

The Joshua Tree

September 29, 2020

THE TRUE STORY OF COVID THE BARBARIAN

Imagine yourself as a historic civilization and you have an army of barbarians trying to overrun the gates to your kingdom and destroy you. According to **George Magnum**, Fitness Director at Heritage Victor Valley Medical Group, the current leader of this destructive army is Covid, The Barbarian. While all this may sound like a great set up for a Hollywood movie, it is, in fact, a grim reality.



Exercises such as running, push-ups, weightlifting, pull-ups, swimming, and many others will give you what you need to hold the enemy at bay. At 5-days a week for 30 vigorous minutes, that equals 1% of our week to fend off and defeat Covid the Barbarian.

Of course, fitness cannot destroy COVID, but it can be a very tall “wall of immunity”,

All through our lives, whether mentally, physically or spiritually, we have been attacked. Health-wise, these barbarians have different names, such as Diabetes, Heart Disease, Cancer and now COVID. They want to storm your gates, wreak havoc, take control and ultimately destroy your way of life. They have no conscience and are designed to destroy just for the sake of it. The sad reality is no matter how you feel about the Coronavirus debate personally, it is not going away anytime soon, and it is our problem to deal with.

that COVID cannot scale or topple over. There is growing insurmountable evidence that people with a good fitness regiment that have been attacked by COVID have not been harmed, but for non-fit people, they are 6 times more likely to be hospitalized and 12% more likely to die from the disease.

The solution to defend against an army of Barbarians is to solidify your defenses aggressively, a type of defense that searches out an enemy instead of waiting for it and fights back to the point that the Barbarians are helplessly weak. George shared his 4 “W’s” of aggressive defenses: **Wear** a mask, **Wash** your hands, **Workouts** 6-feet part, and **Wipe** off equipment.

Fitness is a great deterrent to fight off Covid the Barbarian, and not just physically, but mentally, spiritually and emotionally as well. Covid is on the attack and we must be properly prepared. George asked how many Rotarians would surrender all that they have fought for, not only for themselves but their loved ones as well, and just give it up to be slain by a Barbarian? He thinks not. Be vigilant, be prepared, be victorious, and be fit. BAM!

The best way to fight back against COVID is through good fitness; 150 vigorous (breathy) minutes per week to be specific. The other options are \$150 for a pill or how about a \$150,000 medical bill?

Rotary 
Club of Victorville, CA

www.victorvillerotary.org

ORR'S ROARS



I have to give a huge thanks and BAM! to my good friend George Magnum for agreeing to come out this week and speak to our Rotarians. I do apologize for the cancellation of our 5th Tuesday Fireside, but when it

became quite apparent that most of the Club would be staying at home to watch the Presidential

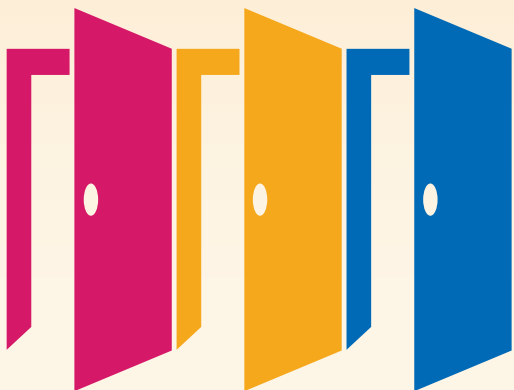
Debate, we felt we had no choice but to postpone the Fireside until a later date. Thank you for understanding.

A big reminder to not forget that we will be meeting next week at Midway Home Solutions for our weekly meeting and NOT at El Pescador. We will have the Registrar of Voters via Zoom, and Don has been gracious to host the meeting for us all with lunch provided. Same time, just different location. See you there.

Bill Edwards shared that we are still looking for some great auction items for our next Facebook fundraiser next month. We already have a couple of Bahama area trips that will be up for grabs, and are looking for others, with a minimum value of \$100. Please see Bill for more info.

As well, we hope we will be back indoors ourselves on Tuesdays soon. Have a great Rotary week!

Steve



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Fine Session

Jim Barnes was our Fine Master this week and decimated the small gathering with fines for almost everyone in attendance! Jim began with a "Just Because" fine of \$20 to **Ryan McEachron**, and then continued with **Bill Scott**, who was penalized \$8 for being 8 minutes late. **Bill Edwards** was hit with a \$5 fine for general sucking up to Jim when he arrived at the meeting as was **Jon Hove** for the same amount for being late and having his badge stolen by **Chet Hitt**.

In the "No Good Deed Goes Unpunished" category, **Margaret Cooker** was surprised with a \$10 Fine for helping Jim move his table out of the sun and **Chris Ackerman** left with \$20 less in his pocket for suggesting **Jim Barnes** do his stand-up act for the Club.

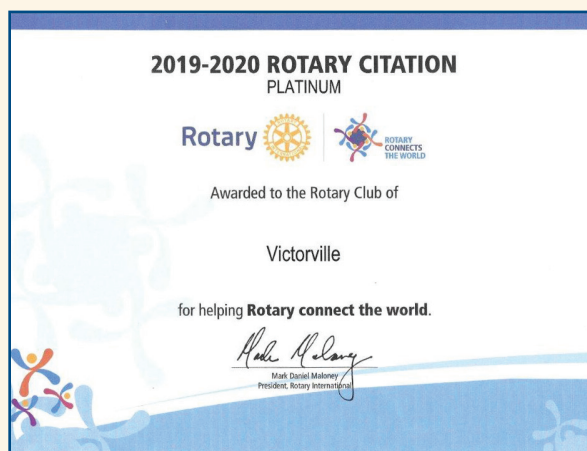
Finally, **Kevin Kane** offered up a \$10 fine for taking the new title of "Official COVID-19 Test Subject" after having 2 positive tests and then a negative in the span of one week!

Raffle

Both **Steve Orr** and **Jim Cox** will be doing some shopping at Midway Home Solutions this week as they both left the meeting with \$25 gift cards, courtesy of **Don Lager**.

Rotary Guests

No guests this week, and out only Stand-in was **Stefanie Montoya** for **Bryan Gillespie**.



Congratulations to President Steve Orr for receiving the Rotary International Platinum Citation that the club was presented with for Steve's first year 2019-2020.

Rotary Opens Opportunities



Why Join Rotary

THE OPPORTUNITY TO SERVE

Rotarians provide service at both the local and international levels. Their projects address:

- Peace and conflict prevention/resolution
- Disease prevention and treatment.
- Water and Sanitation.
- Maternal and child health.
- Basic education and literacy.
- Economic and community development
- Environmental work.

Rotarians experience fulfillment that comes with giving back to the community and the world.

PERSONAL DEVELOPMENT

Membership in Rotary ensures continuing personal and professional development. Rotarians have countless opportunities to further enhance their leadership skills, as well as gain experience in public speaking, communication, organization planning, team building, fundraising and teaching.

FELLOWSHIP

Fellowship is the primary reason Rotary was started in 1905, and it remains a major attraction. Rotarians have friends wherever they go. Rotary helps build a sense of community as well as enduring friendships.

CULTURAL DIVERSITY

Rotary International is an association of local clubs in many countries. Membership is open to business, professional and community leaders from every ethnic group, cultural background, political persuasion, and religion. Rotarians value cultural diversity and practice and promote tolerance.

WORLD UNDERSTANDING

Rotary members gain an understanding of humanitarian issues and have a significant impact on them through the international service projects and exchange programs of Rotary International and its Foundation. Promoting peace is one of Rotary's foremost objectives.

October Birthdays

Victor Rocha	October 7
Stew Anderson	October 11
Ron Wilson	October 12
Jon Hove	October 14
Kirk Riding	October 16
Jim Cox	October 19
Brad Poiriez	October 25

October Anniversaries

Corey Beck	4 Years
Jacob Soares	1 Year

Big Blue Dice



Ryan McEachron had the opportunity to grab the Blue Dice, but took out a white one and saved the chance for another Rotarian.

We will continue next week with 11 dice and \$275 for the Rotarian who can pick the Blue Dice out of the bag.

The Polio Pig

Collected this week: \$13.00

Polio Pig: \$8.00 + Dice (Ryan McEachron): \$5.00= \$13.00

Collected to Date: \$17,497.23

Total equals: 96,108 Doses!

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

Rotary Club of Victorville, CA



The Joshua Tree is a Weekly Publication of the Rotary Club of Victorville
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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 2019-2021	Steve Orr
President 2022-2023	Arsalee Morales
President 2023-2025	Jessica Perez
President 2025-2026	Bill Edwards
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/RYLEA & 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
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

Oct 13: Board of Directors meeting

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

Upcoming Programs

Oct 6: Registrar of Voters, **Topic: Vote Safely and Effectively**

LOCATION: Midway Home Solutions
14444 Atstar Dr, Victorville, CA

Oct 13: Craig Garrick, President ComAV

Topic: COVID, The Airline Industry and the ComAV Perspective (Page)

CLUB ASSEMBLY OCTOBER 13TH, 2020

TOPIC:

*Club President for 2021-2022
Recommendation for Jon Hove*

Proposed Member

*If you protest the admission of this member please respond in
writing by 5 p.m. October 4th to President Steve Orr.*

Cindy Smith

Century 21 - Desert Rock, Realtor

Classification: Real Restate: Realtor

Sponsor: Steve Orr

(Through Facebook)

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