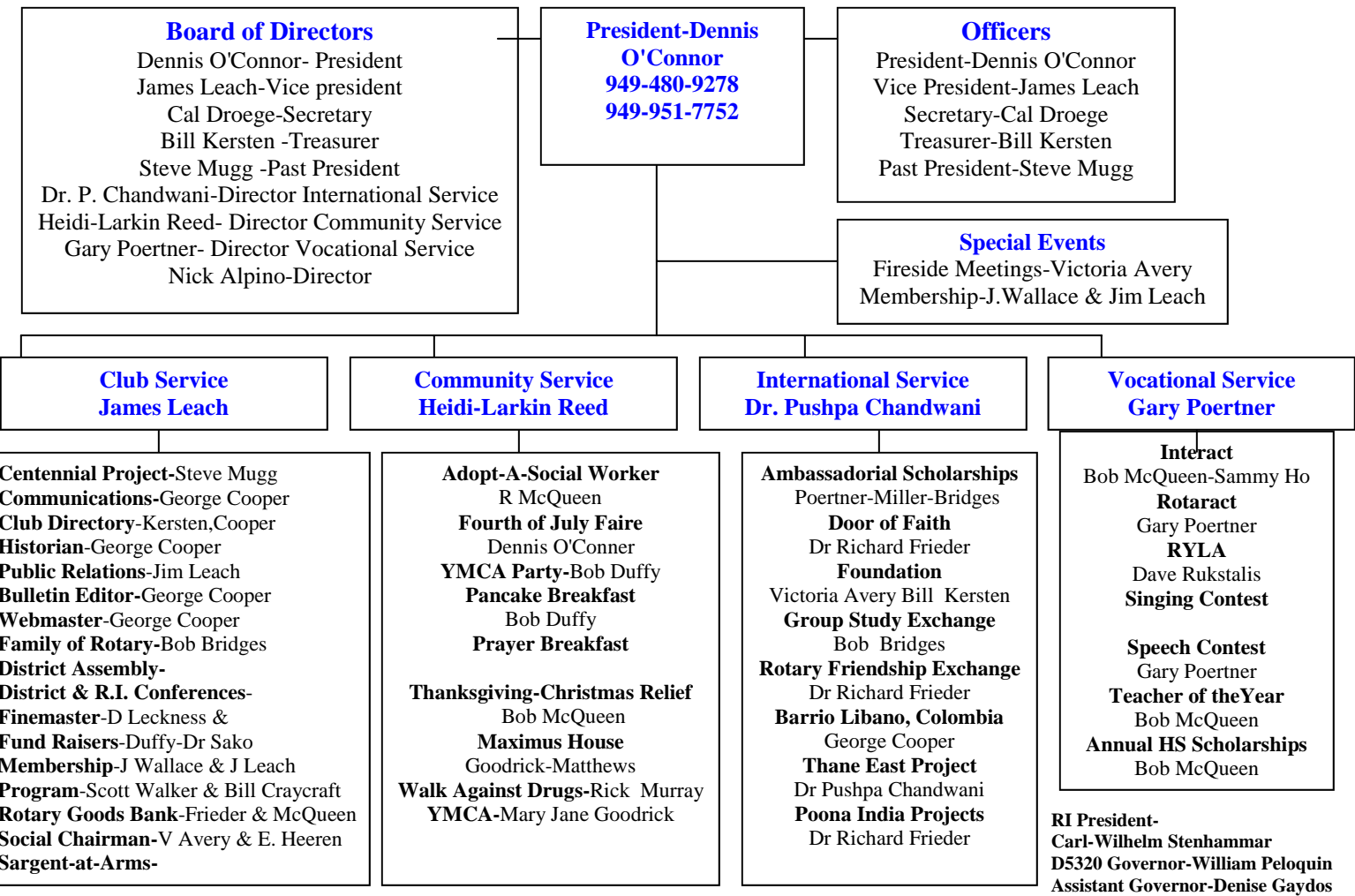
Nicholas Alpino (Charlene)- Group Travel  
 PP Brigitte Archer (Vic)- Mortgage Broker  
 PP Victory Avery (Dan) -General Insurance  
 PP Robert Blohm -Senior Active Agriculture  
 PP Ross Boling (Janet) -Incentive Promotions  
 Robert Bridges (Betty) -Robotics Engineer  
 Robert Brown-Investments  
 PP Barry Brownell (Ety) - Restaurateur  
 Dr Pushpa Chandwani (Nanik) -Medical Doctor  
 PP George Cooper (Margaret) -Adhesive Distributor  
 PP William Craycraft -Sales/Marketing  
 PP James Doyle (Jane) -Property Management  
 Robert J Duffy (Moraima) - Financial Advisor  
 Paul Dyke (Kathleen) Computer Service  
 PP Calvin L Droege (Bobbie) -Attorney  
 PP Dr. Richard Frieder (Susan)- Optometrist  
 Robert Germeroth (Jore') -Engineer  
 Mary Jane Goodrick (Bill) -Community Service (YMCA)  
 Dr. Jerry Gross (Gwen) -District Superintendent  
 James Hansen (Catherine) Educator  
 PP Ed Heeren (Virginia)- Aircraft Sales  
 Sammy Ho ( Janice)- Commercial Banking  
 Jerry Jarvis (Carrie)- Software Sales  
 PP Jack Keegan Jr (Johann) -Electrical Equipment Sales

PP Bill Kersten (Carol) -Computer Service  
 Carol Kersten (Bill) -Honorary  
 PP Heidi Larkin-Reed (Rusty) Chamber of Commerce  
 Jim Leach (Dot) -VP Government Affairs  
 Dave Leckness (Nancy) -Printing  
 Don Lewellen (Judy) -CPA  
 PP Col (Ret) Krishna Mathur (Pravena) - Honorary  
 Pp Dr Tom MacKinnon (Jeannine) Dentist  
 Christi Matthews ( Dan) -Advertising Specialties  
 PP Bob McQueen (Mary Jo) -School Administrator  
 PP Norm Miller ( Pauline) -Piano Tuner  
 PP John Monninger -Light and Power  
 Steve Mugg (Susan) -Community Service (City of MV)  
 PP Richard Murray (Paula) -Attorney-General Practice  
 PP Verl Nash (Suzanne) - Education  
 Dennis O'Connor (Bonnie) -Real Estate  
 Gary Poertner (Adair) -Community College Administration  
 PPDave RukstalisCLU/ChFC (Ladona) Insurance Employee Benefits  
 Dr Aaron Sako (Mako) -Optometrist  
 Scott Walker -Financial Planner  
 Jack Wallace (Jeanne)- Real Estate Residential

**PRIVACY POLICY: For Email and telephone numbers, please refer to the confidential sheet, issued periodically .**  
**BE GENEROUS...GIVE ROTARY A FRIEND!**  
**BE GENEROUS...GIVE A FRIEND ROTARY!**

**MAKE-UP AREA CLUBS**  
[www.rotary5320.org/Meetings.html](http://www.rotary5320.org/Meetings.html)

- Monday Anaheim 12 Noon  
Edison Field 2000 Gene Autry Way- Anaheim
- Tuesday 12:00 pm Laguna Niguel  
St Regis Hotel ,1 Monarch Beach Resort, Dana Point
- Coto de Caza-RSM 7:15pm  
Dove Canyon Country Club 22682 Golf Club DrT.C.
- Wednesday 7:15 am Monarch Bch Sunrise  
Ritz Carlton Hotel Monarch Beach Dana Point
- Wednesday 12:00pm Saddleback Valley/Lake Forest  
Baker's Square @ 23515 El Toro Road, Lake Forest,
- Thursday 12Noon San Clemente  
San Clemente Inn 2600 Avenida del Presidente
- Friday 12:00pm Laguna Beach  
Hotel Laguna 425 S.Coast Hwy



**THE SPOKE & WHEEL**

District 5320 Best Club of the Year Award 2003-2004



**THE OFFICIAL BULLETIN of the ROTARY CLUB of MISSION VIEJO, CALIFORNIA**  
 P.O.Box 2234  
 Mission Viejo, Ca USA 92692  
 Weekly Meetings  
 Tuesday Morning 7:10am-8:30am  
 Casta del Sol Golf Course Club House  
 Mission Viejo, California  
 This Club Chartered September 13, 1974

Rotary Websites  
[www.missionviejorotary.org](http://www.missionviejorotary.org)  
[www.rotary5320.org](http://www.rotary5320.org)  
[www.rotary.org](http://www.rotary.org)



July 1-15, 2005 Issue

**WEEKLY PROGRAMS**

7/19 - Mr. Bob Zuer, Executive Director to explain the new Mission Viejo Community Foundation  
 8/2 - Karen Sullivan, Executive Director OCFOCF "Support network for families of children with cancer"

**WHITE ELEPHANT**

July 12 Robert Blohm	July 19 Ross Boling
July 26 Robert Bridges	Aug 2 Robert Brown
Aug 9 Barry Brownell	Aug 16 Pushpa Chandwani
Aug 23 George Cooper	Aug 30 Bill Craycraft

**COMING EVENTS**

July 24 Demotion Dinner

2006  
 April 1 District Assembly-Chapaman University  
 March 25 D5320 Foundation Dinner-Crown Plaza  
 May 5-7 Rotary District 5320 Conference  
 June 11-14 R.I. Convention-Copenhagen

## HIGH SCHOOL SCHLORSHIP AWARDS



Scholarships...Each worth \$500.00 were presented by Steve Mugg to outstanding students from Mission Viejo, Silverado and Trabuco High Schools. Not shown is a student from Silverado who was presented his check at President Dennis's first meeting on July 12th. and was his first presentatiuon of a donation for his year.

## BLIND LEARNING CENTER WALK



Jack Wallace is hown with his Grandaughter , Ashly at the centers recent fundraising walk. Ashly has been attending the learning center for 2 1/2 years and graduated this year.

A special thanks to all those who donated to make the walk successful.

## CELEBRATING ROTARY



Friendship House Photo: Shown are Mercades (Vice president of Libano Rotary, Father Brian Cooper (President of Libano Rotary and son of Margaret and George Cooper appearing on the right). The occasion was the Rotary International Convention held in Chicago...the birth place of Rotary (the first service club in the world)

Also in attendance was President Steve Mugg, PP Ross Boling, PP Bill Kersten, Honorary Member, Carol Kersten and President -Elect Dennis O'Connor and Bonnie O'Connor.

It was the greatest celebration in Rotary's history — the 2005 Rotary International Convention — commemorated the organization's first one hundred years of service and took place on 18-22 June 2005, in downtown Chicago, where Rotary was born.



This Centennial Convention was anything but conventional. It featured an extra day of festivities and a Rotary parade through downtown Chicago!

## ANOTHER ROTARY CELEBRATION!! DON'T MISS THIS ONE!!

**Attention: The Demotion Dinner is coming up on Sunday July 24<sup>th</sup> at 1830 or 6:30 P.M. for al you civilians.**

It will be held at the Casta Del Sol dining room, you remember, that's where we have breakfast.

There is a choice of chicken or beef and there may be some beverages. So put it on your calendar and bring someone to share in the fun of seeing Steve becoming a "Past President".

If you haven't signed up please call Ed Heeren at 949-830-1961 today as we need a head count for the dining room.

See you there,

*Bill Kersten*

## AN OFFICIAL ACT!



President Steve Mugg, with gusto, turned over the official Rotary Bell Ringer Gavel to now President Dennis O'Connor.

Steve proudly proclaimed that this was his official last act as president There was sorrow in his voice, though, as he thanked the club for allowing him to serve and to enjoy a wonderful year ...an experience he will never forget.

Thanks, Steve for your "Service Above Self" to our club and to our community!

## SEX BEANS AND GREENS



"Animal protein is bad for human beings" spoke PP Dr. Tom MacKinnon ,DDS, at our last meeting as he reported some of the findings and results of his personal study on the foods we eat. He emphasized that we evolved from "fruit and vegetable eaters" and recommends a diet from plants rather than meat, cheese and other dairy products including milk . Vegans (vegetarians) don't get heart attacks according to his srtudy. The average diet includes only 5% fruit and vegetables which is lopsided. Tom ponts out that Fresh Fruit is a Super Fruit and you can delay or contain cancer by eating fruits and vegetables as your regular meal of fare. He also found that broccoli contains more protein than steak Tom enjoys a home made vegetable soup (no meat including no meat juices). Tom also highly recommends eating lots of beans. Since Tom went "Vegan" he lost 50 pounds and has kept most of iyt off.. His blood pressure was over 150 and he weighed 285 lbs. Tha was a couple of years ago...Now his blood pressure has dropped to a good 120 over 75. Tom also recommends reading THE CHINA STUDY BY t Colin Cambell Published 2005. Tom halso has a list of other books which bwecame part of his study and distributed the list at our meeting.. And life is what you make it (Tom through in the word "SEX" to get our attentiomn Which it did!

## FOURTH OF JULY FAIRE NETS \$2200.00 FOR OUR CHARITY FUND



President Dennis as Chairman of our Faire, reported that we made over \$2200.00 selling Root Beer Floats and Ice Cold lemonade at our annual participation in the Faire . The Faire is held annual in Mission Viejo on the Fourth of July as a celebration climaxed by a great fireworks show at the end of the day.

Attendance was good and so people were lined up all day for the Root Beer floats.

Thanks to everyone who helped....it is much appreciated as will the donation of dollars we will be sending to worthy causes.

## LEN and FESTUS



Bill got Len White's Donkey in his lens while visiting Len and Muriel White at their ranch in Montana. Len is a former member of our club who retired from Cox Cable to Montana.