



The Joshua Tree

September 13, 2022

THE CRANIAL FACIAL RELEASE TECHNIQUE

Dr. Sara Griffin has been a Chiropractor for many years in the High Desert and with her company, Active Care Chiropractic, she handles some of the most extreme cases, which she shared with the Club this week. As a muscular/skeletal specialist, she talked about a procedure that is not accepted by the medical community, insurance industry, and not even fully accepted by the Chiropractic community, the Cranial Facial Release Technique. Cranial Facial Release (CFR) is a chiropractic adjustment technique that re-establishes the flow of the cerebral spinal fluid to the brain and spinal column.



To understand how CFR works, it is important to realize that the skull is NOT one solid bone. It is made up of 22 individual bones that actually move every time you breathe - or at least they are supposed to. But cranial fixations are a common occurrence and often times the root cause of many chronic neurological conditions and recurrent pain syndromes that don't respond to conventional chiropractic adjusting procedures.

It is great for those who suffer from sleep apnea, and helps open up breathing passages and with it snoring goes down significantly.

CFR is an advanced endo-nasal "Balloon Assisted" cranial adjusting technique that has been used quite successfully in the treatment of various neurological and structural disorders. The objective of CFR technique is to unlock cranial fixations and induce mobility in the cranial system - primarily targeting the sphenoid bone, with the purpose of facilitating normal cranial respiratory motion and normal cranial function. This technique is performed by inserting tiny balloons in the nose that are quickly inflated to mobilize the bones of the face and cranium.

CFR also helps blood flow through the brain, those with thyroid conditions, pain relief, hearing loss and can even help people get rid of those pesky reading glasses. Of course, CFR is not directed to be used in the treatment of the issues mentioned above, but can be the result of doing the technique.

It is a very fast procedure and feels similar to the sensation of jumping into a swimming pool and having water shoot up your nose - it isn't exactly painful, but not the most comfortable sensation either - but it's quick! The whole process takes about 2 to 3 seconds, and is performed in a series of 4 individual days of treatment over a 7-10 day period.

The majority of people who come in for CFR treatment are often last resort patients who have been through the gamut of conventional medical procedures without success, and are looking for a more conservative alternative approach to care that is cost effective and works!

You can visit Active Care Chiropractic by calling 760-955-5558 or visiting activecarechiro.net. The office is located at 14196 Amargosa Rd. Ste. J, Victorville, CA 92392.

This Week's Functionaries

Invocation:	Bill Edwards
Flag Salute:	Don Lager
4-Way Test:	Mike Page
Fine Master:	Bill Edwards



ARSALEE'S AVENUE

Thank you to Dr, Sara Griffin for stopping by this week to share the

Cranial Facial Release Technique and its great many benefits to those who suffer from different health issues. Hopefully in time, this will become more accepted by those in our medical community.



Congratulations and welcome to James Rightmire, our newest Rotarian! I know you will be an active and fun addition to the Club! We look forward to seeing your fundraising "magic"!



Bill Edwards shared that with help from our Club and many others, the Rescue Mission was able to give away over 3,800

backpacks to students this year and raised over \$100,000 for backpack supplies. Backpacks went to many ages, from ReadB4k preschool students, all the up to High School Seniors who could otherwise not afford them.

Finally remember, "Your talent determines what you can do...Your motivation determines how much you are willing to do...And your attitude determines how well you do it."

Until next week...

Arsalee

A New Rotarian



This week the Rotary Club of Victorville welcomed **James Rightmire**, Sales Director for El Dorado Broadcasters as a new Rotarian to the Club. Inducted by Past District Governor **Stew Anderson** and joined by co-sponsor **Steve Murray**, James was welcomed into the Club.

James shared that through events put on by the El Dorado Broadcasters, he hopes to bring many fundraising opportunities to the Club.

James is also a professional magician and works most weekends at the Magic Castle in Hollywood. (Hit him up if you want free passes). In 2007 he event appeared on a show called "Phenomenon" with superstar illusionist **Cris Angel**. In fact he did a wonderfully clever card trick with our very own Captain **John Wickum**. Welcome to the Club James!



IMAGINE
ROTARY



IMAGINE ROTARY

Big Blue Dice



Bill Edwards had a chance to pick the Blue Dice, but drew a white one and saved the opportunity to another next week.

We will continue next week with 4 dice and \$450 for the lucky Rotarian who picks the Blue Dice from the bag!

Fine Session

Bill Edwards was our “stand-in” Fine Master this week and began by giving **Don Lager** a fine of \$20 for already going on vacation 6-8 times already this year! **Mike Johnson** was penalized \$10 for taking Bill to lunch earlier in the week at Apollo Burger, and **Brad Poiriez** received the same fine amount for being name-checked by Supervisor **Paul Cook** at the Chamber “State of the County” Breakfast.

Raffle

New Rotarian **James Rightmire** donated some Hawaiian Candy what will be enjoyed by **Bill Edwards**, **Robert Lovingood** and **Chris Ackerman**. Chris gave away some Victor Valley Transit mobile phone charging cords that will be used by **James Rightmire** and **Brad Poiriez**. Brad donated some MDAQMD goodies and a tumbler that left the meeting with **Mike Johnson** and a bottle of wine from **Steve Murray** that was won by **Bill Edwards**. Mr. Edwards gave away some hand sanitizer and a copy of the book “The Transparent Leader”, that was received by **Robert Lovingood**.

Rotary Guests

No guests this week.

Spoon of Exemption

Steve Murray had his first week with the Spoon and chose to talk about Rotary instead of Bob’s Tire Service. Steve reminded everyone to bring in cans for our Can Food Drive this month and to attend the upcoming Comedy Night



Fundraiser which will take place on November 19th. The money raised from that event will help send 8th grade students to TLC - Teen Leadership Camp. TLC will be held December 2-4 and Steve is looking for volunteers to be facilitators for the camp.

Steve concluded with a short statement that speaks volumes, “What we as Rotarians do is raise money so we can give it away”.

Money for Boxing



President **Arsalee Morales** presented a check in the amount of \$1,000 this week to San Bernardino Country Sheriff Captain **John Wickum** to go towards their Police Activities League (PAL) Boxing Program.

About 30 possible at-risk youth are put on the right track in this successful program that consists of volunteer boxing coaches, deputies and staff, twice a week.

The Polio Pig

Collected this week: \$14.00

Polio Pig: \$9 + Bill Edwards (Dice): \$5.00= \$9.00

Collected to Date: \$19,102.52

Total equals: 99,293 Doses!

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

Rotary

Club of Victorville, CA



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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.

VICTORVILLE ROTARY CLUB OFFICERS

Board of Directors

President 2022-2023	Arsalee Morales
President 2023-2024	Steve Murray
President 2024-2025	Need Candidates
President 2025-2026	Bill Edwards
Immediate Past President	Jon Hove
Treasurer	Donna Wells
Executive Secretary	Margaret Cooker
Club Service	Steve Murray
Community Service	Bryan Gillespie
International Service.....	Ben Tafoya
Youth Service/RYLEA & TLC	Ryan McEachron
Vocational Service	Bill Edwards

Members-at-Large: David North, Mike Johnson, Rob Kilpatrick & Ron Boyd

Positions & Committee Chairs

BOD Secretary	Pam Murray
Billing Officer	Esther Mears
Dan Stover Music Contest.....	Need Volunteer
Flowers and Gifts	Linda Hove
Foundation & Grants	Margaret Cooker
4-Way Speech Competitions	Mike Johnson
Fundraising.....	Arsalee Morales
George Hensel Ethics Essay Contest	Ron Boyd
Joshua Tree Editor	Chris Ackerman
Membership.....	Steve Murray
Programs	Mike Page
Publicity/Public Relations	Need Volunteer
Public Service.....	Rick Bessinger, Teresa DeAtley, Jeff Armstrong and John Wickum
Sergeant At Arms.....	Steve Murray
Scholarships.....	David North
S.T.A.R. Students	Maureen Mills and Michal Krause

The Victorville Rotary Club meets every Tuesday for fellowship at 11:30 a.m. and meeting at 12:00 noon at the Spring Valley Lake Country Club, 13229 Spring Valley Parkway, 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, 13165 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

- Oct 17: Board of Directors Meeting**
5:00pm -Fellowship
5:30 pm Board Meeting
ISU ARMAC Insurance Agency
17177 Yuma St., Victorville, CA
- Nov 19: Comedy Night Fundraiser**
TBA
- Dec 1: Rotary Christmas Party**
Spring Valley Lake County Club

Rotary

Club of Victorville, CA

Upcoming Programs

- Sept 20: Assemblyman Thurston "Smitty" Smith** (Johnson)
- Sept 27:** Jason & Chris Lamoreaux **Topic: "From Rent-Wreck to Coldwell Banker: How We Built Our Business"** (Page)

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