

# The Spoke & Wheel

The Official Bulletin of the Rotary Club of Mission Viejo, CA., U.S.A.

Published once or twice each month

Rotary Club of Mission Viejo (Club 842) P.O. Box 2234, Mission Viejo, CA., 92690-2522

Website: [www.missionviejorotary.org](http://www.missionviejorotary.org)

## Rise Against Hunger

On Saturday, March 27, 2021, the Rotary Club of Mission Viejo supported Rise Against Hunger® and, for the third year, packed food for undernourished families. **MV Rotarian Chris Skorina** was the club's coordinator for the project, his third year doing so, and a large number of club members and friends participated in packing eighteen thousand, (18,000), meals to be distributed by Rise Against Hunger® to areas of current need in the world.

The set up team was there from 7 A.M. to 9:30 A.M., the first shift took over from 9:30 A.M. to 12:30 P.M. and the second shift closed the day from 12:30 P.M. to nearly 4:30 P.M.

The club and Rise Against Hunger® are very thankful for everyone's enthusiastic participation on this project!



### In this issue:

- Rise Against Hunger
- Donate to TRF
- In Blue IT
- Park-it Market
- Quote of the Week
- White Elephant
- Calendar

### Club Meetings:

Currently, all meetings are on-line via Zoom. Meetings beginning at 7:30 A M each Wednesday. If you would like to attend as a guest, please contact us at [rotarymv@insigniaindustries.com](mailto:rotarymv@insigniaindustries.com).

### Website:

[www.missionviejorotary.org](http://www.missionviejorotary.org)

# *How do I make online donations to The Rotary Foundation (TRF) of Rotary International?*



1) **Go to - "www.rotary.org"**

2) **Click on the "Donate" tab**

3) **Choose what to support**

Example - Annual Fund (most common)

Polio Plus

Disaster Relief

etc.

4) **Again, click on the "Donate" tab**

The areas following may auto fill; but, if not, fill in as requested...

- Country (United States)
- Currency (U.S. Dollars - USD)
- **One time (or) recurring**
- amount

Example: • USD 10 (\$10)

• USD 20 (\$20)

• USD 255 (\$255)

• or ???

5) **Personal Info.**

Name, address, phone, etc.

6) **Payment detail**

- Credit card #
- Expiration date?
- etc. (fill in as requested)

7) **Billing Address**

• Street Address, City, etc.

8) **Submit**

• Click on the "Submit" button

9) **Questions?** *Email Jim Hansen at - [jhansen4@cox.net](mailto:jhansen4@cox.net)*

# Care Assist Services



On April 31, 2021, Cynthia Sender from Care Assist Services, shared details of the home care organization that provides non-medical home assistance.

Ms. Sender, a graduate of USC in gerontology, shared typical assistance provided to clients, typical schedules, details of the numerous types of care available, and more.\

***From their website: At CareAssist Services, caring begins with connecting.***

*Decades of caring for patients through home care, long-term care and acute care taught Janis Adams, RN, that taking care of people was about much more than filling prescriptions and making beds. She found that providing care that nurtured independence and truly improved quality of life takes trust and personal attention. With these qualities in mind, she founded CareAssist Services. Her vision was to create a professional home care company that would provide the highest quality care and assistance to older adults in their home, wherever that may be.*

*Based in Southern California, CareAssist Services is dedicated to providing high quality, personalized in-home care to adults and seniors who are physically, developmentally and cognitively challenged. We provide quality home care aides. Every member of the CareAssist team is committed to treating clients from all cultures, religions, ethnicities, sexual orientations, ages, genders and disabilities with respect at all times.*

For more information, please visit: [www.careassistservices.net](http://www.careassistservices.net).

# *In Blue IT Solutions*

Mr. Ray Haddad from In Blue IT Solutions was guest speaker on April 7, 2021. Mr. Haddad shared information regarding Information Technology issues primarily for small businesses. His presentation was very up to date and thorough. Although primarily for small business, the information could be related to personal and family use of IT as well.

Although he shared a great deal of information, this article will point out eight points which readers may wish to do more research.

1. Update regularly
2. Train employees (or yourself) regularly
3. Change passwords regularly and use 10 to 12 letters/characters
4. Complete time risk assessments regularly
5. Become knowledgeable of Virtual Private Network
6. Back up files regularly
7. Deploy anti-virus software
8. Secure Wi-Fi network/s and keep up to date
9. Research and use best practices
10. Limit physical access to computers

Feel free to contact Mr. Haddad for more information about In Blue IT Solutions!



# *Quote of the Week!*



*"The only thing necessary for the triumph of evil is for good men to do nothing."*

*- Edmund Burke (1729-1797)*

# *Park-it Market*

## *ON HOLD...*

*Stay tuned for updates on this community service project supported by members of the Rotary*

*Club of Mission Viejo...*





**ROTARY CLUB OF MISSION VIEJO**

**WHITE ELEPHANT**

*(As part of the club's fundraising efforts, members are requested to provide White Elephant items or donate \$20 on their assigned dates.)*

**FOR ON LINE OR REGULAR MEETINGS**

APR. 21	-	JACK WALLACE
APR. 28	-	VICTORIA AVERY
MAY 5	-	GARY BRENNER
MAY 12	-	PAUL BUCKNUM
MAY 19	-	PUSHPA CHANDWANI
MAY 26	-	KEN DEVER
JUNE 2	-	RICHARD FRIEDER
JUNE 9	-	JOHN GARCIA
JUNE 16	-	BILL GREENFIELD
JUNE 23	-	STEVE GETMAN
JUNE 30	-	ASHLEY GRIGAS

- *Dates of participation subject to change.*
- *If the date listed is inconvenient, email me, (Jim Hansen at: [jhansen4@cox.net](mailto:jhansen4@cox.net)), and I will move you to an alternate date!*

**ROTARY CLUB OF MISSION VIEJO**

**GREETERS**

*(On your assigned date, please arrive at the meeting 10 minutes early and greet guests and members with a warm Rotary welcome!)*

***GREETER ASSIGNMENTS ON HOLD UNTIL "IN-PERSON" MEETINGS RESUME!***

***ROTARY CLUB OF MISSION VIEJO***  
***ROTARY YEAR 2020-2021***  
***Club President, Rev. Dr. Steven M. Marsh***  
***APRIL 2021***

- APR. 7 - ON-LINE MEETING - 7:30 A.M.
- APR. 12 - ON-LINE BOARD MEETING - 7:30 A.M.
- APR. 14 - ON-LINE MEETING - 7:30 A.M.
- APR. 21 - ON-LINE CLUB MEETING - 7:30 A.M.
- APRIL 28 - ON-LINE MEETING - 7:30 A.M.

\*Dates, times and locations subject to change



***ROTARY CLUB OF MISSION VIEJO***  
***ROTARY YEAR 2020-2021***  
***Club President, Rev. Dr. Steven M. Marsh***  
**MAY 2021**

- MAY 5 - ON-LINE MEETING - 7:30 A.M.
- MAY 10 - ON-LINE BOARD MEETING - 7:30 A.M.
- MAY 12 - ON-LINE MEETING - 7:30 A.M.
- MAY 19 - ON-LINE CLUB MEETING - 7:30 A.M.
- MAY 26 - ON-LINE MEETING - 7:30 A.M.

\*Dates, times and locations subject to change

**ROTARY CLUB OF MISSION VIEJO**  
**ROTARY YEAR 2020-2021**  
**Club President, Rev. Dr. Steven M. Marsh**  
**JUNE 2021**

- JUNE 2 - ON-LINE MEETING - 7:30 A.M.
- JUNE 9 - ON-LINE MEETING - 7:30 A.M.
- JUNE 14 - ON-LINE BOARD MEETING - 7:30 A.M.
- JUNE 16 - ON-LINE CLUB MEETING - 7:30 A.M.
- JUNE 23 - ON-LINE CLUB MEETING - 7:30 A.M.
- JUNE 30 - ON-LINE CLUB MEETING - 7:30 A.M.

\*Dates, times and locations subject to change

**ROTARY CLUB OF MISSION VIEJO**  
**ROTARY YEAR 2021-2022**  
**Club President, John Garcia**  
**JULY 2021**

- JUL 7 - ON-LINE MEETING - 7:30 A.M.
- TBA - ON-LINE BOARD MEETING - 7:30 A.M.
- JUL 14 - ON-LINE MEETING - 7:30 A.M.
- JUL 21 - ON-LINE CLUB MEETING - 7:30 A.M.
- JUL 28 - ON-LINE CLUB MEETING - 7:30 A.M.

\*Dates, times and locations subject to change



*How old was this tree when it was cut down?*

