



The Joshua Tree



The Weekly Publication of the Rotary Club of Victorville

October 23, 2012

ST. MARY'S DIETICIAN & DIABETES EDUCATOR VISITS ROTARY

April Vincent, Registered Dietician & Diabetes Educator brought a reality check to the Rotary Club of Victorville this week with her presentation on "Healthy Eating Made Easy". April did notice, however, that many Rotarians' plates contained lots of healthy salad.

In spite of how difficult it is to eat healthy with the busy lifestyles we lead in America, there are many good choices to be made. April went through some of the nutrition basics, and explained some noteworthy facts:

- 1) Trans and Saturated Fats: Bad, bad, bad
- 2) Breakfast is the most important meal of the day
- 3) Beef and/or pork should be eaten only twice per week, total
- 4) Meatless Mondays are a great beginning! Visit the web site for great recipes: <http://www.meatlessmonday.com>.

Small changes we make in our lifestyle, such as adding exercise and eating healthier can make a huge impact on our everyday life, and obviously, our health. "You don't have to give up those awesome cookies forever...

you can eat those foods... sometimes. It's not what you do once in awhile that affects your health, it's the things that you're in the habit of doing on a daily basis". We need a daily balance of protein, carbohydrates and fat to give us energy. The "Plate Method" indicates this balance, and if we use a 9" plate instead of a 12" plate, our portions will be correct. We thank April for her very informative presentation and news on healthy eating.



April Vincent
Registered Dietician & Diabetes Educator
St. Mary's Medical Center



Brentwood School of Business & Leadership 3rd graders arrived to pair up with Rotarians this week.

Thank you to today's Functionaries



- Invocation:** John Hulterstrom
Flag Salute: Mark Sawyer
4-Way Test: Kirk Riding
Song: Riverside Prep Choir

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



Dr. Hough welcomed our guests this week: Margaret Peterson introduced Tina Howerd of Desert Valley Medical Center; Sandra Luna brought her daughter, Breana, and Apple Valley

Rotarian Jason Lamoreaux was on hand to receive a Paul Harris Award! We welcome educators and families from various schools, present in support of the STAR recipients, and Jacquie Lukocsffi (Edson). Welcome, all!

Hough “pins” Jason Lamoreaux, newest Paul Harris Fellow recipient. Jason won his P.H.F. in 2011 at the Wine, Jazz, and More event. Congratulations, Jason, and thank you!



FINE & RAFFLE SESSION:



Caroll Yule brought a fun Halloween quiz this week... those Rotarians who answered her



questions incorrectly were fined \$10 each. They were: **John Kroencke, Rick Hampton, and Al Castellucci.** **Jennifer Starbuck** had the only correct answer, so went fine-free, and **John Hulterstrom's** quick thinking answer netted him no fine as well!

Raffle: **Apple Valley Transfer & Storage / Shred Your Docs** brought a beautiful basket, won by **Kimberly Ramirez**, who also won the **Patel Calendar.** **John Kroencke** was a multiple winner also, taking home **ServPro's "Spotting" Kit, Hough's Surprise Gift, and Hough's "Cube Clips".** **Gary Adams** won **Hough's Art Stickers,** and **Jon Edson** won \$5 from the Pot!

Holidays are around the corner!

BRING YOUR CANS TO ROTARY!!

YEAR 'ROUND GIVING OPPORTUNITY:

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



WHAT'S IN MARGARET'S CAN??

Collected this week: \$18.85

Collected to Date: \$8,959.79

Total equals: 78,974 Doses!

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

Thank you for your donations, Rotarians!



The new Club Directories are here!



Pick yours up this week!

PROPOSED MEMBERS

Approved for publication at a special e-poll Oct. 18, 2012

Matthew Holm

The Geo Group

Position: Warden

Classification: Prisons:Warden

Sponsor: Jim Hart



Dean Mains

The Geo Group

Position: Business manager

Classification: Prisons:Management

Sponsor: Jim Hart

Note: If you protest the admission of these members to the Adelanto Satellite Club, please notify President Russ Stringham in writing by October 30th, 2012.



ANGEL TREE tags are available at meetings from now until the Club Christmas Party on December 13th.

Be sure and get a tag to help a needy child or family.

For questions, contact Steve Flannery.

Margaret's turn...



Margaret Cooker ran the show this week, and it was a very busy meeting!

We received a rare treat this week; a quartet (Marlena, Alex, Kyle, and Danyin) from the Riverside Prep Choir sang a beautiful rendition of "God Bless America"! We thank them for coming, and also their Director, Josh Cool.

Thank you, Rotarians, for mentoring the Brentwood students this week: **John Kroencke, Carroll Yule, Mark Layton, Steve Flannery, Jim Barnes, and Joe Andreasen!**

S.T.A.R. Awards

Presentations were made to the S.T.A.R. Award recipients being recognized for making a significant change to improve their GPA, attitude, or attendance.



Joe Andreasen presented to Maria Galiana from Riverside Preparatory School. Victor Elementary School District Superintendent Maureen Mills presented the awards to: Polina Nesterenko of Galileo Academy; Troy Williams of Brentwood School of Business and Leadership, and Aaron Spillman from Endeavour School of Exploration. Each student receives a \$25 American Express Gift Card in addition to their award.



Teacher Mini-Grants

November 6th will be the date we give away our Teacher Mini Grants! You won't want to miss this meeting.

Rotary Plants and Princesses Adventure

On November 8, 2012 at noon, join a joint meeting of several San Gabriel Valley Rotary clubs as they welcome the Tournament of Roses queen and her court. Location: San Marino Rotary, San Marino Community Church, 1750 Virginia Road, San Marino. \$15 per person. Guests welcome. Please RSVP to Greg Custer at gcuster@whittiertrust.com or for additional information. The queen and court will share their morning with elementary school students at the Huntington Library as part of an educational program to explore plants. Volunteer opportunities are available for this morning program.

★ Upcoming Events ★

Past Presidents Meeting



Oct. 30

Rotary Off-Site

Pacific Aviation Group

18499 Phantom West, Bldg. #17

DIRECTIONS

1. Head northwest on D St toward 8th St. go 0.9 mi
2. Continue onto US-66 E. (Nat'l. Trails Hwy.), go 1.8 mi
3. Turn left onto Air Expressway, go 3.4 mi
4. Turn right onto Phantom West Bl., go 0.8 mi
5. Turn right go 112 ft
6. Turn left to 18499 (will be on the right).

(760) 523-5060

www.victorvillerotary.org

★ Save the Date ★

Dec. 13

Club Christmas Party
Home of Steve & Pam Murray



LUCKY ORANGE MARBLE

Jon Edson won \$5 this week!

Next week...

\$350!! / 11 marbles



President's Circle

Platinum Members

Jon Edson - Paul Stanton



BRANDMAN
University Chapman University System

Dr. A. L. Hough-Everage
(pronounced "Huff")
Professor of Education
Victorville Campus

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Volunteer Business Services (Ron Wilson) - John Kroencke

VICTORVILLE ROTARY CLUB OFFICERS

President	Russ Stringham
Treasurer	David North
Executive Secretary	Margaret Cooker
Club Service	Steve Murray
Community Service	Dwight Johnson
New Generations	Rob Kilpatrick
Vocational	Joe Andreasen
International	Ben Tafoya
Foundation	Margaret Cooker
Recording Secretary	Marilyn Buttlerwerth
Sergeant At Arms.....	Gary Adams

Members-at-Large:

Dan Dever • Bob Basen • Robert Lovingood • Vito Bello

Past President (2011-12)	Charles Gehrke
Incoming President (2013-14)	Dr. Hough Everage
President-Elect (2014-15)	Steve Murray
President-Elect-Elect (2015-16) ...	Talk to Chuck for interviews

Current Chair Persons:

Membership	Dr. Hough Everage
SongMaster	Al Castellucci
Scholarships	Ginger Ontiveros
Publicity/Public Relations	Dwight Johnson
Cards and Calls	Gaylynn Stringham
Programs	Mike Page
Club Activities	Dan Dever
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., Dennies, 14165 Main St.
WEDNESDAY:	Adelanto Club (3rd and 4th Wed.), 11:30 a.m., 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. High Desert, 6:00 P.M. - Los Domingo's Rest., 6:00 p.m. 17790- Hwy. #18, Apple Valley
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!

Oct. 29: Past President's Meeting - 5:30 p.m.
Green Tree Golf Course Clubhouse

Nov. 22: *Happy Thanksgiving*

Dec. 13: Club Christmas Party - home of Steve & Pam Murray

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

- Oct. 30: Off-Site: Pacific Aviation Group**
18499 Phantom West, Bldg. #17
(760) 523-5060 - (map forthcoming)
- Nov. 6: Teacher Mini-Grants (Andereasen)**
Teen Leadership Training (Kilpatrick)
- Nov. 13: District Governor, Sylvia Whitlock**
Topic: Rotary International Foundation Program, Community Service Paul Harris Awards to Carl Ackermann and Chico Garza (Cooker) / **Wheel Chair Program (Hough)**
- Nov. 20: Joe Brady, BRADCO Companies**
Topic: "My View on the Economy"
(Page)
- Nov. 27: The Rotarian Roast: Ben Tafoya**
(Yule)

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