

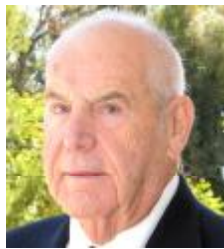


# Crackers

COSMOPOLITAN CLUB OF SANTA BARBARA INC.

Vol LX No. 17

Editor: Peter Kruse



Crackers Editor

Next Meeting: **March 21, 2013**  
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## Future Meetings

**Mar 21, 2013**

Club Members Exhibition of Members Hobbies

The club membership will have the privilege of viewing an exhibit of 22 members special interests (hobbies). The exhibit will take place in the Elks Club Multi- Purpose Rm. This interactive event will take place after the luncheon. This will be an opportunity for members to view the extraordinary talents of some of our members.

Thore Edgren

**Apr 4, 2013**

Bernie Schaefer  
"The Great White Fleet"



The Great White Fleet was a nickname for the United States Navy battle fleet that completed a circumnavigation of the globe from December 1907 to February 1909 by order of President Theodore Roosevelt. It consisted of 16 battleships and various escorts that were all painted white. The purpose was to demonstrate American military power and its blue water navy for the purpose of enforcing treaties and to protect overseas holding. Our speaker's connection to this subject is thru his Uncle Phil who was a sailor in the fleet on the Battleship USS Ohio. The presentation will be in the form of travelogue.

Mr. Schaeffer was educated at Syracuse University and received graduate degrees in social work and public health at the University of Connecticut and UC Berkely. He spent most of his career at the Tri-Counties Regional Center working in developmental disabilities. Since his retirement in 2002 he has been a free-lance writer and an active volunteer at the Alpha Resource Center.

James Shaw will introduce.

**Apr 18, 2013**

Dan Curhan, MD,  
"Cancer of the Prostate"

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 Mead Northrop, 964-9786, [mfnsb@cox.net](mailto:mfnsb@cox.net).

## Meeting Staff

Ticket Sellers: Dale Charpentier & Manny Espig  
Punch Bowl: Paul Coyne, singlehanded  
Invocation: Dan Hurlinger  
Sgt.-at-Arms: John Rasmussen

## Spring Dinner-Dance

President Northrop announced the Spring Dance at the Yacht Club has been cancelled due to lack of interest this year. An alternative option is under consideration. Watch for further announcements

## An Invitation from Trauma Center Speaker Dr. Steven Kaminski

It was a pleasure to talk to the group which I can easily see myself a member of if things play out the way I hope with a long career here in Santa Barbara. I wanted to extend to any of your members the opportunity to take a tour or walk through the trauma pathway a patient takes in the new hospital. Again, thanks, and my pleasure.  
[skaminski@sbch.org](mailto:skaminski@sbch.org)

### Wine Drawing

Conducted by Bob Zimels

Mike Cribbs lost his ticket which was found and returned to him by Bob Zimels. However, it was not a winning ticket. Sorry Mike.

A Pinot of further description missed by the editor was awarded to a member, also unknown to the editor.

Frank Pavlics claimed the Melville Viogner.



## Welcome New Member

Harry Stroud introduced Eric Thorlaksson:

**Erik Thorlaksson**

526 W. Victoria Street, SB 93101  
805-584-8665, cell 805-705-5103,  
[erikthor49@gmail.com](mailto:erikthor49@gmail.com)



With his wife Lapotequi, Erik settled in Santa Barbara in 1969, finally realizing that he preferred it to San Francisco, the city of his birth. Erik received a BA in Psychology prior to coming to Santa Barbara. Before retiring in 2005, Erik's career spanned 36 years as owner of a Building company which engaged in residential and commercial construction. He was an Eagle Scout and has served as Leader of the Men's Garden Club. The couple raised 2 children. Bob enjoys swimming, gardening and stamp collecting.

## WELCOME OUR GUESTS

Dick Grossgold introduced our guests:

- David Medina, hosted by Pete Kruse
- Gordon Hartwig, hosted by Phil Whaley
- Larry DuBois, hosted by Bill Berry (applied for membership)
- Tom Sneddon, hosted by A.B. Clark (applied for membership)

## Proposed for Membership

**Thomas W. 'Tom' Sneddon, Jr.**  
161 Sierra Vista Rd., SB 93108  
805-565-1070, [tsneddon@cox.net](mailto:tsneddon@cox.net)

A native Californian, Tom attended Norte Dame and earned his JD at UCLA' School of Law. He also attended The John F. Kennedy School of Government at Harvard University (also known as Harvard Kennedy School) where he earned a Masters in public policy and public administration. Tom and wife Pamela settled in Santa Barbara in 1969 where they raised six sons and three daughters. He served 37 years in the SB County District Attorneys Office before retiring in 2007. Tom is a dedicated sportsman, especially enjoying golf and softball. His sponsors are A.B. Clarke, Ron Singer and Stephen Stonefield.

**Larry S. DuBois**  
4022 Invierno Dr. #3, SB 93110  
805-964-3799, [larry.dubois@yahoo.com](mailto:larry.dubois@yahoo.com)

Born in the Windy City, Larry served four years in the U.S. Air Force as a photographer processing U-2 photos while stationed outside London, UK. His early career included sales positions with Prudential and Aetna. In 1971 he moved to Santa Barbara to establish Aetna's presence here where he specialized in setting up pension and profit sharing plans for business owners. Starting in 1973, Larry formed or purchased several firms that developed and marketed software specific to pension and actuary calculations, employee benefits reporting and, eventually, web-based employee benefit enrollment systems. Larry sold his business and retired in 2012. He enjoys sailing, flying and photography. Larry's sponsors are Monte Ward, Bob Logan and Bill Berry.

## Welcome to New Members inducted February 21



Robert "Bob" Reid



Richard A. "Dick" Lim

## 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 [smmphd@cox.net](mailto:smmphd@cox.net); Co-chair Ed Loper, 967-8630, [oliveloper@cox.net](mailto:oliveloper@cox.net). The winners for the March 3 game were:



- 1<sup>st</sup> place: Steve Morgan 5120
- 2<sup>nd</sup> place: Ed Loper 2870
- 3<sup>rd</sup> place: Howard Glenn 2570

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).

### 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, [hbglen@cox.net](mailto:hbglen@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).



### Senior Advisory Committee

Marty Tucker reported on new Telephone access services available at the Carrillo center for those with hearing impairments. Also a class is available on Caregiver Education.

### Cosmo Financial Statement

P&L for July thru December 2012. See last page of Crackers.

### Golf

**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).

**Wednesday, April 10, 2013**

### Santa Barbara Municipal Golf Course

A scramble format outing at SB Muni is organized by John MacKenzie and Paul Fink. Pay green fees and cart (if desired) at the Pro shop. There will be a \$5 charge for prize money to be collected by John or Paul. Please sign up in advance by email or telephone with John or Paul.

**Wednesday, May 8, 2013**

### Montecito CC Golf Tourney

Join us for another golf event at the beautiful and challenging Montecito Country Club. Your \$51.00 price tag includes buffet lunch at 12 noon, scramble format round of golf starting at 1:00 pm followed by post-round finger food snacks and prize awards. Contact event chair Marty Tucker, 969-0760, [tuckmet@aol.com](mailto:tuckmet@aol.com) for further details. Send your check payable to Cosmopolitan Club of Santa Barbara to Marty at POB 1192, Summerland 93067...and please include your handicap.



## Upcoming Special Events

**Friday, April 5, 2013**

### Annual SBCC Gourmet Dinner

This Ben Walsh Memorial Dinner will be at 6 pm on Friday, April 5. The cost remains the same: \$40 per person, which includes wine, tip & tax. Choice of entrées are Sirloin Steak or Sea Bass. This event is almost sold out as it has been in the past. Contact Harry Stroud (653-5117) for questions or to sign up.

**Friday-Saturday, April 12-13, 2013**

### Naval Air Weapons Station, China Lake

**LET'S GO TO CHINA LAKE** on April 12 and 13th to view the history of the Land, Sea, and Air Launched weapons researched, developed, and tested there. We will then visit the Bureau of Land Management's corralled wild horses and burros up for adoption, (bring a couple of carrots). Following this event we will attend the Desert Wild Flower Festival that includes a Cougar exhibit,

followed by a return to the Carriage Inn for drinks and dinner with several old timers (like me) mingled in to talk about the programs they managed during their employment on the base. The next morning we will depart for the ancient petroglyphs which are 45 miles North and at an altitude of about 5000 feet. It will be chilly there. We will return about noon for lunch, check out and departure. There will be three docents to assist us during the Armament Museum event at which time we will also learn about current projects. There will be six docents leading us to the petroglyphs in their own cars with one or two on our bus. There are seats available on the bus for those of you who have been thinking about going. It is now time to come forth and sign up. Costs are \$170 for a single room, and \$125 each for a double room, which includes breakfast on the 13th. The Western Buffet lunch (two) costs \$20, and The Gourmet Buffet is \$22 consisting of sliced roast beef. The Commanding Officer Capt. Dennis Lazar, USN., will speak to us during our tour.



Please contact me Steven M Little at the next meeting for sign up. You can also sign up on my e-mail address which is [steveleah@cox.net](mailto:steveleah@cox.net), also phone me at [805-965-3811](tel:805-965-3811), or by mail at 2451 Calle Linares, Santa Barbara, Ca. 93109.

## LAST MEETING



*Brett Gidney, MD*

**Brett Gidney, MD**

**“Cardiac Rhythm Disorders”**

**Introduced by Jim Shaw**

Dr. Bret Gidney went to medical school at Albert Einstein University in NY, served his internship and residency in internal medicine at Cottage Hospital, and did fellowships in cardiovascular disease at Kaiser UCLA and cardiac electrophysiology at Harbor UCLA medical centers. He subsequently was an attending physician at the Pacific Rim Research Center and for the past year he has practiced at the Heart Rhythm Center in Santa Barbara.

Heart rhythm disorders are among the most undertreated conditions in medicine, at a cost in 2005 of \$6.56 billion,

and atrial fibrillation, (AT) the most common rhythm disorder, affects 1 in 4 over the age of 40 and 33% of strokes in ages 80-89 are caused by AT. AT is a result of the malfunction of the electrical impulses naturally generated by the nervous system to control the efficient beating of the heart. When the signals are interrupted, blood will not be circulated correctly and some will pool in portions of the heart. One of the complications of this irregular rhythm is blood clot formation in the left atrial appendage (LAA) of heart which clots can break loose and travel to anywhere in the body including the brain where it can cause major strokes and contribute to other serious medical problems, such as cognitive decline, diabetes, vascular disease, the death rate increases 2 times over those without AT and the costs of AF Stroke care is 1.15 times higher. Untreated AF confers a five fold increase in the risk of Stroke and the risk of death from AF related Stroke is double. Anticoagulants, mainly Coumadin which may be taken orally, can prevent clot formation, but must be frequently monitored by blood tests.

Risk factors for Stroke from with AF include congestive heart failure, Age > 75, diabetes, prior stroke, vascular disease, Age > 65 ( ½ risk of age 75) and female sex. Treatment which is estimated to be between 70-80% effective consists of blocking the entrance to the LAA or newer techniques which suture the opening of the LAA, which then atrophies and eventually is absorbed by the body. The existence of miniature monitoring devices which are insert just under the skin are a significant aid in recording and reporting on the exact nature of the functioning of the heart which permits more certain diagnosis of AT. The suturing technique is accomplish through the use of two catheters and does not involve a major intrusive surgery; a result which significant lowers the risk of the procedure to the patient. One of the possible effects of blocking or eliminating the LAA is that it might permit the patient to stop taking blood thinning medication which has its own side effects and represents a major barrier for some patients.

During the Q & A period Dr. Gidney stated there is no age limit for use of the lariat suture delivery system and that Medicare has approved it. More information about it may be obtained at the website [www.sentreheart.com](http://www.sentreheart.com). The suture is nylon OO and no staples are used because this is a non invasive procedure (manipulated thru catheters). Aspirin and Plavix are useful for platelet blood control, but there is no evidence they help for AT strokes. Early signs and symptoms include being aware something is happening in your heart which some people sense directly, palpitations, tickling, fluttering, a cough, shortness of breath, rapid and/or erratic heart rate. Elevated Cholesterol levels do not apparently play a direct role in AT stroke.

## A Special Announcement from President Northrop:

The Board of Directors has been made aware of individuals desirous of membership in Cosmo who are either part-time residents of Santa Barbara or not fully retired or both. We believe that such individuals should not be denied membership provided they are willing to pay our initiation fee and annual dues. Below is a rewording of Article III of our Constitution that, if passed, would allow them to join. Words in blue are the new language; ~~words crossed out are those to be deleted~~. As required, these changes were read at the March 7 meeting and will be voted upon by those members attending the March 21 meeting.

### Proposed Constitutional Amendments (March 2013)

#### ARTICLE III

#### Membership

##### Section 1.

Membership shall consist of men who:

- a) Are bona fide *full or part time* residents of the Santa Barbara area.
- b) Have ~~retired from a profession or business and who are not fully engaged in a materially gainful occupation~~ *reached the age of 55 years*.
- c) Subscribe to this Constitution.
- d) Are elected to membership by the Board of Directors on recommendation of the Membership Committee. ~~Provided, however, that no one shall be elected to membership until at least two weeks after notice of his application has been given to the members of the Club by the Membership Committee.~~

##### Section 2.

Members *shall be willing to serve as a committee member or officer*. ~~fully re-engaged in a materially gainful occupation are required to resign. On subsequent retirement such individuals, upon request, may be reinstated to membership upon approval of the Board of Directors.~~



**Cosmopolitan of Santa Barbara**  
**Profit & Loss**  
 July through December 2012

	Jul - Dec 12
<b>Ordinary Income/Expense</b>	
<b>Income</b>	
Dues	12,265.00
Individ, Business Contributions	70.00
Interest	36.81
Initiation Fees	525.00
	12,896.81
<b>Total Income</b>	<b>12,896.81</b>
<b>Expense</b>	
Badges	123.62
Crackers	803.69
Equip Rental and Maintenance	98.18
Gratuities	1,500.00
Memorials	150.00
Operations	
Printing and Copying	35.68
	35.68
<b>Total Operations</b>	<b>35.68</b>
Other Costs	456.15
Other Types of Expenses	
Insurance - Liability, D and O	2,868.00
	2,868.00
<b>Total Other Types of Expenses</b>	<b>2,868.00</b>
Postage, Mailing Service	123.50
Roster	1,125.14
Travel and Meetings	
Lunches	2,204.65
	2,204.65
<b>Total Travel and Meetings</b>	<b>2,204.65</b>
Website	122.95
	9,611.56
<b>Total Expense</b>	<b>9,611.56</b>
<b>Net Ordinary Income</b>	<b>3,285.25</b>
<b>Net Income</b>	<b>3,285.25</b>