



# Rotary Club of Santa Rosa West

## Bulletin for January 28, 2008 Sarcopenia: Degenerative Muscle Loss

By Chris Rossell

### Preliminaries



Pledge to Allegiance - **Doug DeAngelo**

Moment – **Harry Rubins** paid tribute to **Peter LaMonica** – our 25<sup>th</sup> Annual Crab Feed chairman for a wonderful event a Night in Tuscany

Greeter- **Barbra Larson**

Cashier - **Matt Delaney**

Set up- **Chuck Baker**

Raffle ticket sales - **Dale Sipe**

Photographs - **Jim Valinoti**

Programs - **Dave Wattell**

Visiting Rotarian-Ton Verick(?) from the downtown club.

Guests of Rotarians: **Bob Zeni** introduced: **Brian Cox** – Piner H.S. counselor; **Mike Moore** introduced **Ken Kushnir** due to his recent hiatus.

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#### Coming Up:

2/4 - Graffiti, Georgia Pedgrift, SRPD

2/11 - Bill Traverso

2/18 - Dark

2/25 - Outer Mongolia and Beyond,  
Susan and Neil Silverman

3/3 - Keeping in Step, John and Tina

3/10 - SMARTRAIN, Chris Coursey

### Announcements and Such:

**Peter LaMonica** gave us the raw numbers for Saturday night's extravaganza, drum roll please: **\$119,000 gross!!** Approximate numbers as follows: raffle tickets-\$11,000, silent auction-\$22,000, live auction-\$34,000, event tickets-\$35,000. Also included in the gross is \$16,000 raised after the last live auction item for Roseland University Prep's library, which included **\$8,000 in matching funds from a very generous and anonymous donor.** Whew!!

**Peter** went on to thank the members for their contributions to the success of this year's event. Co-chair –**Jim Hinton**- the detail man, **Tarina Hall**- silent auction, **Jeff Ray**-barkeep, **Scott Bartley**-set up, **Pam Wilson**-program, **Bill Dodson**-crab monger, **Jim Valinoti** – Wine Purveyor, **Gale Johnson**-decorations, **Chris Young** –Italian music, Tuscany slides and the slide presentation of the Live Auction items, **Susan Nowacki** & **Ginny Pitts**-indispensable utility people, **Jim Benoit**-raffle ticket sales, **Bob Zeni**-event ticket sales, **Barbara Larson**-money monger, **Terry Galazzo**-money monger too. Ok, I'm tired of typing so the rest of you, and you know who you are, thank you for your dedication and contributions to the BIGGEST grossing crab feed ever!

Our own **Von Von der Meden** won the \$2,000 grand raffle prize. He plans to buy his daughter a wedding dress with it. (*Good luck on that one Von – Editor ☺*)

### Recognition

**Von's** birthday was yesterday, **Chuck & Win Ann Stark** were married 41 years on Jan. 2 and finally, **President Z's** 10 year club anniversary was Jan. 26.

**Chuck Baker** got a basket of goodies for buying Foundation Dinner raffle tickets. Don't miss out on this opportunity next year because there was some really cool stuff in that basket. I'm sure **Barbara** will be pleased.

### Raffle

**Harry Rubins** didn't win the \$525 raffle and **Jim Sullivan** won the bottle of wine; I'm sure he was thrilled!

### Students of the Month

Next- **Bob Zeni** introduced the Students of the month from Piner H.S. They will be eligible to receive the \$2,000 scholarship the club gives to one young female and one young male graduating senior this coming May. **Sharvee Sheti** is interested in becoming a research neurologist so she can help find a cure to Alzheimer's or Parkinson's disease.

**Ron Pearce** hopes to become the "go to guy" when anyone at NASA has a question about space exploration; a field he's been passionate about since he was a youngster!



### Program: Sarcopenia: Degenerative Muscle Loss with Wes Harding, Santa Rosa Strength

**Dave Wattell** introduced **Wes Harding** our speaker today. We started us off with a quiz: Do you know what "sarcopenia" is? Well weaklings, it's the degenerative loss of muscle mass in the later years of life. (*Editor's note – for those of you who are desperate for more on Sarcopenia, just click here:* <http://www.reference.com/browse/wiki/Sarcopenia>)



We found out that those of us between the ages of 40-50 will have lost between 1 to 3% of our muscle mass during that decade, Not too bad you say, well the problem accelerates in the next decade (50-60) to 1-3% annually. Bummer, but not to worry, there has been a great amount of research on aging at the Buck Center in Novato that supports the reversal of this common malady. It's called *strength conditioning* and it may just be the baby boomers, that's us people.

Not only can it help stop the loss of muscle mass, it has been shown to reverse it and even return us to our former healthy selves. The secret is *progressive resistance training* and it only requires a half hour of your time weekly. Increasing muscle mass has been shown to increase bone density and life expectancy which in turn has also improved balance and a host of other benefits. It's the virtual fountain of youth!



Research has shown that tests cannot discern the difference between the biomarkers found in the muscles of those practicing this method of weight training. Just think, you can have the muscle biomarkers of a 25 year old. Thus, it's never too late! Your dreams can come true. Now if they can only find a way to fix all the wrinkles, we're set. I don't know about you, but I will be checking this out. See you there. Santa Rosa Strength is at the corner of Mission & Montgomery Dr. across the street from Old Mexico.

Your Bulletin Reporter:  
**Chris Rossell**



Your Bulletin Editor:  
**Jim Valinoti**

