



Crackers

COSMOPOLITAN CLUB OF SANTA BARBARA INC.

Vol LIX No. 2

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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 Arlie Skov, 965-5101, askov@earthlink.net

Meeting staff

Ticket Sellers: Mike Cribbs and Larry DuBois

Punch Bowl: Joe O'Brien

Invocation: Joe O'Brien

Sgt.-at-Arms: Bob Hankins for Bill Montag

Dues for 2013-2014

Dues for 2013-2014 are now due and payable at \$60/member. Checks can be deposited in a box near the entry to the Elks' Club or mailed to Cosmopolitan Club PO Box 3993 Santa Barbara, CA 93130-3993

Wanted

Cosmo seeks fresh leadership to sustain its long-standing July 4th celebration picnic. Contact Don Chalfant, 687-3478, dchalfant@cox.net to discuss this opportunity.

Next Meeting

August 1, 2013

Neal Graffy

"Street Names of Santa Barbara"

Which streets are edible?

Who took the cannon?

When is a saint not a saint?

Which street is named for a spy?

Why are Mission and de la Vina misaligned?

What street was named for a murderer?

Who was the dead Indian?



Don Chalfant will introduce Neal Graffy who will answer these and other questions. He is almost a Santa Barbara native, the result of a premature birth nine years too soon in Wichita, Kansas.

His love for Santa Barbara history began at age 13 when he started gardening and doing odd jobs for Mrs. Leontine Phelan, a descendant of the founder of the Santa Barbara Presidio, who lived in the Rochin Adobe built from the Presidio ruins by her grandfather.

In 1989 he gave his first slide show on Santa Barbara history and has since given well over 500 presentations on a variety of topics. He has written for the *Santa Barbara News-Press*, *Santa Barbara Independent*, *Santa Barbara Magazine*, the Santa Barbara Historical Museum, the Trust for Historic Preservation and the Genealogical Society.

In return, his expertise has been sought out by the media with countless appearances on local, state and national radio and TV. He has been featured in several documentaries including the Emmy Award winning *"Impressions in Time"*. He has appeared statewide on Huell Howser's *California Gold*, KCET TV's *Life and Times*, and nationally on *This Old House*.

Neal has served as a Board Member of the Historical Museum, a member (and chairman) of the Santa Barbara County Landmarks Commission, board member of the Mission Canyon Association, president of the Santa Barbara Corral of Westerners and is a founding member of de la

Guerra y Pacheco Chapter One point Five of the Ancient and Honorable Order of E Clampus Vitus.

In 2004 he founded the Santa Barbara History Consortium, a non-profit, for the specific purpose of bringing local history to life in entertaining and informative ways through film and video production and publishing.

He currently has three books out. *Street Names of Santa Barbara*, *Historic Santa Barbara*, and *Santa Barbara Then & Now*.

Future Meetings

August 15, 2013

Stanley Ostern, MD

“World War II Experience as a Polish Jew”



Dr. James Shaw will introduce our speaker Dr. Ostern, a man with two lives. His second life started after he emigrated from Poland to the U.S. after WWII. He subsequently received a medical degree from New York Medical College, completed a residency in internal medicine, served as captain in the U.S. Air Force Medical Corps, and subsequently practiced Internal Medicine in Santa Barbara for 33 years. Since his retirement in 2000, he has been very active as a lecturer on the WWII Holocaust.

Dr. Ostern's first life began with his birth as a Jew in Stryj Poland in 1935. In 1941 this area was taken over by the Germans when they invaded Eastern Poland and Russia. Most of the Jews were transferred to ghettos, where they were subsequently killed or died of disease or starvation. Stan Ostern and his mother managed to escape the Nazi persecution by escaping from the ghetto and hiding in an underground bunker for the remainder of the war. Dr. Ostern is going to talk about his lost childhood hiding in the bunker, finding a lost half-brother and the role of Nazi physicians in the Holocaust.

In Memoriam

Warren Raiter, a Cosmo member since 1989, passed away earlier this month. Our sincere condolences go out to his wife Phyllis and family.



In Memoriam

Katherine Belden, wife of member Jim Belden, passed away recently. Our deepest sympathies to Jim and family.

Notes from the President

President Chalfant removed his coat and announced that no coats would be required at meetings until further notice.

The President asked if members were pleased with the location of the Club's 4th of July picnic. He discussed Tuckers Grove and Lower Manning Park, and thought that the show of hands indicated a pretty even split. He thought we could perhaps trade off locations in the future. He noted that next year the picnic would be on July 3rd rather than the 4th itself, so it wouldn't be very crowded with parking a problem like it was this year.

Cosmo Procedure for Bringing in New Members

The President said that the Membership Committee had been concerned that the process of bringing new members into the Club was neglecting aspects of established Club procedures, and so has been reviewing the previous procedures. They have now published Suggestions for Turning Suitable Guests into Club Members and Processing Procedure for New Members, which the Committee will be following in the future – these are attached as pages 5 and 6 of this edition of Crackers.

In Memoriam

Joy Montag, wife of member Bill Montag, passed away on July 18, 2013. Our deepest sympathies to Bill and their family.

Wine Drawing

Bob Zimels conducted the wine drawing.
Stan Ostern won a 2010 pinot gris.
Ted Ross scored a 2011 grenache.



WELCOME OUR GUESTS



Kent Cullen introduced our guests.

Bernie Lemke was hosted by Bill Stancer.
Bill Wilson was brought by A. B. Clarke.
Spencer Vaughn was hosted by Bill Skelly.

Regular Events

Bridge

Results of July 18, 2013 bridge play were as follows:

1 st place:	Steve Morgan	3980
2 nd place:	Ralph Edebo	3430
3 rd place:	Ed Loper	3410



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.

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. Cosmo members, spouses and guests are welcome. Bob Gerity, Program Chair, Howard Glenn, Chair. 967-2633, 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. Chair: Walter Naumann, 448-5061, wjnaumann@aol.com.



Golf

A. B. Clarke indicated that the next golf tournament will be held August 8th at beautiful Soule Park in Ojai. He said fees would be based on walking or riding in carts - the green fee would be \$23 for those walking and \$37 for those with carts, and in both cases \$5 would be added for prizes.



Mondays - Santa Barbara Golf Club (Muni). Tee times range between 9:30 AM to 11:00 AM. Regular walking senior rate is \$26 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. 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.

New Medical Procedure on Stroke Prevention

Of interest to many of us, member Steve Little advises us of his experience with a new medical procedure that was presented at a recent Cosmo meeting. Steve had surgical implanting of the Watchman closure device, manufactured by Boston Scientific, that is a pea-sized device intended to liberate atrial fibrillation patients from the Catch-22 between bleeding and stroke. Along with this benefit is the end of blood thinners and bruising. Ask Steve about this procedure he is extremely happy with.

Speaker

Our speaker, Jonathan Young, was introduced by Gerald Floyd.

Jonathan Young, Ph.D.

“Mythology in our Lives”

Subtitle:

“Authenticity, Meaning, and the Good Life”



Dr. Young gave a very interesting talk on mythology and storytelling, and how these relate to finding fulfillment in later life.

He said that in ancient times, wisdom was passed along by stories, which were the stories of the lives of people, hopefully with a happy ending. He said that stories represent a point of reference – where we have been, what we are up to, and where we may go.

He particularly focused on the story of the Knights of the Round Table and the quest for the Holy Grail, which became a sense of purpose. The search for the Holy Grail represented service.

Dr. Young talked about Merlin, who had been advisor to King Arthur. Merlin had originally known that young Arthur was the only one who could remove the sword from the oak tree, and thus rightfully become king. Dr. Young concluded from this that you should not take for granted the things you can do. Merlin later retreated to the Forest, and observed a building which had 70 doors and 70 windows, and noted that there were 70 scribes. He determined that there are 70 paths to take, or a person should make one's own path. No matter which path was taken, they would come to the same place – a place of wisdom. Merlin was also the magician, the believer in imagination and, from his story, we should understand the idea of destiny – that we should serve it well, follow it, deepen it, and celebrate it.

Dr. Young said we should recognize the suffering of others, and have compassion. The meaning of life is fulfillment and satisfaction. Fate is what happens – history. Destiny - we have something to do with. We are writing an unfinished story in life. It is helpful if we know that it is a story of one's life, and that it is larger than ourselves. Carl Jung was one of the great masters of dreams. He said we should study and follow personal dreams. He believed we should follow some challenge – there is something else in almost all cases, an unfinished business. There is a restlessness. He says the idea is to just do it, otherwise you will find no peace. It won't let you rest.

Dr. Young talked of a colleague who said he was not sleeping well. He observed that doubt is muscular.

Others look at what you have done, but you've not been yourself lately, and you should come back to courage regarding your life.

George Carlin said what is important is not the number of breaths we take, but the moments that take our breaths away.

Dr. Young was asked how to recognize the paths we should follow. He said we should compare our early life to where we are now. He said there are many rewards in the last quarter of life, because we finally have a clue about life.

Dr. Jonathan Young is a psychologist and storyteller. His major work as a psychotherapist is in helping people find fulfillment in later life. He believes in following your bliss and living for the moment.

Dr. Young developed a deep love of stories through early exposure to folklore. This lifelong passion led to evaluating the psychological significance of stories.

He had several handouts, including those on mythology and the keys to aging well, namely enjoy life, make the most of what we have, appreciate people, accept our own flaws, be at home in the world, have less to prove, have strong priorities, accept our moods, and take time to reflect.

Dr. Young invites all to learn more at his website folkstory.com.



Viva La Fiesta!

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P.O. Box 3993
Santa Barbara, CA 93130-3993

**PROCESSING PROCEDURE FOR NEW MEMBERS
(July, 2013) (Revised 7/18)**

STEP ONE: The primary sponsor, after introducing a favorable prospective candidate to the club and ascertaining his desire to join, proceeds as follows:

- a) Obtains Membership Nomination Form, including club Constitution and Committee Description Form from the Membership Committee Chairman, Guest Introduction Table, or from the club website.
- b) Reviews Constitution and other club information and requirements (i.e. committee memberships, fees, etc.) with prospective candidate.
- c) With the candidate, obtains two co-sponsors, who know the candidate, to sign Membership Application Form.
- d) Submits executed Form to the Membership Committee Chairman.

STEP TWO: Committee Chairman, if form appears favorable, converts Form to a PDF file, and sends the file to Crackers editor for publication in the next issue as Proposed New Member. File copies are also sent to the members of the Board of Directors for review and approval.

STEP THREE: Crackers publishes candidates name and profile from Member Nomination Form.

STEP FOUR: After allowing two weeks for objecting comments from the Board of Directors and general membership and receiving none, Membership Committee then interviews candidate with the primary sponsor (or co-sponsor if the situation dictates). Following a favorable interview, the Committee invites the candidate to become a member on behalf of the Board of Directors.

STEP FIVE: Membership Committee Chairman, after conferring with sponsor as to induction dates, writes candidate (electronic means acceptable) with copy to sponsor, President, Sergeant-at Arms and Badge Committee Chairman, informing him of his selection and the required fees (induction \$75, plus prorated dues) to be delivered to the club Treasurer or sent to the club mailing address. Letter includes induction procedure and proposed date.

STEP SIX: Candidate inducted. Photographer takes picture for eventual inclusion in Roster and possibly Crackers.

STEP SEVEN: Crackers editor notified for publishing Welcome New Member. Copies of completed Membership Nomination Form sent to Data Base Managers and Roster editor.

NOTE: THIS PROCESS WILL TAKE A MINIMUM OF FOUR WEEKS



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**SUGGESTIONS FOR TURNING SUITABLE GUESTS
INTO NEW COSMOPOLITAN CLUB MEMBERS**

1. Read the “Qualifying a candidate for membership” suggestions on the last page of the Roster.
2. Stress the unique nature of the club. It is a private organization of retired professional men which does not seek publicity but simply the free and open camaraderie of its membership at luncheons and other functions. Because most were so active and held such responsible positions, retirement meant a major change in life style. Many of these men needed new activities, new friends, and a new sense of belonging. The Cosmopolitan Club fulfills some of this need.
3. While an organization of men, mention that spouses and significant others attend many of the Club’s functions such as Christmas Dinner Dance, 4th of July Picnic, Ladies Day, and travel programs.
4. Mention that the luncheons are not only ties for fellowship, they provide an opportunity to share experiences, views on current events, with persons of many backgrounds. They are also educational, as speakers from far and near, often attracted by our members and often experts in their fields, speak on a wide range of topics.
5. Tell the guest that, in addition to lunches and other special events, the club arranges national and even international travel programs, and sponsors activities within the club, such as golf, computer, investment, bridge, and tennis groups so that your guest could expand or continue his interest along those lines if he chooses.
6. Explain to the prospective candidate, to enhance his respect and pride in becoming a member, it requires a sponsor, two co-sponsors and an interview with the Membership Committee to be admitted.
7. Have the guest look at your membership Roster to see for himself the outstanding collection of interesting personalities and the wide variety of professions and businesses represented in our membership.
8. If the guest wants to join, give him a Member Nomination Form, have him fill it out, and return it to you. Secure signatures of two co-sponsors who know him and deliver the completed Form to the chairman of the Membership committee.
9. The name and profile of the candidate will be printed in the next issue of Crackers. After a two week waiting period, a meeting with the Membership committee will be scheduled. If approved, arrangements will be made to induct the applicant.