



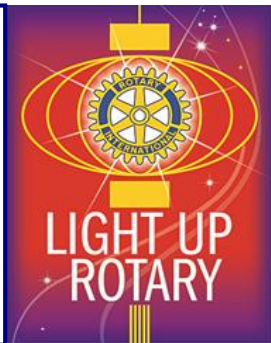
The Appleknocker

Sebastopol Rotary Club's Weekly Bulletin

Harry Simms – Metabolic Syndrome



Date: March 13, 2015
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Club President 2014/2015: Ron Puccinelli



"All the News that Fits We Print"



At The Bell

Fresh back from the 2015 Rotary PETS Conference, **Prez Pooch** rang the meeting to order at 12:15 PM.

Jim Pacatte started us off by pledging allegiance to the Stars and Stripes.



This was followed by a song for the day that you would expect from a real beer guzzling Irishman, and who might that be you ask, why none other than our very own **Keller McDonald** is the reply. What song did **Keller** choose to sing you ask? Well what would you expect any self-respecting Irishman to sing 4 days from honoring their favorite Saint. And who might that be you ask -- Patrick of course is the reply. What is the song you ask? Now what song would you expect any Irishman to sing that involved beer you ask? Well **Keller** chose (must have been in his dreams) "99 bottles of Beer on the Wall" of which he could remember one verse.

That's OK it gets repetitive after that.

That was followed by **Tom Dilley's** Thought for the Day.

"There's no telling how much good you can do if you do not care who gets the credit".

Visiting Rotarians & Guests

There were no visiting Rotarians. Dan Bornstein where are you when we need you?

Future Programs

March 20, 2015

Speaker: **Larry Ford**
Program: **High School Speech Contest**

March 27, 2015

Speaker: **Ron Lindenbusch, Lagunitas
Brewery**
Program: **Community Involvement**

April 3, 2015

Speaker: **Dennis Wick, Planning Director
Sonoma County**
Program: **Challenges Facing the County
Today**

April 10, 2015

Speaker: **Rick Nowlin, Executive Director**
Program: **Wells Fargo Event Center: A
Historical Perspective**

April 17, 2015

Speaker: **Community Leaders and Youth**
Program: **Overcoming Obstacles Awards**

Future Events

Fireside Chats – March TBA

Friendship Dinners
March 28

District Conference
April 23rd – 26th

Sebastopol Golf Tournament
April 27, 2015

Handy Links

Pinot for Polio Form
Sebastopol Rotary Website
Teacher Mini-Grants Application

Miscellany

Next Board Meeting

Date/Time: **Wednesday, Apr. 9th, 5:15 p.m.**
Location: **New!! Vanguard Properties Office**
The Barlow in Sebastopol
6790 McKinley Street Suite 120

MAKEUP NOTIFICATIONS – jbblasco@comcast.net
On-line Make-Ups: www.RotaryEClubOne.org

INTERACT MAKE-UPS – HAVE YOU TRIED IT?

Analy High: 12:40 Most Wednesdays In Choir Room (Check
with Bob Hirsch, Jack Dunlap, Ted Baggett)
Brook Haven: 12:10 First & Third Thursday, Room 18
(Check with Pauline Pellini, Mike Carey)
Orchard View: Different meeting times
(Check with Mike Carey)
Twin Hills: Every Other Tuesday 12:45pm - 1:20pm
(Check with Dan Rasmus)

For all Interact Mtgs.: CALL AHEAD TO CONFIRM MEETINGS
!!! CHECK IN AT SCHOOL FRONT OFFICE FIRST !!!

Mike Ferguson
introduced his friend **Sue**
Keller,



Tom Boag introduced his partner **Ralph,**

Harry Simms introduced his
wife **Susanna.**



Prez Ron introduced his wife
Lynda,



and **Mike Carey** introduced two Brook Haven Interactors.



Jim Passage introduced Erin Sheffield. Erin is the Chairwoman of The Luther Burbank Experimental Farm and will be our speaker at our April 3 meeting.

🍏 Announcements 🍏

Richard Peterson reminded us that we do have room for a couple of more foursomes on the April 27 golf tournament -- don't be afraid to sign up a little humility is good.

Rick Wilson informed us that we have two hosts and four guests for the March 28 Friendship Dinner. The dinners are fun and the food and comradery is outstanding.

Greg Jacobs still needs more help with the *Learn to Swim* program.

Hugo Sappington, Brook Haven Interact President, told about a new program that their club is working on called Pennies for Porridge where they will be collecting money to aid children in Namibia, Africa. Their goal is to provide 20,000 bowls of porridge.

Torrey Olson passed around a notebook full of thank-you letters written by students, all third graders, thanking Rotary for the dictionary's they provided for the 3rd grade at Oak Grove School.



Jim Passage mentioned that he will be attending 3 webinar sessions on a new Rotary program Tuesday, Wednesday, and Thursday of next week. Each session will be an hour and one half and will cover "Lighting up Lives in Long Term Care through Music". It has been demonstrated that people with dementia retain memories of the parts of their lives that were associated with music and the memories associated with those times are more vivid.



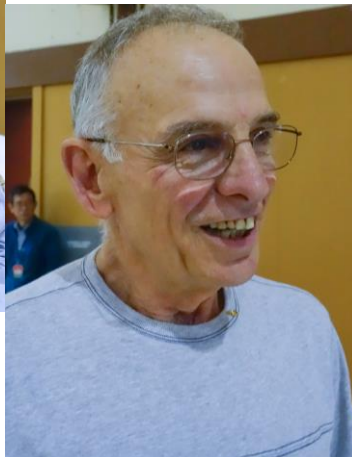
President Pooch then called **Barbara Bickford** forward to present her with her Red Badge. Congrats **Barbara**.

Pooch then reminded us of the District Training Assembly on March 20, and the importance of attending for new members.

🍏 Recognitions 🍏



Dennis Judd was hit with a \$5 fine for his Feb 24, birthday. **Dennis** had lunch out with his wife and with his mother -- afterwards they proceeded to Sonoma State University where his mother gave a talk on the Holocaust. **Dennis's** mother was a prisoner during that period and wrote a book about it.



Bob Rogers spent his birthday at PETS but word has it that the waitresses gave him special consideration. **Bob** was dinged the usual \$5.



Norm Stupfel celebrated his Feb 5, anniversary having dinner with his wife **Judy** and their family.



Bill Cole forgot his Feb 24 anniversary, if you can believe it, Bill never did say how he likes sleeping on the couch. Both **Bill** and **Norm** were separated from \$5.



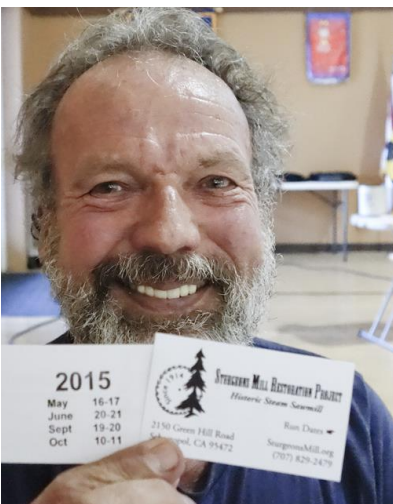
Tom Lambert was slapped with a \$35 fine for completing his annual trip to Mt Hood in Oregon and hiking to Gunsight Rock, an 8 hour trek. **Tom** admitted that the hike gets tougher each year (welcome to the old farts club **Tom**) but the view from Gunsight Rock makes it worthwhile. **Tom** hopes to make it back next year.

Shout-outs

President Ron then invited anyone with anything to say, to do so.



Rick Wilson talked about how impressed he was with the Keynote speaker at the PETS Conference. The speaker was President Elect Ravi Ravindran. Ravi talked about the many great things that Rotary has accomplished, one of them being what we have done with Polio. Ravi mentioned that in 1988 Polio was present in 125 countries and there were 1,000 new cases of Polio per day. Today Polio is present in only 3 countries and we will only have 10 new cases of Polio per year -- remarkable. We could eliminate Polio altogether if groups like the Taliban did not exist. Another thing that Ravi mentioned was that any Rotary Club that does not have women membership within 2 years will lose their Rotary Charter.



HH mentioned that Sturgeons Mill has installed a new sound system and increased their picnic area to accommodate over 200 people. They will be conducting live steam demonstrations for families this spring on May 16-17 and June 20-21. For high school kids only, the mill will run May 15 and June 19.

Monica Kretschmer mentioned that that the sister-in-law of Michael Roan died tragically last week. Michael was one of the three winners of the Teacher Recognition Awards last week. It was also announced that **Diana Rich's** Father passed away earlier in the week.

🍎 The Raffle 🍎



Mia Del Prete had the lucky number and with it enough Baby Ruth candy bars to help satisfy her sweet tooth. In addition, **Pooch** provided her with a complementary Rotary water bottle.

🍎 The Program – Metabolic Syndrome 🍎



Henry Alker came up to the podium to introduce our speaker for the day – none other than our own **Harry Simms**, an MD in Sebastopol specializing in Family Practice.



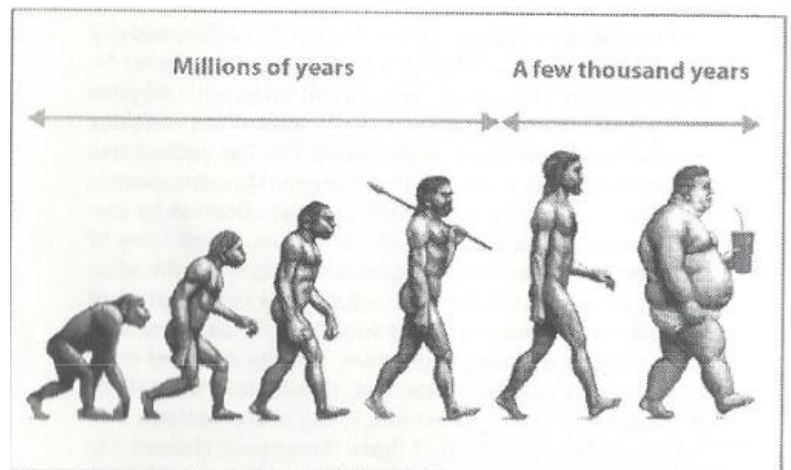
degree as Doctor of Medicine. Reese Hospital in Chicago Internal Medicine. **Dr. Simms**

Care of Northern California where he was an Emergency Room Physician for 32 years. After retiring in 2009, Doctor Simms has been practicing medicine in Sebastopol as a Family Practitioner.

Dr. Simms graduated from a Quaker High School in Pennsylvania and from there went on to graduate from the University of Pennsylvania. From there, he went to the Medical College of Wisconsin where received his From there he went to the Michael where he received his specialty in was employed by Kaiser Health

Doctor Simms talk was about the often talked about the Metabolic Syndrome. **Doctor Simms** wanted to be clear that the metabolic syndrome is not a disease, it is condition caused by poor diet and lack of proper exercise. The Metabolic Syndrome means elevated blood pressure, glucose intolerance (diabetes) Proinflammatory state (caused by obesity), and Prothrombotic state (risk of thrombosis... blood clots) state.

The cause? Well, **Harry** revealed, we humans have evolved from hunters, gatherers, farmers, and now we are leading sedate lives – but the bodies still work the same. Quick energy from food that let our ancestors evade a Sabre Tooth Tiger doesn't work anymore (isn't needed) and, guess what, it winds up deposited as fat in our liver. And the stuff we eat! It's all processed now, unnatural. "Food" doesn't spoil as fast as it used to – Why? – because it's mixed with sugar, salt, or other "glop" that preserves it, making it more profitable for manufacturers, sellers. Example: Good homemade bread, with all the natural seeds and their coatings, spoils fast – You have to eat it in a couple of days or it goes stale. The other "bread" (that mushy white stuff) has all the healthy part taken out and replaced by sugar and other stuff. Modern processed



food doesn't spoil as fast (makes more profit!).... BECAUSE IT ISN'T FOOD. It's made of cheaper ingredients and costs less to make, ship, store. (Spoiling bacteria/mold doesn't like it and you shouldn't either.)

Harry told the personal side of these problems – revealing that he shares some of these symptoms himself. [With one of the co-**Ed.**'s, who happens to be a patient of **Dr. Simms**.]

Mediterranean Diet:

Rich in Omega-3 Fatty Acids
Rich in Unsaturated Fats
Rich in Antioxidants
Low in Salt
Fresh Food only
No Processed Food
NOT Low Fat!

This Diet:

Lowers Incidence of Metabolic Syndrome
Lowers all Risk Factors for Metabolic Syndrome
Lowers Death Rate due to Heart Attack, Stroke
& Cancer by up to 25% after 5yrs.
Lowers Insulin Resistance
Lowers Inflammatory Proteins (Cytokines)

Diets leading to these syndromes are too rich in commercial sodas, bakery goods, spread fats, processed and red meats, processed carbs, high-fat cheeses, whole milk, butter, and eggs. We should concentrate more on foods that are in the Mediterranean Diet like olive oil, nuts, peanuts, fresh fruits, vegetables, fish with omega 3, white meat, yogurt, and red wine. [A cheer was heard from attending vintners/drinkers. -**Ed.**] Combine this good diet with the proper amount of exercise.

What is proper exercise? Doctor Simms says that walking 5 miles per day is adequate, do resistance training 20 minutes, 2 times per week. In addition to this put a little love in your life-- literally and figuratively. I know that is something that appeals to everybody.

10000 steps a day = 5 miles walking

Must be consistent, Daily
Pedometer, cross training shoes
Resistance Training: 20 minutes 2X a week
Weights can be anything.
No Machines? Door Jams, Furniture
Keep track of steps
Report to your buddy daily.

The solution? Diets don't work without support from others. Join with others in support groups to improve diet, walk the 10,000 steps a day (or equivalent exercise. Harry brought along a couple of books – one is “*This is Your Do-Over*” by Michael F Roizen, M.D., with Ted Spiker; the other “*Metabolic Syndrome – From risk Factors to Management*” by Michael J. Blaha and Rajesh Tota Maharaj.

This was a special talk, a gift to some of us.... It takes courage to talk about personal issues (especially from a doctor – who is often consulted about such things... but this was a gift [even overtime! -**Ed.**] to members who need to do something about similar problems.



The Final Bell



President Ron tapped the sacred bell at precisely 1:45 or so, ending an enlightening meeting.



After the Final Bell



Teacher Mini-Grants

Since its inception in the fall of 2002, the Sebastopol Rotary has distributed nearly \$210,000 in Mini-Grants to local teachers.

Grant Size: \$50 to \$500 maximum.

Qualifications: Any teacher working in a public or tax-exempt private school located within the boundaries of the West Sonoma County Union High School District.

Deadline: April 17, 2015.

Submit application using this [link](#) for consideration.

Questions can be directed to Michael Hixson at mikehixson@comcast.net



13 March 2015 | A roundup of Rotary news



[Rotaract celebrates 47 years of service through fellowship](#)

By sponsoring a Rotaract club, Rotary members have a chance to invest in the future, helping young adults ages 18-30 develop leadership skills, build lasting friendships, and create positive change in the world. World Rotaract Week 9-15 March marks 47 years since the first Rotaract club was chartered in North Carolina, USA. See how your club can strengthen the connection between Rotary and Rotaract.

- [Learn how your club can sponsor a Rotaract club](#)
- [Read Reaching Out to Rotaractors](#)
- [Join the celebration on the Rotaract Facebook page](#)

[LEARN MORE](#)

Rotary Peace Fellows help refugees start over

The number of people forced from their homes by war and conflict has surpassed 50 million for the first time since the end of World War II, when the Office of the United Nations High Commissioner for Refugees was created. Among the nearly 900 fellows who have graduated from the Rotary Peace Centers since the program's inception in 2002 are agents of change working to assist this growing population of refugees. Four alumni of the program share their stories.



- [Read more](#)
- [Learn more about Rotary Peace Fellowships](#)
- [Register for the Rotary Peace Symposium](#)
- [Join a discussion on peace](#)

End Polio Now

Rotary torch keeps the flame burning for polio eradication in Afghanistan

São Paulo will be the last stop for a Rotary torch lit in December in Chennai, India, to commemorate the eradication of polio in that country. It's traveled through a number of countries, publicizing the need to go the last mile in the battle to eradicate this horrible, crippling disease. Find out more about the torch and how it inspired members of a new club in Afghanistan in Luke Beer's post on Rotary Voices.



- [Read Beer's blog post](#)
- [Register for the convention](#)
- [Read about a bicycle ride around Australia to raise money for polio eradication](#)

REGISTER FOR CONVENTION BY 31 MARCH & SAVE

Don't miss your last chance to save on registration fees for the Rotary Convention, happening 6-9 June in São Paulo.

- [Register by 31 March to save](#)
- [Buy your tickets to the Rotary Carnival](#)
- [Get others to join you with these social media promotions](#)



SEE WHAT HAPPENS WHEN WE WORK TOGETHER

Rotary's 2013-14 annual report shows what we can accomplish when members are active in their clubs and service projects.

- [View Rotary's 2013-14 annual report](#)
- [Download the report](#)
- [Learn how to engage your members](#)

Rotary in the news

Moving beyond the blame game in the antivaccination feud

In an essay for the Huffington Post, Rotary General Secretary John Hewko discusses why we need honest dialogue and outreach in order to prevent another measles outbreak and make sure the public has real information about vaccine safety. Read this and other Rotary-related stories in the media.

- [Read Hewko's essay](#)
- [Christian Science Monitor's Change Agent features a Rotary project that is using horses to help kids](#)
- [Polio survivor Minda Dentler discusses the need for vaccinations in an essay on Time.com](#)

Resources & reference

[Rotary Voices: Stories of service from around the world](#)

[Rotary Leader: Helping club and district officers achieve success](#)

[Rotary Images: Download photos to use in your club or district publications](#)

Rotary Weekly brings you the latest Rotary news, features, and resources. Use this content in all of your Rotary communications, including club or district newsletters and websites.

Send questions to website@rotary.org. Share comments on [Rotarians Worldwide discussion group](#).

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