



**ROTARY
SERVING
HUMANITY**

THE **JOSHUA TREE**

JUNE 13, 2017

Healthier Eating for a Healthier Lifestyle

No sugar, skipping meals, or the saying that if it looks good, smells good or tastes good, then you cannot eat it; this is how most people think are the ways to lose weight. Not so according to **April Vincent**, a registered Dietitian and Diabetes Educator with St. Joseph Health/St. Mary. You can continue eating foods you love, but in some cases, you need much smaller portions and only from time to time, not daily. Small changes will make a big difference.

As Americans we tend to eat too many Carbs, but in

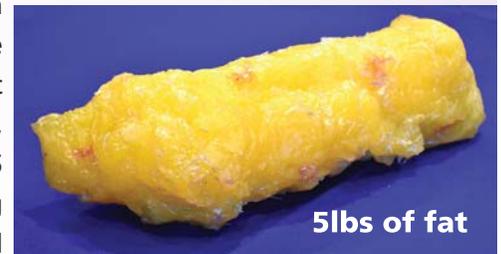


actuality, Carbs are good for you if taken in the correct amounts. Men should have a maximum of 60 grams per meal and 45 grams per meal for women.

The same is true for fats. Healthy fats are good for the heart, found in such foods as olive oil, avocados and seeds. Saturated and trans fats are the kind that are bad for you. These fats are found in

fried foods, bacon, butter, cream cheese, you get the picture. In fact, saturated fats are the main cause for high cholesterol.

So what does a healthy diet look like? We are taught to eat three meals a day, but in fact we should be eating at regular intervals, about every 4 - 5 hours. One thing your mom did teach you correctly



5lbs of fat

was that breakfast is truly the most important meal of the day. It gives you the energy and the nutrients after you have not eaten for the past 8 hours. You should also limit the high sugar, high calorie beverages. Finally, studies show that a family that eats together at the table with the TV turned off, has an added benefit to a healthy diet.

An unhealthy diet on the other hand consists of a soda at most meals, eating mostly white breads instead of whole grain breads, large portions of red meats which contain saturated fats, and multiple trips through the drive-thru, none of which are doing your body any good.

When you look down at your plate you should have about 3oz of lean meats (chicken, fish or turkey), 1/2 cup of starches (corn peas, potatoes, pasta, rice, beans, breads, tortillas or cereal), and as much non-starchy vegetables as you'd like (broccoli, lettuce, tomato, carrots, green beans, cabbage, celery, asparagus, cauliflower, zucchini, etc.). Sweets such as cakes, pies and fast food outings should be occasional treats, not an everyday food item. Looking at this does seem like a lot less food that we are normally used to, so on your next shopping trip, when you are buying these healthier foods, for a healthier lifestyle, make sure you buy some smaller paper plates, it will make everything balance out.

This Week's Functionaries

- | | |
|---------------------|-----------------------|
| Invocation: | Van Young |
| Flag Salute: | Jon Schuler |
| 4-Way Test: | Jim Mettler |
| Song: | Al Castellucci |
| Finemaster: | Kevin Kane |

ROTARY SERVING HUMANITY



Letner's Letter

Dear Rotarians,

I enjoyed my first opportunity to "preside" over one of our meetings. I truly appreciated your support and patience. I also appreciated our speaker, **April Vincent**, from St. Joseph Health / St. Mary. Her nutrition advice and information was a great presentation.

But most of all, I appreciate all of YOU. Being a Rotarian is far more than being in a "club" or just donating money to worthy causes. A famous saying goes "It doesn't matter what you say is important – show me your calendar and your checkbook and those will define what's really important to you." Rotary takes an investment of both time and money – but the return is in matters of true importance – both locally and around the world.

If you attended the Baby expo at the Fairgrounds on June 10th, you may have seen **Colleen Calderon** who had our Read B4K Booth at the event. It was a great success and parents were excited about the program, and are hoping it can expand into other communities. If you'd like to make a difference and donate to this great cause, please contact me.

This Year's Wine Jazz and More will be held on September 30th. **Rosanne Weathers** is the Chair and is looking for committee members.

Mike Page reminded everyone that directly after the June 27th luncheon we will be having our yearly Program Committee meeting. The meeting will last about 60 - 90 minutes, and everyone is invited to attend and have a say in what programs we will have in the 2017-2018 Rotary year.

Finally, my thought of the week is "A society becomes great when its elders plant trees knowing they will never sit in their shade."

- Greek Proverb

Rotary
Club of Victorville, CA



Lucky Blue Dice



Jim Mettler received an opportunity for win for some big money, but took drew a white dice out of the bag so next week will present another opportunity for another Rotarian.

We continue next week with 8 dice and \$350 up for grabs for one lucky Rotarian!

GOLD COIN RAFFLE TICKET



Victorville Rotary Foundation
A 501-C3 Corp

Price \$25.00
Community & International Project
Drawing to be held June 24, 2017
at the Demotion Party

1 oz Proof Gold American Eagle
(w/Box & COA)



Sponsored by the
Victorville Rotary
Club

Help us raise funds for our Service Projects!

Tickets \$25 each or 5 for \$100.

Only 300 available!

Each member has been mailed 5 tickets to buy or sell if you have not already bought.

You must return any unsold ones by June 20 or be billed for them.

See Ben Tafoya or Margaret Cooker for tickets!

The Polio Pig

Collected this week: \$11.00

Collected to Date: \$14,273.55

Total equals: 89,593 Doses!

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



International Conference

With our President **Dwight Johnson** and **Margaret Cooker** and their spouses attending the International Rotary Conference in Atlanta, Georgia, we thought it would be nice to share some of the convention memories from Dwight's camera.



Rotary Guests

This week, **Al Castellucci**, brought two guests from Brandman University, **Reo Loney** and **Diana Cabori**, and **Van Young** invited **Matt Farias** from the Salvation Army.

Our Stand-in's this week were **Robin Cackler** for **Pastor Paul Earle** and **Jason Montana** for **Don Lager**.

Fine Session

Kevin Kane was our (reluctant) Finemaster this week and began by giving our emcee **Brad Letner** a fine tri-fecta! Brad was penalized \$10 for calling Kevin up to the podium, then proceeded to do a commercial for 10 minutes, \$10 for not taking down his "Brad Letner Realtor" Facebook business page, and finally \$10, well, just because!

Sheriff Captain **Jon Schuler** went home with \$10 less in his pocket by not knowing that June 13th was the day the Miranda Rights was established.

Next on the chopping block was **Steve Orr** who was given a \$10 for updating his Facebook profile picture during work hours. In usual fashion, Steve argued his point which earned him an addition \$10 out of his pocket!

Finally, in the area of birthday celebration, **Al Castellucci** was asked how old he was, and his reply was "three centuries", so Al for hit with a \$3 fine and **Mike Page** turned 55 last week, which ended the fine session with a \$5 fine.

Raffle Prizes

A bottle of wine from **Jim Murray**, for Bob's Tire went to guest **Jason Montana** from Midway Home Solutions, and the Midway \$25 gift card went to, you guessed it, **Gary Adams**.



VICTORVILLE ROTARY CLUB OFFICERS

Board of Directors

President 2016-2018	Dwight Johnson
Immediate Past President/International.....	Ben Tafoya
Treasurer	Donna Wells
Executive Secretary/Foundation/Administration ...	Margaret Cooker
Publicity/Public Relations	Kevin Kane
Club Service & President 2018-2020	Brad Letner
Community Service	Victor Rocha
Youth Service/Scholarships	Van Young
Vocational Service	Club Directors

Members-at-Large:

Steve Orr • Mark Taylor • Dan Dever • Rob Kilpatrick • Jon Hove

Positions & Committee Chairs

BOD Secretary	Marilyn Buttlerwerth
Billing Officer	TBD
Sergeant At Arms.....	Gary Adams
Song Master	Al Castellucci
Programs	Mike Page
Wine, Jazz & More	Marie Langley
R.Y.L.A./TLC/Public Safety Awards	Teressa Coomes
Flowers and Gifts	Trish Johnson
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 Maverick 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, Los Domingo's 1520 Main St, 13853 Seneca Rd, 2:00 p.m.
THURSDAY:	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
FRIDAY:	San Bernardino North, Elks Lodge, 12:05 p.m.

Calendar Dates

- June 24: Demotion Party**
5:00pm • The home of Jon and Linda Hove
18970 Appaloosa Rd., AV 92308
- June 27: Program Committee Meeting**
1:00pm - 2:30pm • Following Regular Meeting
Please bring ideas for speakers
- July 2017: Fireside • Date TBD**
5:00pm - 7:00pm • Home of Kevin & Pam Kane
13135 Meteor Drive Spring Valley Lake
- July 22: District Governor Appreciation Party**
4:30 - 6:30pm • Celebrity Car Showroom
7770 Dean Martin Dr., #301, Las Vegas, NV
Dress: Casual • \$20 advance, \$25 Day of Event
Dwight & Trish are going, contact them if you'd like to carpool.

Future Rotary Programs

- June 20:** Dr. Dennis Haghghat, CEO VVGMC
TOPIC: "Obamacare, Repeal and Replace, Where Are We Now" (Page)
- June 27:** Dwight Johnson, Rotary Club of Victorville President **TOPIC: "A Year in Review" & Treasurer Donna Wells "2016-2017 Fiscal Report"** (Johnson)

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