

# THE SPOKE

The Official Bulletin of the  
 Rotary Club of Mission Viejo  
 PO Box 2234  
 Mission Viejo, CA USA 92692  
 Meeting Place  
 Casta del Sol Golf Club House  
 Tuesday Morning 7:10am-8:30am



Club Chartered :Sept 13, 1974  
 Member of R.I. District 5320  
 District Governor:Lane Calvert  
 AssistDG Nesa Anderson  
**Issue No. 10 Nov 15, 2006**

# & WHEEL

President: Jim Leach  
 Vice president: Nick Alpino  
 Secretary: Cal Droege  
 Treasurer Bill Kersten  
 Editor: George Cooper  
 Reporters: Verl Nash & Bob Bridges  
 Asst Photographer: Bill Kersten

Directors: Past President, Dennis O, Connor; Club Service: Nick Alpino; Community Service: Heidi Larkin -Reed  
 International Service: Dr Pushpa Chandwani; Vocational Service: Gary Poertner and Club Officers

## DISTRICT EVENTS

2/17 Foundation Dinner  
 3/2-3/4 PETS Conference  
 4/7 District Assembly  
 4/27-29 RYLA CAMP  
**2007 RI Convention in  
 Salt Lake City, 17-20 June**

## COMING PROGRAMS & EVENTS

11/14 - Perry Parker, PGA Golf Professional  
 Overcoming adversity on and off the course  
 11/21 - "Adopt a Social Worker" - Gayle Clanton, with  
 OC Social Services, our MV Rotary Club liaison  
 11/28 - The Rotary Foundation - Rod Eide, Former 5320  
 district governor and PP Monarch Beach Rotary Club  
**Dec 2 Saturday Trip to Door of Faith Orphanage**  
**Dec 17 Sunday Club Christmas Party**

**NOVEMBER IS ROTARY FOUNDATION MONTH**

## WHITE ELEPHANT

11/28 Jim Leach  
 12/5 Dave Leckness  
 12/12 John Lucas  
 12/19 Tom MacKinnon  
 12/26 John McEwan



# DOOR OF FAITH JOURNEY

**Trip to Mision, Mexico Door of Faith Orphanage  
 Saturday December 2, 2006**

## PRESIDENT JIM AWARDED THE COX COMMUNITY CHAMPION AWARD FOR HIS WORK IN ROTARY



The Cox Community Champion Award recognizes Cox associates who volunteer at local non-profit organizations. Each quarter, one associate is selected and the following benefits are awarded in support of his or her charity.

We are proud to announce that Jim "Spirit of Rotary" Leach was selected this quarter and a donation of \$1,000 was presented to our club by Cox associate Carrie Grove (see photo). This nomination is being submitted for a national award and a chance at an additional \$2500 donation!

A 30 second public service announcement is produced highlighting the Community Champion, Jim Leach, and the Mission Viejo Rotary Club.

**Service Above Self**

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

[www.missionviejorotary.org](http://www.missionviejorotary.org)  
 Editor Email: [gcooper1@cox.net](mailto:gcooper1@cox.net)

# CLUB SERVICE

**SERVICE** by members to the workings of their Rotary Club - that service that makes the Rotary wheel turn, providing the basic needs for good operation of a Rotary Club.



Bill "Jack of All Trades" Kersten greases the wheels of Rotary on a daily basis..If help is needed, Bill is there!!

Look at the list:

Treasurer  
Phone Directory  
Club Directory  
Rotary Goods bank  
Foundation Committee  
Lottery  
Bulletin Photographer  
White Elephant  
Past President

And serving along with Bill is Honorary Member Carol "Garage Lady" Kersten who has been our money gardener constantly planting, feeding and harvesting our Treasury.

Thank you Bill and Carol for your great passion for Rotary!!



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## PROGRAM FOR TUESDAY NOVEMBER 7, 2006 ON ALZHEIMER

We had a very informative program today. Gerry Schwartzmeyer from the Orange County Alzheimers Association was our speaker. Alzheimer is a progressive degenerative brain disease.

The number of known patients has risen from 4.5 million to 7.7 million in the last 10 years and they are expecting it to triple in the next 15 years. They have been able to do brain scans that show the degeneration of the brain. The pictures he showed were very vivid as to how the brain is affected by Alzheimers.

A great program.

*Verl D. Nash, Reporter*



### 10 warning signs of Alzheimers.

1. Memory loss
2. Difficulty performing familiar tasks
3. Problems with language
4. Disorientation to time and place
5. Poor or decreased judgment.
6. Problems with abstract thinking.
7. Misplacing things.
8. Changes in mood or behavior.
9. Changes in personality.
10. Loss of initiative.

### 10 ways to maintain your brain

1. Head first (good health starts with your brain)
2. Take brain health to heart. (Try to prevent heart disease)
3. Your numbers count (weight, blood pressure, cholesterol and blood pressure and blood sugar levels with in recommended ranges.
4. Feed your brain (Eat less fat and more antioxidant-rich foods)
5. Work your body (exercise and keep your brain active)
6. Jog your mind. (Read, write, play games learn new things, do crossword puzzles)
7. Connect with others. (Be social, converse, volunteer, join a club, take a class)
8. Heads up! Protect your brain (Take precautions against head injuries)
9. Use your head. (avoid unhealthy habits, don't smoke, drink excessive alcohol, or use street drugs.
10. Think ahead - start today! (You can do something today to protect your tomorrow.

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## Report from our Board of Director's Meeting Thursday October 26, 2006

**Events Calendar** - Leach presented a calendar of Rotary events for the current Rotary year. The calendar was reviewed, adjusted and approved by the Board. The calendar will be distributed to members so that dates and leaders can be identified for all club activities.

**District Incorporation** - Leach informed the Board that District as been requested by RI to incorporate. To do so District requires approval of 2/3 of District Clubs. Since our club would be "Member" of District Corporation Leach requested review by Droege.

**Christmas Party** - Leach informed board that Mission Viejo Country Club proposes to charge a "Room Charge" of \$250 that had not previously been assessed. This charge is in addition to the other reservation charges .

**Hands Across the Sea** - Pushpa to investigate and determine if a recommendation to participate in this project is appropriate.

**Angels Baseball** - Droege reported that he has contacted the Angels Group Ticket Sales to obtain list of available dates for the upcoming season. Since timing is critical to better seating location the Board MSC to permit Droege to reserve seating as soon as the schedule and promotions are available



## CHECK FOR LIBANO, COLOMBIA BUILDING FUND

Incoming President, Nick Alpino had the pleasure of presenting a check for \$3,000 to George Cooper, Director of our International Building Project in Libano, Colombia, South America.

This has been an on-going project for the last six years and those families who will be occupying the new homes are hard at work helping with the building chores such as mixing cement, driving nails and hooking up plumbing.

We are currently waiting for a Grant from the Colombian Government to help complete the project. Shortly, George will have some photos of the progress to date.



**Witch Victoria practicing her “Cackle” as she Leads us in to the Halloween Spirit! (When not in disguise, Victoria can be recognized as our Song Leader!!)**



**THE FOOD IN EACH PACK COSTS AROUND \$3.00 FOR THE WEEKEND AND WEIGHS AROUND 7 LBS.**

Why Backpacks? When the students carrying the food home reported they were being teased for being poor, backpacks were donated that looked like the ones most students lug to books and supplies. The teasing stopped and the backpack idea caught on.

**Program for Tuesday October 31st  
WE’VE GOT YOUR BACK!!**

***Back pack gives hope in “We’ve Got Your Back” Program***

Je’Net Kretner, Program Director of Giving Children Hope reported about the hunger in Orange County..the hunger being suffered by a segment of school children who routinely start school without breakfast and bring no lunch.

This is what the “Giving Children Hope” is about in the form of back Packs which are filled with child friendly food; nutritious, ready to open and nothing requiring stove top cooking. This is food sent home with children for the weekend .

Giving Children Hope is appealing for business and service organizations to adopt 10 children (identified by their school teachers and counselors to be at highest risk). The commitment is \$200.00 per month. This covers the food and the backpacks which are refillable each week.

To get involved, contact Je’Net at 714-523-4454.

## Share Rotary

## MEMBERS

## Bring A Guest

Nicholas Alpino (Charlene)- Group Travel  
PP Brigitte Archer (Vic)- Mortgage Broker  
PP Victory Avery (Dan) -General Insurance  
Linda Blench (Karl) Contract Negotiator  
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 Calvin L Droege (Bobbie) -Attorney  
Robert J Duffy (Moraima) - Financial Advisor  
Paul Dyke (Kathleen) Computer Service  
Dr.Steve Fish (Sue) School Superintendent  
PP Dr. Richard Frieder (Susan)- Optometrist  
Robert Germeroth (Jore') -Engineer  
Bill Greenfield Sr (Sandra) International Operations)  
Bill Greenfeild Jr (Sherry) Life and Health Insurance  
James Hansen (Catherine) Educator  
PP Ed Heeren (Virginia)- Aircraft Sales  
Jerry Jarvis (Carrie)- Software Sales  
William Jimenez (Mareivi) Mortgage Lender

Randall Johnson (Janna) Locksmith  
PP Bill Kersten (Carol) -Computer Service  
Carol Kersten (Bill) -Honorary  
PP Heidi Larkin-Reed (Rusty) Chamber of Commerce  
Daniel "Joe" Lavoie (Kathryn) Mortician  
Jim Leach (Dot) -VP Government Affairs  
Dave Leckness (Nancy) -Printing  
Don Lewellen (Judy) -CPA  
John Lucas (Susan) Manager -Food Service  
PP Col (Ret) Krishna Mathur (Pravena) - Honorary  
Pp Dr Tom MacKinnon (Jeannine) Dentist  
PP John McEwan (Jack) Code Enforcement (Retired)  
PP Bob McQueen (Mary Jo) -School Administrator  
PP Norm Miller ( Pauline) -Piano Tuner  
Steve Mugg (Susan) -Consultant  
PP Richard Murray (Paula) -Attorney-General Practice  
PP Verl Nash (Suzanne) - Education  
Dennis O'Connor (Bonnie) -Real Estate  
Bob Pfaff- Commercial 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  
Breanna Weeks- Event Organizer

### 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**

## The 4 Way Test

Of the things we think, say or do:

1. Is it the **TRUTH**?
2. Is it **FAIR** to all concerned?
3. Will it build **GOODWILL** and Better **FRIENDSHIPS**?
4. Will it be **BENEFICIAL** to all concerned?