

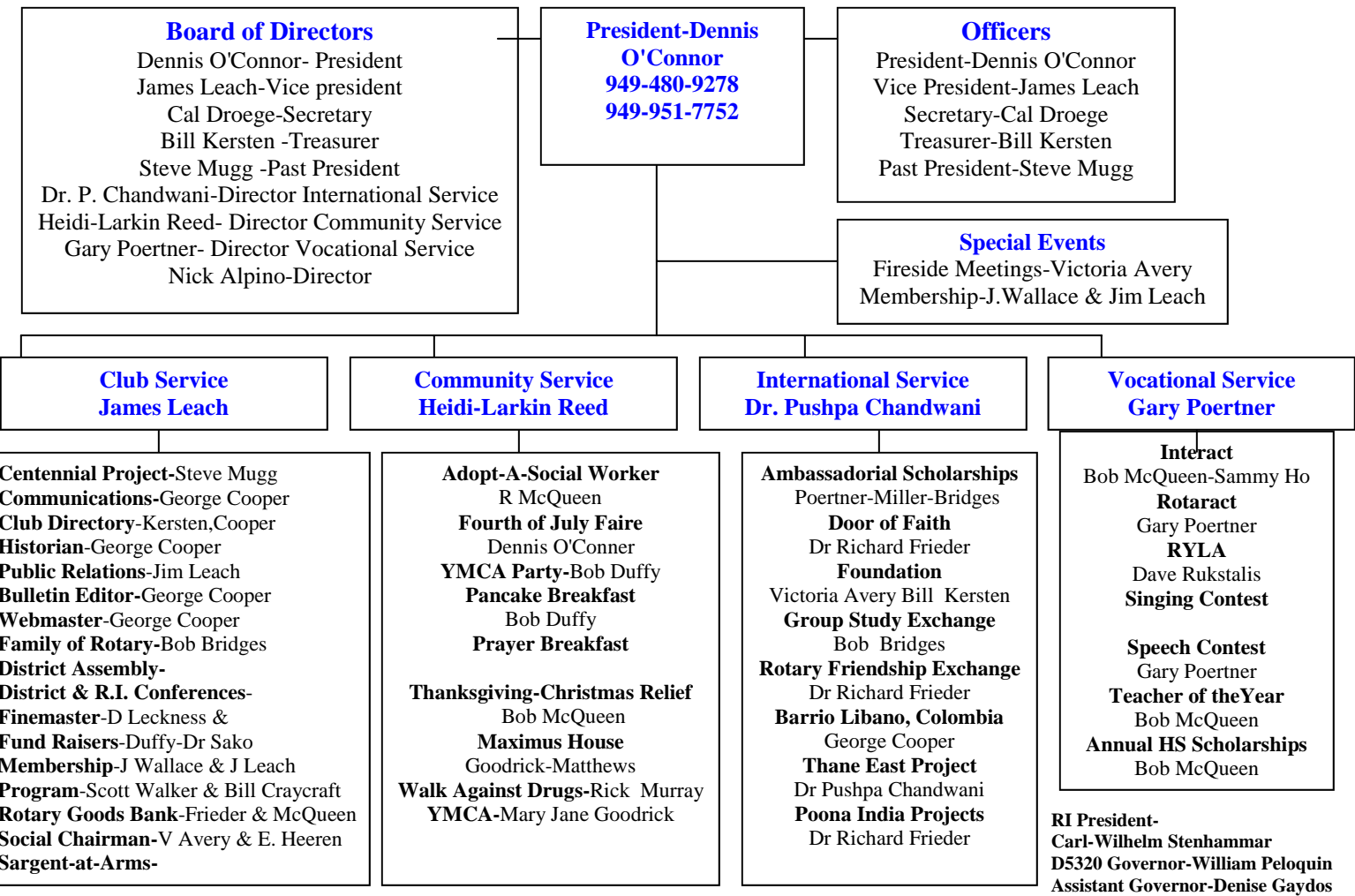
Nicholas Alpino (Charlene)- Group Travel
 PP Brigitte Archer (Vic)- Mortgage Broker
 PP Victory Avery (Dan) -General Insurance
 PP Robert Blohm -Senior Active Agriculture
 PP Ross Boling (Janet) -Incentive Promotions
 Robert Bridges (Betty) -Robotics Engineer
 Robert Brown-Investments
 PP Barry Brownell (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

- 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
www.rotary5320.org
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 24th 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.