

# The Joshua Tree

December 1, 2020

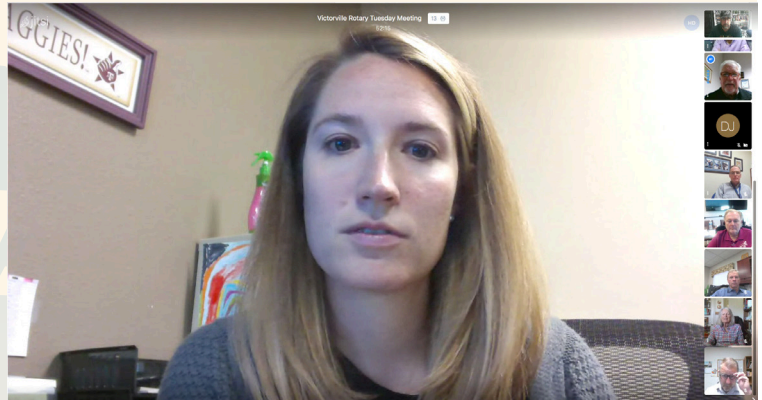

## HOW TO GROW HEALTH EDUCATION

When it comes to Health Education, there are as few as passionate as **Rachel Dillinger**, RN, BSN, CDCES, with Heritage Victor Valley Medical Group. Although her specialty is as a diabetes educator, the classes put on by Heritage also cover areas such as heart disease, obesity, fitness and even cooking! These classes are open to the community, so one does not have to be a member of Heritage to take part, but Rachael added one huge benefit of being a member, as they get one on one training in a variety of subjects.


Before the spread of Covid, it has been a struggle to get people into classes, and now it is extremely difficult. People seem do not want to learn about the importance of health, as some find it boring and others just don't want to know about it, as they may have to face some health issues they don't want to deal with. The emphasis of the classes is "Taking Care of Yourself", but too many people just hope their health issues will just "go away".

The Health Education Department has the ability to do video meetings, but since a majority of those attending are seniors who are not technically savvy, the classes are waiting to reopen once the Coronavirus pandemic passes.

For more information or ways your business can help get the word out, please contact Rachael at 760-245-4747 and ask for the Education Department.

**What a rollercoaster of a year 2020 has been! We know COVID-19 has been the topic of conversation and caused a lot of change for the last 6+ months; but, did you know that we did not have to change helping our Heritage members work on their chronic conditions, weight, or nutrition? You don't even have to leave the safety or comfort of your own home in order to take that next step to improve your health! Our growing team currently consists of a Registered Dietician, Certified Diabetes Educator Specialist, Registered Nurse, and Pharmacist that all work together towards one goal: healthy, happy people (and Heritage Members). If you are interested in getting more help, please talk to your primary care doctor!**



**We encourage each of you to continue to practice social distancing, wear a mask, wash your hands with warm soap and water for at least 20 seconds (or hand sanitizer if soap and water is not an option), and stay home and away from others if you do not feel well. Please continue to check our website for any updates on resuming class as we move through the coming months!**

**Rachel Dillinger, RN, BSN, CDCES -**  
Director of Disease Management and Health Education

### This Week's Functionaries

**Invocation:** Chris Ackerman  
**Flag Salute:** Steve Orr  
**4-Way Test:** Bill Edwards, Mike Page  
 David North, and Margaret Cooker  
**Finemaster:** Steve Orr



**Prevent the Spread!**

- Stay at home when you are sick
- Cover your mouth and nose with a tissue when you cough or sneeze
- Cough or sneeze into your upper sleeve, *not* your hand
- Put used tissues in the waste basket

# ORR'S ROARS



I appreciate Rachael Dillinger, one of my staff members at Heritage Victor Valley Medical Group take the time out of her schedule to share the importance of our educational programs.

Thank you all for the great ideas and offers to help grow our classes.

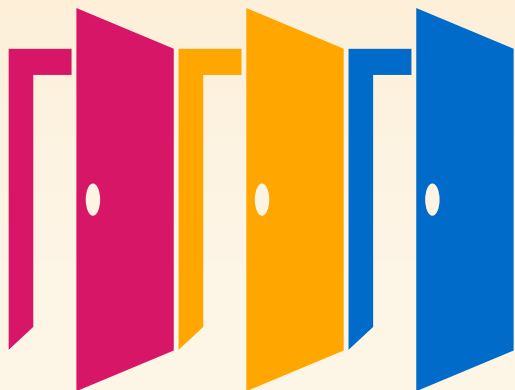


As Dwight reported the great awards we earned recently at the District Awards Meeting, Margaret has them and shared a few at this week's meeting.

Next Friday,, December 11th, we are planning to hold our annual Christmas Party at the home of Jon and Linda Hove. Please make your plans to join us as ladies in attendance will take home a box of Sees Candy from the Club, plus music food, fellowship and more. Most importantly is to RSVP Jon at JHove@robar.com or call him at 760-954-8186 and let him know if you are coming so he can make sure to have enough food available. See ad on page 3.

See you next week...

Steve



www.victorvillerotary.org

## FACEBOOK AUCTION

Last week we began our next round of auction items to raise additional funds for the Club. Once again the items are listed on our Facebook page. Please bid and share on your own Page as well. Below are just a few of the items you can bid on. Remember, all proceeds go directly into all of the programs we support.

**Rotary**  
Club of Victorville, CA

**ISU**  
**ARMAC**  
INSURANCE SERVICES

**\$250**  
**BEST BUY GIFT CARD**

**OPENING BID \$85**

**Rotary**  
Club of Victorville, CA

**GREINER**  
SERVICE CENTER

Platinum detail gift certificate

**\$109**  
Value

**GREINER**  
BUICK GMC

PLATINUM DETAIL GIFT CERTIFICATE  
\$109.00 VALUE

**OPENING BID \$50**

**Rotary**  
Club of Victorville, CA

**HERITAGE**  
VICTOR VALLEY MEDICAL GROUP

2 Garmin fitness bands & a Tablet

**\$300**  
Value

**OPENING BID \$100**

**Rotary**  
Club of Victorville, CA

**APPLE VALLEY COMMUNICATIONS**

Doorbell camera  
\$350 Value

**OPENING BID \$100**

**Rotary**  
Club of Victorville, CA

**Robar**  
Enterprises, Inc.

**LOAD OF ROCK**  
**\$375 VALUE**

**OPENING BID \$100**

**Rotary**  
Club of Victorville, CA

**MIDWAY HOME SOLUTIONS**

**\$3,000**  
Make Over

**OPENING BID \$1000**

# Rotary Opens Opportunities



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## Fine Session

**Steve Orr** had his first time as Fine Master and did a great job. While **David North** has his big "50" Birthday in just a few days, he had a birthday fine cut in half to just \$25. **Bill Edwards** was recently interviewed on local radio and Steve got to hear it, so that set him back \$10. Finally, three Rotarians are celebrating wedding anniversaries in December and each took a \$20 penalty including **Dwight & Trish Johnson** who will be celebrating 33 years, **Brad & Yvonne Poiriez** who have been married 27 years, and finally, our own President (and Fine Master) **Steve & Patty Orr** who celebrate 38 years together this month as husband and wife.

## Rotary Guests

This week we welcomed **Stephen Quintero** as a guest of **Terry Caldwell** and our Stand-In this week was **Stefanie Montoya** for **Bryan Gillespie**.

## December Birthdays

<b>David North</b>	<b>December 5</b>
<b>John Kroencke</b>	<b>December 6</b>
<b>Ron Williams</b>	<b>December 21</b>
<b>Rick Bessinger</b>	<b>December 29</b>
<b>Robert Lovingood</b>	<b>December 31</b>

## December Anniversaries

<b>Glee Heikes</b>	<b>18 Years</b>
<b>Paul Earle</b>	<b>9 Years</b>
<b>Ron Boyd</b>	<b>9 Years</b>
<b>Oscar Garcia</b>	<b>2 Years</b>



## Sees Candy

Once again, we have received a discount on Sees Candy for our Club members. You should have received a catalog in your email, but if not, please contact **Margaret Cooker** or visit <https://volume-savings.sees.com/>. Please get your orders into Margaret ASAP.



Rotary  
Club of Victorville, CA



*2020 Holiday Party!*

**December 11, 2020**

**6:00pm**

Home of Jon & Linda Hove

18970 Appaloosa  
Apple Valley, CA

*Casual Attire • Food • Fellowship*  
Cost: \$49 per person

**RSVP to [JHove@Robar.com](mailto:JHove@Robar.com)**  
**or call 760-954-8186**

*Social Distancing and proper Covid Mandates will be in place.*



## VICTORVILLE ROTARY CLUB OFFICERS

### Board of Directors

President 2019-2021 .....	Steve Orr
President 2021-2022 .....	Jon Hove
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 .....	<b>PLEASE VOLUNTEER</b>
International Service .....	Ben Tafoya
Youth Service/Ryla & TLC .....	Arsalee Morales
Vocational Service .....	Jessica Perez
Grants/Speech Contests .....	<b>PLEASE VOLUNTEER</b>
Scholarships .....	Please Volunteer
George Hensel Ethics Essay Contest .....	Ron Boyd
Membership .....	Don Lager
Billing Officer .....	Esther Mears

**Members-at-Large:** Dwight Johnson & Rob Kilpatrick

### Positions & Committee Chairs

BOD Secretary .....	Marilyn Buttelwerth
Programs .....	Mike Page
Public Service .....	Rick Bessinger, Teressa 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

<b>MONDAY:</b>	San Bernardino East, Imperial Palace, noon
<b>TUESDAY:</b>	Rancho Cucamonga Sunrise, 7:15 a.m. Empire Lakes Golf Course Rancho Cucamonga, 12:00 p.m., Etiwanda Gardens
<b>WEDNESDAY:</b>	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.
<b>THURSDAY:</b>	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
<b>FRIDAY:</b>	San Bernardino North, Elks Lodge, 12:05 p.m.

## Calendar Dates

**Dec 14: Board of Directors meeting**  
5:30 pm Meeting  
DCB Board Room, 2nd Floor  
Hesperia and Silica Roads

## Upcoming Programs

**Dec 8:** Terry Caldwell, **Topic: Q & A with Terry: Estate Planning, City of Victorville, and the Law** (Page)

**Dec 15:** John Kozyra, St. Mary Medical Center  
**Topic: The Marathon Continues: Our Current Covid Surge** (Page)

## Proposed Member

*If you protest the admission of this member please respond in writing by 5 p.m. Dec 7th to President Steve Orr.*

**Dr. Kennon Mitchell**  
**Superintendent**  
**Adelanto Elementary School District**

**Classification: Education:**  
**Administration: Elementary**

**Sponsor: Terry Caldwell**

*Associates: Stephen Quintero PI Officer and Michael Krause*

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