

# Roosters Crow Newsletter

Over Forty Years of Friendship & Community Service  
Ending Childhood Hunger  
Volume 115, April, 2020



**ROOSTERS  
FOUNDATION**  
OF ORANGE COUNTY

## President's Message David A. Selleck, President

Hello my fellow Roosters & Rooster Advocates,

It's April and we are going through a transitional moment as a country, a people. Covid-19 has impacted all of us in one way or another. Some of us are more impacted than others, so instead of writing a long message about washing your hands or doing your part, I want to take this opportunity to just take a breath and remind everyone to be compassionate to one another and to reach out your hand to someone in need.

As a society, we are changed forever, and when we emerge from this, things will be different as we know it today. And I don't mean that in an apocalyptic or catastrophic kind of way. What I believe is there will be a lot of good that will come of this and perhaps even a necessary reset on many levels, financially, emotionally, spiritually, religiously, and socially as humanity. We were moving too fast and forgetting too many things that are important in life; this is an opportunity to reflect, reassess, and just breathe.

Here are a couple of helpful links to help you stay informed in hopes that you remain calm.

[https://www.who.int/health-topics/coronavirus#tab=tab\\_1](https://www.who.int/health-topics/coronavirus#tab=tab_1)  
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Given all that is going on, we are postponing all Rooster events for the foreseeable future. As it stands, luncheons will be canceled until further notice and the OC Food & Wine event has been rescheduled out to August 23<sup>rd</sup> & 30<sup>th</sup>. Reach out to Randy and Penny to see how you can help keep the OCFWC event on track. It will be a huge task to rearrange all the moving pieces and they can't do it alone.

Take this time to get closer to your family and loved ones. See you on the other side warriors!!

Thank you all.

David A. Selleck,  
Roosters Foundation and Roosters Inc. 2020 President



## A Message from our Social Media Guru, Alison:

Hello Roosters,  
As we are #AloneTogether, we can use our Social Media to keep us close virtually.

If you are not a member of our Roosters Group....Now is the time to join it. (Contact me if you need help!)

Here is a link....you will need to be logged into Facebook  
<https://tinyurl.com/RoostersGroup>

Thank you to all those who are posting videos and photos, and who have commented and started conversations.

Here are some fun things you can post so that the Roosters can feel close in our hearts and minds, even though we are all spending the majority of our time isolated, keeping ourselves and others safe from COVID-19

- Share photos of what you are doing!
- Share videos of what you are doing! Make us laugh, teach us something!
- Did you try to cut your own hair?...show us how you look!
- What are you making for dinner, are you playing board games, what TV show are you binging on Netflix, do you have a garden...show us your tomatoes!
- Can you challenge someone to completing a puzzle better than Mike Wiley, or make a sculpture out of Toilet Paper like Michael Krever shared? (you KNOW you NEED to log in and look, now! )😊
- Can you help others by shopping and picking up an item to a Rooster near you? Or do you need something at a store that a Rooster can pick up for you?
- You can also go LIVE and share what you can do! Play some music, sing some songs...!

Please hop on to the Roosters Group and lets connect! This is a group for Roosters and Significant others, only...so we are a private group. Let's Connect virtually in place of the Socials and Luncheons we are not able to have.

Ali Cotton 949-254-6563 [alison@bleucotton.com](mailto:alison@bleucotton.com)

## Upcoming Calendar

### No April Feeding OC

Please continue to support this vital program, providing food to needy kids in Orange County, during the Covid-19 crisis. This is a critical time for so many families facing even more hardship than normal. This program directly impacts kids at risk in our community.

**For upcoming dates please contact:**

Dan Stone: call or text 714-310-4162.

Dan@DantheManforMortgages.com

### No Board of Directors Meeting

Suspended due to Covid-19 restrictions. For more info: David Selleck 714-585-0953

### No Monthly Luncheon

Suspended due to Covid-19 restrictions. For more info: [www.roostersfoundation.org](http://www.roostersfoundation.org).

Contact: David George 714-729-3645

### No Social this month

Suspended due to Covid-19 restrictions. For more info: Doug Wilson, Social Chair: 949-394-8179

### All Future Events are POSTPONED

**In normal Times:**

Board meetings 2nd Tuesday of the Month.

Luncheons 2nd or 3rd Thursday of the month.

Socials 4th or last Thursday (most of the time).

**NOTE:**

A) The location of the Monthly Luncheons is Gullivers.

B) Members are encouraged to check the calendar for Lunch dates. Due to the 2020 calendar, January, April, July, and October lunches will fall on the Third Thursday of the month and not the second Thursday.

## ROOSTER APRIL BIRTHDAYS



Jeff Austin



Greg Bates



Eric Bell



Marty Golden

**Stay  
Home  
and  
Party!**



John Hinson



John Livingston

**Call and  
wish  
them a  
Happy  
Birthday!**



Dan Stone



Rich Morin



Steven Smith



Bond Nichols

**Buy these guys a Beer!!**

**Roosters - feel free to send videos of your Covid Incarceration experiences to:**

alison@bleucotton.com  
or text 949-254-6563

Alison can post on our Roosters group, like Mike Wiley, Bleu and Margarita Martin have done already, among others.

We love seeing the Roosters' Mugs!!  
Social media is a great way for us to keep connected more than ever.

<https://www.facebook.com/TheRoostersFoundation/>

## Charity Committee

We currently have about 8 new charities proposed by members in the club to get Grant Applications this year. The Advisory committee has reviewed the Grant Application form for 2020. In the meantime, we will be contacting current Charity Liaisons to see if they are still active with charities awarded from the past year.

The next Charity Committee meeting location and time will be announced when Covid-19 allows us to resume normal activities.

Dan Ouweleen, Marty Burbank  
Charity Committee Co-Chairmen  
2021dan@gmail.com  
marty@ocelderlaw.com



**Dan Ouweleen, Marty Burbank**

Roosters Board of Directors		Roosters Off-Board Members	
Need Help? Want to Help? Ask these guys!			
	<b>President:</b> David Selleck		<b>Special Events - OCFWC:</b> Randy Fine
	<b>Vice President:</b> David George		<b>Feeding Program Chairman:</b> Dan Stone
	<b>Charity Co-Chairman:</b> Marty Burbank		<b>Social Chairman:</b> Doug Wilson
	<b>Charity Co-Chairman:</b> Dan Ouweleen		<b>Golf Tournament Co-Chairman:</b> Denny Despars
	<b>Recording Secretary:</b> Chris Doherty		<b>Golf Tournament Co-Chairman:</b> Arnie Wilkins
	<b>Membership &amp; Ambassador Director:</b> John Hinson		<b>Fundraising Chairman:</b> Kevin Fuhrmann
	<b>Treasurer/Secretary:</b> Jonathan Resnik		<b>Speaker Co-Chairman:</b> Pete Haaker
	<b>Immediate Past President:</b> Paul Robidoux		<b>Speaker Co-Chairman:</b> Marty Golden
	<b>Public Relations Director:</b> Jon Giberson		

## Roosters Feeding Program

### Feeding OC update:

Due to the coronavirus pandemic, schools are out of session, kids are home and in need of food from their normal food assistance programs. During the last 6 months, the Roosters Foundation has created thousands of meals through our Feeding OC program. We are so very fortunate to still have 4,707 meals available in this time of extreme need. We have worked diligently with Bracken's Kitchen and their partners to distribute meals. On March 14, we decided to donate 4,707 meals between 3/17-23 to many charities serving our local community of schools, churches and organizations, including:

- Orangewood Foundation serves foster youth and provides transitional home and other services.
- OC Food Bank is part of Community Action Partnership of Orange County (CAPOC)
- Newsong Church in Santa Ana focuses on families living in poverty in Santa Ana – they serve over 300 families weekly
- Thomas House
- Warwick Sq. : Project Access (Affordable Housing community that we have been feeding with Betsy the past year in Santa Ana)
- LiLi House: Wayward Girl's Home. Small home
- Refuge Calvary: Part of Calvary Chapel in Huntington Beach, service the low income families in HB

OC Food Bank distributed to:

- Edward B. Cole Academy, Santa Ana
- Wesley Village
- Rockwood Community
- My Safe Harbor
- KidWorks
- El Modena Preschool
- Southland Integrated Community Center
- TLC Public Charter
- Westminster Family Resource Center
- Orange County Head Start Inc.
- Community of Christ Church
- WIC (Women, Infants, & Children) Program by USDA
- El Jardin Migrant Head Start
- Birch Hill Apartments
- Southwest Community Center

In addition, because of our supplies of Rooster bags, from the food drive and adopt-a-pantry events and food drive boxes, we are distributing to charities in need. On 3/31 we will give two boxes of Rooster bags to Grandma's House of Hope for their food distribution and 50 food drive boxes to help them distribute to homes. We are so blessed to work with great charities serving our OC community.

Per Virginia at Grandma's House of Hope. "We are working to increase the number of children that we feed through our Nana's Kidz program during this COVID -19 crisis. We are partnering with school districts and organizations to continue to provide the much needed food to children for their weekend meals. We are finding that most of the children that we support, their parents have become unemployed and need our services more than ever before."

Due to these challenging times, we will work with the board of directors on budgeting additional 1,000 meal events in 2020, based on funds available. Once we have clear sight of the end of the virus and are able to start scheduling additional volunteer events, we will diligently begin organizing and planning dates, as well as informing volunteers.

Great job everyone!

Dan Stone

Roosters Foundation Feeding OC Chairman - 714-310-4162





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To our loyal Roosters, Friends and Supporters:

Our thoughts are with you as we all work together to navigate these challenging times. As the COVID-19 (coronavirus) continues to make headlines, even the best-laid plans are up for last-minute changes. Those changes have come to the [Roosters OC Food and Wine Celebration](#) as we will be postponing both events:

**Wine Celebration = August 23<sup>rd</sup>**  
**The Chefs Experience = August 30<sup>th</sup>**

both to be held at Old Ranch Country Club.

Your tickets/table reservations will be moved to the new dates if you purchased tickets.

The health and safety of everyone involved and attending these special events is of paramount concern. You are our lifeblood and the sustenance to the charities for which our fundraising efforts support.

As the new event dates approach, we will send out further notices via text and email, and updating our website [www.ocfwc.com](http://www.ocfwc.com).

If you have questions or concerns about the event then please reach out to myself, John or Penny.

Sincerely,

Randy Fine, Founding Chairman,  
Orange County Food and Wine Celebration  
[randy@finetele.com](mailto:randy@finetele.com)

John Trapani, Chairman, Wine Celebration Chairman  
[trapsmix@gmail.com](mailto:trapsmix@gmail.com)

Penny Strenger, Event Director  
[ocroosters@cox.net](mailto:ocroosters@cox.net)



## Message from Virginia DePaola of Grandmas House of Hope:

“Thank you so much for these bags- We all appreciate you!”

The Roosters gave them 2 boxes of bags, to help distribute food to people in need in their local area.

### From Grandma's House of Hope:

COVID 19 Stay at Home orders for Low income children resulted in the loss of their primary source of food, the school cafeteria. Help us meet the INCREASED need for 26,180 additional meals per month as our distribution partner sites have asked for a 700% increase of food bags.

The food bags are designed to feed a child for two weekends. They include 14 breakfasts which can be single serving packs of instant oatmeal or single serving cups of cereal.

We include six dinners to cover Friday, Saturday and Sunday night for two weeks includes a pound of dry pasta, canned tomato sauce, canned vegetables, canned meal and one like chili, stew or soups.

Finally, it includes lunch for two weekends which include boxed macaroni and cheese dinner or macaroni and cheese cups, peanut butter, canned tuna or chicken. or Cup of Soup Instant Lunch. We also add snacks like granola bars, fruit snacks and single serving packaged crackers. We currently serve children in Tustin, Orange, Santa Ana, and Anaheim



## In Memoriam, Pam Schader of Art4Kids

Jon Giberson, long-time Advocate for Art4Kids was notified that Pam Schader M.A., the Founder and Executive Director of one of the Roosters Foundation favorite charities passed away on March 21st from cancer.

ART4KIDS has been receiving grants from the Roosters Foundation for several years and as they learned about other nonprofits we support, they have been providing their art packs to them.

Our sympathy to family, friends and supporters of Pam Schader and Art4Kids.

From their web site [www.art4kidsinc.org](http://www.art4kidsinc.org)



## **Founded on September 11, 2001 by Pam Schader M.A.**

### **Our Mission**

On September 11, 2001 ART4KIDS, Inc was conceived with the mission of bringing art materials to children in distress. We serve children traumatized through abandonment, abuse, illness, homelessness, blindness, survivors of domestic violence, the emotionally disturbed or marginalized child; any threatening or tragic situation. ART4KIDS, Inc serves children in hospitals, clinics, orphanages, foster care agencies, group homes, domestic violence and homeless shelters, therapist's offices – facilities which provide services for children in trauma. 87% of our income is used for art materials received by the 4,500-5,000 children whom we serve annually.

### **Artpacks**

We donate 12" zip bags with crayons, watercolors, brushes and paper valued at \$6.00+ per artpack. This artpack may be the child's only possession at a time when they've lost everything. It's designed to be appealing, compact, portable and appropriate for medical environments. Our team of volunteers assembles hundreds of art packs several times each year. We also provide a variety of other art materials to meet the needs of the specific agency being served.

Our art materials provide the child with tools which enable him/her to create; to express fear, anger, love and other emotions by drawing; the resultant artwork is often descriptive of their experience and their inner-most secrets. Visual art expression provides a vehicle to express that which is unbearable and unspeakable. This process provides a vehicle for coping as well as teaching a valuable life skill. Research shows art therapy to be one of the most effective treatment modalities for processing trauma. It begins the healing process and triggers meaningful dialogue, which provides valuable insight to therapists & care givers.

# Membership

We look forward to seeing everyone at our next luncheon. Bring a prospective member to our monthly luncheon - the Roosters will pay for one guest lunch per year for each member! If that guest joins, the Roosters will pay for another guest of that member.

## It's easy to propose a new member!

Just get your candidate's business card, put your name on it, and forward it to **Membership Director**: John Hinson, [John.Hinson@RaymondJames.com](mailto:John.Hinson@RaymondJames.com), Cell # 714 425 6407, or use the membership application at [www.RoostersFoundation.org/membership](http://www.RoostersFoundation.org/membership).

**New Members:** Proposed members are presented to the membership of the Roosters for review.

**If you have objections to a proposed new member, call your Membership Director. Calls are confidential.**



## Social Distancing.

Maggie and John Hinson walk through Fairview Park in Costa Mesa. No golf, no trains, but lots of beautiful scenery.



## Distinguished Service Award

Denny Despars was presented with his 2019 Distinguished Service Award from Immediate Past President Paul Robidoux, at the March Roosters Luncheon.

Marty Burbank donated, and Michael Krever tried to auction off, a loo-roll at the March Luncheon - no bids, but lots of laughs



## A Covid Cheer-up message from Gary Draper, and his daughter Jana

Hi to all Roosters,

First, my daughter, Jana, has a T-Rex dinosaur costume and advertised to everyone on Hayling Island, UK, where she lives. She walked down specific streets inviting house-bound kids to wave as she went by. Within hours, she received more than 50 phone calls asking which street she would be walking the next day.

Second, she is one of about 30 professional singers who put together a "We are the world" song. The song was started by her for the first 8 bars. This is a fundraiser for other entertainers who have been hit by the virus. <https://www.simonpaulmusic.com/>

Third, there is a song she recorded for all of you who are under house arrest. The song's title is "Smile" and was written by the Happy Hobo in 1922. Contact me for the track, I can email it to you.

Enjoy,  
Gary Draper



Quarantine Day 10... Dinosaurs have reclaimed the land.



## Letter from the Editor

I hope you are all keeping safe and well. The Smith family spent a couple of weeks together in one place for the first time in quite a while, in Newport Beach, in late March, to celebrate the wedding of Sophie, our youngest daughter. As you can imagine, the intricate plans that Holly, Sophie and others had put together over the past year were cruelly pulled apart one by one over the course of 2 weeks, with each day bringing a new “challenge”.

However, as a young cancer patient some years ago taught me, we “Never Ever Give Up”. Sophie and Kade were married on the date they had set their hearts on, March 21, and today I have a new son-in-law and my daughter is Mrs. McCoy. The eventual ceremony, conforming to the maximum 10 people as directed, was held at Holly’s brother’s home, with just our two families present, and officiated by Sophie’s brand-newly ordained Aunt Cindy. It was the most joyous, relaxed and meaningful wedding anyone could remember – including the scores of guests from both sides of the Atlantic who could only participate by our live stream video. We plan on rescheduling the original celebration at the same time next year, Covid-19 permitting, and it will be doubly meaningful to all.

Today we are again apart in our various directions, with Sam “with” Holly and I at our home in Brittany, France, (we have her quarantined in her half of the house for 2 weeks as she came from Paris), and Sophie and Kade back in Portland looking forward to their married future together, albeit without jobs, social security or unemployment benefit. Hopefully when this crisis is over their lives will come back together - their philosophy is, “it can only get better from here!”

I share this with you as a proud father, of course, but also as an example of the pure goodness that common adversity brings out in us all. The sacrifice of Kade’s family in graciously supporting these young people despite being denied the chance to kiss, hug and celebrate with them in person, and the efforts people made to dress in the outfits they had planned to wear, stay up till the wee hours in England and Wales to watch live, send their fabulous video and text greetings, was truly overwhelming.

Oak Creek Golf Club, which we chose largely because of their long-time collaboration with Roosters, refunded 100% of our money. Bleu and Ali Cotton offered to come to take photos at no extra charge – we declined the kind offer as we had been seriously trying to minimize contacts for over 3 weeks already, to make every effort to reduce the transmission of this virus. Bakers, florists, limos, DJ... all our suppliers have done everything they are able to do the “right thing”.

I was sorry to miss the March luncheon, but in addition to being severely jet-lagged and suffering with sciatica and arthritis, I was reluctant to mix with anyone after travelling through 3 airports and 2 planes. Indeed, I did not leave the apartment in Newport, apart from doctor visits, for 10 days after I got back, and never hugged a relative outside of the 2 families that were present at the wedding.

I relate all this mostly in the hope that we can spread the word of the importance of “social distancing” at this time, and for the coming months, and the absolute necessity of protecting our older and more vulnerable family and friends, by making sure they are completely physically isolated. Not only to protect them, but to do whatever we can to reduce the stress that is rapidly coming down the line for those dedicated to caring for their fellow human beings in the health care service.

I’m sure that each and every member of the Roosters will be doing all in their power to fight the spread of this virus, and to aid the community here in any way they are able. I am proud to be associated with this wonderful organization, and grateful to be reminded each month, by my self-imposed obligation to edit the Crow, of the big hearts and generous spirit of every Rooster, past, present and future.

Look after your loved ones, keep the vulnerable safe by isolating them, and continue to do good as you stay safe and healthy.  
Peter

Note: This was originally drafted on March 22, but due to the complications of getting permission for Holly to get back into France, and other “unplanned” eventualities, the Crow was significantly delayed this month. Since then of course, the true horror of this crisis has evidenced itself across the USA and the rest of the world. One important update: please be sure to call your aged vulnerable family and friends on a daily basis, and ask them questions that challenge their short-term memory. The lack of face to face personal communication exacerbates the tendency to lose this short term recollection - I am talking from experience, having had my 98 year-old father living with us almost continuously for the past 4-5 years. Now he is isolated at his home in Wales, even with family all around, I see an increase in lethargy of the mind and body, even in this remarkable man who is sharper than a razor for his demographic profile. The more phone calls with questions about what he did during the day, the more his mind is kept on its toes. This is just the beginning, especially for those old, vulnerable people who will have to stay isolated for weeks, possibly months, to come.



# We ALL Need to EAT...

As many of you get re-acquainted with family in your sequestered locations and have cooked more in the last two weeks than you have over the last two years... **take a break** and **let one of our supporter restaurants cook for you. You will help a small business survive these unprecedented times and insure they are able to support one of your favorite charities** --- The Roosters Foundation – at our Orange County Food and Wine Celebration on August 23<sup>rd</sup> and 30<sup>th</sup> at Old Ranch Country Club in Seal Beach. **SAVE DATES.**

## Restaurants “The Chefs Experience” (by City) Sunday, August 30, 2020

- [The Ranch Restaurant & Saloon](#) – Anaheim
- [Naples Ristorante E Bar](#) – Anaheim *(temporarily closed)*
- [Old Brea Chop House](#) - Brea
- [Old Vine Kitchen & Bar](#) – Costa Mesa
- [Silver Trumpet Restaurant & Bar](#) – Costa Mesa
- [Stillwater Spirits & Sounds](#) – Dana Point *(temporarily closed)*
- [Maison Café + Market](#) – Dana Point
- [Michael's on Naples](#) – Long Beach
- [The Pacific Club](#) -Newport Beach
- [Haven Kitchen + Bar](#) - Orange
- [The Blind Pig Kitchen & Bar](#) – RSM & Yorba Linda
- [Benchmark](#) – Santa Ana *(temporarily closed)*
- [Old Ranch Country Club](#) - Seal Beach
- [Prego Mediterranean](#) – Tustin
- [Buttermilk Fried Chicken](#) – [Orange](#) & [Parallel Pizzeria](#) - Dana Point - [Chef Ryan Adams](#)



## Restaurants/Food Purveyors (by City) for “Wine Celebration” August 23, 2020

- [Anaheim White House](#) - Anaheim
- [Old Brea Chop House](#) - Brea
- [Old Vine Kitchen & Bar](#) - Costa Mesa
- [Above All Catering](#) - Costa Mesa
- [Parallel Pizzeria](#) - Dana Point
- [Kahn Saab Desi Craft Kitchen](#) - Fullerton
- [Gus's World Famous Fried Chicken](#) - Santa Ana
- [Meritage Kitchen + Bar](#) - Santa Ana
- [Bracken's Kitchen](#)
- [Melissa's Produce](#)
- [Mochi Ice Cream - IMURAYA USA, Inc.](#)







## As a business leader, here's what you should know

Work at home declarations from the CDC and other government agencies have become the new normal. Not only could it become a temporary law, but it's also the best way to protect your employees from exposure to the virus. So how can you as a business owner prepare to transition your workforce into a work-at-home team that still performs at a high level?

We've created a step-by-step process to help you prepare.

### HIGH-SPEED INTERNET

The first thing you need to do as a business owner is to survey your employees to see what kind of broadband they are using at home. To run business voice and video calls, they're going to need plenty of throughput. A good standard that should provide enough horsepower is 50 Mb down, 5 Mb Upload speed.

### MOVE YOUR PHONE SYSTEM TO THE CLOUD

Here are the key features of UCaaS that will enable your work-at-home employees by leveraging the benefits of unified communications in the Cloud:

- Network Security
- Video Conferencing – ZOOM, WebEX, etc..
- Mobile App
- Collaboration – Effortless, TPx, etc...
- CRM Integration

### MOVE DESKTOP WORKSPACE TO THE CLOUD

With Active Directory, you can ensure certain file-sharing rules within your own Local Area Network. Two promising technologies address these features and move them all to the Cloud while maintaining centralized control over access permissions

- Workspace as a Service
- Desktop as a Service

### MOVE CONTACT CENTER TO THE CLOUD

Does your business have a contact center or help desk in Office 365? Having a Cloud Contact Center solution allows your employees to support your clients while working from home.

### IDENTIFY & PROVIDE NECESSARY DEVICES

Don't let Coronavirus hold your company back; make sure that your employees have the technology they need:

- Mobile or soft phone
- Desktop or laptop computer

### REMOTE FILE SHARE

When you send your workers home, they must be able to share, collaborate on, and store files in the Cloud. The most popular cloud file storage providers are:

- Microsoft Teams – Microsoft is offering Teams for free for 6 months if you go through a certified partner
- Microsoft Office 365 - OneDrive
- Google G-Suite - Google Drive

### HOW FAST CAN YOU MAKE THE PIVOT?

Almost every provider is offering some sort of free trial in order to soften the financial out flow to set up their services. Please take advantage of these rare offerings.

If you'd like assistance in putting a work-at-home technology plan in place, contact us, and we'll get you in touch with our trusted advisors.

**Broadband, Wireless, Cloud, Cyber Security and Voice Experts**

Randy Fine  
Fine Telecommunications, Inc.  
2278 Newport Blvd.  
Costa Mesa, Ca. 92627  
randy@finetele.com  
www.finetele.com  
800-891-8679 x3



## Curbside Take-Out (Long Beach) Prix-Fixe 3 Course Menu \$45

See complete menu for course options

Order online for pick up or delivery at

<https://www.michaelsonnaples.com/online-ordering/michaels-on-naples/menu>

POLLO ALLA PARMIGIANA  
BISTECCA

LASAGNA FAMILY PACK – For 2, 4 or 6 People, with Salad and Dessert



Dear Friends,

We are excited to announce that our **Kitchen and Market will open, Tuesday, April 7th at 8am**. Online ordering of our Pantry, Market, Kitchen, and Cellar will be here soon.

<https://maisondanapoint.com/>

Thank you so much for your continued support. We look forward to providing you and your family with excellent food and delicious wine.

Stay Healthy,  
*Chef Danielle*

34320 Pacific Coast Highway; **Dana Point**, CA 92629 (949) 218-8431



**Parallel Pizzeria** - Chef Ryan Adams

To Go, Pick Up & Delivery orders

34255 Pacific Coast Hwy, **Dana Point**, CA 92629

949-536-7590

<http://parallelpizzeria.com/menu/>



**Buttermilk Fried Chicken** - Chef Ryan Adams (**Orange**)

To Go, Pick Up & Delivery orders <https://www.buttermilkkfc.com/>

We use quality ingredients in small-batch preparation with steady hands and a bit of love. We are committed to locally sourcing high quality, all-natural, free-range chicken.

## **Warning Signs of Human Trafficking** - You may save a life if you observe "behavior warning signs!"

Human trafficking is often a crime that is hidden in plain sight and very active here in Orange County. It is important to be aware of its warning signs. Some indications that a person may be a victim of human trafficking include (especially in the case of women and children):

Appearing malnourished  
Showing signs of physical injuries and abuse  
Avoiding eye contact, social interaction, and authority figures/law enforcement  
Seeming to adhere to scripted or rehearsed responses in social interaction  
Lacking official identification documents  
Appearing destitute/lacking personal possessions  
Working excessively long hours  
Living at place of employment  
Checking into hotels/motels with older males, and referring to those males as boyfriend or "daddy," often street slang for pimp  
Poor physical or mental health  
Tattoos/ branding on the neck and/or lower back  
Untreated sexually transmitted diseases  
Small children serving in a family restaurant  
Security measures that appear to keep people inside an establishment - barbed wire inside a fence, bars covering insides of windows  
Not allowing people to go into public alone, or speak for themselves

These warning signs are adapted from information provided by the Polaris Project and its National Human Trafficking Resource Center and Innocents at Risk.

## *Reverse***MAX** SENIOR FINANCING

Phone: (949) 929-5492  
mel.reverse@gmail.com

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Reverse Mortgage Specialist  
NMLS# 238763



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- *No mortgage payments for as long as you live in your home.*
- *Tax free monthly income is one of many options.*

**Call for hassle free information with  
no pressure or obligation.**





Costa Mesa - Chef Mark McDonald

## Heat & Serve Meals To-Go!

### Half Dozen Old Vine Cinnamon Rolls

Fresh-Baked & Frosted – Serves 6

**\$25**

### Chile Verde Quiche & Old Vine Potatoes

Whole Quiche & Potatoes – Serves 6

**\$65**

### Jumbo Meatballs, Tomato Ragu – Fresh Sun-Dried Tomato Mozzarella Bread

6 House-Made Meatballs – 6 Portions Fresh-Baked Bread – Serves 6

**\$70**

### Old Vine Lasagna & Fresh-Baked Focaccia

Half Tray House-Made Wild Mushroom Lasagna & Fresh-Baked Focaccia – Serves 6

**\$75**

### Organic Chicken & Vegetable Soup & Fresh-Baked Buttermilk Biscuits

6 Pints Chicken Vegetable Soup – 6 Biscuits – House-Made Strawberry Marmalade

**\$75**

**All orders must be placed one day in advance for curbside pickup.**

**Pick-ups may be scheduled between 11am and 8pm**

**Call 714-545-1411 or email: [oldvinecafe@yahoo.com](mailto:oldvinecafe@yahoo.com)**



**The Blind Pig – Rancho Santa Margarita & Yorba Linda**

**To-go food and drink menu available from 3pm-7pm Tuesday-Thursday and 3pm-8:30 pm Friday and Saturday for pick up or delivery.**

Menu available at both locations and changes weekly!

<https://www.theblindpigoc.com/rancho-santa-margarita>

**Steak Dinner Meals, DIY Burger kits, Shrimp Chow Mein, Braised Pork Shoulder, and To-Go Booze.**

Thank you for your support of us and other small businesses during these times of uncertainty. Stay safe and dine with us in the comfort of your own home! Buy for tonight or stock up for the weekend!

#### Locations:

**Rancho Santa Margarita** 31431 Santa Margarita Pkwy Rancho Santa Margarita (949) 888-0072

**Yorba Linda** 4975 Lakeview Ave, Yorba Linda (714) 485-259

## [Taking Care of Your Emotional Well Being](#)

**By Gene Glatter**

**March 23, 2020**

### **Set Boundaries**

Don't overload on the news. Find out what you need to know to take the best care of yourself and your family. Then, abstain from getting sucked into news overload. On a related note, don't allow others to pour too much negativity or fear on you. It's ok to express some of this, but when you start to have the experience that you are a container for someone else's fear, put a boundary in place. Fear and negativity are as contagious as the coronavirus.

### **Create Meaningful People Connections**

The mandate for social distancing limits access to the people we enjoy being with. There is, however, a way around this limitation. I call that the phone (or Skype, or Facetime). It is essential that you make heartfelt, live connections (by phone or Skype) a part of your daily self care. While texts and emails are better than nothing, they don't provide the same benefit to the sender or receiver. And so far, hugging your animals is fine. Hug your pets a lot. It's a win win.

### **Establish a Daily Routine**

It's really easy to get sloppy and lazy when there is no required structure in the day. A lack of routine can be a breeding ground for fear and depression. To prevent this, create structure in your day. This includes sleep, working time from your home office, exercise and meals. Make your bed. Get dressed for the day. Ideally, all of these things take place close to the same time every day. Your routine can include a small slice of news, time with your children, and anything else that you feel would be supportive to your emotional well being.

### **Take Seriously Good Care of Your Body**

Move it. Take walks. Get outside (and into nature, if possible). Use your inside exercise equipment. Eat healthy food. Get enough sleep (9 hours is now being recommended for high stress periods). Drink water. Keep your body really clean – especially your hands.

### **Connect to the Spiritual Grid**

For those of you who are so inclined, this is a great time to strengthen your spiritual connection. Meditate, pray, practice affirmations and/or visualize positive outcomes. Practice gratitude (for food, nature, family, your health, water, electricity, whatever). Do whatever you prefer, if it helps you to be strong and maintain a sense of calm. Within this same category, I would suggest that you be present. We don't know what the future will hold. When you find yourself projecting into the future and imagining worst case scenarios, breathe and return to the present moment. In doing so, fear will dissipate. (Hint: animals live in the present moment. Spend more time with them.)

### **Create Quality Entertainment Time**

You actually have the time to watch good movies or read those good books that have been collecting dust on your bookshelf. If you don't have Amazon Prime or Netflix, get it now. There are wonderful, interesting, fun things to watch on TV. Stay away from anxiety-provoking fiction or nonfiction.

### **Do Something Productive**

You know that closet or garage you haven't cleaned out in years, that deck that needs repair or those plants that need repotting? There was never a better time to tackle these kinds of projects. Being productive creates a positive state of mind.

### **Be Kind to Yourself – and Others**

Pay attention to your self talk. Your thoughts can be a powerful ally or a derailing critic. You don't have to believe everything your mind tells you. It's just a thought passing through the thought making machine. Pick another one if you don't like the one showing up. This is really the time to be your own best friend. If you slip up, no big deal. Give yourself a break. You are only human – like the rest of us. And also, be compassionate and forgiving of others. They, too, are trying their best to deal with today's world.

(Contributed by Jon Giberson)

# THE RANCH

— RESTAURANT & SALOON —

## CURBSIDE PICK-UP MENU

Curbside Pick-Up is available from 12:00pm - 7:00pm daily.

Please call 714.817.4200 to place your order.

for complete pick up menu go to **link**

<https://www.theranch.com/restaurant/menu.aspx>

*A few sample main dishes.*

## STEAK, CHICKEN, & FISH

### FLAT IRON

8 oz. Prime Flat Iron with Baby Dutch Potatoes, House-Made Pancetta, Saint Agur Blue Cheese & Wild Arugula

28

### SKUNA BAY SALMON

Soba Noodles with Snow Peas, Heirloom Baby Carrots & Shiitake Mushroom Dashi

25

### MAPLEWOOD SMOKED PASTUREBIRD CHICKEN

Half-Chicken with Jalapeño-Cheddar Focaccia Panzanella & THE RANCH BBQ Sauce

22



Prepared food to go

190 S Glassell St, Orange, CA

Open 11:00 AM - 7:30 PM

See complete menu at <https://www.toasttab.com/haven-craft-kitchen-bar-190-s-glassell-st/v3>

**House Made Pasta Marinara**

**Lemon & Herb Jidori Chicken Breast**

**Marinated Flat Iron**

**California Burger**

**Maple Roasted Brussels Sprouts**



# Roosters Socials - we're Distancing! 🙄

Fellow Roosters,

Due to the COVID-19 virus, the Rooster's Socials will be postponed till further notice. While you are all social distancing, if you come up with some ideas, or want to host at your home (When this is over obviously), please let me know. Once all of us Roosters are able to get out of our cages, we will have one great social! Chris and I wish for everyone to stay healthy while we all go through this challenging time.



Doug Wilson, Social Chair: 949-394-8179 [doug@houseofsoundandvideo.com](mailto:doug@houseofsoundandvideo.com)

Please check your emails for the "EVITE" providing details on the socials scheduled for each month.

**A few memories of more "normal" times...**



**TRUST PROPERTIES USA**  
PROBATE & TRUST REAL ESTATE

## OUR PROVEN 3-STEP "FIX & SELL STRATEGY"



### Property Security:

Negotiate and manage the eviction processes  
Re-key and secure the home



### Personal Property & Maintenance:

Handle the sale, donation or disposal of all personal property  
Maintain the property including pool services and landscaping



### Renovation:

We pay all upfront costs  
Coordination and supervision of all work with licensed, bonded and insured contractors



With **zero upfront cost** to the family!

- ♦ Well put up the money
- ♦ No interest
- ♦ No points
- ♦ No liens



**JASON SALATA**  
ORANGE COUNTY MANAGING DIRECTOR  
[Jason@TrustPropertiesUSA.com](mailto:Jason@TrustPropertiesUSA.com) | 949.423.6280



Give us a call or send us an email to place your order!

Contact Brittany @ 949.294.7744 | [Brittany@PregoRistoranti.com](mailto:Brittany@PregoRistoranti.com)

## Take Out Menu

### Choice of Pasta, Sauce, and Protein

Single Order \$10 | Family Style (serving 5-7 guests) \$54

#### Pasta:

- Penne
- Farfalle
- Conchiglie
- Rigatoni
- Fusilli
- Linguini
- Spaghetti
- Gluten Free

#### Sauce:

- Bolognese
- Alfredo
- Fresh tomato, garlic, and olive oil
- Pesto
- Marinara
- Arrabiata
- Creamy Vodka

#### Protein:

- Meatballs
- Chicken
- Sausage
- Mixed Vegetables

### Tray Options – Serving 5-7 Guests

**Lasagna** | House-made beef ragout, béchamel, imported Italian mozzarella, baked, served over fresh marinara \$49

**Meatballs** | Topped with choice of marinara or creamy vodka sauce \$25

**Chicken** | Served with mashed potatoes & sautéed spinach | Choice of: Marsala, Piccata, Scaloppini, Lemon & White Wine, Parmesan \$55

**Salmon** | Served with mashed potatoes & sautéed spinach | Choice of: Pesto & Mustard, Fresh Tomato & Garlic, Lemon & Herbs \$55

**Filet Mignon & Ribeye** Available to Order with 24 Hour Notice

*All orders come with bread and marinara dipping sauce*

### Bake at Home Pizza Kits

**Margherita** | Fresh tomato sauce, mozzarella, basil, oregano \$10

**Four Seasons** | Fresh tomato sauce, mozzarella, grilled eggplant, mushrooms, artichokes \$12

**Portobello** | Cherry tomatoes, onions, goat cheese, mozzarella, arugula \$13

**Mad Pig** | Fresh tomato sauce, mozzarella, feta, ground sausage, salami, pepperoni, ham \$14



# Save BIG on your Mortgage Loan!

**Dan Stone, your trusted Rooster member and friend, finds you the BEST LOAN PROGRAM & LOWEST RATE... and HE PROVES IT!**

I was refinancing with a lender at a good rate. But Dan found a lender at 1% lower, saving me \$158/month. If you know anyone needing a loan, you need to call Dan. - Paul Robidoux

I've never processed a loan this fast! You matched up our needs to the correct bank and this resulted in paying off three loans and saving us \$670 per month or \$8,040 per year at a Low Rate of 4%! - Cheryl & Steve Gough

Dan saves you time & money on **ALL TYPES OF LOANS!**

- **PURCHASE**
- **REFINANCE**
- **REFINANCE CASH-OUT**
- **2nd LOANS, FIXED & HELOC**
- **MOBILE HOME**
- **FOREIGN NATIONAL**
- **HARD MONEY**
- **CONSTRUCTION TO PERM**

Want to help a friend or family member **SAVE \$25-100,000?**

Call Dan to find out how he is saving so much money on mortgage loans versus other lenders.

You can trust The Mortgage Fee Coach. Call Dan now at **949-484-6322**

**ALL 5-STAR ONLINE REVIEWS!**



**THE MORTGAGE  
FEE COACH**

NMLS #856820 / CA BRE # 01076946

Trusted by borrowers. Call Now 949-484-6322  
For more info visit [www.mortgagefeecoach.com](http://www.mortgagefeecoach.com)

**DAN STONE**  
President/Loan  
Originator



The Mortgage Fee Coach, Inc. • 15615 Alton Parkway, Suite 450 • Irvine, CA 92618







## **LIMITED DINE AT HOME MENU \$60**

including a starter, entree, side, and dessert!

### **STARTERS**

(CHOICE OF)

- ☐ CRAB CAKES    ☐ BACON STEAK    ☐ BUFFALO MOZZARELLA CAPRESE
- ☐ CAESAR SALAD    ☐ ICEBERG WEDGE SALAD

### **ENTRÉE**

(CHOICE OF)

R   MR   M   MW   W

- ☐ 8 oz FILET MIGNON    ☐ 10 oz RIBEYE CAP
- ☐ MARINATED SKIRT STEAK    ☐ 16oz PORK CHOP
- ☐ 14 oz NEW YORK    ☐ 14oz RIBEYE
- ☐ SCOTTISH SALMON    ☐ PACIFIC SWORDFISH

### **SIDES**

(CHOICE OF)

- ☐ CRISPY BRUSSELS SPROUTS    ☐ CREAMED CORN
- ☐ MAC & CHEESE    ☐ CREAMED SPINACH
- ☐ WILD & FIELD MUSHROOMS    ☐ POTATO AU GRATIN

### **DESSERT**

(CHOICE OF)

- ☐ KEY LIME PIE    ☐ CHEESECAKE

\*See online Menu for additional take out options

<https://www.oldbreachophouse.com/ordering>

Our menu varies daily, based upon product in house.

A la carte menu also available starting at 12:00-8:00!

Cook at home. Uncooked cryo-vac 12oz Bone in Filet \$36, 22 oz Bone in Ribeye \$57  
and bottled wine half off!!

180 S Brea Blvd, Brea CA 92821

**714) 592-3122**

# Chophouse Covid Crisis Menu

180 South Brea Blvd., Brea CA 92821  
(714) 592 3122

## Starters

Hearts of Romaine Salad	
Romaine Lettuce, Garlic Croutons, Parmesan, Anchovy Dressing	\$12
Wedge Salad	
Iceberg Lettuce, Eggs, Red Onion, Tomato, Blue Cheese Dressing	\$13
Caprese Salad	
Vine Ripened Tomatoes, Prosciutto, Buffalo Mozzarella, Basil, Balsamic Reduction	\$15
Bacon Steak	
Maple Bourbon Glaze	\$14
Jumbo Lump Crab Cake	
Remoulade, Tartare Sauce	\$18

## Sandwiches

All sandwiches served with French Fries, Side Caesar Salad, Deviled Egg Potato Salad

Short Rib Grilled Cheese	
Braised Short Rib, Poblano Relish, Gruyere, Cheddar, Spicy Mustard	\$15
Filet Mignon Sandwich	
Filet Mignon, Caramelized Onions, Gruyere Cheese, Beef Jus	\$16
Turkey Melt	
Roasted Mary's Organic Turkey, Jarlsberg, Gruyere, Bacon, Tomato, Chipotle Mayo	\$12
Prime Rib Sandwich	
Horseradish Roasted Prime Rib, Horseradish Cream, Onion Marmalade, Arugula	\$18
OBCH Cheeseburger	
Special Sauce, Cheddar Cheese, Lettuce, Tomato, Onion, Pickles, Brioche Bun	\$19
Patty Melt	
Cheddar Cheese, Caramelized Onions, Spicy Mustard	\$19
Corned Beef Reuben	
Swiss Cheese, 1000 Island, Sauerkraut, Rye Bread	\$15
Egg Sandwich	
Soft Scrambled Eggs, Green Onions, Cheddar Cheese, Caramelized Onions	\$10

Add Bacon Steak \$7, Add Avocado \$3

## Entrees

Short Rib Pasta	
Braised Short Rib, San Marzano Tomatoes, Veal Stock, Onions, Brussel Sprouts	\$19
Brick Grilled Mary's Chicken Marinated Organic Half Chicken, Capers, Shallots	\$24
Scottish Salmon	\$26
8oz Filet Mignon	\$38
12oz Marinated Skirt Steak	\$36
14oz New York Steak	\$36
14oz Ribeye Steak	\$42
18oz Bone in Delmonico	\$65
16oz Pork Chop	\$36
12oz Bone in Filet	\$58
22oz Bone in Ribeye	\$68

## Sides \$9

Grilled Broccolini – roasted garlic, red wine vinaigrette, lemon zest Mac & Cheese - cavatappi, gouda, aged cheddar	
Potato Au Gratin - gouda, cheddar Caramelized Cipollini Onions sherry, veal stock	
Crispy Brussel Sprouts - bacon, shallots, balsamic Creamed Corn – yellow corn, mascarpone cheese Creamed Spinach - parmesan, nutmeg	
Wild & Field Mushrooms - garlic, sherry, herbs	

Roosters of Orange County  
2222 Michelson, Suite 300  
Irvine, CA 92612

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



Editor: Peter Smith  
[peter@avalon-wine.com](mailto:peter@avalon-wine.com)



Rooster of the Year  
Dan Stone

### Roosters Creed

An organization that stands for friendship, fellowship, charity and good times. It stands for busy, worldly men who take the time to give those less fortunate a helping hand. It stands for warmth, strength, and shared laughter.

### Mission Statement

To facilitate and encourage lifelong friendships while performing charitable works on behalf of children in need.

### Mission Statement for the Roosters Foundation of Orange County

To raise necessary funds for disadvantaged and at risk children in the Orange County area and to support public and private programs with necessary services for children in need.

We respectfully request that all Roosters and the friends of Roosters patronize the businesses and establishments that support and foster Roosters charity causes. We are grateful!



**ROOSTERS  
FOUNDATION**  
OF ORANGE COUNTY

## Classifieds and Personals

### Newport Beach Holiday Rental:

50 yards from beach, easy access PCH, shops, restaurants. Totally refurbished, available year-round by week or day.

#### Lower Unit:

3 bed/2 bath, private back garden, 2 car parking

#### Upper Unit:

2 bed, 1 1/2 bath, front and back decks, 2 car parking

Contact Peter Smith  
[peter@avalon-wine.com](mailto:peter@avalon-wine.com)

### For sale:

iWatch Series 4, 44mm (used, but excellent condition)  
\$150.00

Call Jon at 714-345-0714



### Birthdays?

### Anniversaries?

### Marriages?

### Congratulations?

### For sale?

### Need?

### Lost?

### Found?

**This is your FREE  
SPACE for classifieds!**

Exercising Editorial Privilege, snagging a big box!

**Congratulations to Sophie and Kade McCoy**, wedded after much effort and considerable trauma on March 21, 2020. A very special date for this couple, and one that we won't soon forget!

Not as planned, but the most wonderful back-yard wedding you could imagine, albeit with only the regulation 10 people in attendance, but live-streamed to the guests that couldn't be there:

