



# Crackers

COSMOPOLITAN CLUB OF SANTA BARBARA INC.

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<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](mailto:askov@earthlink.net)

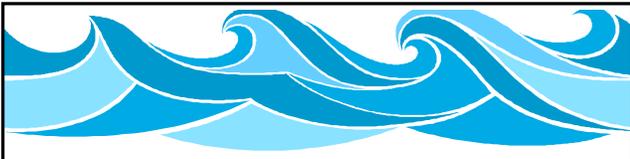
## Dues for 2014-2015

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.

## Meeting Staff:

Ticket Sellers: Ken Jewesson & Steve Little  
Punchbowl: Jerry Floyd  
Invocation: Curt Whiteman  
Audio-Visual: Jack Patterson, Orlando Ramirez and Jim Belden  
Sergeant-at-Arms: Ken Wolf  
Photographers: Ron White and Don Truex

Time of Meetings 11:30 am - 1:30 pm



## Next Meeting

September 4

Colonel Brian D. Kelly

"An Introduction to the California National Guard"



Colonel Brian D. Kelly is the Vice Commander, 146th Airlift Wing, Channel Islands Air National Guard Station. He is married to the former Melanie Decker and has four children. After receiving his Bachelor's degree, Kelly attended U.S. Navy Flight Training and was designated a U.S. Naval Aviator. In 1996, he received a subspecialty from the U.S. Navy in Operational Logistics. He then transferred to the Air National Guard in 1998 and was designated a U.S. Air Force pilot. Colonel Kelly's experience spans Navy and Air Force combat flight operations, Squadron and Wing level operations, as well as strategic deliberate planning and Combatant Commander level issues. During his most recent deployment he served as the Director of Operations for the 774th Expeditionary Airlift Squadron, Bagram, Afghanistan. He has an extensive background with Defense Support to Civil Authorities with his experience as a Modular Airborne Fire Fighting Systems (MAFFS) pilot and Commander of an Air National Guard Counter Drug Unit. Colonel Kelly will be introduced by Harry Brown.

## Future Meetings

September 18

Benjamin J. Cohen, PhD

"The International Political Economy"



Benjamin J. Cohen is Louis G. Lancaster Professor of International Political Economy at the University of California, Santa Barbara, where he has been a member of the Political Science Department since 1991. He was educated at Columbia University, earning a PhD in Economics in 1963. He has worked as a research economist at the Federal Reserve Bank of New York (1962-1964) and previously taught at Princeton University (1964-1971) and the Fletcher School of Law and Diplomacy, Tufts University (1971-1991). A specialist in the political economy of international money and finance, he serves

on the editorial boards of several leading academic journals and is the author of fourteen books. Hugh Vos will introduce.

October 2

Dr. David Kerr, MD, FRCPE



**"Diabetes"**

Professor Kerr qualified in Medicine from Aberdeen University in Scotland in 1981, and his Doctorate in Medicine from the University of Nottingham. Subsequently he spent 2 years at Yale University as a Research Fellow before being appointed as Consultant physician at the Royal Bournemouth Hospital in 1993. Since 2006 he has held a Gold Clinical Excellence award from the UK National Health Service.

As well as being a full time physician and endocrinologist, Dr Kerr ran one of the largest insulin pump centers in the UK and continued his research interests across a spectrum of diabetes topics resulting in more than 200 publications. He also is Editor of Diabetes Digest and a board member of the Journal of Diabetes Science and Technology. In April 2014, Dr. Kerr took up his current post as Director of Research and Innovation at the Sansum Diabetes Research Institute in Santa Barbara. Bob Logan will introduce.

October 16

Dr. Lori Gaston, President, Santa Barbara City College

**"SBCC Today"**



Herb Friedman introduced this meeting's guests:

John Tevenan hosted Steve Shevffer, retired electrical engineer

George Campbell hosted Bob Miller, retired corporate executive

Fred Sidon hosted Tom Mack, consultant

**WINE DRAWING BY BOB ZIMELS**

Henry Levy won a Madrona Barberra 2011; Ed Loper won a Mammoth Crest Syrah 2009, made by Bob Hassler, and Ralph Edebo and Steve Morgan each won a pair of tickets to the Maritime Museum.



**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](mailto:smmpha@cox.net); Co-chair Ed Loper, 967-8630, [oliveloper@cox.net](mailto:oliveloper@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](mailto: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](mailto:bruce93103@cox.net).



**Golf**

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](mailto: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.



We also have additional games 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](mailto:rsinger916@aol.com).

**Proposed Cosmo Roundtable**  
Jim Davis proposes a group or groups to discuss major themes in human affairs. Managed by a group organizer, the opening 30 minutes may feature a lead speaker or perhaps a video. Subsequent discussion will allow all participants the opportunity to share their thoughts. Jim posted a sign-up sheet in the lobby and is available to explore the idea with interested members: 884-9858, [jjdco@hotmail.com](mailto:jjdco@hotmail.com).

## Cosmo Golf Club Dedicates Bench at Santa Barbara Municipal Golf Club



On August 11 the Golf Club dedicated a three-bench resting area at Santa Barbara Municipal Golf Club. Cosmopolitan Golf Club members paid for the installation. Ron Singer conceived this idea and moved it through the city bureaucracy. Bill Skelly, our recently departed friend and golfer, was the first to be honored. The Golf Club plans to add brass plaques for other members who give us their friendship and company on the course

The plaque states: "We have been honored by the friendship these good people have brought us. We miss them."

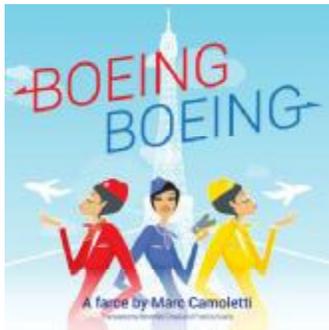
## Upcoming Special Events

Sunday Matinee, October 5, 2014

Circle Bar B Ranch Lunch and Show

Wait-listed - This event is over-subscribed

Enjoy an outdoor barbeque lunch at 1pm followed by a show at 2pm. Lunch includes tri tip or chicken, veggies, salad and dessert.



The show is the play "Boeing Boeing". It is a French farce adapted for the English-speaking stage and features a swinging bachelor whose perfect life gets bumpy when the 3 stewardesses he is engaged to arrive in town simultaneously. The play has played on Broadway and holds the Guinness Book of Records for the most performed French play throughout the world. Plan to arrive at the ranch at 1800 Refugio Road, Goleta for the social hour 12-1pm. The cost for lunch and show is \$42. Make checks out to Cosmopolitan Club. Contact Ben Chambers 712-9619 or [hbenchambers@aol.com](mailto:hbenchambers@aol.com).

## Last Meeting



Bob Logan introduced Dr. Ann Lippincott and George Kaufman, both parents of mental illness patients, to discuss

"Mental Illness and the Road to Recovery: Insights from the IV Shootings"

Dr. Lippincott is an emeritus faculty member of the Gevirtz Graduate School of Education at UCSB and has served as

the Associate Director of the Teacher Education Program. She was a Fulbright scholar in South America, working with English teachers, and has done similar work under contract with the United States Information Agency. She is Chair of the Board for the Mental Wellness Center in Santa Barbara, and Co-Chair of the Education Committee.

George Kauffman has served on a number of boards of non-profit service providers and mental health organizations at the local and state levels. He is a frequent speaker to a wide variety of organizations. Working together, the two speakers drew on their personal experience to discuss mental illness.

Despite the Isla Vista and other publicized shootings, mental health sufferers are more likely to be victims of violence than perpetrators; they often live in an alternate reality, which makes them vulnerable. But the violent few continue to create tragedy because we are essentially treating only those who ask for help, not the many who don't. Although treatment works—80% recover, compared to 40-60% of heart attack patients—the system is broken. Help is difficult to get and providers are under-funded.

Twenty-five percent of the population experiences some mental health symptoms. Half the attacks begin by age 18; three-quarters by age 24. The disorders may be episodic or chronic. The illness itself may be a barrier to treatment – the patient doesn't perceive himself as ill. Stigma and shame must be overcome to seek treatment. The causes of mental illness are believed to include a genetic component but other factors as well. The onset is typically during a stressful transition, such as entering college.

Recovery means a life worth living, self-determination and the ability to realize the self's full potential. What's required are a safe place to live, meaningful things to do and social connections. Santa Barbara's Mental Wellness Center addresses each requirement:

- 80 units of housing and other residential support
- A social center
- Employment placement

The Center also provides educational programs, including a 12 hour "first aid" course that provides an overview of risk factors, warning signs and treatment options and a 5-day curriculum for public-school sixth graders.

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