

The Joshua Tree

July 28, 2020

Lifelong Natural Immunity for Anyone

We all want to keep ourselves, our families and our employees safe from Coronavirus, but no amount of face coverings, hand washing, and social distancing is any kind of guarantee to not catch it. We all do our best to keep ourselves protected, but according to **Charles Gehrke**, former President of the Rotary Club of Adelanto, there is a full proof way to stay safe through natural remedies. Most doctors and medical professionals just want to fix what is wrong with you, but don't look for what



causes a person to become sick. At this week's meeting Charles focused on six key vitamins and nutrients to stay healthy through this pandemic, as well as for future strains of the cold and flu to give you lifelong immunity.

The first one and probably the most important is Vitamin D. Firstly you need to find out what your vitamin D number is. Most people have no idea what their number is, but according to Charles, COVID patients have a number of 20 or less, while the optimum range to be in is 40-80. Being in this range will keep you free of any illness you can imagine. You should have your number checked twice a year, and Grassroots Health Nutrient Research Institute in Encinitas, CA can send you a test kit to

determine your number. They can be reached at 760-559-8141. One way to increase your number is to be in the sun for 15 minutes a day, between the hours of 10am - 2pm to get the most exposure of UV rays that will help you. Also, if you choose to take Vitamin D, make sure it is D³, as D² is synthetic and will do you no good.

Next on the list is Vitamin K, which is non-toxic. A great source of Vitamin K is in green, leafy vegetables and fermented

foods like sauerkraut. When taking it in pill form, please make sure you are taking K² and not K¹, which is another synthetic.

Next and critical to Vitamin D is Magnesium Citrate. Vitamin D cannot work correctly without enough magnesium in your body. Also, non-toxic, you should take 400mg a day of Magnesium Citrate. If you are finding you are having diarrhea, then dial your dosage back a bit until you are normal.

The fourth important ingredient is Vitamin C. All COVID patients are lacking in Vitamin C and it is the number one ingredient to keep us feeling normal. It is so important, that when animals get sick, their bodies create their own Vitamin C, unfortunately we as humans cannot. It only has a half-life to take care of free radicals, so Charles recommends 500mg in the morning and another 500 mg at night after dinner.

Next up and just as necessary is Zinc. Charles recommends lozenges that dissolve on your tongue. Oysters and meat are a great source and one of the symptoms of Coronavirus is lack of smell and taste, and Zinc will help that. Zinc is so critical to the body which explains why once COVID became a reality in the US, stores were sold out quickly.

Continued on page 4

This Week's Functionaries

- | | |
|---------------------|----------------------|
| Invocation: | Bill Edwards |
| Flag Salute: | Jessica Perez |
| 4-Way Test: | Corey Beck |
| Finemaster: | Jim Barnes |

ORR'S ROARS



Thank you to everyone who came out this week to hear from Charles Gehrke, who spoke at length about natural remedies to help protect yourself from not only COVID-19 but other illnesses as well. As a former President of the Adelanto Club, we hope

Charles will be a member of ours soon enough.

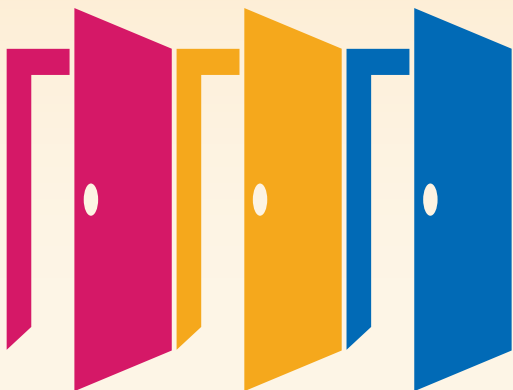


I hope everyone who came out on Saturday had a great time! Thanks, so much to Jon and Linda Hove for opening up their home once again and everyone else involved with making the event a great success. Please see the wrap-up on this page for how you can bid and share with your friends on Facebook to help us raise more funds for the Club.

Finally, we are desperate for a President-elect for the 2021-2022 Rotary Year. Please think hard about your involvement and contact Mike Page or any Past President if you're interested.

Have a great Rotary Week!

Steve



www.victorvillerotary.org

Movie Night & Auction

The Movie Night at the Hove's was a success! So far, the Club has raised \$2,000 for our programs but more money can be raised with your help. We have six more items up for bid through the end of August on our Club's Facebook Page. Those items consist of a Platinum Detail from Greiner, a \$3000 Home Makeover from Midway Home Solutions, a pair of Garmin VivoFit Trackers & Galaxy Tab A from Heritage Victor Valley, a full security system from Apple Valley Communications and a load of gravel from Robar. Also, up for bid (though not on Facebook) is our growing Booze Wagon



with electric wine opener and blanket.

Please contact **Bill**

Edwards to place your bid for that. For the rest of the items, please share on your Facebook pages...even if you are the current high bidder!

Checks

We raise money and put it back out into the community! At this week's meeting we presented Librarian **George Carter** from the Victorville Library a check for \$500 for their "Adopt a Book" program. Immediately following, we presented **Kirsten Acosta** from the Victor Valley College Foundation a check for \$6,000 for Scholarships for the 2019-2020 graduates. We are blessed to have the funds available, but need to raise more to replenish (see above). Thank you to all Rotarians who give of their time and resources to help us raise money for those in our area.



Rotary Opens Opportunities

Big Blue Dice



Don Lager started us off with a new opportunity to grab the Blue Dice, but drew white and donated his \$5 back to the Polio Pig.

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

Raffle

Corey Beck and **Donna Wells** will be protecting themselves this summer with some hand sanitizer they won from **Kevin Kane** at Victor Valley Transit and new member **Jessica Perez** was lucky enough herself to take home a VVTA electric bus USB drive that was brought by **Chris Ackerman**.

A New Rotarian



This week the Club was honored to induct another new member into the Club. Joined by her sponsor **Arsalee Morales**, President **Steve Orr** inducted **Ernestina "Tina" Escareno**,

a former nurse of 20 years. But that is just the beginning of her story.

In 1993 her daughter contracted AIDS from her husband, and from there her mission was to educate women on how to protect themselves from the disease. After a few starts and stops she found her niche, teaching women on how to protect themselves from AIDS at lingerie parties of all places! Now Tina is working with children who have AIDS in Tijuana and beyond.

Welcome to the Club Tina!

Fine Session

Jim Barnes was the Fine master this week and began by asking **David North** to introduce all the guests at his table since NONE of them were wearing their badges. Those fined \$10 were **David, Corey Beck, Kirk Riding** and **Bill Scott**. The only other fine was for **Kirsten Acosta** who is now the Interim Executive Director of the Victor Valley College Foundation. For her promotions she was given an "Interim" fine of \$10.



August Birthdays

Kay Marie Gregory	August 2
Don Lager	August 11
Phyllis Fox	August 14
Ben Tafoya	August 23
Esther Mears	August 25
Craig Garrick	August 27
Ron Hughes	August 31

August Anniversaries

Dan Dever	35 Years
Phyllis Fox	18 Years
Dr. Paul Stanton	12 Years
Brad Poiriez	4 Years

The Polio Pig

Collected this week: \$21.00

Polio Pig: \$16.00 + Dice (Don Lager): \$5.00= \$21.00

Collected to Date: \$17,333.48

Total equals: 95,778 Doses!

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



VICTORVILLE ROTARY CLUB OFFICERS

Board of Directors

President 2019-2021	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	PLEASE VOLUNTEER
Scholarships.....	Please Volunteer
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 Buttlerwerth
Programs	Mike Page
Public Service.....	Rick Bessinger, Teresa DeAtley & Greg Benson
Sergeant At Arms.....	Arsalee Morales
Dan Stover Music Contest.....	Dr. Bowtie Brian
S.T.A.R. Students	Jim Barnes/Robin Cackler
Fundraising.....	Bill Edwards
Flowers and Gifts	KayMarie Gregory
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 San Bernardino Crossroads, Hilton, noon, Barstow, Rositas, 540 Main St, 12:00 p.m.
THURSDAY:	Apple Valley, ZOOM Meetings, 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

Aug 10: Board of Directors meeting

5:30 pm Meeting
DCB Board Room, 2nd Floor
Hesperia and Silica Roads

Upcoming Programs

Aug 4: Chris Bubser, Biotechnology Advisor
Topic: Why Prescription Drugs Are So Expensive, and What Can Be Done to Bring Them Down (Barnes)

Aug 11: Dr. Ron Williams, Superintendent, WUHS
Topic: Virtual Back to School: Education During the COVID-19 Pandemic (Page)

Immunity...

Continued from page 1

Finally, Charles stated that if you don't want to take all the vitamins you need, (although he does both) is to inhale a food grade 3% Hydrogen Peroxide through a vaporizer. Hydrogen Peroxide kills COVID on contact and breathing it through the vaporizer will take care of it for us. Once a week for 10 minutes, including 1 minute directly in your nose and 1 minute in your mouth is best.

These are all great ways to stop this pandemic in its tracks, plus keep you free of colds and flus in the future. Charles swears by these remedies and for him, he hasn't been sick since for a very long time. Find out more....

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