



The Joshua Tree



The Weekly Publication of the Rotary Club of Victorville

Sept. 10, 2013

Good Fat... Bad Fat... What's it All About, Anyway?

Several myths were dispelled, and wellness information was shared in a fascinating presentation made by Melanie Ajanwachuku, Nutrition Consultant, at this week's Rotary meeting. Melanie heads up "A Dietitians' Exchange, L.L.C.", and offers lifestyle and nutrition counseling for individuals and families. The discussion today centered on which is worse for your heart: Fat... or sugar, and Melanie offered up some statistics, and stated there is a wealth of research on the subject that is current, although sometimes contradictory.



Some types of fat (monounsaturated) are necessary in a healthy diet. Monounsaturated fats and polyunsaturated fats can have a positive effect on your health, when eaten in moderation. Examples of foods high in monounsaturated fats include vegetable oils such as olive oil, canola oil, peanut oil, sunflower oil and sesame oil. Other sources include avocados, peanut butter, and many nuts and seeds. The bad fats – saturated fats and trans fats – can negatively affect your health, and are found in processed foods. However, Melanie tells us that two tablespoons of olive oil per day will reduce our likelihood of developing heart disease, but high-heat food preparation (stir frying, etc.) with olive oil is not recommended. The omega 3 foods are important (weight loss, memory and focus). Some foods that are rich in omega 3 are fish, chicken, eggs, milk and cheese from grass fed cows, walnuts, cabbage and cauliflower. Omega 3 fats are essential in a well balanced diet.



Sugar is added to most processed foods, and high fructose corn syrup is a real culprit. Obviously processed sugar intake should be limited. Recommendations for women's daily sugar intake is approximately five teaspoons, and for men, no more than nine teaspoons. On average, Americans are consuming 22-26 teaspoons daily!! Think of it... a 20-oz. regular soda has 20 teaspoons of sugar! Basically, inflammation is the causation to heart disease, which implicates refined sugars and excess saturated fats, and, in summation, Melanie states, "You are what your body does with what you eat".

CAREER EXPLORATION PROGRAM

The Career Exploration Program has been an excellent tool for Brentwood Elementary School to introduce second and third grade students to the business community. Each month the students are accompanied to the Rotary Meeting by Brentwood Principal Lori Bilig. This week teacher Jill Hetzel also attended, and spoke of how this program serves to enlighten the students, and encourages them to think about their future careers. Rotarians this week who stepped up to "mentor" their students were (from left) Van Young of the Salvation Army, Alicia Anderson of Excelsior, Mary Hennesy of Gentiva Hospice, Todd Sturges of the California Highway Patrol, Jim Barns of B&B Cycle, and David Keck of The Daily Press.



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

THIS WEEK'S GUESTS



Kevin Kane introduced guests this week. Al Castellucci brought Sarah Pone from the Athena Jean Salon and Day Spa; Attorney Robert Conway was guest of Cliff Harris; Jill Hetzel and Lori Bilig (Cooker) brought Brentwood students; and Byron Ward of HD Art 'n Frame visited briefly. We also welcomed Elvin Momon, Superintendent of the Victor Elementary School District and V.V. Sunrise Rotarian.

Thank you to today's Functionaries



Invocation: Van Young
Flag Salute: Kimberly Ramirez
4-Way Test: Holly Noel
Song: Al Castellucci



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

Two Dates To Choose From:

Back to Rotary Basics

Join District Governor Miles Petroff and get the inside scoop of all things Rotary!! -

Pick a session to learn more about:

- Rotary Foundation Grants Management Training
 - Membership
 - International Projects
- Public Relations and Social Media

\$20 - Register today on DaCdb

Continental breakfast will be served

Sat. Sept. 14th - 9 a.m. -12 p.m. (Register at 8 a.m.)

Foothills High School, 800 College Drive, Henderson, NV

Sat. Sept. 21st - 9 a.m. -12 p.m. (Register at 8 a.m.)

Etiwanda Gardens, 7576 Etiwanda Ave., Etiwanda, CA

(Club will reimburse after you attend.)

BRING YOUR CANS TO ROTARY!!

Please remember to bring in your canned and dry goods for needy high desert families. This is an on-going, annual Food Drive, and a recipient organization will be chosen quarterly.



Russ displayed the nice gift brought in by Byron Ward of HD Art 'n Frame. Byron commemorated the recent face-lift to the Boys and Girls Club of the Victor Valley by framing the Rotary logo, photograph, and story from the Daily Press. He made the presentation to our Club this week. HD Art 'n Frame is located on Hesperia Road just south of Bear Valley Road. Phone number is 963-4942.

MAKE UP A ROTARY MEETING ONLINE!

Visit: <http://www.rotaryclubone.org/>



Join the Rotary Club of Victorville's "President's Circle" with your monthly pledge to support Club projects:

Platinum: \$ 100
 Gold: \$ 50
 Bronze: \$ 25

With your monthly pledge you are able to choose which projects you support!

Please consider joining... choose the projects your money supports! See Margaret Cooker for more info.



Russ' Rap

Ben Tafoya presented **Van Young** his membership award.

There is a table at the back of the room that **Teressa** was manning this week. The Wine, Jazz & More tickets are available there, **Dan Dever** listed several of the Club's projects that depend on monies from this, our biggest fund raiser of the year. Tickets are \$40 each, and you can see below the many ways in which they can be paid. A Sponsorship Table for eight (includes tickets and dinner) can be purchased starting at \$500!

Mark Layton reminds members to bring in canned goods for the Rotary Pantry; "we need them!"

President Russ announced there will be an increase in our individual lunch prices from the Green Tree Golf Course Country Club of \$2.75/meal, effective October 1st. There is another option to explore: We will meet on September 24th at the Green Tree Hotel Conference Room (recently renovated) for a sampling of what they have to offer. A reminder will be sent to members prior to that day.



MEMBERSHIP CONTEST

Van Young was the recipient of a membership award for April. He received a \$25 Gift Card for his efforts to bring more members to Rotary in April.

Way to go, Van!



Please note: Wine, Jazz & More tickets can be paid for in many ways...

- ✓ Cash
- ✓ Check
- ✓ Credit Card
- ✓ PayPal
- ✓ Rotary Account
- ✓ Consignment

Ticket Sales: Dan Dever (760) 963-2198

FINE & RAFFLE SESSION:



Mark Taylor gave out some nice raffle prizes... thank you, donors! **Kimberly Ramirez** brought two Insulated Limestone Cups, which were won by



Dwight Johnson and **Don Lager**. Club Wine and a **Le Chartreuse Gem Globe** went to **Ben Tafoya**; an **Apple Valley Transfer & Storage Basket** was won by **Kimberly Ramirez**, and one also went to **Dwight Johnson**. A **PrintMart Survival Kit** went to **Kimberly**, also! **Steve Flannery's** Hesperia Days Duck Race Tickets were won by **Craig Garrick**, and **Teressa DeAtley** won some of the Club's Wine and a **Le Chartreuse Gem Globe**.

Lucky for most, there wasn't enough time to levy fines on his fellow Rotarians, so we dodged **Mark's** bullet this week!

LUCKY BLUE MARBLE



Ben Tafoya took home \$5 from the Pot this week.

Next week, \$400/10 marbles

WHAT'S IN MARGARET'S CAN??

Collected this week: \$14.37

Collected to Date: \$9,513.06

Total equals: 80,116 Doses!

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



Bill Scott



Bill Scott retains the spoon for the month of September. We missed him this week!

VICTORVILLE ROTARY CLUB OFFICERS

Board of Directords

President & Immediate Past President.....	Russ Stringham
Treasurer	David North
Executive Secretary	Margaret Cooker
Incoming President/Membership	Steve Murray
Club Service & President 2015-16	Ben Tafoya
Community Service	Mark Layton
Youth Service	Ginger Ontiveros
Vocational Service	Jim Barnes
International	Dan Dever
Foundation	Margaret Cooker
BOD Secretary	Marilyn Buttelwerth

Members-at-Large:

Dwight Johnson • Bob Basen • Rob Kilpatrick • Kevin Porter • Mark Taylor

Positions & Committee Chairs 2013-2014

Sergeant At Arms.....	Gary Adams
SongMaster	Al Castellucci
Club Activities	Ben Tafoya
Membership.....	Steve Murray
Programs	Mike Page
Publicity/Public Relations	Dwight Johnson
Scholarships	Ginger Ontiveros
Wine, Jazz & More	Ben Tafoya
Cards and Calls	Gaylynn Stringham
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

- 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 R&S Beverage Co., 17500 Adelanto Rd., Adelanto.
San Bernardino Crossroads, Hilton, noon, Barstow,
Quigley's Outlet Center, Lenwood, noon
University Prep, 7th and Forrester, 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, Coco's, Victorville, 7 a.m.
- FRIDAY:** San Bernardino North, Elks Lodge, 12:05 p.m.



Important Dates

Mark your Calendar!

- Sept. 14:** Back to Rotary Basics
Henderson, NV
- Sept. 21:** Back to Rotary Basics
Etiwanda, CA
- Sept. 24:** Club Assembly- OFF SITE
Green Tree Hotel Conferenc Room
- Oct. 5:** Wine, Jazz & More
Spring Valley Lake Community
Building (More info to follow).
- Oct. 12:** Calico Off-Road Trip - Contact Dan
Dever (760) 963-2198
- Oct. 28:** Past President's Meeting - 5:30 -
Green Tree G.C. Clubhouse
- Jan. 3, 2013:** R.I. Foundaton - Ontario Double
Tree - Black tie - RI President Ron
Burton will be in attendance

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

UPCOMING ROTARY PROGRAMS

- Sept. 17:** Jim Dye, General Manager, United Furniture Industries – **Topic: “Manufacturing in the High Desert” (Yule) AND S.T.A.R. Awards**
- Sept. 24:** Stateline Solar - Topic: **“Renewable Energy - Muy Caliente!” (Ontiveros)**

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