

Rotary



The Joshua Tree



January 7, 2020

THE HEALING OF HAVENING

Many people deal daily with some sort of anxiety or trauma problems. As we heard from **Bryan C. Dunn**, owner Sage Hypnotherapy and Coaching, those who have suffered a traumatic event, have their brains changed physically, and therefore is impossible to break the cycle. Bryan is part of a small group who are certified Havening experts, which, according to Bryan, is leading the way to breaking the chain of anguish in people's lives.

Bryan, a skeptic by nature, does not follow the latest "be all, end all" fad cures he hears about from time to time. That was how he understood Havening at first. But, hearing new information, he was inspired to delve deeper and was excited to find scientific evidence to back up the results. From that point forward Bryan was on a mission to become

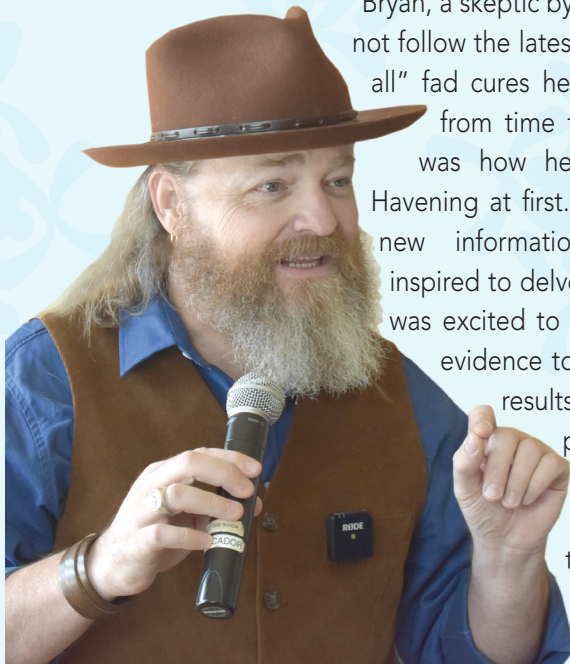
certified and add this technique to his arsenal to meet his clients' needs.

For a traumatic event to lead to a physical change in the brain there must be 4 criteria present. First, there must be an event. Trauma must come from somewhere. Next, the event needs to have meaning to the individual. Thirdly the landscape of the individual's mind must be vulnerable—they must have some other factors that compromise them. And lastly, the event must feel inescapable. When these conditions are met, the cells in emotion centers of the brain attract a specific molecule during the processing of the emotion. Why this is so damaging is because now these cells are always primed for the trauma. Imagine the molecule as a wedge in a door that can never close, unless the wedge is removed. This causes the anxious feelings or trauma to continue for life.

Havening removes that wedge. A touch-based therapy, Havening provides conditions that take that wedge OUT of the door and allow that traumatic event door to close for good. For best results, it is recommended, that a sufferer do sessions with Bryan, but he did show Rotarians in the room how to do some "Self Havening" to help create new, positive brain connections.

The first step is to rub your face from your forehead and down across your cheekbones several times. Then, in almost a self-hugging mode, do an arm rub, from your shoulder down to your elbows, then lift them up and back to the shoulders and down again. The final step is to rub your hands. This process releases Delta waves in your brain that heal while at the same time create NEW brain connections allowing individuals freedom from the suffering.

If you want more information or feel you need to have a Havening session with Bryan, please visit sagehypnotherapy.com or call 760-985-8270.



This Week's Functionaries

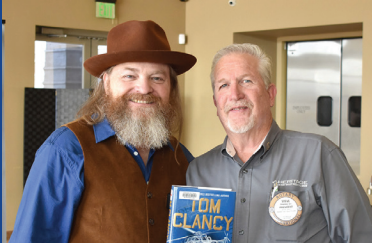
- Invocation: **Chris Ackerman**
- Flag Salute: **Steve Orr**
- 4-Way Test: **Steve Orr**
- Finemaster: **Ryan McEachron**

ORR'S ROARS



I hope everyone enjoyed their time off, but we were right back at it this week and what a way to start the new year, but to have such an engaging and

entertaining speaker as Bryan C. Dunn join us to talk about Havening healing.



Please keep our own Bill Edwards in your prayers as he is recovering from shoulder surgery. The operation was a success, but the recovery will be a long process for Bill.

Coming up next month we will be having our annual Valentine's Dinner on Thursday, February 13th at El Pescador. Also next month, our friends at the Apple Valley Club will be holding a fundraiser, "Booz n' Bingo" on February 29. Visit www.applevalleyrotary.com for more information.

Have a great Rotary week!

www.victorvillerotary.org

Raffle

Ryan McEachron was in charge of reading the raffle tickets, but some whispered "the fix is in" because Ryan himself won most of the prizes! Ryan went home with some VVTA chocolates and Angles Baseball cooler bag from **Kevin Kane**, and a jar of peppermints from **Marilyn Buttlerwerth**. The only gift not grabbed by Ryan was a \$25 Midway gift card from **Jason Montana**, that will be used by **Donna Wells**.



Fine Session

Our first Fine master of the year was **Ryan McEachron** and passed out some \$20 fines to both **Donna Wells** and **John Kroencke** for failing to stand, which is customary, when presented with a new Rotarian. **Pastor Paul Earle** was also hit with a \$20 fine for being on Facebook way too much lately, as was Police Chief **Rick Bessinger**, as a way of wishing him "good luck" in dealing with the upcoming drama of the City Council in this upcoming election cycle.

Red Badge

Although technically a "Stand-in", we have already welcomed **Stefanie Montoya** from Options for Youth, as an active member of our Club. This week she received her red badge from President **Steve Orr**.



**ROTARY
CONNECTS
THE WORLD**

Big Blue Dice



Although Pastor Paul won the opportunity to grab the Blue Dice, he drew white and saved the money for another.

We will continue next week with 13 dice and \$225 for the Rotarian who can pick the Blue Dice out of the bag.

Spoon of Exemption

After a quick auctioning of the Spoon, which was started by **Steve Orr** for \$100, but taken away by **Kirsten Acosta** for \$120, Kirsten spent a few moments sharing about two upcoming big events. In just a few days (or now depending on when you read this) the window to



apply for scholarships will be open to VVC students. If you know of or have someone who is a student at the college, please let them know. Also, in February will their annual Hall of Fame Gala. I'm sure we will find out more nest week!

Rotary Guests

We had no guests this week, but had a couple of Stand-ins in the form of **Stefanie Montoya** for **Brian Gillespie** and **Jason Montana** for **Don Lager**.

New Rotarian



This week, **Stew Anderson** led the proceedings to welcome another new Rotarian into our Club! Along with sponsors **Ryan McEachron** and **Jason Montana** (standing in for **Don Lager**), **Jacob Soares**, President of Victorville Chevrolet Cadillac, was inducted as a member of the Club. Jacob comes to us from Billings, Montana and has lived his life with the motto, "be in the community, and be of service to the community". He is excited to bring his ethics into our Club and make a difference! Welcome Jacob!

The Polio Pig

Collected this week: \$12.00

Polio Pig: \$7.00 + Paul Earle: \$5.00 (Dice): Total: \$12.00

Collected to Date: \$16,972.55

Total equals: 95,056 Doses!

*One dollar equals 2 doses of vaccine!
\$500 pays for a Polio Clinic!*



VICTORVILLE ROTARY CLUB OFFICERS

Board of Directors

President 2019-2020	Steve Orr
Immediate Past President	Margaret Cooker
Treasurer	Donna Wells
Executive Secretary	Margaret Cooker
Publicity/Public Relations	Kevin Kane
Club Service	Bill Edwards
Community Service	Paul Earle
International Service.....	Ben Tafoya
Youth Service/Ryla & TLC	Arsalee Morales
Vocational Service	Dr. Bowtie Brian
Grants/Speech Contests	TBA
Scholarships.....	David North
George Hensel Ethics Essay Contest	Ron Boyd
Membership.....	Don Lager
Billing Officer	Esther Mears

Members-at-Large:

Dwight Johnson • Jon Hove • Rob Kilpatrick

Positions & Committee Chairs

BOD Secretary	Marilyn Buttelwerth
Programs	Mike Page
Public Service.....	Rick Bessinger, Teresa DeAtley & Greg Benson
Sergeant At Arms.....	Arsalee Morales
Dan Stover Music Contest.....	Marie Langley
S.T.A.R. Students	Jim Barnes/Robin Cackler
Fundraising/Flowers and Gifts	Steve Orr
Joshua Tree Editor	Chris Ackerman

The Victorville Rotary Club meets every Tuesday for fellowship at 11:30 a.m. and meeting at 12:00 noon at the Green Tree Golf Course Clubhouse, 14144 Green Tree Blvd., Victorville

Make-up Days and Locations

MONDAY:	San Bernardino East, Imperial Palace, noon
TUESDAY:	Rancho Cucamonga Sunrise, 7:15 a.m. Empire Lakes Golf Course Rancho Cucamonga, 12:00 p.m., Etiwanda Gardens
WEDNESDAY:	High Desert/Hesperia Club meets 7:00 a.m., Denny's, 14165 Main St., Hesperia Adelanto Club meets 2nd Wed. at Chamber Room at Adelanto Stadium at 11:30 a.m., and the 3rd and 4th Wed. at Budweisers, Adelanto Rd, Adelanto at 8am. San Bernardino Crossroads, Hilton, noon, Barstow, Rositas, 540 Main St, 12:00 p.m.
THURSDAY:	Apple Valley, Rusty Bull, AV, 1st, 2nd and 4th Thurs Ontario, 12:15 p.m., Doubletree Hotel San Bernardino, Denny's at I-15, 7 a.m. Redlands, Masonic Temple, noon
FRIDAY:	San Bernardino North, Elks Lodge, 12:05 p.m.

Calendar Dates

May 1-3 Assembly and District Conference 2020:
Assembly May 1, Conference May 1-3
Westin Pasadena
191 N Los Robles Ave., Pasadena, CA 91101
(626) 792-2727

June 6-10 International Convention 2020:
Honolulu, Hawaii
Register through DaCDB

Upcoming Rotary Programs

- Jan 14:** David Cerna COO/Partner of High Desert Creditors, **Topic: "The Regulatory Challenges of Running a Business in California"** (North) STAR Students
- Jan 21:** OPEN
- Jan 28:** OPEN
- Feb 4:** STAR Students
- Feb 11:** **Public Service Awards** (DeAtley) **Ethics Essay Winner** (Boyd)
- Feb 18:** **Dan Stover Music Contest** - Club Level

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