



Crackers

COSMOPOLITAN CLUB OF SANTA BARBARA INC.

Vol LXI No.19

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Crackers Editor

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Access the COSMO website at
<http://sbcosmo.com>
for current and archived issues of CRACKERS

Cosmo Members Ailing

If you learn of one our members suffering from illness or injury, please notify Curt Whiteman, Memorial & Visitation Chair, 220-6833, whiteman@westmont.edu.

Dress Code

Jackets are the required dress code during El Niño season

Meeting Staff

Ticket Sellers: N/A
Invocation: Peter Kruse
Audio-Visual: Bob Weber, Bill Alexander, Jack Petterson & Orlando Ramirez
Sergeant-at-Arms: Ken Wolf
Punchbowl Host: A. B. Clark
Photographer: Ron White

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

Thank You to Chuck Curtis and the Ladies Day Committee

NEXT MEETING

April 21, 2016

Professor Irwin Appel

Professor Appel has entitled his discussion,

"Naked Shakes: The Actor and the Word. A New (and very Old) Approach to Shakespeare."

Don O'Dowd will introduce.

Irwin Appel is Professor of Theater and Director of the Bachelor of Fine Arts Actor Training Program at UCSB. He is a graduate of Princeton University and The Juilliard School. An accomplished Shakespearean Actor, Director and Producer, Appel has appeared at many renowned Shakespearean festivals throughout the United States playing, among other roles, Prospero, Shylock, Falstaff and King Lear. Appel has lectured and conducted acting workshops abroad in Zurich, Warsaw and Gdansk. He is also a composer and sound designer.

This winter, Appel directed "The Death of Kings," a two-part production, presented at UCSB's Hatlen Theater. "Kings" is a magnificent condensation of Shakespeare's history plays. Starting in 1398 with Richard II's reign, continuing through the reigns of Henrys IV, V and VI and the 30 year War of the Roses. "Death of Kings" concludes with the rise and fall of Richard III, killed at the Battle of Bosworth in 1485, resulting in the crowning of Henry Tudor as Henry VII.

May 5, 2016

UCSB Men's Soccer Coach Tim Vom Steeg

Building a Team; the success story of UCSB

Soccer2004 & 2006 NSCAA National Coach of the Year

2004, 2005, 2010, 2013, 2015 Big West Conference Coach of the Year

2008 California Community College Coaches Hall of Fame Inductee



Tim Vom Steeg is in his 17th season as head coach of the UC Santa Barbara men's soccer program. He was named NCAA Division I National Coach of the Year by the NSCAA for the second time after leading UCSB to the program's first national championship in 2006 and most recently picked up his fifth Big West Coach of the Year award following the 2015 season.

After leading UCSB to its first NCAA College Cup appearance and final in 2004, Vom Steeg earned his first NCAA National Coach of the Year award. He also garnered NSCAA National Coach of the Year honors that season, and again in 2006, after leading the Gauchos to the NCAA title, just the second in UCSB Athletics history.

Vom Steeg has been honored as the Big West Coach of the Year on four other occasions: 2004, 2005, 2010, and 2013. Additionally, he garnered Mountain Pacific Sports Federation Co-Coach of the Year accolades during his first season with UCSB after guiding Santa Barbara to a 10.5-game improvement on their 1998 record, the best turnaround in the NCAA at the Division I level that year.

Vom Steeg played at UCSB from 1985 to 1988, and graduated in 1989 with a B.A. in history. He received his master's degree from UCSB in 2000. He has also earned his USSF National "B" Coaching License.

Vom Steeg resides in Santa Barbara and is married to Almeria Vom Steeg. They have four sons: Justin, Carson, and twins Caden and Jared.

May 19 2016

Chuck McPartlin

"The Lives of Stars"

Mr. McPartlin earned his master's in Computer Science from UCSB, where he managed to "fit in" a lot of Astronomy classes.



He is retired from a career of some 38 years in naval electronic warfare systems, for a company that was eventually bought by Northrop-Grumman. Chuck has been doing Astronomy public outreach for about 18 years, including presenting planetarium shows at Santa Barbara Museum of Natural History, and received the Astronomical Society of the Pacific's Las Cumbres Amateur Outreach award in 2012. Our local club, the Santa Barbara Astronomical Unit, sponsored by the SB Museum of Natural History, brings Astronomy to the public at over 200 events each year, with attendance of about 16,000 per year.

WINE DRAWING:

Harry Stroud conducted the wine drawing.

Today's winners were: Al Mercado, winning a bottle of White wine vintage 2013 while Henry Stroud took home again a Red varietal from 2010.



Wives of Cosmos Members certainly improved the appearance of our luncheon venue. It was nice to hear the sopranos helping with our rendition of the national anthem.

NEW MEMBER INCENTIVE PROGRAM

The Club will provide a free lunch for a first-time guest. If the guest submits a new member application within one week of his first guest visit, his sponsor will receive a free lunch. If he is ultimately inducted into membership, both he and his sponsor will receive a free lunch at the meeting when he is inducted. The sponsor must present a free lunch voucher, signed by the President, to the ticket sellers. Vouchers can be obtained either from the President or the Sergeant-at-Arms, and membership applications can be downloaded from the Club's website.

The incentive program will continue through our regular meeting on May 17, 2016**REGULAR EVENTS**

DISCUSSION GROUP

Under the leadership of Jim Davis, members of Cosmo meet to discuss areas of mutual interest after the second regular monthly Cosmo meeting.

Following the regular meeting on April 21st the discussion is:

The Energy Ladder and Renewable Energy Sources; Bill Viegele will present.

For a future meeting the topic will be "Social Movements and Belief Systems"

Jim asks those interested to suggest other topics for future meetings.

April, 7, 2016

Peter Kruse presented his third session of "important Legal Issues for Seniors"

In the upstairs board room. One more presentation is scheduled following the regular luncheon meeting on May 5th.

BRIDGE

Join us for FUN Bridge upstairs at the Elks Club after all regular meetings; we play until 3:30 pm. Chair Ed Loper, 967-8630, oliveloper@cox.net. Call Ed prior to the meeting to get on the list.

**TENNIS**

The tennis group plays doubles twice a week on a private court in Shadow Hills starting at 8:00 am Mondays and Thursdays. All tennis players are invited to participate. Contact Bruce Long at (805) 692-4072 or bruce93103@cox.net.

**GOLF**

Golf Chairman Ron Singer reported the website cosmogolfclubsb.com is up and running and encouraged new members to use it to register and for additional news.



Mondays, we usually meet at the Santa Barbara Golf Club, (Muni). Tee times most often begin at 10:15.

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.

Cosmopolitan Club Golf Outing,.....Monday May 9, 2016

Price: \$54 per player (includes cart, green fees, driving range & prize money)

This tourney will be at Rancho San Marcus with first tee time of 11:00 a.m. We will use the popular scramble format and prizes will be awarded following.

Tournament Coordinators: John Mackenzie:
E-mail: jbmack007@cox.net, Phone: 805-964-9339 And Paul Fink: E-mail: pfink33@gmail.com, Phone: 805-252-1591

Sign up by E-mail or at a Cosmopolitan lunch meeting.

Make check out to Cosmopolitan Club for \$54 to: % Ron Singer, 3375 Foothill #916, Carpinteria, CA 93013

SPECIAL EVENTS**April 24, Opera Luncheon and Performance**

Interested members will attend a Noon lunch at La Cumbre Country Club followed by a 2:30 Santa Barbara presentation of two one act Operas, "Suor Angelica" and "Gianni Schicchi" by Giacomo Puccini at the Granada Theater for a cost of \$91.00 per person for lunch and tickets. Contact Fred Sidon. Make checks out to Cosmopolitan Club and send them to Fred at 555 Las Palmas Drive, Santa Barbara, CA 93110.

May 10 GARDEN RAILROAD in Los Alamos

Merle Blasjo will demonstrate his garden railroad which combines the hobbies of model railroading and gardening. After looking at the construction and the plantings and watching the train run, we will go to 'Plenty on Bell', Los Alamos's newest restaurant, for a buffet luncheon. Longtime local chef Jesper Johansson promises an enjoyable meal on the patio reserved for us. After lunch, attendees might wish to visit local wineries, antique stores, the Historic Union Hotel or bring home a loaf of nationally-acclaimed Bob's Well Bread. Transportation will be up to the individuals; Los Alamos is not far but ride-sharing is encouraged. Cost is \$33 per person including meal, drink, desert, tax and tip. This event is limited to 25 persons Please call Merle Blasjo 344-1925 to reserve.

LAST MEETING**April 7, Ladies Day****Speaker: Dr. Denise Montell****Near Death Experiences at the Cellular Level**

Denise Montell, Ph.D. was introduced by Cosmopolitan Member, Jim Davis. Professor Montell completed her college education at UC, San Diego (BA in Biochemistry and Cell Biology) and a Ph.D. in Neurosciences at Stanford University. Postdoctoral research was done at Carnegie Institute, Department of Embryology. She then rose through the academic ranks at Johns Hopkins School of Medicine becoming a full Professor in 2002.



In 2006, she became the Founding Director of the Center for Cell Dynamics at Johns Hopkins. Dr. Montell returned to the University of California, at Santa Barbara in 2013 where she is the Duggan Professor of Molecular, Cellular and Developmental Biology.

Dr. Montell explained that cells die by a process of apoptosis where they shrink and their membranes develop blebs before lysis. Her laboratory at UCSB studies the formation, maintenance and rejuvenation of normal adult tissues. Cells that are abnormal or dangerous to organisms

are eliminated by an evolved cell suicide mechanism known as Apoptosis.

Some cells can repair DNA damage and survive but a few mutate, leading to cancer. Excessive cell death can lead to degenerative diseases such as diabetes or arthritis.

Dr. Montell described how her laboratory has found ways to alter apoptosis so cells can survive. This process is called anastasis (Greek meaning "rising to life"). This basic Science research has broad implications in the therapy of malignancies and degenerative illnesses.