



ROTARY
SERVING
HUMANITY

Rotary
Club of Victorville, CA 

THE JOSHUA TREE

AUGUST 30, 2016

Freed from the Shackles of Joint Pain

This week we had **Dr. Afshin Arianjam**, or "Dr. A" as he is referred to speak to the Club on joint pain management and prevention. Currently a physician with St. Joseph Health, St. Mary High Desert Medial Group, he has previously worked with the Los Angeles Angels, Santa Ana College Football as well as the founder of SportsHealth.info, a website dedicated to patient education and a resource for athletes.

Each year, over 325,000 undergo hip replacement surgery and arthritis is the leading cause of disability in the United States. To prevent arthritis, first and foremost is to change your diet. Fad diets look inviting, do no good for your bones and joints. We cannot change the size of our joints, but we can change the size of our bodies. Dr. A used the analogy of our joints being like a car tire. A good tire with new tread is a healthy joint and a bad joint is like a bald tire with tears in it, about to go flat. Now, if that does happen to you, would it be easier to control if you had a blow out in a large car or a smaller one? Eating better and making healthier choices in your eating habits will make a world of difference. Everything we eat and drink matters to our bones and joints. Start with small changes and slowly build up to more healthy eating choices.

Switching from high impact exercising to low impact workouts will put less strain on your joints as well. Exercises such as brisk walking, bicycle riding, swimming, gardening, golf, and doubles tennis will do a world of good for you.

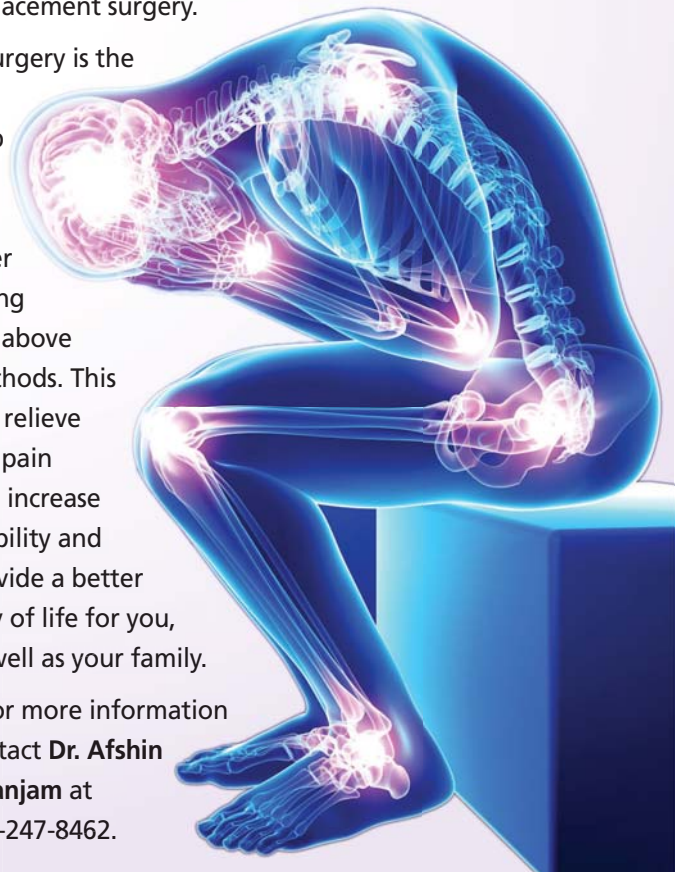
If you are already in pain, you can try a selection of inflammatory medications like ibuprofen, Naproxen and Meloxicam. Please check with your physician before taking them as they can cause side effects with long term use such as gastric irritation, stomach ulcers, and kidney damage.

For more severe pain there are options of receiving Cortisone Steroids (inexpensive, but with possible side effects), Viscosupplementation (no side effects but costly) or Stem Cell injections (extremely expensive).

With knee issues, it is imperative to protect the area and use as little pressure as possible. A knee brace is the first step, but if that is not helping, using a cane or front wheel walker should help matters. Of course there is the option of replacement surgery.

Surgery is the last step after trying the above methods. This will relieve the pain and increase mobility and provide a better way of life for you, as well as your family.

For more information contact **Dr. Afshin Arianjam** at 760-247-8462.



This Week's Functionaries

Invocation:	Ron Williams
Flag Salute:	Sam Lucia
4-Way Test:	Ron Boyd
Song:	Al Castellucci

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Dwight's Writes

Wine, Jazz and More is just around the corner and our committee is hard at work preparing for the big night coming up on September 24th. Please make sure that you find a raffle prize or auction item to add to the event, sell some tickets, but most importantly, please make your plans to attend yourself!

Our WJM Committee Chair **Brad Letner** has announced a very special prize to be given out at the event, a 1986 1-ounce American Gold Eagle Coin!



Only 100 tickets are being printed up for this rare item, at \$25 each. With tickets for the event at \$75 per couple (or \$40 each), for an even \$100 you will have a great evening and a chance to win this gold coin!

The aftermath of the Blue Cut fire has affected a lot of people in our community and I personally want to thank the generosity of **David North** and all at DCB who donated \$20,000 to help families during this challenging time.

Finally, my thought of the week is from Gail Lynne Goodwin, "Time spent enjoying life is time well spent".

The Polio Pig

Collected this week: \$33.00

Polio Pig: \$28.00 + Dice (Brad Letner): \$5.00 = \$33.00

Collected to Date: \$13,469.32

Total equals: 87,9997 Doses!

One dollar equals 2 doses of vaccine!

\$500 pays for a Polio Clinic!

September Birthdays

Steve Orr	September 5
Dan Dever	September 13
Teresa Coomes	September 16
Kimberly Ramirez	September 20
Paul Earle	September 25
Bob Basen	September 26
Ron Boyd	September 27

September Anniversaries

Pat Mark	25 Years
Dwight Johnson	20 Years
Donna Wells	19 Years
Kirby Brill	15 Years
Jesse Tafoya	15 Years
Alicia Anderson	8 Years
Jim Barnes	6 Years
Doug Robertson	5 Years
Ron Williams	4 Years

Rotary Guests

This week **David North** introduced guests who attended meeting including **Louise Bevilacqua** from the DCB North Branch and CPA **Danielle Guzman**, who was a guest of Donna Wells.

Our "Stand-Ins" this week were **Jimmie Smith** for **Mark McKay**, and **Robin Cackler** for **Pastor Paul Earle**.



Spoon of Exemption

Brad Letner had his last time with the Spoon and answered the question on why he chose to lead the charge for Hesperia 2034. For the same reason that after the Army, Brad chose to join our Club and a couple other organizations. Brad only wants to be involved with those that make it their mission to leave a legacy in our community.

The spoon for September went through a few challengers. **Brad Letner** started the bid at \$50, with the threat of singing every week; **Jim Cox** didn't like that idea at all, so he stopped it with a bid of \$55. In the end, **Don Lager** made the move to end the bidding with a final of \$100 for the Spoon for September.

Raffle Prizes

There were a lot of raffle prizes on the table today, and special thanks goes out to **Rosanne Weathers** from Desert Valley Medical Group for her generosity in donating a large part of them. Flashlight extenders went to **Robin Cackler**, **Al Castellucci** and **Kevin Kane**; Water Infuser bottles went home with **Paula Porter** and **Don Lager**; and tickets to see *Victoria Banks*, part of the VV Concert Association will be enjoyed by **Al Castellucci** and **Don Lager**.

Kevin Kane donated a VVTA thumb drive, that was received by **Rosanne Weathers**, a VVTA water bottle to be used by **Al Castellucci** and a stress van that was taken home by **Gary Adams**.

Al also won a Kat Country shirt from **Dwight Johnson**, **Donna Wells** took home a bottle of wine from **Paula Porter** and both **Rosanne Weathers** and **Gary Adams** will be using the \$25 gift cards they received from **Don Lager** at Midway Home Solutions.

The final gift of the day was a beautiful bath set donated by **Robin Cackler** that will allow **Gary Adams** to smell nice and lovely at next week's meeting.

Fine Session

This week **Mark Taylor** was our Fine Master and only gave out one real fine. Although **David North** deserved to be fine-free due to the generosity of Desert Community Bank, David was given a \$20 fine for buying a Pink, Dora the Explorer Mavericks jersey at a recent game fundraiser.

Lucky Blue Dice



Brad Letner won the opportunity to get a nice chunk of change, but grabbed a white dice this week and donated his \$5 winnings back into the Polio Pig.

Next week we will have 12 dice and \$250 up for grabs for the one lucky Rotarian who can select the blue dice.

September Wedding Anniversaries

Dick & Lynne Cole	56 Years	<i>Sept 11</i>
Ginger & John Ontiveros	28 Years	<i>Sept 17</i>
Robert & Melanie Lovingood	19 Years	<i>Sept 20</i>
Bill & Linda Scott	37 Years	<i>Sept 22</i>
John & Ann Wilkins	35 Years	<i>Sept 26</i>



VICTORVILLE ROTARY CLUB OFFICERS

Board of Directors

President 2016-2017	Dwight Johnson
Immediate Past President/International.....	Ben Tafoya
Treasurer	Donna Wells
Executive Secretary/Foundation/Administration ...	Margaret Cooker
Incoming President 2017-2018/Membership	Dan Munsey
Publicity/Public Relations	Kevin Kane
Club Service & President 2018-2019	Brad Letner
Community Service	Victor Rocha
Youth Service/Scholarships	Van Young
Vocational Service	Alicia Anderson

Members-at-Large:

Steve Orr • Mark Taylor • Dan Dever • Rob Kilpatrick

Positions & Committee Chairs

BOD Secretary	Marilyn Buttelwerth
Billing Officer	Jennifer Starbuck
Sergeant At Arms.....	Gary Adams
Song Master	Al Castellucci
Programs	Mike Page
Wine, Jazz & More	Brad Letner
R.Y.L.A./TLC/Public Safety Awards	Teresa 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, 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
FRIDAY:	San Bernardino North, Elks Lodge, 12:05 p.m.

Calendar Dates

- Sept 7: WJM Committee Meeting**
6:00pm, Home of Brad and Teresa Letner
18175 Lake View Drive, Spring Valley Lake
- Sept 24: Wine, Jazz and More 2016**
Spring Valley Lake Community Center
- Oct 18: Offsite Meeting - Victor Valley Transit Authority**
Noon • 17150 Smoke Tree St., Hesperia

Future Rotary Programs

- Sept 6 :** San Bernardino County, First District Supervisor, Robert Lovingood **TOPIC: "Update on San Bernardino County "** (Page)
- Sept 13 :** Brad Letner, CEO, Hesperia Chamber of Commerce **TOPIC: "Read B4K - Victorville Rotary's anti-poverty Initiative"** (Johnson)
STAR students Brentwood & Galileo Librarian to receive check for books

16TH ANNUAL
WINE JAZZ & MORE
Saturday September 24 2016
SPRING VALLEY LAKE COMMUNITY CENTER
12975 ROLLING RIDGE, VICTORVILLE, CA 92395
5:00PM : WINE TASTING • 6:00 PM : DINNER

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