



# Crackers

COSMOPOLITAN CLUB OF SANTA BARBARA INC.

Vol. LVII No. 16

Editor: Chuck Evans

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

*Crackers Editor*



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### Next Meeting:

### March 3 Fred Clough "Bicycling Coast to Coast"

Mr. Clough received a BA from Stanford in 1965 and a law degree from UCLA in 1968. He subsequently spent 2 yrs as a Captain in the Army, including a year in Vietnam. Following this he spent 10 yrs as the City Attorney of Santa Barbara and then 19 years as a member of two prestigious Santa Barbara law firms. From 2001 until his retirement last year, Fred was the Executive Vice President and General Counsel of Pacific Capital Bancorp.

Mr. Clough has always been an avid cyclist. Among his many accomplishments are the Death Ride, The Triple Bypass Ride, and the Race Across America Ride, where his relay team set a new record for their age (over 60) of 7 days and 7 hours. (Editor: We'd like to hear more about these, particularly the Death Ride and the Triple By-Pass Ride). Fred Clough's talk will describe his latest coast to coast ride (Santa Barbara to Norfolk), which he did last year after his retirement. This was a solo unsupported ride that took 9 weeks and covered 3,500 miles and 120,000 feet of climbing. He will be introduced by Jim Shaw.



### Future Meetings

### March 17 Ladies Day Celebration. - Nir Kabaretti "Santa Barbara Symphony"

Luncheon tickets are \$17 each for you and your guest, and must be purchased in advance. Tickets will be on sale through March 3. For Ladies Day, we accept checks by mail, and they must be received prior to the event. Make check out to "Cosmopolitan Club" and mail to Jim Shaw, 4650 Sierra Madre Rd, Santa Barbara 93105. No tickets will be available for purchase at the door. Guest speaker for Ladies Day is Nir Kabaretti, Music Director of the Santa Barbara Symphony. Art Kvass will introduce.



### April 7 Cosmo Member Don Chalfant "Santa Cruz Island Acoustic Range"

### April 21 Glenn Holden "Serving as U.S. Ambassador to Jamaica"

Ron Singer will introduce.



### Report from the Nominating Committee

The Nominating Committee has selected the following as its nominated slate of officers for 2011-2012:

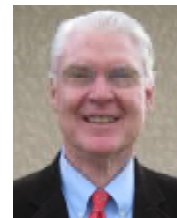
- President – Arlie Skov
- Vice President – Mead Northrop
- Secretary – Don Chalfant
- Treasurer - Ron Singer
- Director (2<sup>nd</sup> Year) – Hank Pfister
- Director (1<sup>st</sup> Year) – Jim Davis

### Cosmopolitan Club Spring Dinner Dance

Santa Barbara Yacht Club  
Tuesday, April 5, 2011.  
See Page 5 for details

## WELCOME NEW MEMBER

**Stephen M. 'Steve' Hicks**  
 145 Pomar Lane, SB 93108  
 805-565-1350  
[smhicks805@gmail.com](mailto:smhicks805@gmail.com)



Mike Smith presented our newest member. From the city of brotherly love, Steve Hicks secured his BA in Psychology and MBA in Finance which well-grounded his 40-year business career. He retired in 1992 as Chairman and CEO of United Software Security, a computer and software firm headquartered in McLean, VA. Steve and wife Patricia raised two children, settling in Santa Barbara in 1994. Steve is a member of Santa Barbara Rotary, and has chaired the SB Investment Forum, Scholarship Foundation of SB, SB Museum of Natural History and Channel Islands YMCA. In 2007, he was honored as Santa Barbara Man of the Year. His interests

include antique maps, photography, golf and fishing. Steve's sponsors are Mike Smith, Gary Gulbransen and Mead Northrop.

## PROPOSED FOR MEMBERSHIP

### Gordon C. "Gordy" Hess

415 Calle Granada  
Santa Barbara, CA 93105  
Phone: 682-8569  
E-mail: [gclint3@mac.com](mailto:gclint3@mac.com)

Gordon Hess originally hails from Glendale, California. He obtained a Bachelor's from UCLA, a Master's in Divinity and a PhD in psychology from Princeton. He has been a psychotherapist and a Presbyterian minister. He has been a resident of Santa Barbara since 1978.

Gordon and his wife Sandy have two children – a boy and a girl. His avocational interests are fine wines, great books, travel and his 5 grandchildren. He has been a tennis player in the past. Gordon indicated that since retirement in 2009, his major efforts have been with his church. He also served in the California Army National Guard, and as Associate Pastor for the La Jolla Presbyterian Church.

Gordon Hess' sponsors are: Don Cross, John MacKenzie, and Fred Marsh.

### Note from our President MacKenzie:

Cosmo members are reminded that the attire for all of our meetings is jacket and tie. Jacket and tie are not required during the summer months.

### Cosmo Authors! - - HAVE YOU WRITTEN A BOOK?

The Cosmo program committee is exploring a suggestion to celebrate Cosmo Authors at a future meeting. Program chair Chuck Curtis will soon ask the membership two questions: 1. How many of you have written books? 2. Does the idea of each author bringing one or more book(s) to a future meeting appeal to the membership? We believe there are many authors whose publications cover diverse and interesting subjects, and that a display of such books, with their authors present, could be an unusual and edifying event. The books could be displayed in the outer room before the meeting, and if there is sufficient interest, perhaps each author could speak briefly about his book subject(s). Please call Chuck Curtis at 708-0588 on his cell phone or e-mail him at [crcurtissog@cox.net](mailto:crcurtissog@cox.net) with your comments, or contact him at the next meeting.

**Wine Drawing:** Bob Zimels conducted the three bottle wine drawing:

Ted Ross scored a 2008 Summerland Merlot  
Dick Phillips won a Summerland Pinot Gris  
George Campbell won a 2008 Margerum M5



### In Memoriam

A Cosmo member since 1993, Harry Brelsford passed away on February 11. We extend sincere condolences to his wife Elinor and family. The Club has sent a condolence card to Elinor, and made a memorial charitable contribution.



### Welcome Our Guests

John Poole introduced six guests together with their hosts. He introduced guests Tom Bruce, Michael Hartley, Warner Glenn, David Williams and two others.

### Regular Events

**Bridge** – Herb Friedman is the new chairman of the Cosmopolitan Club Bridge Group. Join us for fun Bridge upstairs at the Elks Club after all regular meetings; we play until 3:30 PM. Contact Herb Friedman, 687-6228, or email at [maryherbfriedman@cox.net](mailto:maryherbfriedman@cox.net). The top three scores at the February 17th meeting were:

Howard Glenn	3870
Dick Phillips	3360
Ralph Edebo	3180



**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).



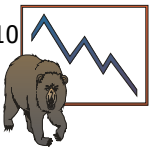
### Cosmo Computer Society -

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 (805) 967-2633 [hbglennc@cox.net](mailto:hbglennc@cox.net), and Frank Katch 964-2734, [fkatch@mac.com](mailto:fkatch@mac.com); Co Chairmen.



**S.A.G.E. Investment Group** – 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 would welcome your participation.

Dick Evans, Chairman (805) 967- 6930 or [dickevans@mac.com](mailto:dickevans@mac.com).



### Golf – Mondays - Santa Barbara Golf Club (Muni).

The next Cosmo Golf Outing will be March 9 at the Montecito Country Club. The cost is \$45 and includes lunch, green fees, cart, after golf snacks and prize money. Sign up at the March 3 meeting or call Paul Fink at 566-6671.

The number of golfers will be limited.



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](mailto:rsinger916@aol.com) by prior Friday for your tee time.

**Mondays – Twin Lakes (Par 29)** at 9:00 AM. Work on your short game.

**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, Fridays' locations have included La Purisma, Glen Annie, Soule Park, and Rancho San Marcos. 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).

## Special Events

### **Sunday, March 6      Opera and Lunch at the Granada Theatre.**

This event is sold out. Our group will meet on Sunday, March 6th at NOON for lunch at OMNI FRESCO, 1221 State St. (in the Victoria Court complex, across the street from the Granada). Lunch will be served and opera tickets will be handed out there. For any additional clarification or information, contact Fred Sidon [frsidon@impulse.net](mailto:frsidon@impulse.net)

### **Tue-Wed, March 22-23      Palm Springs Follies and Living Desert Trip**

This event is sold out, but if you want to get on the waiting list, please call Harry Stroud at 653-5117.

### **Saturday, April 23      Private Car Rail Trip - Santa Barbara/San Luis Obispo/Santa Barbara**

Wait list sign-up. See prior issues of Crackers for details. Enjoy a day's trip to/from San Luis Obispo in a lovingly restored 1949 Club Lounge Railway Car. The car will pass through some of the most scenic areas on the Coast Route. If enough interest is shown, an attempt will be made to secure the car for a second trip later this year. To be placed on the list, please contact Don Chalfant by email, [dchalfant@cox.net](mailto:dchalfant@cox.net) or by phone, 687-3478.

### **Saturday, May 7      L. A. Philharmonic and Dinner at the Granada Theatre**

Join other Cosmo members for this unusual opportunity to see the L. A. Philharmonic Orchestra conducted by Gustavo Dudamel, who is acclaimed worldwide as one of the most exciting and compelling conductors of our time.

The program will consist of the following:

Johannes Brahms: Academic Festival Overture  
Osvaldo Goldov: Violin Concerto (World Premiere)  
performed by Violinist Leonidas Kavakos  
Brahms: Symphony No. 1 in C Minor, Opus 68

We will all meet for dinner at 5:30 PM at Jane Restaurant at 1311 State St., one block north of the Granada Theatre. We will walk to the Granada for the 8:00 PM performance. Price per person is \$38 for the L. A. Phil performance. Tickets are limited. The cost of dinner is not included. We will be able to order from the menu (entrees are \$11 to \$21.) Make checks out to the Cosmopolitan Club for the performance. Make reservations by contacting Thore Edgren at 967-4001, or signing up at a Club meeting.

## Last Meeting

Dr. Jim Shaw introduced Dr. Dennis Clegg, who is the Co-Director for the UCSB Center for Stem Cell Biology and Engineering, who spoke on "Treating Macular Degeneration Using Stem Cells".

Dennis Clegg indicated that a newt, a small salamander animal, is able to regenerate body parts. He said we are trying to replicate the small animal newt.

Dr. Clegg defined a stem cell which is a self renewing cell. He said there are two types of natural stem cells:

Pluripotent – it has the ability to replace most other cells - it is embryonic

Multipotent – it has the ability to replace only a few other cells - it is the adult stem cell.

He said there is a huge amount of cells created from in vitro fertilization. Since it first occurred in 1978 with the birth of the first test tube baby, there have been 3,000,000 babies born worldwide with this procedure. It is estimated that there are 400,000 frozen embryos in the United States, and most of these will be discarded.

We are all the product of the original stem cell, the fertilized egg. Some stem cells are potentially present in all of us and have the potential to change into any kind of specialized cell or tissue in the body which can then be used as a transplant. In November 1998, Dr. James Thomson, University of Wisconsin professor and now also co-Director of the UCSB Stem Cell Center, not only succeeded in culling stem cells from "surplus" embryos created at fertility clinics but also kept them alive and reproducing indefinitely. In effect, he stopped their biological clocks by preventing the cells from morphing into different tissues, as they would in undisturbed embryos.

Then in 2007, Dr. Shinya Yamamaka created induced pluripotent stem cells, so that embryonic stem cells were no longer needed.

These were astonishing achievements. For the first time, scientists had access to an abundance of undifferentiated cells that can grow into any one of the 200 or so cell types that make up a human being. This opens the door to remarkable possibilities, including replacement cells for malfunctioning pancreases, injured spinal cords, and plaque-clogged brains, and treatment for cancer, Parkinson's, Alzheimer's, diabetes, and heart disease.

He indicated that stem cell research in California was greatly enhanced by Proposition 7 in 2004, which is providing \$300 million per year for ten years.

Dr. Clegg discussed the California Project to Cure Blindness. It includes the latest advances in stem cell research in the treatment of age related macular degeneration (central visual loss due to retina degeneration). Degeneration of the macula (central portion of the retina) is the leading cause of irreversible loss of central visual acuity in mature adults. It affects approximately 10% of those aged 65 to 75 and up to 25% in the older age groups. He said the treatment would include a slight cut in the retina (or blister) into which they would transplant the new cell graft. He said it would be done on a 45 minute outpatient basis.

Dr. Clegg said the California Project team is committed to developing a stem-cell based therapy for macular degeneration and they are hoping to apply to the FDA by 2014 for a clinical trial.

He told us about Michael May, a world champion blind skier. He was unafraid in skiing blind – he would just say "I'll go first, just tell me when to turn." He had partial visual restoration through stem cell therapy. He has since said that skiing is now much scarier, and that he just closes his eyes.

There were a large number of questions of Dr. Clegg. In one he said that the procedure could be used to treat tooth enamel and bone cartilage.

This is truly a powerful tool. Its future is limitless. Dr. Clegg's talk was great, as is his work.

**COSMOPOLITAN CLUB  
OF SANTA BARBARA, INC.**  
P. O. Box 3993  
Santa Barbara, CA 93130



# Cosmopolitan Club Spring Dinner-Dance

Tuesday, April 5, 2011



## Santa Barbara Yacht Club

130 Harbor Way, at the Breakwater

6:00 PM Cocktails (no host)

7:00 PM Wine/Dinner

Dancing to the music of *The City Lights Combo*

### Menu (with wines)

- **SBYC Salad** (greens, nuts, Feta Cheese, Orange Zest)
  - **Entre**
- **Alaskan Halibut** (caper-dill butter, Calico rice, veggies)
  - OR
- **Sautéed Tournedos** (mustard/wine sauce, Florentine scalloped potatoes, baby veggies)
  - **Desert**
- **Chocolate-Caramel Pyramid**

\$85.00 per person



### RESERVATION Form

	Beef	Fish
NAME (print) .....	-----	-----
GUEST (print) .....	-----	-----
Seat me with (print) .....		

Please enclose check payable to Cosmopolitan Club  
 Mail to  
 Albert Mercado  
 4590 Camino Molinero, S. B. 93110  
 (Telephone 805-967-2233)