



Crackers

COSMOPOLITAN CLUB OF SANTA BARBARA INC.

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Next Meeting

February 21, 2013

Lanny Ebenstein
"Oil and Gas Development in Santa
Barbara County"



Dr. Ebenstein has lived in Santa Barbara since childhood and is a graduate of Santa Barbara HS and UCSB where he earned a PhD. He currently teaches economics at UCSB and is the author of many books on political science and economics. He also served on the Santa Barbara Board of Education for many years and writes frequent guest opinions for the Santa Barbara News-Press. Dr. Ebenstein's topic will focus on oil and gas development in Santa Barbara County. He will trace the history of oil and gas in the county, and the economic benefits of increased oil and gas production. He will be introduced by Jim Shaw.

Future Meetings

Mar 7, 2013

Brett Gidney, MD
"Cardiac Rhythm Disorders"

Heart rhythm disorders are among the most undertreated conditions in medicine, and atrial fibrillation, the most common rhythm disorder, affects 1 in 4 over the age of 40. One of the complications of this irregular rhythm is blood clot formation in the heart which can break loose and travel to anyplace in the body including the brain where it can cause major strokes and other serious medical problems. Anticoagulants, mainly Coumadin which may be taken orally, can prevent clot formation, but must be frequently monitored by blood tests.

Dr. Bret Gidney went to medical school at Albert Einstein University in NY, served his internship and residency in internal medicine at Cottage Hospital, and did fellowships in cardiovascular disease at Kaiser UCLA and cardiac electrophysiology at Harbor UCLA medical centers. He subsequently was an attending physician at the Pacific Rim Research Center and for the past year he has practiced at the Heart Rhythm Center in Santa Barbara.

James Shaw will introduce.

Access the COSMO website at
<http://sbcosmo.com>
for current and archived issues of CRACKERS

Guest Free Lunch during January-February

The Directors have designated January & February 2013 as "New Member Recruitment Months." Any member's guest will receive a free lunch in the four meetings of the first two months of 2013. Please take advantage of this opportunity to help your Club grow. Limit one guest per member per meeting.

Updates from President Mead

President Mead announced that the Cosmo Board of Directors approved a new Winter Dress Code policy making a tie optional.

He reported that Bob Weber will assume the leadership of the Audio Visual Team - he asked that he be contacted by any others interested in helping with electronics.

Members Special Interests Meeting

A special meeting will occur Mar. 21 which is described in the Future Meetings schedule and for which a questionnaire is provided on page 6.

Mar 21, 2013

Club Members Exhibition of Members Hobbies

All members who have special interests such as Woodworking, Art Painting, Winemaking, Photography, Sculpturing, Gardening, Pottery, Jewelry Making, Ceramics, Collections, etc. are encouraged to participate in this special meeting. All items will be displayed on tables, freestanding panels or the floor. Thore Edgren has prepared a questionnaire to be completed by the participants, which asks for each participant to describe his exhibit. The questionnaire is enclosed on page 6 for you to fill out and send to Thore.

Thore asked if anyone could provide a truck or SUV to haul panels that are now in storage. Thore Edgren, 967- 4001, theman3@cox.net.

Apr 4, 2013

Bernie Schaefer
"The Great White Fleet"

Apr 18, 2013

Dan Curhan, MD
"Cancer of the Prostate"



Dick Grossgold introduced a huge number of 14 guests:

- John Martin, courtesy of Jim Munroe & Walt Clapp
- Joel Einhorn & Brock Brower, hosted by Gordon Bjork
- David Medina, invited by Pete Kruse
- Bruce Williams, hosted by Fred Marsh
- John Jeffrys, courtesy of Stan Ostern
- Erik Thorlaksson, invited by Harry Stroud
- Larry Dubois, hosted by Bill Berry
- Tom Ochsner, courtesy of Bob Logan
- Ronald Latimer & Bob Reid, invited by Mead Northrop
- George Fleming, hosted by Bill Beckers
- Franz Meier, courtesy of Ron Singer
- Richard Lim, invited by Kent Cullen

Please invite them back!

Wine Drawing

It again took 3 tickets to give away 2 bottles with Bob Zimels doing the honors. The 2007 Washington State red was scooped up by Jim Belden; Ed Loper won the Napa Valley 2010 Ziansa Zinfandel.



Proposed for Membership

Robert A. 'Bob' Reid

1036 Calle Sastre, Apt. B, SB 93105
805-682-3082, reidz2@cox.net

With wife Patricia, Bob settled in Santa Barbara in 1971. Born in Milan, Italy, he majored in English before pursuing his medical education and specialty in OB-GYN medicine. Before retiring in 2009, Bob's career spanned 25 years as an OB-GYN physician with the Cottage Hospital System, adding additional duty as Physician Administrator. He was Santa Barbara's Physician of the Year in 2006, and served as President of the Calif. Medical Assn. in 1998-99. The couple raised 4 children. Bob enjoys writing and gourmet dining. His sponsors are Mead Northrop, Don Chalfant and Dick Milham.

Richard A. 'Dick' Lim

977 Via Los Padres, SB 93111
805-964-4457, dickforrest@earthlink.net

Born in Manila, Philippines, Dick is a physician who specialized in Thoracic and Cardiovascular Surgery, heading that department for Sansum Clinic until he retired in 1994. He and wife Catherine settled in Santa Barbara in 1966, raising 4 sons and 4 daughters. Dick is a tennis player. His sponsors are Kent Cullen, Jim Barbabella and Mead Northrop.

Regular Events

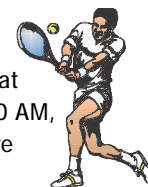
Bridge



Join us for FUN Bridge upstairs at the Elks Club after all regular meetings; we play until 3:30 PM. Chairman Steve Morgan, 637-1332, or smmpha@cox.net; Co-chair Ed Loper, 967-8630, oliveloper@cox.net. The winners for the February 7 game were:

- 1) Howard Glenn 2920
- 2) Hugh Vos 2840
- 3) Mac McMillin 2310

Tennis



The tennis group plays doubles twice a week at a private court in Shadow Hills starting at 8:00 AM, Mondays and Thursdays. All tennis players are invited to participate.

Contact Bruce Long (805) 692-4072 or bruce93103@cox.net.



Cosmo Tennis players (+Jen) still friends after intense morning competition at Tennis

Cosmo Computer Society

Cosmo Computer Society meets monthly on the third Tuesday, upstairs at the Elks Club. Discussion starts at 10:00 AM, and a feature presentation starts at 10:30 AM, concluding with a no-host fellowship luncheon in the Elks Grill. All Cosmo members are welcome. Bob Gerity, Program Chair, Howard Glenn, Chair. 967-2633, hbglenn@cox.net.



S.A.G.E. Investment Group

S.A.G.E. meets monthly at 10 AM on the first Tuesday at the Elks Club, followed by a no-host lunch in the grill downstairs. At S.A.G.E. we discuss past and possible future trends in the economy and the stock market. We welcome your participation. Chair: Walter Naumann, 448-5061, wjnaumann@aol.com.



Golf

Golf Chair Ron Singer reports Cosmo Golf has affiliated with the SCGA (SoCal Golf Assn.). This enables a Cosmo member to register with SCGA for the low annual cost of \$40 and to maintain a sanctioned handicap and index. Bill Costello chairs Cosmo golf's new Handicap Committee. For more information or to join, contact Ron Singer, RSinger916@aol.com or 805-684-4044; Bill Costello, um2thdoc@aim.com or 517-295-8691.



Upcoming 2013 Golf Tourneys at Montecito Country Club

Available dates are March 13th, May 8th, July 10th, Sept. 11th and Nov. 13th. Please let Marty Tucker know which date(s) you might be interested in playing. Marty Tucker, tuckmet@aol.com.

Mondays - Santa Barbara Golf Club (Muni). Tee times from 9:30 AM to 11:00 AM. Regular walking senior rate is \$25 for 18 holes. Contact Ron Singer (805) 684-1355 or rsinger916@aol.com by prior Friday for your tee time. Twin Lakes (Par 29) at 9:00 AM. Work on your short game. These outings are a great way to gain new members, so invite your friends.

Wednesdays – Ocean Meadows (Par 36) at 8:30 AM. Work on your long-ball skills.

Additional play at various courses - Contact Ron Singer to get on the e-mail notification list for the Floating Golf Game Circuit. Mondays are usually at Muni, Wednesdays are often at Glen Annie, and Friday locations have included La Purisma, Glen Annie, Soule Park, and Rancho San Marcos. A. B. Clark and Steven Stonefield will select the floating golf game sites, so you may contact either of them. Ron Singer, Golf Chair: rsinger916@aol.com.



The team of Bob Swider, Frank Katch, Paul Fink & Jim Munroe (photo) carded lowest score (8 under par) at Cosmo's San Marcos Golf Tourney on 3/11.

Second place honors went to Stephen Stonefield's team of A.B. Clarke, John Mackenzie, Bob Grebil.

Third place team consisted of an unusual fivesome headed by Harv Turner along with Bill Skelly, Jim Shaw, Bill DePriest and guest.

Hearing Aids Missing!

A/V Chair Jim Belden reports 5 hearing aids are missing. These hearing assist devices are tuned to a special Elks-based frequency and are of no use off these premises. If you have used a Cosmo hearing aid, please check around your home to see if you may have inadvertently neglected to turn it in after a Cosmo meeting. Many thanks.

Upcoming Special Events

Sunday, March 17, 2013

Santa Barbara Symphony Luncheon & Concert

We will enjoy lunch at Andersen's Danish Bakery & Restaurant (one block from the Granada - park once for both venues) in a private dining room, and then adjourn to the Granada where we will be seated as one group in the up-front Orchestra Section for an exceptional concert.

With a world premiere, a rising piano virtuoso, and iconic West Side Story melodies, this concert promises to be unforgettable. A pianist with superb musicianship and riveting technical brilliance, Xiayin Wang presents Gershman's Concerto in F, inspired by jazz, ragtime. Jonathan Leshnoff, one of America's most gifted composers, has written Concerto Grosso, highlighting the principal players of our orchestra – a world premiere not to be missed.



The price is \$70/person. Event Chair: Art Kvaas, 965-6636, or akvaas@verizon.net.

Friday-Saturday, April 12-13, 2013

Naval Air Weapons Station, China Lake

Steve Little reports that, regarding the visit to the China Lake Air Armament on April 12 and 13th, the bus is half filled, leaving space for 20 more stout Cosmo petroglyph seekers, the wild flowers and animals of the desert, the wild horses of the desert, the air and surface armament of the Navies of the free world, and the scientists and engineers and support people who make it happen. We also expect that the Commander of the Naval Air Weapons Station, Captain Dennis Lazar, USN, our host, and the mayor of Ridgecrest will speak to us for a few minutes. We are staying at the Carriage Inn for our lodging. Breakfast on the 13th is included in the room cost. The entire trip cost is \$170 for a single room and \$250 for a double. Additional meal costs will be on the traveler. Since this trip is on a Naval Station, regulations require a DOD check which includes your full name and middle initial, the last five numbers of your SSN, and your date of birth, and citizenship. Visit www.chinalakemuseum.org, and www.maturango.org. Deadline to apply for this memorable trip is March 25. Contact Steve Little at 965-3811, or steveleah@cox.net.



Friday, April 5, 2013

Annual SBCC Gourmet Dinner

This memorial to Ben Walsh will be on Friday, April 5. The cost remains the same at \$40 pp, which includes wine, tip & tax. Further details to include time and choice of entrees will follow.

This event is always a sellout. Contact Harry Stroud (653-5117) for questions or to sign up.

Spring Dinner-Dance: Yes or No?

The Board is concerned about the viability of the Spring Dance. Traditionally held at the Yacht Club in May, this event has experienced serious declining attendance over the past two years. The Board plans to cancel the event in 2013 unless there is substantial renewed interest. Therefore, in order for the dance planning to go forward, we need to hear from members who are willing at this time to make a strong commitment to attend the event this spring. That may be done by emailing mfnbsb@cox.net or calling President Mead at 964-9786 to state that you definitely plan to attend a spring dance.

Meeting Staff

Ticket Sellers: Bob Thompson & Dale Charpentier
Punch Bowl: Jerry Floyd
Invocation: Bill Alexander
Sgt.-at-Arms: Walt Clapp

Money Found

At the last meeting on Feb. 7th, money was found on the floor near the ticket booth sales. If you lost money, please contact Dale Charpentier @ 963-4061, tell him the amount lost, and he will return the money to you.

Last Meeting

February 7, 2013

Dr. Stephen Kaminski

Hospital Trauma Services



Dr. Stephen Kaminski
(Photo by Ron White)

George Scott introduced Dr. Stephen Kaminski, Trauma Director at Cottage Hospital, who presented a very interesting and important talk on local trauma care services. Trauma is the leading cause of death in the first four decades of life and the 3rd leading cause of death overall. Not only does it cause death, but it is frequently associated with significant disability and burden of care for patients and family. Dr. Kaminski, who was 2012 Physician of the Year at Cottage Hospital, said that pediatric training is his specialty.

He stated the Reality of Trauma – Messy but Alive. He highlighted current controversies – the traumas of concussions in professional football, as well as youth sports. Dr. Kaminski said that the goal of trauma services is to reduce deaths from trauma by 25%.

Dr. Kaminski described early trauma or wound care reported on Egyptian papyrus in 1600 BC. They advocated: stitches, cautery for wounds “of a vessel”, and opium poppy for pain. He noted that Homer’s Iliad in the 8th Century BC told about attending to 147 wounds, with 77% mortality - 31 head injuries were all fatal. He stated that the Romans were the first to adapt what was learned from the organized Roman military system, that advances in military care relative to injuries could also be adapted to non-military care. In the 18th and 19th centuries, many patients were refused admission to hospitals for a variety of reasons. House calls were the order of the day, and often kitchen table surgery was performed.

Dr. Kaminski said that the Napoleonic wars developed the ambulance. Napoleon saw it as a morale booster – anything for a medal. Wagons would take the wounded off the field of battle, and the driver would receive a medal. That transport was taken to shorten the time for definitive care.

In the first vehicle ambulance uses in the early 1900’s, the driver was directed to take whichever vehicle was still operable. Funeral homes took advantage of this, and they were the first to develop and provide the transport. In the 1970’s and 80’s, development of trauma centers was begun to provide specific and immediate care for trauma victims.

He noted that the burden of injury is that it is the leading cause of death in the first 4 decades of life, is the third leading cause in all age groups, and 12% of hospital beds are consumed by injury. He stated that injury is America’s most expensive disease process, costing nearly \$180 billion per year. Trauma causes more than 300,000 permanent disabilities annually, and an estimated 25,000 trauma deaths annually are preventable. The mortality rate is 25% lower in trauma centers.

Dr. Kaminski gave many examples of trauma incidents, and described how trauma care was provided for them.

There is perhaps an epidemic of injuries to children, particularly in sports – as many as 1.5 to 3 million children a year will sustain a concussion. Youth are vulnerable because of rotational force, with weaker neck muscles for stability, and the young brain is busy with ongoing development and has fewer compensatory mechanisms. Youth sports injuries have resulted in the Lystedt law in Washington State that is being introduced elsewhere: educate parents and coaches, remove the affected player from the game, and once removed may not return to play until cleared by a medical examination.

In Santa Barbara County there was no organized trauma care before 2001 – Cottage Hospital became a Level II Trauma Center at that time. He said Cottage is planning to become a Level I Trauma Center in the near future. He said establishing a Level I Center at Cottage will depend on the facilities that are developed and the level of philanthropy to support it. Dr. Kaminski said that Level I would provide a greater depth of care. It will require: 24-hour in-house anesthesia availability, ongoing research and training and time to engage, and care of the most severe injury category patients. He said it would then be the only Level I Center between Los Angeles and San Jose - Ventura County also has a Level II, San Luis Obispo has a Level III, and Santa Maria is trying to establish a trauma center. Dr Kaminski indicated that the Cottage trauma center is located in two rooms adjacent to the ICU at Cottage Hospital.

Dr. Kaminski said that he is looking for support for the kids sports concussion program as he would like to make it a free clinic and is considering moving it out of Cottage trauma into a stand alone entity. In this way it can be made a larger program than a pilot that was run for the school district, and also see kids from outside those schools, youth soccer, youth football, etc. Anyone interested can email Dr. Kaminski at skaminski@sbch.org, or call him at (805) 569-7451.

SPECIAL INTERESTS EXHIBIT QUESTIONNAIRE

DATE: MARCH 21, 2013

WHERE: ELKS CLUB NORTH ENTRY SPECIAL PURPOSE ROOM

NAME: _____

SPECIAL INTEREST: _____

DESCRIPTION OF ITEMS TO BE EXHIBITED ON TABLES

SIZE OF EXHIBIT (WXL) _____

TABLES ARE 30"W x 96"L (TABLES MAY BE SHARED)

DESCRIPTION OF ITEMS TO BE MOUNTED ON FREESTANDING
PANELS (ART, PHOTOGRAPHY, ETC.) MOUNTING AREA = 4'x4'

DESCRIPTION OF ITEMS TO BE FLOOR MOUNTED (SCULPTURE,
WOODWORK, ETC.)

SIZE OF ITEMS (WxL) _____

EMAIL FORM TO THORE EDGREN: theman3@cox.net OR MAIL TO 6545
CAMINO VENTUROSO, GOLETA, CA 93117.
CALL 967-4001 WITH ANY QUESTIONS.

PLEASE SUBMIT FORMS BY FEB. 28, 2013