

Be a gift to the world



# THE JOSHUA TREE

January 19, 2016

Rotary  
Club of Victorville, CA



## B.E. F.A.S.T. to Save a Life

Donna Nash, RN, is the Director of Cardiovascular Services at St. Mary Medical Center. St. Mary is a leader in cardiovascular services in the nation, providing comprehensive care through utilizing the best professionals in the industry, their process of healing, top of the line technology and care for the community.

The number one killer in women today is heart disease. 1 in 3 women will suffer from it, due to their body makeup. In both male and females, heart disease is mainly caused by inactivity. In this day and age of people getting most of their entertainment and enjoyment from sitting on their couch, heart issues are becoming more rampant. Other risk factors stem from smoking, elevated cholesterol, hypertension, obesity and diabetes.

The most common cause of hospitalization in the US today is heart failure. Over 5 million Americans suffer from it. It is caused by the heart being damaged and it's inability to efficiently pump out oxygenated blood with each beat. Some reasons for heart failure include Coronary Artery Disease, a previous heart attack, high blood pressure and heart valve disease.

Symptoms of heart disease include shortness of breath, swelling of the feet and legs, lack of energy, difficulty sleeping at night due to breathing problems, a swollen or tender abdomen, loss of appetite, a cough with "frothy" sputum, increased urination at night and confused, impaired memory.

Donna Nash, an experienced RN, encourages all Rotarians to "**B.E. F.A.S.T.**" You can help save a life if you are always on the lookout for people with the following symptoms: **B**alance issues, **E**yes blurry, **F**acial droop, **A**rm,/leg weakness/numbness, **S**peech problems, and **T**ime, call 911 immediately.

Through a variety of cardiac issues such as Vascular Disease, Angioplasty and Stenting, Arrhythmias, Stroke, Pacemakers, Defibrillators, and their **Mended Hearts** program, St. Mary Medical Center, serves its community well.



## This Week's Functionaries

Invocation:	Van Young
Flag Salute:	Ben Tafoya
4-Way Test:	Alicia Anderson
Song:	Al Castellucci



Be a gift to the world



### Tafoya Talk...

This week was another great meeting for our club. I was so pleased to see another full room!

**Michael Page** is calling all Past and Incoming Presidents! On Monday, January 25th at 5:30pm we will be having our Past President's Meeting at El Pescador in the Green Tree Golf Course. If the above criteria fits you, please make plans to attend.

Only 2 games left to decide who will be playing in this year's Super Bowl! **Russ and Gaylynn Stringham** are once again graciously opening their home to Rotarians and guests. Pre-Game fellowship begins at 2:00pm. Their home is located at 16437 Viho Court in Apple Valley. Please sign up with **Margaret Cooker** if you plan to attend and how many guests you will be bringing. Russ and Gaylynn encourage you to bring visitors, so they can experience true Rotary Fellowship.

Now is the time to make your reservations for our Valentine's Dinner on Thursday, February 11th at El Pescador Restaurant at the Green Tree Golf Course. Dinner choices will be Prime Rib or Chicken Cordon Bleu. Fellowship begins at 6:00pm and dinner will be served at 6:30pm. All ladies in attendance will receive a box of Sees Candy! Cost for the event is \$45 per person.

If you would like to purchase some Sees Candy for your Valentine, please contact Margaret as she has order forms with great discounts over regular costs!

### The Polio Pig...

**Collected this week: \$7.41**

**Collected to Date: \$12,895.16**

**Total equals: 87,858 Doses!**

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

### Spoon of Exemption: David North

**David North** shared this week another great organization he is involved in, the Victorville Police and Fire Activities League. The PFAL was established in 2011 to improve life for youth 12- 17 with a structured boxing program. The program provides conditioning, mentoring, leadership and guidance. Part of this program helps with kids struggling with their grades in school with tutoring and assigned programs. The kids are also required to participate in community events such as helping seniors, home projects, safety fairs and community clean up days.



They are always looking for those in the community to assist with funds, projects needed, and troubled kids who need guidance and mentorship. Please contact **David North, Dan Munsey** or **Sam Lucia** for more information.

### Fine Session

**Jim Barnes** was our Fine Master this week went "badge hunting". **Russ Stringham** and **Alicia Anderson** were both fined \$10 for not having their badges, as was **Dan Dever**, but his fine was raised to \$15 for arguing in his defense. Finally **David North** was fined \$10 for speaking way too long with the "Spoon", which is supposed to be 2 minutes in length.

### Ignite Program - December



This week we celebrated Rotarians who were recognized as part of our Ignite Program, earning points for inviting potential members to our meetings. For the month of December, the top three were **Marie Langley** with 5 points, **Pastor Paul Earle** with 10 points (receiving a \$5 Starbucks card),

and the winner for the month was **Chris Ackerman** with a whopping 20 points, and took home a \$25 Costco card!

## Raffle Prizes

**Dr. Hough** came through again this week with a bevy of raffle gifts for Rotarians to enjoy! Candle holders went to **Robin Cackler** and **David North**, Disney Princess jigsaw puzzles went to **Dwight Johnson** and **Gary Adams**, a set of fondue forks were given to **Alicia Anderson**, a pack of clips were won by **Caroll Yule** and finally from **Dr. Hough**, a lanyard necklace was received by **Chris Ackerman**.

**David North** gave away a pair of 2016 calendars from DCB that went to **Caroll Yule** and **Gary Adams**, who also won a DCB journal as well!

The raffle gifts did not end there! A copy of "The Transparent Leader" from **Dwight Johnson** was won by **Ralph Fernandez**, a \$25 gift card from Midway Home Solutions will be enjoyed by **Robin Cackler** and a Hersey's chocolate S'Mores kit from **Kevin Kane** was won by **Chris Ackerman**.

Rumor has it that after the meeting Dwight and Gary stayed behind to work on their princess jigsaw puzzles...

## Lucky Blue Dice



**President Ben Tafoya** was the Rotarian with the lucky ticket this week to draw for the blue dice, but he drew a \$5 winning white one instead.

**6 Dice** remain and **\$425** ready for one lucky Rotarian at next week's meeting.

## Facilitators Needed

Rotarians work tirelessly to provide an amazing experience to 324 eleventh grade students, and every year there is a challenge to find other Rotarians to join us as engaged Facilitators. This is one of the biggest investments we make as a District, to provide a once in a lifetime leadership and team building opportunity to future leaders not only of America but of Rotary.

Will you please attend Facilitator Training this year and consider spending the weekend of April 17-19 at Thousand Pines Camp in the Crestline area. Contact **Teressa Coomes** for more information.

## Rotary Guests

This week we had some great guests in the form of **Jeff Leach**, who was a guest of **Pastor Paul Earle**, **Shannon Hill** from St. Mary Medical Center and **Eugene Everage**, with **Dr. Hough**.

Our Stand-in's this week were **Robin Cackler** for **Pastor Paul Earle**, **Cathy Caruso** for **Mary Hennessy**, **Ralph Fernandez** for **Don Lager** and **Violette Roberts** for **Eldon Heaston**.

## Paul Harris Fellow



This week we honored with three Paul Harris Fellow recipients in the form of **Eugene Everage** and posthumously, the parents of **Dr. Hough**.

Rotarians often designate a Paul Harris Fellow as a tribute to person who's life demonstrates a shared purpose with the objectives of The Rotary Foundation. This week we had the pleasure of recognizing **Eugene Everage**, the husband of **Dr. Hough** and her parents as they officially became a Paul Harris Fellow.

The presentation of a Paul Harris Fellow recognition is the Rotary Foundation's way of expressing its appreciation for a substantial contribution to its humanitarian and educational programs. It is because of gifts like the ones made in their honor that The Rotary Foundation is able to carry out its mission to achieve beneficial changes in our world.



## VICTORVILLE ROTARY CLUB OFFICERS

### Board of Directors

President .....	Ben Tafoya
Immediate Past President .....	Steve Murray
Treasurer .....	Donna Wells
Executive Secretary/Foundation .....	Margaret Cooker
Incoming President/Membership .....	Dwight Johnson
Publicity/Public Relations .....	Kevin Kane
Club Service & President 2016-17 .....	Dan Munsey
Community Service .....	Brad Letner
Youth Service/Scholarships .....	Ginger Ontiveros
Vocational Service .....	Jim Barnes
International .....	Dan Dever

### Members-at-Large:

Rob Kilpatrick • Mark Taylor • Russ Stringham

### Positions & Committee Chairs 2014-2015

BOD Secretary .....	Marilyn Buttlerwerth
Sergeant At Arms.....	Gary Adams
SongMaster .....	Al Castellucci
Programs .....	Mike Page
Wine, Jazz & More .....	Dan Munsey
Cards and Calls .....	Pam Murray
Newsletter .....	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

<b>MONDAY:</b>	San Bernardino East, Imperial Palace, noon
<b>TUESDAY:</b>	Rancho Cucamonga Sunrise, 7:15 a.m. Empire Lakes Golf Course Rancho Cucamonga, 12:00 p.m., Etiwanda Gardens Hesperia, 7:00 a.m., Denny's, 14165 Main St.
<b>WEDNESDAY:</b>	Adelanto Club meets 2nd Wed. at Chamber Room at Maverick Stadium at 11:30 a.m., and the 3rd and 4th Wed. at Astro's Burgers, 11619 Rancho Rd, Adelanto at 8am. San Bernardino Crossroads, Hilton, noon, Barstow, Quigley's Outlet Center, Lenwood, noon University Prep, 13853 Seneca Rd, 2:00 p.m.
<b>THURSDAY:</b>	Apple Valley, Apple Valley Country Club, noon Ontario, 12:15 p.m., Doubletree Hotel San Bernardino, Denny's at I-15, 7 a.m. Redlands, Masonic Temple, noon High Desert, Mimi's Cafe, Victorville, 7 a.m.
<b>FRIDAY:</b>	San Bernardino North, Elks Lodge, 12:05 p.m.

## CALENDAR DATES

- Jan 25: Past President's Meeting**  
5:30pm  
Green Tree Clubhouse / El Pescador
- Feb. 7: Super Bowl Party**  
Pre-Game at 2:30pm  
Home of Russ & Gaylynn Stringham  
16437 Viho Court, Apple Valley, CA  
Free Event
- Feb 8: Board Meeting**  
DCB Board Room • Hesperia & Silica Road  
5:00pm Fellowship • 5:30pm called to order  
if quorum present
- Feb. 11: Valentine's Dinner**  
Fellowship: 6:00pm • Dinner: 6:30pm  
El Pescador Restaurant • \$45 per person  
Prime Rib or Chicken Cordon Bleu

## Upcoming Rotary Programs

- Jan 26: Public Service Awards** (Coomes)  
Career Exploration Pairing with Rotarians
- Feb 2:** Dan Munsey, Fire Chief City of Victorville and Dana Welbourn, Emergency Manager, City of Victorville **TOPIC: "What exactly is this 'El Niño' Anyway? - The Science and How to Prepare Your Home and Business"** (Page)

### Design & Layout By



### Printing By



The Joshua Tree is a Weekly Publication of the Rotary Club of Victorville  
P.O. Box 734 • Victorville, CA 92393 • [www.victorvillerotary.org](http://www.victorvillerotary.org)

If you are not receiving your newsletter, please contact Editor Chris Ackerman at [chris@signifydesigns.com](mailto:chris@signifydesigns.com) or 760-559-1686 to be added to the e-mail or mailing list.