



Crackers

COSMOPOLITAN CLUB OF SANTA BARBARA INC.

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Crackers Editor

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Next Meeting

June 5, 2014

Bruce P. Luyendyk, Ph.D.

"Antarctica"

Gordon Bjork Intro



Bruce Luyendyk was on the faculty at UC Santa Barbara 1973-2010. He is now Professor Emeritus of Marine Geophysics and Research Professor at UCSB. He is past chair of the Department of Geological Sciences (1997-2003; now Earth Science) and founding director of the Institute for Crustal Studies (ICS, now Earth Research Institute), which he led from 1987 to 1997. He was Associate Dean of Science 2005-2010. Luyendyk holds a B.S. from San Diego State Univ., a Ph. D. from the Scripps Institution of Oceanography at UC San Diego and held a postdoctoral scholarship at Woods Hole Oceanographic Institution. He was a staff scientist at Woods Hole prior to coming to UCSB in 1973. His research specialties include marine geology and plate tectonics.

Prof. Luyendyk has been active in Antarctic research since 1989. He has made nine expeditions to Marie Byrd Land and the Ross Sea along the Pacific coast of Antarctica to

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

Cosmo Member Ailing

If you learn of one of our members suffering from illness or injury, please notify Arlie Skov, 965-5101, askov@earthlink.net

Meeting Staff:

Ticket Sellers: Paul Coyne & Pete Schenck
Punchbowl: Robin Durkee
Invocation: Bill Alexander
Sergeant-at-Arms: Bill Montag

Dues for 2014-2015

Dues for 2014-2015 are now due and payable at \$60/member. Checks can be deposited in a box near the entry to the Elks' Club or mailed to Cosmopolitan Club PO Box 3993 Santa Barbara, CA 93130-3993

Roster Photos

New roster pictures will be taken at both meetings in June for those who want to replace their present pictures and for any new member who has not had his roster picture taken



Keep This Date
Annual 4th July Picnic
July 3 2014-see page 6

study climate history and the formation of mountain ranges during continental breakup. In 1994, he began a research study of marine hydrocarbon seeps at Coal Oil Point off-shore from the UCSB campus. He and his students were the first to recognize the ninety-degree clockwise rotation of the Transverse Ranges and other regions of southern California within the San Andreas Fault system. In 1979, Luyendyk was a member of the expedition that discovered the deep-sea hot vents off Mexico with the submersible ALVIN.

Future Meetings

June 19, 2014

Ed Keller

“Santa Barbara Earthquake Hazards: We Do Have Our Faults”

Introduced by Jim Shaw

Dr. Edward Keller received his Bachelor’s and Master’s Degrees in geology at Cal State Univ. at Fresno and UC Davis and his PhD at Purdue University. Since 1976 he has been a highly regarded Professor of Geology at UCSB. His publications, grants, and awards are extensive. There is probably is no one better qualified to talk on Santa Barbara geology and earthquakes than Dr. Keller. His specialty is teaching and research in earth surface tectonics as they relate to earthquakes and landslides in the area. He has recently published a book on Santa Barbara earthquakes and in the Santa Barbara New Press he has written a series of very interesting articles on the geology of Santa Barbara.

July 3, 2014

Annual July 4th Member-Guest Picnic

See attached flyer

Wine Drawing by Bob Zimels

Ken Jewesson won a Faulkner 2010 Syrah and Bill Montag took home a 2012 Villa San- Juliette Alabariño



Coffin Wins Special Drawing for Membership Drive

At our board meeting Thursday, January 06, 2014 it was decided that the new member incentive program would be extended to end with the meeting on May 1, 2014. The drawing prize - free Cosmopolitan Club lunch for the remainder of 2014 – was won by Dwight Coffin.

WELCOME OUR GUESTS

Guest Introductions with Jim Dow:

- Carl Curicose hosted by Mike Rodrigue
- John Venable* hosted by Ron Singer
- Jim Larezaga* hosted by Bob Sorich
- Dan Cameron* hosted by Mead Northrop
- * Returning Guests

In Memoriam

Bill Skelly passed peacefully in Belfast with his family present on Saturday May 10th. His valiant fight with cancer is over. Bill made friends with many of us and he will be missed.

Regular Events:

Bridge



Results for May 15

1 st place:	Steve Morgan	4460
2 nd place:	John Calvert	3180
3 rd place:	Jim Belden	2450

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 smmphd@cox.net; Co-chair Ed Loper, 967-8630, oliveloper@cox.net. No game following the May 1st meeting.

Cosmo Computer Society



We meet on the second Thursday of the month starting at 10 A.M. upstairs at the Elks Club. Ring the bell at the front door for admission. All members and guests are welcome. Please bring your gadget such as smart phones, tablets, notebooks, or any other digital device. You can show us what it does or ask for advice. We have Wi-Fi available. We enjoy lunch and camaraderie at the Elks Club after our meetings. Chairman Bob Gerity, 963-9413, robtgerity@cox.net.

S.A.G.E. Investment Group



We meet monthly at 10 AM on the first Tuesday at the Elks Club. At S.A.G.E. we discuss past and possible future trends in the economy and the stock market. We would welcome your participation. Chair: Walter Naumann, 448-5061, wjnaumann@aol.com.

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.



Golf

May 12 Muni Tournament Results

The May Cosmo Golf Club tournament was held on a warm spring day at the Muni on May 12. The team of Ron Singer, Nic Martinovich, Jim Shaw and Rich Hanson took first place. Second place finishers were; Bill Clothier, Bill Costello, AB Clarke, and Bob Swider. Third place included; Paul Fink, John MacKenzie, Tom Sneddon and Bill Veigele. Everyone had a great time and enjoyed prizes, laughter and good fellowship following the event.



Mondays we usually meet at the Santa Barbara Golf Club, (Muni). Tee times range between 9:30 AM to 11:00 AM. Regular walking senior rate is \$26 for 18 holes. Contact Ron Singer (805) 684-1355 or rsinger916@aol.com by the prior Friday for your tee time. These outings are a great way to gain new members, so invite your friends.

Additional play at various courses - Contact Ron Singer to get on the e-mail notification list for the Floating Golf Game Circuit. Wandering Wednesday and Floating Friday locations will include courses throughout the tri-county area. A. B. Clarke and Steven Stonefield will select the floating golf game sites, so you may contact either of them. Ron Singer, Golf Chair: rsinger916@aol.com.

Wednesday, July 9

Montecito CC Cosmo Golf Tourney

This is most likely the last opportunity to play MCC before it closes in September for major renovations. Your \$61 fee includes buffet lunch, green fee, cart, prize money and post-game snacks. Sign up at the next Cosmo meeting or contact event organizers Marty Tucker, 969-0760, tuckmet@aol.com or Tom Dent, 695-8643, tdent@cox.net. Advise Marty or Tom if you are an MCC member and provide your Index or Handicap with your registration. Your check payable to Cosmopolitan Club of Santa Barbara may be mailed to POB 3993, SB 93130-3993 (advise Marty or Tom you have mailed your check). Plan to arrive about 11:30; lunch will open at noon; 4-man teams will tee off at 1 PM in shotgun format. Cash prizes to top 3 teams awarded on patio after the tournament.

Upcoming Special Events

Thursday, August 7

Ronald Reagan Library Big Band Dinner and Dancing

A tribute to the Big Band Era of the 20's, 30's and 40's.



Dine under the wings of Air Force One and dance the night away to the sounds of classic big band hits, featuring the Pat Longo Orchestra with female vocalist. Get ready for the best in flashback entertainment! Enjoy hors d'oeuvres and an incredible American classic buffet dinner. Cocktail attire is suggested. Fee is \$95/ person which includes dinner, dancing and SB Airbus transportation to Simi Valley. This is a rare opportunity to enjoy Big Band music in an appropriate setting. As this is a Cosmo Club lunch meeting date, we will probably leave from the Elks Club with spouses or significant others at about 2 pm for the 1 hr. 20 min. ride. Please make your reservations early as event is limited to 40 persons and it will also be a popular public event. Contact Thore Edgren for reservations and information at 967 4001 or theman3@cox.net. Make your checks payable to the Cosmopolitan Club.

COMMITTEE VOLUNTEER FORMS

Incoming President Ron Singer continues to urge members to respond to the committee interest form. He asks that even those of us who are active on one or more committees to please turn in the form. This will give the Cosmo leadership a comprehensive measure of member involvement and offer guidance on areas that may need directed support.

Last Meeting

May 15, 2014

Dr. Robert Harbaugh

“The Grey Tsunami: Dementia”



Bill Alexander introduced Dr. Robert Harbaugh. He is the co-founder of the Neurology Associates of Santa Barbara and has close affiliations with local hospitals. He has practiced adult neurology in Santa Barbara since 1983 and is board certified in neurology and neurophysiology. He is an active teacher in the internal medicine training program at Cottage Hospital and is an Assistant Clinical Professor at USC School of Medicine. He received his undergraduate degree from Stanford University in 1974 and his MD in 1978 from UC San Diego. He completed his residency in neurology at the Mayo Clinic. He is active in dementia care and is establishing a pilot program in integrated care for those affected by Alzheimer's disease and related disorders. He received a lifetime achievement award from the Central Coast Alzheimer's Association in 2001.

The Grey Tsunami is bearing down upon societies around the world, as modern healthcare technology, improved access to clean water, and a myriad of other advances in human longevity have created a near doubling of life expectancy in “first world” cultures over the past century. In addition, seniors are simply healthier on average at 90 than in the past, in enormous numbers, growing daily. In 2013, the prestigious New England Journal of Medicine published a seminal review article from the RAND Corporation that identified “dementia” as the most expensive disorder in the US currently! What does this mean, how has this happened, how can we start to deal with this locally, and what can we (I) do to mitigate this unstoppable trend in human existence? Modern miracles have created new challenges that we need to start to address now, or our grandchildren will be among the first Americans to experience a lower standard of living than previous generations, due to the enormous resources needed to care for our elderly, and especially those who have dementia.

Dementia is a big issue and will be more so in the coming days encompassing enormous numbers of people. Technology has created lots of healthy people, extended the average life span of the general population. As people live longer they are more likely to suffer from the disease.

The important questions of today are:

- How did it happen?
- How does it affect me and my family?

To set the tone, Dr. Harbaugh showed a cartoon depicting a person saying “ I’m living longer, but I’m out of it sooner” which really sums up the situation.

The change in average life span grew from 25 years in 1000 AD to 47 years in 1900. In the US in 1900-2000, the number of 65+ individuals increased from 3 million to 33 million. The significant increase in life span is due primarily to modern technology – medicine, diet and lifestyle. When one looks at survivability versus age, there is a major shift in the number of people under each of the curves for Stone Age, British India, 1900 and 2000 as time advances. Of note is that 50% of all humans who have ever lived are living today. Five percent of the people between ages 71 and 79 have dementia and for those 90+ the rate is 37% (30% have Alzheimer's)

Dementia has severe social implications. The affected person cannot live alone (or be trusted to do so) due to the loss of cognition. This places a tremendous burden on those around him and their lives are altered as they provide care for the dementia sufferer. Stated in a jocular fashion, he has Alzheimer's; she suffers from it.

Dementia is the highest costing disease: \$109 billion annually versus \$102 billion for heart disease and \$77 billion for cancer. 1 in 5 people on Medicare have Alzheimer's. Alzheimer's care is estimated to be \$25 per hour for in-home care in the Santa Barbara area. Despite the high cost of care for this disease, the dollars spent in research are disproportionately lower. The majority of the costs of care have been borne by family members; however the loss of income by the caregiver represents a hidden cost not factored into the total cost of the disease.

Dr. Harbaugh stated that if the onset of the disease could be delayed 5 years per individual, the cost of care would be cut in half. When will an effective intervention emerge to delay the onset of developing this degenerative disease? A fond hope is that in the next 5-10 years that would occur, but a more realistic timeline is 15-30 years for a large scale roll-out.

The impact on caregivers is dramatic. The divorce rate is high; 40% of women 65+ live alone and women 45-65 opt for a career instead of working at home. Thus it is a closed system: there are only so many dollars and so many people to provide the necessary care. 60% of the caregivers have high emotional stress and one-third suffer deep depression. Caregiving is the most physically and

emotionally demanding task and as a result, caregivers create \$8.7 billion in added health care costs.

We need low-cost intervention to stem the tide:

- Maintain adequate lifestyle
- Minimize pain and suffering
- Optimize cost-effective care
- Promote self-determination and life with dignity
- Open the conversation now- ultimate care falls in the hands of our kids and grandkids due to rising costs and increasing social impacts

Dr. Harbaugh proposes an Integrated Dementia Care (IDC). In that model, a triage manager periodically assesses the specific caregiver needs. Within the home

environment, he reviews a check list of needs, surveys threats to safety and security, communicates via an integrated data base and determines where to locate people that will provide them with an arrangement that is flexible, has built-in support and provides choices in the cost of care.

He suggests that other technologies be brought to bear on this near crisis. Examples include networking caregivers, providing some form of backup system, GPS tracking to assure seniors are not in dangerous locations and robotics in home care. As a reminder, he discussed the consequences of not having a medical directive (aka "5 Wishes"). The default is that someone showing up without a medical directive would be resuscitated. Therefore, we need to be more proactive in specifying the way we want to be treated. In conclusion, the bad news, dementia is happening, bringing with it large cost and social impacts. Unfortunately, the best outcome is to delay the onset of the disease and studies are in progress to attempt to do so.



Cosmopolitan Independence Day



Picnic

Thursday, July 3rd 11:00 AM

Lower Manning Park, Area 9

Montecito, CA

From Freeway 101, exit in Montecito on San Ysidro Rd,
go North 1 mile, then exit to Lower Manning Park via
Santa Rosa Lane

**Bring wives, relatives and friends for
delicious BBQ by Cavalli, with all 'the
fixins' !**

Only \$15.00/person, paid in advance to 'Cosmo Club'
c/o Bruce Long, 4477-K Shadow Hills 93105 (692-4072).

Please furnish Bruce with names for nametags).

BYOB for social hour starting at 11:00, 12:15 Pledge and
Invocation, and 12:30-2:00 PM **Barbeque!**