

# Crackers

COSMOPOLITAN CLUB OF SANTA BARBARA INC.

Vol. LV No.14

Editor: Jim Munroe

Access the Cosmo website  
<http://sbcosmo.com>  
for current and archived issues of  
Crackers and special events  
information

Crackers Editor



Next Meeting: February 5 2009

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## Next Program February 5

**Brooks Firestone:** "Major Problems Facing the New Board of Supervisors"

Grandson of Harvey Firestone, founder of Firestone Tire & Rubber Co., Brooks Firestone cemented his own founder legacy by establishing the first winery on the Central Coast in the early 1970s. This region now boasts 50 wineries employing thousands, producing high quality, award-winning wines. Brooks gravitated to politics in the 1990s, serving two terms in our state assembly, followed by four years as 3<sup>rd</sup> District Supervisor for Santa Barbara County. Ben Walsh will introduce.

## Cosmo Board of Directors Report

Due to escalating food and operating costs, the Elks Club informed the Cosmopolitan Club of the necessity to increase our per head meal charge from \$14.95 to \$16.95. Recognizing the burden of this jump in meal prices during such challenging economic times, your Board negotiated to defer the increase until April 1, after which the luncheon tickets will be \$17.00. The Board discussed other options of luncheon venues when notified of this price increase, and it is our unanimous consensus that the Elks Club offers the best package for our Cosmo meetings.

## Future Programs

### February 19 Ladies' Day Celebration

**NB:** February 5 is the last opportunity to purchase meal tickets for this Ladies' Day event. No tickets will be sold on 2/19.

NancyBell Coe, President of the Music Academy of the West, will entertain us with a talk entitled, "Tales from the Trenches: Backstage in Classical Music", sharing with her audience many humorous and harrowing experiences from her life in the performing arts arena.



### March 5

#### Bruce A. McPherson "California's Fiscal Problems"

Bruce McPherson is a member of the Leadership Council of California Forward, a bipartisan public interest effort committed to bolstering democracy and the performance of government in California. Mr. McPherson was Secretary of State from 2005 to 2007, during which time he spearheaded election reforms, developed innovative ways to ensure the integrity of every vote, and made government more customer-friendly and efficient for Californians. Prior to entering politics in 1993, Mr. McPherson spent 26 years in the newspaper business as a reporter and then editor of his family-owned Santa Cruz Sentinel. Introducer is Warren Elliott.

## March 19

### Amir Abo-Shaeer "DPEA - Dos Pueblos HS Engineering Academy"

DPEA was founded six years ago as a "school within a school" by Mr. Amir Abo-Shaeer, a mechanical engineer who turned to teaching after several years in industry. DPEA consists of 33 students in each year class, with more than three times as many applicants as spots available, operating up to now in "spaces available" on the Dos Pueblos High School campus. The Senior Project was to build and operate a robot conforming to the specifications of the most prestigious international robotics contest FIRST (For Inspiration and Recognition of Science and Technology). In spring 2008, the Dos Pueblos team, Team 1717, won the regional competitions in both San Diego and Los Angeles. It then went on to place second overall in the International Competition in Atlanta, competing against more than 1000 teams from all over the world! All this was accomplished in six weeks, using one class room and a 7' X 15' machining closet to design, prototype, build and test a 150 lb. robot. AB Clarke will introduce.



## April 2

Thomas Tighe "Direct Relief International"  
Gil Ashor will introduce.

### Libation Liberation

John Wittwer scored a 10-year old bottle of Sid Ackert's finest Cabernet.



### Welcome Our Guests

With apologies – members hosted two guests, but an information flow short circuit leaves them anonymous.

### Bridge

Top scorers on January 15:

Ron White	3480
Harv Turner	3360
Jim Belden	3290

Join us for fun bridge. We gather up stairs after all regular meetings, and play until 3:30. Contact Pres Gould at 964-6568 or [pwgould@cox.net](mailto:pwgould@cox.net).



### Special Event

*To musical accompaniment, silky smooth Albert Mercado promo'd this operatic opportunity*

### An Afternoon at the Opera Sunday, March 15,

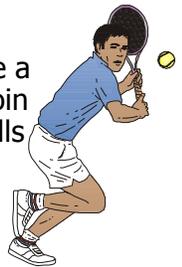
Santa Barbara Opera matinee production of Carmen at the Granada with lunch preceding the performance. Lunch at 1:00 PM with the show following at 2:30 PM. Price for the lunch and Opera is \$105 per person. Price is \$60 per person for those who only want to attend the Opera. Contact Albert Mercado (805) 967-2233, [alnmercado@aol.com](mailto:alnmercado@aol.com).



### Regular Events

#### Tennis

The Cosmo tennis group play doubles twice a week, and all tennis players are invited to join us. We play at a private court in Shadow Hills starting at 8 AM Mondays and Thursdays. Call Bruce Long, (805) 692-4072 [bruce93103@cox.net](mailto:bruce93103@cox.net), or Walter Mead, (805) 682-3045.



#### Cosmo Computer Society

We meet upstairs at the Elks Club on the third Tuesday of every month. Discussion starts at 10:00 AM. The feature presentation starts at 10:30 AM, concluding with a no-host fellowship luncheon in the Elks Grill. All Cosmo members are welcome. Chair, Howard Glenn, (805) 967-2633 or [hbglen@cox.net](mailto:hbglen@cox.net).



#### S. A. G. E. Investment Group

We meet at 10 AM on the first Tuesday of each month at the Elks Club on the 2<sup>nd</sup> floor, followed by a no-host lunch in the grill downstairs. We do not select or buy stocks. Dick Evans, Chairman (805) 967-6930 or [dickevans1@cox.net](mailto:dickevans1@cox.net).



#### Golf

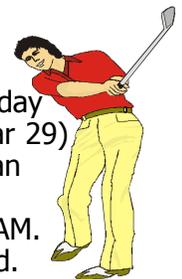
*Weekly: All Cosmo members are welcome*

**Twin Lakes** - Mondays at 9:00 AM (Tuesday on Monday holidays). \$9.00 for 9 holes (par 29); have fun improving your short game on an easy walking, flat course.

**Ocean Meadows** - Wednesdays at 8:30 AM. \$14.00 for 9 holes (par 36) with a play card. Improve your long shots.

Regular Golf every Monday at Santa Barbara Golf Club (Muni). **Tee times from 9:30 AM to 11:00 AM. Regular senior rate is \$20 for 18 holes, not including cart. Contact Ron Singer by Friday before the Monday you would like to play to secure your tee time.**

Golf Chair - Ron Singer (805) 684-1355, [rsinger916@aol.com](mailto:rsinger916@aol.com)



## In Memoriam

With sadness we report the death of three long-time members: Bill Christopher, who recently resigned from Cosmo due to health reasons; Bob Goeller, an active club member since 1995; and Richard Moss who joined Cosmo in 2001. We extend our sincere condolences to their families.

## Last Meeting

**Member Dr. Jim Shaw introduced Dr. Jan Kosik, M. D. whose presentation "Advances in Understanding Alzheimer's" was firmly anchored to his opening statement "any impact on Alzheimer's disease must focus on prevention and early intervention".**

Dr. Kosik earned his M.D. from the Medical College of Pennsylvania in 1976, and fulfilled his residency in neurology at Tufts New England Medical Center. From 1980 to 2004, he held various appointments at Harvard Medical School, eventually becoming a full Professor of Neurology and Neuroscience. In 2004, Dr. Kosik joined the UCSB faculty as a Professor of Neuroscience Research and co-director of the Neuroscience Institute.



Dr. Kosik's lifetime work has been research into the cause and treatment of neurodegenerative diseases, particularly Alzheimer's. During this endeavor he has received numerous awards and honors and has authored and published over 170 scientific articles on the subject.

The doctor reported important inroads toward this objective of prevention and early detection, but once a person exhibits moderate disease symptoms, treatment is limited at best. Quoting John Updike that "Old age arrived in increments of uncertainty", Dr. Kosik described the challenge of differentiating between the effects of normal aging and Mild Cognitive Impairment (MCI) that "does not impair instrumental activities of daily living".

Dr. Kosik identified four current approaches to the early detection of Alzheimer's:

- 1) Serial neuropsychological testing – tracking performance changes over time.
- 2) Brain imaging - in Alzheimer's disease, the hippocampus is one of the first regions of the brain to suffer damage.
- 3) Other biomarkers – a number are in various stages of development. Enzyme research, seeking a specific gene or protein to target for treatment, is a significant component of this effort.
- 4) Genetic testing – identifying genetic defects that

show correlation to Alzheimer's. Rarely is this disease diagnosed as inherited via genetic defect.

Noting that Alzheimer's appears to start 10-20 years before current methods of detection identify the disease, Dr. Kosik reported a major diagnostic breakthrough known as PIB. This radioactive compound helps locate Alzheimer's in living people. This represents a major advance since close to 50% of the population will have some form of Alzheimer's by age 85.

Current drug treatments provide some short-term relief, but do not modify the disease itself. A number of drugs are in development, but none thus far shows definitive success.

A growing body of research seems to confirm that lifelong intellectual stimulation helps prevent the Alzheimer's pathology. A number of interactive software programs on the market are designed specifically to this theme of intellectual challenge: Fit Brains, Brainware Safari, Cogni Fit, Supermemo.

Dr. Kosik is Executive Director for the newly-formed Center for Cognitive Fitness & Innovative Therapies, a non-profit community center affiliated with Cottage Hospital and UCSB. Its purpose is to enhance and support Alzheimer's patients referred by their doctors. In addition to providing lifestyle guidance in diet, exercise and such, the center conducts research by building a detailed profile on each patient, and tracking their lifestyle activities and performance.

Dr. Kosik closed by identifying the three lifestyle behaviors that seem to thwart the onset of Alzheimer's:

- 1) Optimize one's medical situation, such as proactive management of high blood pressure, diabetes, diet.
- 2) Regular physical exercise and cognitive challenge.
- 3) Maintain as rich a social network as possible.

## COSMOPOLITAN CLUB FINANCIAL REPORT

Six Months Ending 12/31/2008

Income from dues, initiation fees, interest:	\$14594
Expenses including insurance, Crackers, roster, badges, memorials, lunch/staff, donations:	\$9404
Income less Expenses	\$5190
Add Checkbook balance 12/31/2008	\$9163
Total Checkbook Balance 12/31/2008	\$14353
Add CD balance 12/31/2008	\$13319
Total Funds as of 12/31/2008	\$27672

*Note: Club is operating within budget for fiscal year 2008-9*



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