

Be a gift to the world



THE JOSHUA TREE

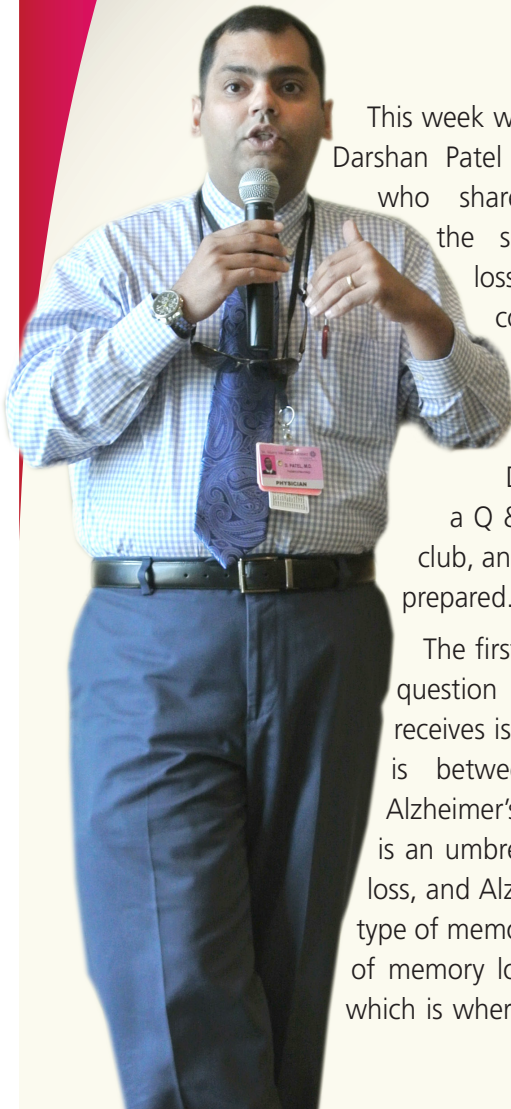
Rotary

Club of Victorville, CA



August 25, 2015

Exercise Your Mind



This week we were joined by Dr. Darshan Patel a local Neurologist who shared his views on the subject of memory loss. Because of time constraints of trying to fit his usual 1 hour presentation into 20 minutes, Dr. Patel requested a Q & A session with the club, and the members were prepared.

The first and most common question that Dr. Patel receives is what the difference is between Dementia and Alzheimer's Disease. Dementia is an umbrella title for memory loss, and Alzheimer's is a specific type of memory loss. Other types of memory loss include amnesia, which is where a specific event or

memory gets erased, usually due to a trauma of some sort.

In the form of medicine, there are pills that promote better memory, but these are not controlled by the FDA, so there is always a "take at your own risk" factor involved. Your doctor can prescribe medications for those starting to suffer from memory loss that will help hold and slow the process the memory loss, but cannot improve it.

Truth is you cannot stop memory loss, it is part of most people DNA makeup. There are things you can do to stop or slow down the process immensely. Most important is eating healthy. No single thing will help better in preventing memory loss. Best foods to eat are fresh fruits and vegetables, especially ones grown organically, as well as fresh nuts and raisins. The biggest factor in speeding up memory loss is sugar intake and high cholesterol. To combat high cholesterol, walking is a great exercise to take the bad and make it good.

Another great way to help your brain stay strong is to keep it active. Studies show that those who own businesses, have higher degrees of education and are active, have better memory retention. Activities such as chess, crossword puzzles and assorted "brain games" helps the mind stay active and healthy.

Another big supporter of retaining memory, that made the assembled Rotarians happy, was the encouragement to drink a moderate amount red wine. The anti-oxidants in red wine will help slow down memory loss, while white wine will do the opposite.

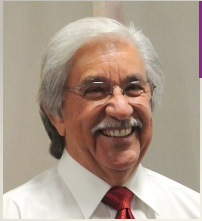
So have a glass of wine, eat some grapes, do the crossword puzzle and go for a walk....Your brain will thank you.

This Week's Functionaries

Invocation:	Brad Letner
Flag Salute:	Mark Taylor
4-Way Test:	Raghada Khoury
Song:	Al Castellucci



Be a gift to the world



Tafoya Talk...

Another week, another great meeting! Very pleased to see another full room of Rotarians and guests!

Margaret Cooker let everyone know that sign-ups are now open for the Foundation Dinner for our district, which will be held at the Double Tree Hotel in Ontario on January 2, 2016. The Rotary International President will be there and the Rotary Club will pick up half the cost of your attendance.

Brad Letner shared some exciting news about our latest Community Service, a Literacy project, aimed at pre-K children (age 4), in where Club members will help run software in classrooms one to two hours a week to help these children enter kindergarten at a 1st grade reading level! This is a big commitment to volunteer, but the rewards will be even greater! See Brad for more information.

Dan Munsey gave an update on Wine Jazz and More. There are tickets available for you to take around the community to help secure sponsorships, attendance, and live and silent auction items. Remember, this is our biggest fund-raiser of the year and we need everyone working hard! Tickets available to members very soon.

Finally, **Dwight Johnson** reminded everyone that there are new benefits for bringing in guests and membership to the Club. The more guests you bring in, the more points you get, and when those guests become members, you get rewards!

Rotary About Town



Don Lager may have missed the Rotary meeting on August 25th, but that didn't stop him from enjoying a night out enjoying High Desert Mavericks Baseball!

Lucky Blue Dice



Ron Williams was selected today to draw the blue dice, but he grabbed was a white one. Ron donated his \$5 winning to the Polio Pig! 12 Dice remain and \$250.00 up for grabs!

Fine Session

Our Fine Master today was **Dan Munsey** and he did something very special, which was to pick out past fine masters, and give them 15 seconds to fine someone, but there was a catch...

Terry Caldwell fined **Paula Porter** for conspiring with Terry's wife to put all over his house, car and office, newspaper clippings with the headlines "Ohio State #1 in Nation". Terry is a USC Fan...

Mark Taylor fined **Kevin Kane** for interrupting Dr. Patel to let him know that there was actually a bus line from Apple Valley to Victorville.

Caroll Yule fined **Jon Hove** for making eye contact with her, but Caroll also paid a \$50 fine to have Dan Munsey tell all the Fire Department did to assist the Big Bear Fire.

What was the catch? Everyone Dan chose to give out fines, were all fined \$5 for fining when it wasn't their turn to be fine master!

The Polio Pig....

Collected this week: \$29.00

Polio Pig: \$24 + Ron Williams (Dice): \$5 = \$29

Collected to Date: \$12,619.07

Total equals: 87,303 Doses!

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

Rotary Guests

Al Castellucci brought two guests to the Rotary meeting this week; Lyle Bonham, and Gloria Garcia who is a proposed member. Steve Orr introduced Steve Clevenger, a new executive from Beck Oil, Donna Wells introduced us to another CPA from her office, Danielle Guzman, and Kevin Kane, who is in charge of Club Promotion, had Matthew Cabe from the Daily Press as our guests. Finally Russ Stringham introduced a very special guest, Raghada Khoury from the Apple Valley Club and District Governor nominee!

Stand-ins for our meeting were Eugene Everage for Dr. Hough, Violette Roberts for Eldon Heaston, Trish Nevue for Mary Hennessy, and finally, Jimmy Smith was in attendance for Mark McKay.



Proposed Member

If you protest the admission of this member please respond in writing by 5 p.m. September 8 to President Ben Tafoya.

Katharine "Kate" Barnett
General Manager/Team Leader

Target

Classification: Retail Sales

Sponsor: Al Castellucci

Proposed Member

If you protest the admission of this member please respond in writing by 5 p.m. September 8 to President Ben Tafoya.

Gloria Garcia

Owner

Garcia Bookkeeping & Income Tax Service

Classification: Services: Bookkeeping

Sponsor: Al Castellucci

Raffle Prizes

A huge thanks go out today to Dwight Johnson from El Dorado Broadcasters who emptied the gift closet at the radio station to make sure we had plenty of raffle prizes to give away! Dwight donated tickets to the upcoming Apple Valley Air Show, which will be attended by Gary Adams (of course - Ed), and Paula Porter, while the last Buffet certificate to San Manuel Casino was won by Ben Tafoya. Dwight's last gift was a bottle of Chardonnay that Jim Murray will enjoy.

There were four scarves from Dr. Hough that were given away, and those were taken home by Jon Hove, Donna Wells, and Dwight Johnson. Jim Cox will be enjoying taking lunch to work now that he has a lunch thermos pack from Rosanne Weathers and Desert Valley Medical Group. A B&B Cycle mug from Jim Barnes was won by Mark Taylor, and finally Brad Letner donated pairs of Mavericks baseball tickets, which will be enjoyed by Rosanne and Eugene Everage.

Spoon of Exemption: Rosanne Weathers



Rosanne Weathers was back for a final round of the "Spoon", and reminded everyone that Desert Valley Medical Group is looking to raise \$10,000 to give to local area non-profits for their 10th Annual Fitness Challenge. Please get involved and help them raise those much needed dollars!

The Spoon in September, will go to Carol Yule on behalf of a \$125 bid from Dan Munsey to allow Carol 5 weeks of songs and poems!

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 Buttelwerth
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

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 Hesperia, 7:00 a.m., Denny's, 14165 Main St.
WEDNESDAY:	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.
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 Victor Valley Sunrise, Mimi's Cafe, Victorville, 7 a.m.
FRIDAY:	San Bernardino North, Elks Lodge, 12:05 p.m.

CALENDAR DATES

Sept. 1: Wine Jazz and More Committee Meeting
Green Tree Golf Course
Immediately Following Luncheon

Sept. 14: Board of Directors Meeting
5:00 p.m. Fellowship
5:30 p.m. BOD Club Meeting
Foundation Meeting Follows
DCB Board Room - Hesperia & Silica Road



15TH ANNUAL
WINE JAZZ & MORE
Saturday October 3 2015
SPRING VALLEY LAKE COMMUNITY CENTER
12975 ROLLING RIDGE, VICTORVILLE, CA 92395

Upcoming Rotary Programs

- Sept. 1:** David Coleman, Recreation Supervisor, City of Victorville
TOPIC: "Power of Parks" (Munsey)
- Sept. 8: Open**
- Sept. 15:** Craig Garrick, President/CEO, ComAV, LLC. (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

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