



The Weekly Publication of the Rotary Club of Victorville

March 27, 2012

## HOW GOOD QUALITY SLEEP RELATES TO GOOD HEALTH

Do you have headaches in the morning, or high blood pressure? Do you have sleep “attacks” during the day even if you try to stay awake? Do you have lower energy than expected or fall asleep during social occasions? These are all indicators of sleep disorders, and there is help available. Rotary guest speaker Traci Marin enlightened a full crowd on the topic of good quality sleep. She is Victor Valley College’s Program Director of Respiratory Therapy. Her Power Point presentation was interesting, and kept *most* Victorville Rotarians wide awake.

Adults require an average of 8.5 hours of sleep each night, but about half of Americans have interrupted sleep due to “disturbances”, such as snoring. Snoring, we discovered, causes depression, memory problems, metabolic disturbances and cardiovascular disorders!

When we sleep, our body rests and restores its energy levels. Sleep is an active state that affects both our physical and mental well-being. A good night’s sleep is often the best way to help us cope with stress, solve problems, or recover from illness.

“The prevalence of preventable and treatable disorders are increasing, even in our children! There is significant evidence to support the notion that simple lifestyle modifications can change this trend!” For more information, contact Traci at 760-887-2294.




Traci Marin and Ginger Ontiveros  
Victor Valley College

If you are interested in a sleep assessment, you can be treated effectively, even in your own home! Contact Traci Marin at 760-887-2294, or e-mail: [tranquilityhealth@gmail.com](mailto:tranquilityhealth@gmail.com).

Also, check out the website at:

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



*Thank you to today’s Functionaries*

<b>Invocation:</b>	Mark Sawyer
<b>Flag Salute:</b>	Garrett North
<b>4-Way Test:</b>	Freddie Castro
<b>Song:</b>	Marie Langley



S.T.A.R. Award recipients this month represented Mojave Vista, Riverside Prep, and Victor Valley Christian Schools. Students are recognized for a significant improvement in their G.P.A., attitude, or attendance.

**PLEASE JOIN US EVERY TUESDAY FOR FELLOWSHIP AT 11:30 A.M. BEFORE OUR MEETING IS CALLED TO ORDER AT NOON.**

## ★ SPECIAL GUESTS ★



Brentwood Elementary School's 2nd and 3rd grade "Junior Rotarians" visited this week and were mentored by several of our Rotarian professionals. Thanks to David North, Jim Barnes, Alicia Anderson, Teressa DeAtley, Marie Langley, and Ron Boyd for participating!

## THIS WEEK'S GUESTS



Welcome to our S.T.A.R. students, Nicholas Garcia, Freddie Castro, and Tyler Casino, and their parents and school staff who came to support them. Welcome also to: Mike Buckhave of Oro Grande (Andreasen); Garrett North, David's son, Dr. Bryan Genel, Spinal Surgeon (Stanton); Hendon Harris, President of the Boys and Girls Club of Victor Valley (Sawyer), and Gary Dobney's wife, Evie. Welcome, all!

### Check it out...

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Go to Facebook.com. In search bar type in:  
Rotary Club of Victorville.

**SPOON OF  
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Spoonholder Kirk Riding gave away yet another useful item to Rotarians this week... a letter opener. Kirk does financial planning and appreciates the month he spent advertising Capstone Consultant Group.

Kirk relinquished the "Spoon" to Matt Drake for some healthy auction bids between Jim Barnes and Reverend Paul Earle. Jim earned his place in heaven by allowing the winning bid of \$100 to go to Reverend Earle.



## WHAT'S IN MARGARET'S CAN??

**Collected this week: \$13.25**

**Collected to Date: \$8,541.30**

**Total equals: 78,151 Doses!**

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

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



### WHAT'S THE FREE GUEST PASS?

Simple...

- ✓ Bring in a prospective member and give them a membership packet ... get a card.
- ✓ When the guest brings a completed packet... get a card.
- ✓ Upon induction of the "qualified" guest... get a card.

At the end of each quarter, members holding cards for qualified new members will be playing poker.

At the end of the year, the member who brought in the most qualified new members will receive \$300, to be used toward dues, Paul Harris, etc.



### LUCKY ORANGE MARBLE

Don Lager won **BIG** this week...  
\$400!! Great going, Don!!

**Next week: \$200 / 12 marbles**



## Notes from Charles

Charles shared some fascinating facts: Today, March 27th, is “Joe” Day. We also celebrated “Peanut Month” during March! Thanks for the trivia, Charles!

Charles’ Happy Birthdays this week were announced by Matt Drake. They were: **Jim Barnes, Steve Murray, Todd Sturges, and Christine Greiner.**

Charles, or was it Matt?... reminds everyone to try to attend the District Assembly April 14th. It’s FREE... the Club pays your registration! Afterward, attend the Friendship Dinner at the Rotary Gardens (Apple Valley Chamber of Commerce). See below for info, or visit the District web site: [www.district5300.org](http://www.district5300.org)

**Past Presidents Meeting**



**April 5th**  
**5:30 p.m.**

**Green Tree Clubhouse**


District 5300 Rotary International

# District Assembly

**Sat. April 14, 2012**  
9am Registration  
10am—2pm Program

Victor Valley College  
18422 Bear Valley Rd. \* Victorville, CA

*Special Entertainment by the  
Victor Valley College Singers!*



**We are the World**

**WHO should attend:** Club leaders, new members, committee members and anyone interested in learning more about Rotary.

**WHAT we will learn:** Sessions on secretary and treasurer duties, membership, public relations, foundation and more.

**COST:** Each club is assessed \$300 and can send an unlimited number of members. For registration info see the District Assembly page at [www.District5300.org](http://www.District5300.org).

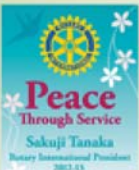
**Friendship Dinner**  
Immediately following District Assembly

**At the Rotary Gardens at the Apple Valley Chamber of Commerce**  
16010 Apple Valley Road, AV, 92307

Enjoy an international dinner sponsored by the Rotary Club of Claremont. Enjoy Chinese, Italian, Indian and Mediterranean foods in a beautiful, casual setting.

**Dr. Sylvia Whitlock**  
District Governor 2012—13

[www.District5300.org](http://www.District5300.org)  
[office@district5300.org](mailto:office@district5300.org)



## FINE & RAFFLE SESSION:



**Matt Drake** reigned this week as Fine-master, Spoon Auctioneer, and Raffle-Master. After some friendly remarks to his son’s Principal Byrd (and some sucking up, too), **Matt** auctioned off the Spoon. He also took the opportunity once again to plead his case for saving the “hammers”. ([savethehammers.com](http://savethehammers.com))



Thank you, Rotarians, for the great Raffle prizes! **Apple Valley Transfer & Storage’s** Atlas Van Line Model was won by **Mark Sawyer’s** guest, who also took home the **D.C.B. Zagat’s Restaurant Guide**. **Dr. Ron Boyd** donated Lotto Tickets, won by **Luis Frisby, Teresa DeAtley, and Alicia Anderson**. Thank you, **Ron!** **Hough’s** Book on “Teaching Using Tools Kids Use” was won by **Marie Langley**, and **Alicia Anderson** took home a Book donated by new member **Sandra Luna** (LegalShield), “The Business of the 21st Century”.

Some fines levied today went to **Dr. Stanton** (... wait a minute... didn’t **Matt** state last year that **Dr. Stanton** was “fine free for life” for his lifesaving abilities???) Well, maybe we can scratch that fine, huh, **Matt?** **J.C. Penney’s** “fair and honest” advertising campaign netted **Matt Metzen** a \$10 fine, and **Margaret Peterson** was hit for \$20 for the newspaper article on the new hospital wing.

**Jim Barnes** was hoping to be fine free next month with the “Spoon”, but that didn’t happen, so **Matt** allowed a brief advertisement, fine free, for B&B Clycle’s 40th year anniversary in May (more will be forthcoming from **Jim**).

Out of eight marbles, **Don Lager** pulled the lucky orange marble, and went home \$400 richer! Congrats, **Don!**

## DISTRICT 5300 2012 CONFERENCE

May 31-June June 3, 2012

Lake Arrowhead, CA  
Limited rooms available...

Book now! Phone:  
866-906-4096



Only \$199 for a package with all the meals, plus ala carte prices for each meal on its own! Details available on the Registration Page on the District web site: <http://www.district5300.org>

## VICTORVILLE ROTARY CLUB OFFICERS

President .....	Charles Gehrke
Treasurer .....	David North
Executive Secretary .....	Margaret Cooker
Club Service .....	Dr. A. L. Hough-Everage
Community Service .....	David Leicht
Youth Service .....	Rob Kilpatrick
Vocational .....	Bob Basen
International .....	Ben Tafoya
Foundation .....	Margaret Cooker
Recording Secretary .....	Marilyn Buttlerwerth
Sergeant At Arms.....	Gary Adams

### Members-at-Large:

Dan Dever • Dwight Johnson • Steve Murray • Robert Lovingood • Ginger Ontiveros

Past President (2010-11) .....	Teressa DeAtley
Incoming President (2012-13 ) .....	Russ Stringham
President-Elect (2013-14) .....	Dr. A. L. Hough-Everage
President-Elect-Elect (2014-15) .....	Steve Murray

### Current Chair Persons:

New Generations.....	Rob Kilpatrick
Membership .....	Russ Stringham
SongMaster .....	Al Castellucci
Scholarships .....	Ginger Ontiveros
Publicity/Public Relations .....	Charles Gehrke
Cards and Calls .....	Gaylynn Stringham
Programs .....	Mike Page
Club Activities .....	Dan Dever
Newsletter .....	Mary Teran

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., Dennies, 14165 Main St.
<b>WEDNESDAY:</b>	San Bernardino Crossroads, Hilton, noon Barstow, Quigley's Outlet Center, Lenwood, noon University Prep, 7th and Forrester, 2:00 p.m. High Desert, 6:00 P.M. - Los Domingo's Rest., 6:00 p.m. 17790- Hwy. #18, Apple Valley
<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 Victor Valley Sunrise, Coco's, Victorville, 7 a.m.
<b>FRIDAY:</b>	San Bernardino North, Elks Lodge, 12:05 p.m.



## Important Dates

### Mark your Calendar!

**Apr. 5th: Past President's Dinner** - 6:00 p.m.  
Green Tree Golf Course Clubhouse.

**April 14th: District Assembly** - Victor Valley College. 8:30 - noon

**May 12: Immunization Clinic** - Hesperia  
Azusa Pacific - 15283 Pahute  
(between Cottonwood and Locust)  
Volunteers needed.

**June 18: Rotary Golf Tournament - SVL CC**  
**Sponsors needed!**

**IF YOU ARE NOT RECEIVING YOUR JOSHUA TREE VIA EMAIL, PLEASE CONTACT MARY TERAN TO GET ADDED TO THE EMAIL DISTRIBUTION**

## UPCOMING ROTARY PROGRAMS

- April 3: Robert Lovingood** - Topic: "Job Creation in the Victor Valley"
- April 10: Jr. High School 4-Way Speech Contest** (Sawyer/Mark)
- April 17: St. Mary Regional Medical Center - New Oasis Campus** - CEO Alan Garret (Page)
- April 24: Larry Reese, Director** - Mohave Historical Society. Topic: "The Gold Fields to the Cement Industry" - Early development of the business community in Victor Valley from 1849 to 1920 (Ontiveros)

*Newsletter Printing Courtesy of*



# The Joshua Tree

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