



Crackers

COSMOPOLITAN CLUB OF SANTA BARBARA INC.

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Crackers Editor

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Access the COSMO website at
<http://sbcosmo.com>
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Cosmo Member Ailing

If you learn of one of our members suffering from illness or injury, please notify Don Chalfant, 687-3478 dchalfant@cox.net.

Meeting Staff

Ticket Sellers: Bill Irvine & Marv Norman
Punch Bowl: Paul Coyne
Invocation: Ray Rosecrans
Sgt.-at-Arms: John Rasmussen

Get Well, President Mead!

The entire Cosmo family extends caring good wishes for a full and speedy recovery.

We miss you!

Next Meeting

May 2, 2013

SB County Senior Deputy DA

Vicki Johnson

“Senior Scams – Fighting Back”

Financial abuse of seniors is so rampant it is being called the crime of the 21st century by the California Attorney



General's Office. Our elderly citizens lose close to \$3 billion dollars a year to fraudulent investment schemes. Ms. Johnson's presentation identifies scams operating in our community, including identity theft, internet fraud, telemarketing and sweepstakes scams, caretaker fraud and insurance fraud. She will describe how these scams dupe unsuspecting victims, how you can protect yourself and family from being targeted, and how to report suspected fraudulent activity.

Future Meetings

May 16 2013,

Ladies' Day Joyce McCullough



“Santa Barbara - Habitat for Humanity”

During Joyce McCullough's 10-year leadership as Executive Director of Habitat for Humanity of Southern Santa Barbara, Habitat has completed seven homes and participated in numerous collaborative projects. Additionally, Habitat has renovated several homes in the area, from Goleta to Carpinteria through its program “A Brush with Kindness.”

Joyce directs six staff and over 1,000 community volunteers' efforts and is responsible for the stewardship of the low-income families that Habitat serves. In 2008, Habitat opened the ReStore, a 10,000 square foot store that sells donated, re-usable building materials, providing revenue to support the administrative activities of the affiliate.

The current Habitat building project consists of 12 environmentally-friendly condominiums to be located on Canon Perdido near Milpas. Construction began in December 2012, with anticipated move-in completion in 2014. Habitat selected and approved the partner families who will purchase these homes, and adult family members have begun working their required 250 hours of “sweat equity”, and by attending classes on financial literacy and homeowner responsibilities.

Joyce and husband Bill have two grown children and several grandchildren in their 40+ years of marriage. In 2008, she was awarded the 2008 Human Services Professional of the Year from the City of Goleta.

Please note that it is necessary to sign-up and pay for this before the event as no tickets will be sold on May 16.

June 6, 2013

Andrew Binder, MD

“Doc I’m Tired of Being Tired. What Your Doctor May Not Know About Sleep Disorders”



Andrew Binder, MD, graduated from Williams College magna cum laude, and from Harvard Medical School where he was elected to the prestigious Aesculapian Society. He did specialty training in Internal Medicine at the University of Washington where he served as a Chief Resident in its esteemed Department of Medicine in 1974-75. Subsequently, Dr. Binder was a Research Fellow in Chest and Cardiovascular diseases at the University of California, San Francisco.

Dr. Binder joined the staff of the Santa Barbara Medical Foundation Clinic in 1980. He practiced pulmonary and critical care medicine in our local hospitals until 1998 when he limited his practice to sleep medicine. He has published numerous papers, holds three patents for medical devices and was named Cottage Hospital’s Distinguished Physician in 1993. Dr. Binder is certified by the American Board of Internal Medicine and holds subspecialty certificates in Pulmonary Medicine, Critical Care Medicine and Sleep Medicine. A Clinical Associate Professor of Medicine at USC, he currently serves as the Medical Director of the Ventura Sleep Disorder Center.

Wine Drawing

conducted by Bob Zimels



Dan Gross won a “Runway White” Pinot Blanc from Brooks Winery
 Bob Hassler’s ticket was drawn for a Mammoth Crest 2007 Sangiovese



Jim Dow introduced his guest Al Sladek. Al is a retired engineer that has lived in Santa Barbara for forty years. He enjoys volunteer work and hiking.

Regular Events

Bridge



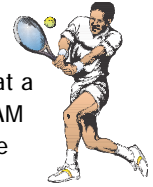
Join us for FUN Bridge upstairs at the Elks Club after all regular meetings; we play until 3:30 PM. Chairman Steve Morgan, 637-1332, or smmphd@cox.net; Co-chair Ed Loper, 967-8630, oliveloper@cox.net.

The winners for the April 18 game were:

1 st place:	Ralph Edebo	4890
2 nd place:	Ed Loper	3410
3 rd place:	Bob McMillin	2060

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.

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, hbglenn@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 and Walter Naumann, 448-5061, wjnaumann@aol.com.



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 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.



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.

Wednesday, May 8

Montecito CC Golf Outing

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, shotgun- scramble format round of golf starting at 1:00 pm followed by post-round finger food snacks and cash prizes for 1st, 2nd and 3rd place teams. Contact event chair Marty Tucker, 969-0760, 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.

SBCC Gourmet Dinner



On April 5, 2013 over five dozen Cosmos members, spouses and friends enjoyed our annual dinner at SBCC. The meals were prepared and served by the students in their renowned Culinary Arts program. These dinners are dedicated to the memory of Col Ben Walsh.

Musings on our China Lake Adventure

April 12-13, 2013

Steve Little, trip organizer

The folks at China Lake Armament Museum and the Maturango Museum and their petroglyphs guides rolled out a gold carpet for us. The Carriage Inn gave us huge discounts and was most hospitable. We visited the wild horses and burros corrals nearby, which were most interesting. The trip to the petroglyphs was astounding. We saw facilities en route that are not on the map and our guide said nary a word about them. The ancient etchings were a site to behold - to think that they were made 5,000 years ago is a wonder in itself. Everyone marveled at seeing them. They are historical protected formations. Commenting about Doc Brown's picture, the one that stands out differently from Leah's is the manufactured path made from interlocking 12 inch squares of thick plastic to protect the path from being eroded by the thousands of visitors who visit every year. They were installed at the insistence of the local Indians of these parts. My special thanks go to Denny Klien, the local representative of the 3rd district Kern County Supervisor who represented me

in the necessary Navy preparation meetings, and to our museum guides President Bob Campbell of the China Lake Museum Foundation, former President Paul Homer, and Dr. Bob Smith, Ph.D. I also want to acknowledge Steve Felix who introduced us to the SPIKE MISSILE, and Mike Wright, Ph.D. who spoke to us about the future of biomass jet fuel for the Navy. Lastly I wish to compliment Peggy Shoaf and her staff for their tireless efforts to get all 34 of us cleared to get on the base. Every person complimented Leah and I to the fullest we have ever received. Pictures on p6 and p7.

Upcoming Special Events

Sunday, June 23, 2013

Fiddler on the Roof



Thore Edgren is organizing an outing for all members and significant others to attend a production of Fiddler on the Roof at the Solvang Theater. Overnight accommodations will be available at the Petersen Inn in Solvang. Please see Thore at the May and June meetings to sign up for this event.

Thursday, July 4, 2013

July 4th Picnic



Picnic for all members and significant others will start at 11 am at Tuckers Grove, Cathedral Oaks and Turnpike. Please purchase tickets in advance from Bob Zimels at the May and June meetings.

BYOB as the caterer does not have a license.

Last Meeting

April 18, 2013

Cancer of the Prostate



Dan Curhan, MD

Jim Shaw introduced our speaker, Dan Curhan, MD. Dr. Curhan is a practicing urologic surgeon at the Sansum Clinic in Santa Barbara. He graduated from Michigan State University and the Medical School at the University of Michigan. He then spent two years in a general surgical residency at the Maine Medical Center, and then four years in a urologic residency at Boston University. He joined Sansum Clinic in 1989.

Prostate cancer in the US is the most common cancer in men and causes about 40,000 deaths per year (second only to lung cancer). Three quarters of men over seventy five will develop prostate cancer and if they live long enough the incidence approaches 100%. Statistically speaking, it is reasonable to assume that a high percentage of Cosmopolitan Club members have had, currently have or will have prostate cancer. As a result, Dr. Curhan's interesting and informative presentation had a very attentive audience.

The presentation began with a description of the prostate from a physical and functional perspective. Dr. Curhan then moved into the subject of prostate cancer and prostate cancer screening. The key screening tests are the digital rectal exam and the "PSA" (prostate specific antigen) blood test. He noted the limitations of both screening tests, however he also noted that there usually were no symptoms in early stage prostate cancer and that early treatment could be important. Abnormal digital rectal exams and PSA tests should be evaluated by a urologist.

The next segment of the presentation dealt with the treatment options. With early diagnosis the options are: watchful waiting, external beam radiation therapy, radioactive seeds, cryosurgery (freezing prostate), open surgery and robotic-assisted surgery. The selection of options depends upon the stage of the disease and the patient's age and health. Critically it also depends on the patient's personal preference.

The presentation covered robotic-assisted surgery in detail. It was extremely interesting to actually see how the system worked. It is one thing to be told of the advantages of robotic-assisted surgery; it is quite another thing to actually see the system in operation. Some of the early work in this regard was performed by a local Santa Barbara company, Computer Motion, which merged with Intuitive Surgical, the sole supplier of the da Vinci system that is used for the robotic-assisted prostate surgery. Personally, as an early investor in Computer Motion that "cleverly" sold the stock for a tax loss before the merger, I certainly wish I could have visualized the system in action.

Since prostate cancer is so prevalent and hits so close to home, it is a disease that we all have to deal with. Dr. Curhan's presentation to the Cosmopolitan Club was very interesting and informative.

Note: Dr Curhan photo courtesy of Don Truex

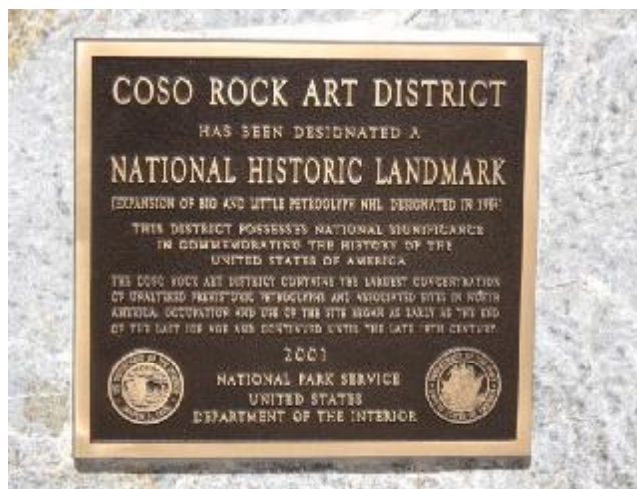


China Lake Adventure

April 12-13, 2013



Plastic walkway protects environs



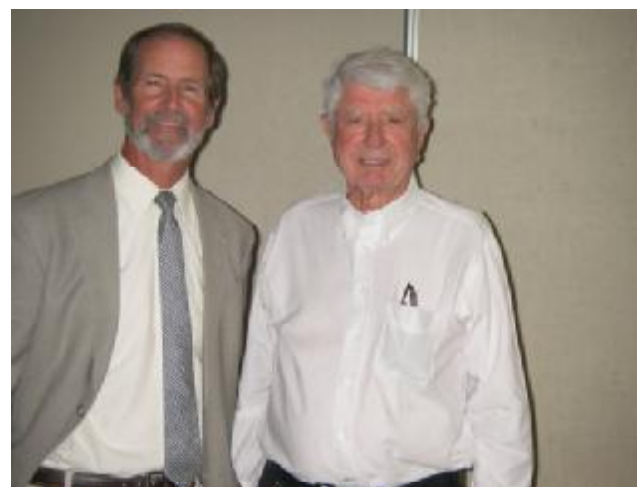
5,000 year-old artistry



Juliette & centenarian Cliff Spensel



Virginia & Bob Hankins



Scott O'Neil, Director, Naval Air Weapons Systems with Steve Little



Gary Gulbransen



Rock of ages petroglyphs



A full rock canvas



Bob Sorich, a very happy sommelier



Steve Little with bus driver Tim Wildman



Bob Sorich with Cliff Sponsel

Photos courtesy of Leah Little and Harry Brown