



# Crackers

COSMOPOLITAN CLUB OF SANTA BARBARA INC.

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Editor: George Surmeier



Crackers Editor

Next Meeting: Jul 5, 2012  
 Next Editor: Harv Turner  
 Phone: (805) 967-0741  
 E-Mail: [olharv@gmail.com](mailto:olharv@gmail.com)

Next Sgt. at Arms: Bill Montag  
 Phone: (805) 961-8055  
 E-Mail: [joywill@cox.net](mailto:joywill@cox.net)

Access the COSMO website at  
<http://sbcosmo.com>  
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## Summer Dress Code



You can put away coat and tie!  
 The summer dress code, business casual,  
 is now in effect.

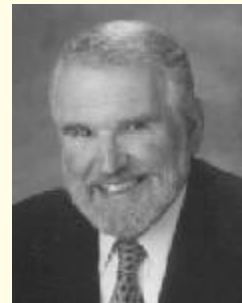
## Past President's Comments



### Arlie M. Skov, President, 2011-12

It has been a privilege and a genuine pleasure to serve as President of the Cosmopolitan Club this past fiscal year! Our membership is 226 at year end, up by one, and we are in sound financial condition. We enjoy a high level of participation by our members in the clubs committees and activities, and our members continue to show a lively intellectual interest in our programs. I wish to thank all that have served on our various committees and particular those who served as committee chairs. Many thanks also to the Board for its support and guidance. I am confident that the club will continue to thrive under the able leadership of Mead Northrop in the coming year.

## Cosmo Welcomes Our New President



### Mead Fredrick Northrop, M.D.

Mead F. Northrop is a graduate of Hamilton College and the New York State College of Medicine at Syracuse. He trained in Radiology at the University of Washington School of Medicine and was then awarded a NIH Fellowship to study Radiation Oncology at the University of Texas M.D. Anderson Tumor Institute at Houston. Thereafter, Mead was named an American Cancer Academic Fellow when he joined the faculty of the University of Florida College of Medicine where he taught and practiced radiation oncology. In 1972, he joined the medical staff of the Cancer Foundation of Santa Barbara. He was the Medical Director of the Cancer Foundation's Treatment Center prior to his retirement in 1996. Mead served as Clinical Professor of Radiation Oncology at the UCLA School of Medicine for many years. He is both a past President of the Santa Barbara County Medical Society and a former member of the California Medical Association's House of Delegates.

Mead has been involved with the Santa Barbara Boys and Girls Club and the Mission Council of the Boy Scouts of America. He was a director of the Montecito Retirement Association. He served as chairman of the board of directors of the Music Academy of the West from 1998 through 2000 and has been a member of the board of directors of The Cancer Center of Santa Barbara. Mead is married to Elizabeth (Betsy). They have two sons, Doctors Mead F. Jr. and Ross H. Northrop.

## Next Meeting

Thursday, July 5, 2012

### 2012 Cosmo 4<sup>th</sup> of July Picnic

Annual picnic at Lower Manning Park, Montecito: 11:00 a.m. social hour; 12:15 p.m. pledge and invocation; 12:30-2:00 p.m. Cavalli's barbeque. Art Kvaas, Chair, 965-6636.

July 19, 2012

Colonel John Chere,  
Senior US Defense Official, Tunisia



### "Arab Spring"

Colonel Chere is currently Defense Attaché at the U.S. embassy in Tunis, Tunisia. His prior assignments in the Middle East include: US Army Attaché at Tel Aviv, Israel; Defense and Army Attaché at Rabat, Morocco; Army Attaché at Algiers, Algeria; US Army representative on Weapons of Mass Destruction Survey team in Iraq, and Staff Officer at US Central Command. Introduction by John Mac Kenzie.

August 2, 2012

Greg Gorga  
Executive Director Santa Barbara  
Maritime Museum



### "Santa Barbara Maritime Museum on the Horizon"

Greg joined the Museum in February, 2007 as Director of Development and has served as Executive Director since May, 2008. His presentation will focus on new and future exhibits at the Santa Barbara Maritime Museum. He has a B.A. in English with a Psychology minor from Rutgers. Greg has served as Manager of Planning and Development for the Community Action Commission and has more than 10 years experience working with nonprofit agencies. He is a board member of the Council of American Maritime Museums and serves on the City of Santa Barbara Community Development and Human Services Committee. Introduction by Dennis Gaon.

#### In Memoriam

Long-time Cosmo member Richard 'Dick' Ackley passed away recently. Dick joined Cosmo in 1990, and withdrew last year due to declining health. Cosmo extends deepest sympathies to his wife Joan and family.

#### COSMO Member Ailing?

If you learn of one of our members suffering from illness or injury, please notify Arlie Skov 805-965-5101 or [askov@earthlink.net](mailto:askov@earthlink.net)

## Regular Events

### Wine Drawing

Bob Zimels conducted the wine drawing. Dan Cross won the bottle of 2008 Lucas & Lewellen Viognier, Don Archer won the bottle of 2009 In Situ Cabernet, Dwight Carlson won the bottle of Mammoth Crest 2005 Pinot Noir.



### 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 [smmphd@cox.net](mailto:smmphd@cox.net).



### Bridge winners on June 21

- 1st place - Robin Durkee 3200 points
- 2nd place - Bob McMillin 2550 points
- 3rd place - Hal Tompson 2080 points

### 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, Chair. 967-2633, [hbglennc@cox.net](mailto:hbglennc@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 would welcome your participation. Co-Chairs: Dick Evans, 967- 6930, [dickevans@mac.com](mailto:dickevans@mac.com) and Walter Naumann, 448-5061, [wjnaumann@aol.com](mailto:wjnaumann@aol.com).



## Annual Dues Notice

Annual \$60 dues were due by July 1 2012, If you missed the deadline please mail your check payable to Cosmopolitan Club, to P.O. Box 3993, Santa Barbara 93130

**Golf****July 11th, 2010**

**Cosmo Golf Outing** at the Montecito Country Club, 920 Summit Rd. [969-0800]. Cost: \$57 including green fees, cart, lunch, prize money and food in the bar after golf. Come at 11:30, buffet lunch starts at noon, shotgun start at 1:00 PM. Cash prizes for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place teams in the patio/bistro area. Let's enjoy this special Wednesday together. Ron Singer, Chairman Golf Committee.

**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](mailto: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](mailto:rsinger916@aol.com).

**Upcoming Special Events****July 22, 2012**

Solvang Theater Fest /Dinner and Overnight.

This is an overnight adventure to see the satirical play "The Rivals" based on the wit and wisdom of 18th Century Bath, England. We will stay at the Petersen Village Inn.

The event package cost per couple is \$250 which includes: double room (queen), 2 wine tasting tickets, 2 gourmet dinners, 2 theater tickets and 2 European buffet breakfasts.

Contact Thore Edgren for reservations: [theman3@cox.net](mailto:theman3@cox.net); 967 4001.

**August (date TBD)**

Circle Bar B Ranch Dinner/Matinee

**September 10-20**

Trip to Ireland

**October (date TBD)**

Piper's Winery, Dixieland Jass/Dinner. Hwy 150 above Carpinteria

**November (date TBD)**

Santa Barbara Symphony and Lunch

**Last Meeting****June 21, 2012****Stephen D. Zelko****The Aging Eye: Maintaining Your Health and Vision**

Harry Brown introduced our guest speaker, Stephen D. Zelko M.D., a well known local ophthalmologist. Dr. Zelko, who grew up in Hawaii, received his undergraduate degree in Biology from UCSB. Following this he attended the University of Hawaii' John A. Burns School of Medicine. He took his Ophthalmology Residency at the Nassau County Medical Center, East Meadow, NY from 1987-1990. He worked at Kuakini and St. Francis Hospitals in Honolulu before settling in Santa Barbara. From 1998-2000, Dr. Zelko served as Chairman, Dept. of Ophthalmology, Santa Barbara Cottage Hospital, and Cottage Eye and Laser Institute Medical Director.

As the title of his presentation indicates, the focus of his talk was on the aging eye. He covered four topics in some detail: cataracts, glaucoma, diabetes and age related macular degeneration. At the end of the presentation he fielded a number of questions from our members that generally relate to their (and our) "aged eyes". His presentation was interesting and helpful.

**Cataracts**

Cataracts are slowly developing cloudiness of the eye's lens. They are very common. If you live long enough you are almost certain to get cataracts. That is the bad news. The good news is that cataract surgery is very common and has a high rate of success. Surgery is currently the only way to fix cataracts. The patient will be aware of the symptoms of cataracts, which include clouded, blurred or dim vision. The timing of surgery is up to the patient. If the cataracts are interfering with his daily activity he should consider surgery.

**Glaucoma**

Glaucoma is an eye disease associated with pressure related nerve damage. If it is caught early it is one

of the most treatable eye diseases. Unfortunately, as contrasted with cataracts, the patient is not aware of early stage glaucoma. Rather it is generally detected as part of a standard eye examination by an ophthalmologist. Glaucoma has been called the “silent thief of sight” because the loss of vision often occurs gradually over a long period of time, and symptoms only occur when the disease is quite advanced.

### Diabetes

Diabetes can cause bleeding and swelling of the retina and can affect a patient’s vision. Some forty percent of people with type 1 diabetes and twenty percent with type 2 diabetes will develop some sort of vision problem. Dr. Zelko stressed that it was very important to focus on the care of the entire body to reduce the risks related to diabetes vision problems. He emphasized that a good diet and exercise program were critically important in this regard. Surgery related to diabetes vision problems are primarily focused on stopping the bleeding and minimizing future bleeding.

### Age Related Macular Degeneration

Age related macular degeneration is a medical condition which usually affects older adults and results in a loss of vision in the center of the visual field. Macular degeneration by itself will not lead to total blindness. However, roughly ten to twenty percent of people with the condition will completely lose their central vision making it difficult to read or recognize faces. Most of these individuals will retain enough peripheral vision to allow other activities of daily life. A great deal of research is underway in an effort to understand and treat this disease. Santa Barbara is fortunate to have one of the leaders in this effort living and working in our area. His name is Robert L. Avery, M.D. He is currently conducting basic research at UCSB’s Neuroscience Research Institute.

### Volleyball

In his introduction Harry Brown noted that Dr. Zelko had played volleyball at UCSB and asked him to include a few comments on his current volleyball team. Unfortunately the member’s interest and questions on “The Aging Eye” presentation reduced the volleyball segment of the talk to a few minutes. Clearly this shortchanged Dr. Zelko. In his quick comments on this subject he noted that he still only worked long enough to play volleyball and that he hoped to bring an international 45+ volleyball championship to Santa Barbara!

We enjoyed the presentation and look forward to being able to see the international championship trophy!



# Independence Day 2012