



Rotary



BE THE INSPIRATION

The Joshua Tree



November 20, 2018

STRAIGHTEN UP AND MOVE

What comes first...symptoms or health problems? Many people think that if we have no pain then we have no problems. A perfect example of this is when someone says their back hurts when they get up - what that is a build up of a health problem manifesting itself in pain.



Our speaker this week, **Ronald Vogtsberg, D.C.**, has lived and practiced in Corona for 35 years before relocating to the High Desert. During those years he ran a "family-oriented" chiropractic practice serving patients of all ages. He has lectured on a variety of subjects which include back injury prevention, whiplash injury, ergonomics and nutrition. A few organizations that have heard him speak include the Corona Fire and Police

Departments, Monster Beverage, Norco Naval Weapons Assessment Center, and dozens of other businesses both large and small.

The posture of people of all ages is declining at the rate of technology. This has produced "digital dementia" which is cognitive decline due to decreased attention, energy and focus. Many medications make the situation worse and can lead to addiction His goal for every patient is to improve the quality of their lives.

The muscular-skeletal system is a powerful gateway to health. What we have today in most people is a "sitting disease" - he has seen children hunched over in the playground - kids spend up to 54 hours per week in front of a computer or hand head device and bad posture leads to back problems. When your head is tilted forwards you increase it's weight by 4-10 pounds and only 1 inch forward doubles your head's weight. The balance of the spine's 3 curved creates perfect posture and support for the body's functions.

Dr. Vogtsberg recommends using a fit ball to improve posture and balance plus core strength. The 153 joints in the spine need to move as movement sends messages to the brain and stimulates it. Each vertebra is separated from the next by a "spongy" disk that needs fluids and movement or they will dry out.

Over 2/3 of our population are obese. 90 million children and adults have diabetes and by 2050 it will be 1 in 3 people. Cancer is the second leading cause of death and is linked to being sedentary.

This Week's Functionaries

- Invocation:** Esther Mears
- Flag Salute:** Terry Caldwell
- 4-Way Test:** Corey Beck
- Finemaster:** Mark Taylor

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Rotary



Club of Victorville, CA

2018 Holiday Party!

December 6, 2018

5:00pm Fellowship

6:00pm Dinner Served

El Pescador Banquet Room

Meal Choices:

Prime Rib • Salmon

Eggplant Parmesan

Plus Music and Christmas Bingo!!

\$49.00 per person

Please see Roger Wagner

for more information



THE POLIO PIG

Collected this week: \$8.04

Collected to Date: \$15,800.14

Total equals: 92,648 Doses!

One dollar equals 2 doses of vaccine!

\$500 pays for a Polio Clinic!

BE THE INSPIRATION

LUCKY BLUE DICE



This week, Jim Murray had a 33% chance to take home the big money, but left it in the bag for next week!

We will continue next week with 2 Dice and \$550 for one lucky Rotarian who can grab the Blue Dice!

ROTARY GUESTS

We welcomed this week **Brandon Kane**, the son of **Kevin Kane** and our stand-in this week for **Lauretta Tkaczyk**, **Sarah Rojas**, invited her husband **Oscar Rojas** to the meeting.

ROTARY FINES

This week, Finemaster **Mark Taylor** went table by table this week and did games of Thanksgiving Trivia. Some tables did great, others... not so much! One such question consisted of what event started the Thanksgiving Holiday? While most people thought it was the landing at Plymouth Rock, it was actually the Battle of Gettysburg!

RAFFLE PRIZES

Raffle prizes were shared around the room at this week's meeting. A VVTA flashlight from **Kevin Kane** went home with **John Kroencke**, while the Midway \$25 gift card from **Don Lager** will be used by **Donna Wells**. A Bob's Tire wine bottle opener and USB charger was won by **Bill Scott** and a \$10 Starbucks gift card that was donated by DCB's **Esther Mears** will be enjoyed by **Mark Taylor**!

Dr. Roger Wagner brought a bevy of goodies to the raffle including a LED pen light what was won by **Jim Murray**, a fountain pen to be used by **Dr. Ron Boyd** and a radar detector that will be used by **Sarah Rojas**.

STRAIGHTEN UP...

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A British test showed that 1 hour of TV decreased life expectancy by 20 minutes! Women who watch 6 hours or more a day of television and electronics are 30% more likely to die.

Dr. Vogtsberg showed some exercises using 6 inch lengths of PVC pipe and recommends taking a 5 minute break every hour of sedentary work and doing these several times a day.

See's CANDIES

2018 Winter Fundraising



Assorted Chocolates
Milk and dark delectables.
Delivered in seasonal wrap.
1 lb \$20.50 #318
2 lb \$41.00 #319



Milk Chocolates
Pure milk chocolate goodness.
Delivered in seasonal wrap.
1 lb \$20.50 #326



Dark Chocolates
A taste of sssso in every bite.
Delivered in seasonal wrap.
1 lb \$20.50 #330



Nuts & Chews
Yummy, crunchy and chewy.
Delivered in seasonal wrap.
1 lb \$20.50 #334
2 lb \$41.00 #335



Truffles
Wonderfully decadent and rich.
1 lb \$23.20 #902



Assorted Peppermints
Creamy mint treats in milk and dark chocolate.
8 oz \$10.25 #358



Assorted Molasses Chips
Crispy wafers covered in milk and dark chocolate.
8 oz \$10.25 #360



Assorted Lollipops
Vanilla, Butterscotch, Café Laté and Chocolate.
Approximately 30 lollipops.
1 lb 5 oz \$19.50 #296



Peanut Brittle
Buttery, crunchy and irresistible.
1 lb 8 oz \$20.20 #355



Toffee-ettes®
Crunchy toffee, milk chocolate and almonds.
1 lb \$20.50 #316



Polar Bear Box
The ultimate stocking stuffer.
4 oz \$7.70 #9565



Mini Merry Assortment
An irresistible treat.
4 oz \$7.70 #9561



Gift Certificate
For use at any See's Candies shop.
1 lb \$20.50 #767 (redeemable continental U.S.)
1 lb \$22.30 #769 (redeemable Hawaii)

SEE MARGARET COOKER TO GET YOUR ORDER IN EARLY!

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

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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 Adelanto 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 Domingos, 1520 E Main St, 12:00 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

Nov 30- Dec 2: TLC - Camp Cedar Crest

Dec 10: Board of Directors Meeting
5:00pm Fellowship • 5:30pm Meeting
DCB Board Room, 2nd Floor
Hesperia and Silica Roads

Dec 6: Rotary Christmas Party
El Pescador Restaurant
5:00pm Fellowship • 6:00pm Dinner

Feb 23: Rotary Peace Conference
8:00AM • La Verne College
Registration now open

UPCOMING ROTARY PROGRAMS

Nov 27: Teacher Mini Grants
(McEachron/A. Anderson)

Dec 4: Christmas Program (Johnson)

Dec 11: State Senator Scott Wilk (Letner)

Dec 18: STAR Students Program

Dec 25: DARK

Rotary Club of Victorville, CA



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