



Crackers

COSMOPOLITAN CLUB OF SANTA BARBARA INC.

Vol LX No. 8

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Crackers Editor

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

Dues for 2014-2015

Dues are now overdue 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. Fred Marsh is promising that you will hear from him if he doesn't hear from you!

Meeting Staff:

Ticket Sellers: Walter Clapp & Harvey Stancer
Punchbowl: A. B. Clarke
Invocation: Bill Alexander
Audio-Visual: Jack Patterson, Bob Weber and Jim Belden
Sergeant-at-Arms: John Rasmussen
Photographers: Ron White and Don Truex

Dress Code Update

President Singer announced that because of the warm weather the casual dress code would be extended to the October 16 meeting or longer.

Time of Meetings 11:30 am - 1:30 pm

Next Meeting

October 16 2014

**Dr. Lori Gaskin, President,
Santa Barbara City College**

"Santa Barbara City College Today"



Dr. Gaskin was appointed to SBCC in July 2012 and serves the 25,000 students each semester who enroll in courses for transfer preparation, career education, foundational skills and an addition 4,500 enrolled in lifelong learning classes. SBCC has been ranked the #1 community college in the nation and is working to serve the underrepresented and minority student success, degree completion, transfer rates and labor market success in securing good jobs after college. She holds a B.A. and M.A in Geography from UCLA and a Ph.D. in Educational Leadership from University of Nevada, Reno. She is active in the Santa Barbara community in advisory roles for Cottage Hospital, Partners for Education, and the Scholarship Foundation of Santa Barbara and the YMCA. She is a director of the Channel City Club, member of the Santa Barbara County Re-Entry Project, Fighting Back, South Coast Executives and the Santa Barbara Chamber of Commerce

Cosmo Roundtable

Jim Davis announced the first meeting of the fledgling Cosmo Roundtable will be held October 16, following the club meeting. The subject will be the U.S. Health Care system; Kevin Ryan will be the moderator. Interested members may contact Jim Davis 8894-9858 jjdco@hotmail.com

Hobby Day

Thore Edgren announced that he is planning another hobby day next spring and is considering including spouse's hobbies if there is enough interest.

Future Meetings

November 6 2014

Richard Salas

"Blue Vision"

Richard Salas brings us awe-inspiring images and thrilling adventures from the making of his second book of underwater photography, "Blue Visions."



Blue Visions Lecture

Richard Salas brings us awe inspiring images and thrilling adventures from the making of his second book of underwater photography, "Blue Visions".

Journey with Richard through the underwater majesty of the islands that dot the Pacific from the border of Mexico to the Equator. Meet the creatures he has met on his dives, as he shares his knowledge and art. He will introduce you to animals of all kinds and sizes, and he brings a unique sense of family to these endangered species, as they look back at him through the lens of his camera.

In addition to enjoying his gorgeous photos, and authentic speaking style, you can expect to be tickled by Richard's humor. His mission as an artist is to bring people a new appreciation of the ocean and marine life through his underwater images, which he shares with passion.

www.bluevisionsinc.com richard@askphotography.com

WELCOME OUR GUESTS 

AND, THEY EACH HAVE APPLIED FOR MEMBERSHIP

Jim Barbabella introduced:

Silvio DeLoreto has a varied background which includes his role as a navigator in World War 2, realtor and owner of a realty company and avocado and citrus grower. His interests include cooking, scuba diving, skiing, farming and flying. Silvio's sponsors are Dan Cross, Harv Turner and Bob Thompson.

Stephen Sheaffer, a long time Santa Barbara resident has a B.S in mathematics and an M.S. in electrical engineering and is a retired electronics engineer. His interests are investing, travel, gardening hiking and sailing. Sponsoring Steven are John Tevenan, Don Archer and Jim Gravitt.

Wine drawing by Bob Zimels

Glen Newkirk won a bottle of Bob Hassler's Mammoth Crest Winery's 2009 Syrah. John Jezek won a bottle of 2011 Pinot Noir, also from Mammoth Crest Winery



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 smmpha@cox.net; Co-chair Ed Loper, 967-8630, oliveloper@cox.net.



S.A.G.E. Investment Group

We meet monthly at 10 AM on the first Tuesday at the Elks Club. 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.



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.



Golf

Mondays we usually meet at the 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 the prior Friday for your tee time. These outings are a great way to gain new members, so invite your friends.



We also have additional games at various courses. Contact Ron Singer to get on the e-mail notification list for the Floating Golf Game Circuit. Wandering Wednesday and Floating Friday locations will include courses throughout the tri-county area. 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.

UPCOMING SPECIAL EVENTS

Operatic Opportunities

Once more Cosmopolitan Club members will be offered an opportunity to join others in Sunday lunch at La Cumbre Country Club followed by the following operas at the Granada Theater:

November 9 "Rigoletto" by G. Verdi

March 8 "L'Italiana in Algeri" (The Italian girl in Algiers) by G. Rossini

April 26 "A Streetcar Named Desire" by A. Previn

All performances start at 2:30 PM, and lunch at noon, allowing for ample time to get to the Granada Theater. The price of \$90.00 per person includes lunch and opera tickets.

If interested, please contact Fred Sidon at frsidon@impulse.net

November 18 2014

Camarillo Aviation Museum,

Enjoy the sights and sounds of the rare vintage warbirds, restored and maintained by the Southern California Wing of the Commemorative Air Force. Details to follow. Call Harry Stroud (805) 653-5117 for details.



Save the Date
Cosmo Christmas Dinner Dance
Tuesday Dec 9, 2014
 See Page 5 for details & reservation form

January 17, 2015

Annual Santa Barbara Symphony Dinner and Performance

Will be held on in the afternoon reported by Art Kvass. This popular event will feature the Symphony playing the music from the soundtrack of the Charlie Chaplin film, City Lights. Chaplin was a cellist and composed the score. Although the film had an embedded soundtrack, the quality was not good and it will be a joy to hear the in person performance by the Symphony which will accompany a screening of the film. The event will include a tour of the theater backstage.

LAST MEETING

October 2 2014

Dr. David Kerr, MD, FRCPE

"Diabetes"



President Ron Singer introduced Dr. Kerr, a director of the Sansum Diabetes Research Institute in Santa Barbara

Professor Kerr qualified in Medicine from Aberdeen University in Scotland in 1981, and his Doctorate in Medicine from the University of Nottingham. Subsequently he spent two years at Yale University as a Research Fellow before being appointed as Consultant physician at the Royal Bournemouth Hospital in 1993. Since 2006 he has held a Gold Clinical Excellence award from the UK National Health Service.

As well as being a full time physician and endocrinologist, Dr. Kerr ran one of the largest insulin pump centers in the UK and continued his research interests across a spectrum of diabetes topics resulting in more than 200 publications. He also is Editor of Diabetes Digest and a board member of the Journal of Diabetes Science and Technology. In April 2014, Dr. Kerr took up his current post as Director of Research and Innovation at the Sansum Diabetes Research Institute in Santa Barbara.

Dr. Kerr opened with assurances that he is Scottish by ancestry as he showed a pictures of the Kerr family coat of arms which he said goes back to the Battle of Ancrum Moor in 1545.

People with diabetes don't always fit the image of an overweight, sedentary person living a dangerous lifestyle, Dr. Kerr said. He showed pictures to illustrate this; a striking example is the vibrant, physically active actress, Halle Barrie, who lives with type 1 diabetes. (In Type 1, the body makes no insulin, requiring daily injections).

Diabetes is a national concern as it inflicts a growing number of people, approaching 10 percent of the U.S. population. An estimated 80 to 90 percent of the

population is either overweight or obese, and candidates for the disease. The cost for diabetes health care is estimated to be \$250 billion annually. Worldwide, the problem is most prevalent in poor areas where bad diets contribute to the problem.

The effects on the individual are numerous and serious, Dr. Kerr stated. "Diabetes is a heart attack or stroke waiting to happen." Blood pressure and cholesterol must be monitored closely, and a large amount of daily medications are required for Type 2 patients. (In type 2, the body resists insulin and cannot process glucose properly). Other possible effects are neuropathy (damage to peripheral nerves), skin effects, erectile dysfunction, depression, kidney failure and blindness.

Against the somber pictures of these conditions, Dr. Kerr made an encouraging statement saying that Type 2 diabetes might be reversed by a change in lifestyle.

He described efforts at Sansum Institute for improving the lives of cancer patients. One objective is to help reduce concern. Learning to deal with glucose variations under situations such as prolonged exercise or long airplane flights is necessary in order to avoid dangerously high or low blood sugar levels... Another goal is in improving health literacy, i.e. understanding physicians' instructions.

Of the various research programs, a long range objective is to develop an artificial pancreas. Dr. Kerr sees this as a large challenge, largely because of individual human differences.

He left us with the positive thought that the Institute wants to make Santa Barbara the most diabetes friendly place in the country, with restaurants wineries and exercise facilities in tune with the needs of people with diabetes.

A lively question and answer period ran to the end of the allotted time.

Can coffee help type 2 diabetes? Dr. Kerr: It can be good or bad; bad if coffee drinking is accompanied by heavy consumption of the wrong things such as cream, sugar or rich foods.

How does a physician determine if one has type 2 diabetes? Dr. Kerr: This formerly was done with a glucose tolerance test. Now it is done with the A1-c (blood test).

Is a vegetarian diet helpful? Dr. Kerr: It is, to the extent that the vegetables replace high-carb foods.

Are pancreas replacements possible for saving pancreas cancer patients? Dr. Kerr: Generally no; by the time cancer is detected, it is too late.

