



The Weekly Publication of the Rotary Club of Victorville

November 26, 2013

HOW LACK OF SLEEP AFFECTS EVERYTHING WE DO



Sleep Apnea is one of many sleep disorders which plaque Americans and interrupt their everyday lives. Dr. Ravidra Chandrashekhar, Internist from St. Mary's Medical Center, also specializes in sleep medicine, and brought an interesting program to the Rotary Club of Victorville this week. Dr. "Robbie" had a PowerPoint presentation depicting the many reasons "good sleep" is important, and how sleep issues affect our health.

Sleep problems, including snoring, sleep apnea, insomnia, sleep deprivation, and a myriad of other sleep "issues" are common. In sleep apnea, the airway can collapse and block air flow to the lungs. As a result, the quality of sleep is poor, affects our overall well being, and can contribute to additional medical problems, such as chronic tiredness and depression, and even diabetes and insulin resistance.

Good sleep is necessary for optimal health and can affect hormone levels, mood and weight. Many conditions that cause death in the U.S. (Oct. 2012 Vital Statistics Reports) are directly or indirectly affected by our airway and quality of sleep. If you have disturbed sleep and are unaware of it, getting enough sleep is not enough due to the poor quality of sleep you are receiving. Some factors that help improve the quality of sleep are keeping the room dark with as little noise as possible. He recommends good sleep hygiene (going to bed and arising at the same time each day); no bad habits (use the bed for only the two things it is intended for); and don't eat three hours prior to sleeping. Dr. Robbie suggests you see your family doctor if you feel your are suffering from any type of sleep disorder, as it relates to your health.



THIS WEEK'S GUESTS



Ron Boyd introduced guests this week, beginning with Kari Gehrke (Past President Chuck's daughter), who is working with Ron temporarily. We also welcomed Chris Briggs of Desert Communities United Way (North); Garner Morris for Robert Lovingood; and Manny Manahan for Rick Hampton.

Thank you to today's Functionaries



Invocation: Van Young
Flag Salute: Holly Noel
4-Way Test: Rob Kilpatrick
Song: Al Castellucci

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



Another one bites the dust...

Brad Harris receives his official "blue badge", along with the customary \$10 fine. Congratulations, Brad!



December Member Birthdays

David North	Dec. 5
John Kroencke	Dec. 6
Cliff Harris	Dec. 14
Joe Range	Dec. 20
Carolyn Villars	Dec. 21
Mehdi Mostaedi	Dec. 23
Robert Lovingood	Dec. 31

December Partner Birthdays

Betty June (Al) Castellucci	Dec. 1
Donna (Mark) Taylor	Dec. 8
Dennis (Caroll) Yule	Dec. 10
Pat (Ron) Kabalin	Dec. 13
Carol (Gerald) Lundberg	Dec. 20
Joe (Cherie) Range	Dec. 20
Rene (Kirk) Riding	Dec. 22
LaVaun (John) Hulterstrom	Dec. 28
Charmaine (Paul) Earle	Dec. 31

1 Pantry Item = 1 Raffle Ticket

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.



Mark Sawyer bought the December Spoon of Exemption for \$40!



Melanie Lovingood

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Wedding Anniversaries

Steve & Patty Orr	Dec. 4
Margaret & Tony Cooker	Dec. 18
Pat & Francis Mark	Dec. 18
Kirk & Rene Riding	Dec. 18
Dwight & Trish Johnson	Dec. 19
Terry & Charley Caldwell	Dev. 19
Donna & Denny Wells	Dec. 20
Gary & Carole Adams	Dec. 20
Gerald & Carol Lundberg	Dec. 22
Margaret & Ken Peterson	Dec. 23
Sam & Betsy Lucia	Dec. 31

Club Anniversaries

Jean Conrady	Dec. 1
Glee Heikes	Dec. 1
Paul Earle	Dec. 6
Ron Sugi	Dec. 16
Eldon Heaston	Dec. 19
Ron Boyd	Dec. 20

For all you staffing needs call "ICR STAFFING"





Russ' Rap

Steve Murray is taking names... for potential members, that is. Let's make a big push to bring in dynamic people to keep our Club at its best for years to come!

We still have many "Angels" who need gifts for Christmas! Please be sure to take a name or two and make a child happy this Christmas.

Russ has two tickets to the Morongo Casino Buffet, and auctioned them off. They went to Steve Murray for \$35, the proceeds of which will go toward the Polio Pig.

Interviews for Club President (2016-17) will be held the first two weeks of December. Please see Russ if you are interested, or have a nomination.

Be sure and make your reservations for the Club Christmas Party...

Mark Your Calendars...



*Club Christmas Party
December 13th*

Last chance to bring your Angel Tree gifts, wrapped or unwrapped! Promises to be a wonderful time at the Steve and Pam Murray home... \$10/person. Bring a raffle gift!

The Bill and Melinda Gates Foundation are making a final push by tripling Rotary's donations toward the eradication of polio. Our little Club provided \$344 dollars this week, totaling \$1,032 including Gates' portion. Just in one week!

WHAT'S IN MARGARET'S CAN??

- Collected this week: \$19.00
- Eldon Heaston Donation: \$100.00
- David North's Fine: \$50.00
- Steve Murray's Donation: \$35.00
- Holly Noel's Polio Pig: \$40.00
- Caroll Yule's Polio Pig: \$100.00
- Collected to Date: \$10,079.00
- Total equals: 83,203 Doses!**

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

RAFFLE SESSION:

Mark Sawyer assisted Russ in handing out a few raffle prizes... Wine, Jazz & More Wine went to Dwight Johnson, who also won the Le Chartreuse Gem Stone Globe; 10 Boys & Girls Club Raffle Tickets went to Margaret Cooker and Dwight Johnson; and Gary Adams won the Beautiful Basket donated by Gentiva Hospice! No fines were handed out this week in the spirit of the Thanksgiving holiday, and Dwight Johnson took home a measly \$5 from the marble bag. Better luck next time, Dwight!!



Don't forget to see Margaret and order your Sees Candies at a great discount! We are working at getting 22% and the next level will be 27%. The order will be placed by the end of this week, and delivered within a week.

LUCKY BLUE MARBLE



Dwight Johnson took home only \$5 this week. Next week: \$300 and 12 marbles!



2013 Holiday Raffle

Mark Sawyer has tickets for the Boys & Girls Club Holiday Raffle. They are two-for-one, and there are 11 wonderful prizes offered, from a professionally decorated tree with over \$3,000 in gifts to a Spa Package from J. Michaels Salon & Day Spa to a flight over the high desert with our very own Club President!

David North presented Chris Briggs of Desert Communities United Way with a check for \$2,000 for the "Kids Pack Program", resulting from our Club receiving a matching Lefler Grant. This will provide many children with nutritious food for the entire school year!



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
Rotaract, 2nd Mon., VVC Student Activities.
- 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.
Rotaract, 4th Thursday, VVC Student Activities.
- FRIDAY:** San Bernardino North, Elks Lodge, 12:05 p.m.



Important Dates

Mark your Calendar!

- Nov. 28:** Happy Thanksgiving!
- Dec. 13:** Rotary Christmas Party - Home of Steve and Pam Murray - 6:00 p.m.
\$10/pp. Bring a raffle gift!
- Dec. 24:** Christmas Eve - DARK (no Rotary meeting)
- Dec. 25:** Merry Christmas!
- Dec. 31:** New Years Eve - DARK (no Rotary meeting)
- Jan 1:** Happy New Year!
- Jan. 3, 2014:** R.I. Foundation - 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

- Dec. 3:** Dr. Dennis Haghghat - Topic: "Health care Delivery and the Inevitability of Change" (Page)
- Dec. 10:** Apple Valley High School "Sunsations" / Brentwood Career Exploration Program / S.T.A.R. Awards
- Dec. 17:** Mojave Water Agency - Principal Geologist Lance Eckhart - Topic: "Behind the Water Glass: The Science of Water".
- Dec. 24:** Dark (no meeting)
- Dec. 31:** Dark (no meeting)

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The Joshua Tree

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