



The Desertarian

**Newsletter of the
Rotary Club of Palm Springs, California**

THE ROTARY CLUB OF PALM SPRINGS *Desertarian* for December 19, 2012

THANK YOU SPA HOTEL STAFF, FOR THE BEAUTIFUL HOLIDAY DECORATIONS!

Dr. Denise Ellis, our energetic and enthusiastic president, opened the meeting by asking **Bob Allan** to lead the Pledge of Allegiance, followed by **Judy Bronstein**, who worked her way through the 4-Way Test of those important things that we Rotarians live our lives by, aka the 4-Way Test. Denise then asked for a moment of silence, remembering the tragic events that occurred in Newtown, Connecticut. PDG **Dr. Helene Kalfuss** introduced visiting Rotarian PDG Jack Horner (Indio Sunrise, CA). **Anita Gray** introduced her special guest, Vanessa Shanks, Director of Marketing for Eisenhower Medical Center.

ANNOUNCEMENTS

- **Frank Peabody** reminded us that our club will once again be a major participant in the annual Tour de Palm Springs bicycle event. Our participation will include the Tour de Jazz on February 8th followed by duties at the Tour de Palm Springs on February 9th. **Thomas Smith** will co-chair this event. Proceeds from these events will go to our Palm Springs Rotary Club Foundation, which is in dire need of funds for us to continue to provide generous donations to organizations such as Mizell Senior Center's "Meals on Wheels" program, the Community Concert Association, Big Brothers/Big Sisters, Angel View, and other critical recipients.
- PDG **Milt Levinson** briefed on the tremendous success of the Great American Book Giveaway Program, held this morning at our adopted Cahuilla Elementary School. **Milt, Jacque Wachs, Bill Lentz, Bob Allan, and Charlie House** assisted with giving over 1400 books to 600 eager students. GREAT JOB!!
- **Judy Bronstein** announced that our garage sale donation days will be suspended until Saturday, January 5th at **Dr. Jenny Vu's** office, 1564 N. Palm Canyon Drive, Palm Springs. The event is scheduled for February 23rd. Everyone is encouraged to solicit your friends and neighbors for donations.
- January 12, 2013, will be our District's Leadership Institute. Contact **Thomas Smith** for details.
- Congratulations to Fire Chief **John Allen** for receiving his Rotary Blue Badge.
- We presented our annual appreciation gift to our tireless Spa Hotel service staff, who have continually treated us royally with their service.

OUR PROGRAM

Anita Gray introduced today's speaker, Debra Shea, RD. Ms. Shea is a registered dietician who received her degree in clinical nutrition from Loma Linda University. She is a guest lecturer throughout the valley, and she has taught courses at our local college. Her talk focused on the failure of diets to adequately control weight. Her motto is, "Give up dieting for a healthier, happier life style". Statistics show that 95% to 98% of those who choose dieting to lose weight will regain that weight within one to five years. Her program, which she labels "Intuitive Dieting", involves five factors: (1) Stop Dieting, (2) Honor your hunger, (3) End overeating, (4) Feel calm around food, and (5) End preoccupation about eating (are you listening, Elsner?). She will be conducting a seminar about weight loss on January 12, 2013, at the Holiday Inn Express in Palm Desert. For further information, you may contact Ms. Shea at Debra@Speak4Health.com.

OTHER TIDBITS

Finemaster **Bob Elsner**'s focus today was on Christmas films (so why did you pick on so many of our Jewish members to answer your questions, Bob?). Contributions were extracted from **Denise Ellis, Bob Barrett, Marv Goldberg, Helene Kalfuss, Jacque Wachs, Tim Ellis, Judy Bronstein, Jamey Canfield, and Mike Brill**

Happy Rotarians included **Mike Brill, Bob Elsner, Jacque Wachs, Frank Peabody, Bill Lentz, Anita Gray, and Denise Ellis**.

Frank Peabody had today's lucky ticket, and he walked away with \$19. Next week's pot should exceed \$350!

President Denise closed the meeting with this beautiful thought: "Let there be peace on earth, and let it happen with me".

Wishing everyone a very happy holiday season!

Mike Brill

Desertarian Editor