



Crackers

Vol LXIII No. 8

COSMOPOLITAN CLUB OF SANTA BARBARA INC.



Next Meeting: **October 19**
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Cosmo Members Ailing

Gil Ashor continues his convalescence at home; however, his condition seems to be deteriorating.

Sandy Jones recently underwent a procedure for atrial fibrillation. He was hoping to make it to the previous meeting, but he is still in recovery.

If you learn that one of our members is ill or injured, please notify Curt Whiteman at 220-6833, whiteman@westmont.edu.

Dress Code

The dress code going forward will be California Casual. Jackets and ties are always welcome, let the weather be your guide.

The Board of Directors approved an incentive program to help recruit new Club Members:

If a current member brings a guest who is a potential new member, the guest will get a free lunch.

If by the next meeting the guest applies for membership, the guest gets another free lunch.

If applicant is approved by the Membership Committee, the inductee gets another free lunch.

The sponsor of the guests should contact the Club President upon arrival and he will provide the lunch voucher for the guest.

Website and Online Membership Roster

Access the Cosmo website <http://sbcosmo.com> for current and archived issues of Crackers.

Don Chalfant and Jim Stubchaer have updated our online system. Members will now be able to access the roster via the normal club website; a "tab" will lead to the password-protected roster. The password will be provided in the email that covers the distribution of the Crackers.

Who Said That?

"I cook with wine, sometimes I even add it to the food." — W.C. Fields

NEXT MEETING

October 19, 2017

"The Mental Health of Seniors"

**Note: Members are welcome to bring their spouses/significant others as guests to this talk.*

Thore Edgen will introduce J.T. Turner and Katerina Zamyatina. Both speakers will present their unique perspectives on the topic of mental health and aging.

Originally from Britain, J.T. Turner came to the US in the 1970s, earning his Master's in Clinical Psychology from Fielding Graduate University. He ran a residential and day treatment program in Los Angeles before moving to Santa Barbara in the mid 1990s to become the Executive Director of Phoenix of Santa Barbara (now Crescend Health), a non-profit mental health agency. J.T. is a licensed Marriage and Family Therapist.



Oct. 19 / "The Mental Health of Seniors" cont'd...

Katerina Zamyatina is originally from Siberia, Russia and moved to the US at age 19. After earning her bachelor's degree at UCSB, she then went on to earn her Masters in Organizational Management from Antioch University and completed the Healthy Aging program at SBCC. Katerina is now a licensed administrator of residential care facilities for the elderly. She became the owner of Casa San Miguel in 2008 and has since opened three more care homes (Casa St. James, Casa Los Padres, and Casa Cambria) all in Santa Barbara.



Katerina and J.T.'s talk will focus on the mental health symptoms that often accompany aging, and how to cope with and overcome those symptoms, as well as on the resources and ways to age in a healthy way.

November 2, 2017

"Three Severe Electromagnetic Threats to the Electric Power System"

Charles Greene will introduce Dr. William A. Radasky, Ph.D., P.E. Dr. Radasky is the President and Managing Engineer for Metatech Corporation. He began his career in 1968 as an officer in the US Air Force, performing research that helped establish the threat level of high altitude electromagnetic pulse (HEMP). Later in his career, Dr. Radasky became the Program Manager for Metatech, during which time the company led the research in determining the threat to the US power system from HEMP. Dr. Radasky also served on the International Electrotechnical Commission (IEC) in Geneva, Switzerland, to develop international standards in protecting commercial systems from electromagnetic threats. For his contributions to the field, the IEC awarded Dr. Radasky with the Lord Kelvin Medal in Seoul, South Korea.



Dr. Radasky's presentation will focus on three severe electromagnetic threats to the US power grid, which include: a HEMP attack produced by the detonation of nuclear device in space; intentional electromagnetic interference (IEMI) produced by a nearby attack using new-technology electromagnetic weapons; and the exposure of the power grid from solar activity producing a severe geomagnetic storm on the Earth. His presentation will

review the characteristics of each threat, a summary of how these electromagnetic fields can create upsets and damage to power grid components, and finally, how the power grid can be protected from each of these threats.

REGULAR EVENTS

DISCUSSION GROUP

The Discussion Group meets once a month in the upstairs room immediately following regular luncheon programs. The future topics are:

Oct. 19, Gordon Bjork: **Healthcare** (*Note: The emphasis here will be on the economics of healthcare.*)

Nov. 16, Jim Davis: **Predicting Laws and Limits to Growth**

TENNIS

The tennis group plays doubles four times a week on a private court off 122 Patterson Avenue, behind the office buildings, starting at 7:45 a.m. Mondays, Wednesdays, Thursdays and Fridays. All tennis players are invited. Contact Harrison Stroud at (805) 653-5117, stroud@hotmail.com or Jim Subject at (805) 964-2020, jsubject@aol.com.



GOLF

Mondays we usually meet at the Santa Barbara Golf Club (Muni). Tee times most often begin at 10:15 a.m. Contact Ron Singer (805) 684-1355 or rsiner916@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 games on Wednesdays and Fridays at other area courses. Contact Ron Singer to get on the mailing list. New members can use the website cosmogolfclubsb.com to register and sign up for additional news.



SPECIAL EVENTS

COSMOS GOES TO HAWAII

The Cosmopolitan Club of Santa Barbara invites you and your friends to Hawaii: A trip you can't pass up! It's for golfers and non-golfers alike and will take place on the exciting the Kohala Coast, just off The Big Island!



Dates: April 4—April 11, 2018 (7 Nights)

\$1,895 per person/double occupancy. Includes:

Lodging at the MAUNA LANI BAY HOTEL

Seven nights in one of Hawaii's most iconic beachfront hotels in guaranteed deluxe ocean-view rooms.

Car rental: Each double occupancy accommodation will select a 7-Day Alamo full-size or standard vehicle.

Golf: Four rounds of golf with shared cart, all applicable taxes, range balls and unlimited use of the practice facilities.

For more details on what's included with this package, as well as suggested flights, please go to the Crackers Archive on our website and click on the Oct. 5 issue.

Deposit of \$295 pp required to hold space • Balance \$1,600 due Feb. 1, 2018 • Cancellation penalties will apply thereafter.

Not included: Air, vehicle insurance and fuel, room and golf gratuities, golf beyond four scheduled rounds, and food and beverage beyond one dinner

Need your commitment by December 1, 2017. We have minimums that we must meet for this incredible price!

To reserve your spot:

1. Make a \$295 deposit check to the Cosmopolitan Club of Santa Barbara.
2. Mail your check to Ron Singer at 3375 Foothill Rd, #916, Carpinteria, CA 93103.
3. Include the following information with your check:
 - First and last name
 - Address
 - Email
 - Designating whether you are a golfer/non-golfer

For more information, please contact RON SINGER at 805-455-4942 or email him at Rsinger916@aol.com.

AIR BUS SPECIALS

The Santa Barbara Airbus has many 1 day events to interesting venues in So. Cal. In the past many Cosmo members have taken advantage of Airbus events. If you are interested in any of the following events check out sbairbus.com for details. To reserve by phone, call 964-7759.

Thurs. Oct. 19, 2017 Santa Anita Race Track (lunch included) \$77

Thurs. Dec. 7, 2017 Hearst Castle and Morro Bay (buffet dinner included) \$117

Mon. Jan. 1, 2018 The 128th Annual Rose Parade (breakfast and grandstand seating included) \$179

If you are interesting in the charging LA Dodgers, there are many day trips. Check out the Airbus website for information.



COSMO GOES TO THE SYMPHONY

Granada Theater

November 18, 2017

By popular demand, classical guitarist virtuoso Pablo Sainz Villegas returns as the Santa Barbara Symphony's first ever Artist-in-Residence at the Granada Theater on November 18, 2017. He will perform Rodrigo's sensuous Concerto Aranjuez in addition to a concerto composed expressly for Mr. Villegas by fellow Spaniard Lorenzo Palomo. Other pieces on the program are:

Bizet: L'Arlesienne Suite No. 2

De Falla: El Amor Brujo Suite.

Art Kvaas has reserved a block of tickets down front in the Orchestra Section at half price (\$45). Tickets must be purchased by November 1st's Cosmopolitan's Club meeting from Mr. Kvaas.



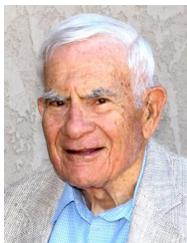
HOLIDAY DINNER-DANCE — DECEMBER 5, 2017

Al Mercado is entering the planning stage for this year's Holiday Dinner-Dance. More details to come. Mark your calendars for December 5th.



Welcome Our New Members

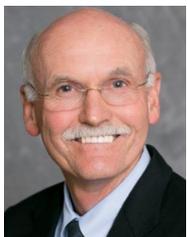
Donald Simons
1045 Senda Verde, Unit B
Santa Barbara, CA 93105
Ph. 805.770.8535



Sponsors: Joe Abram and Vern Kemp

Donald is a retired lawyer from Beverley Hills who moved to Santa Barbara in 2017. He enjoys gardening, hiking, running, golf, yoga and tai-chi. Donald hopes to become a contributing member to Cosmo. He has served on numerous committees and organizations, from Town Hall Los Angeles to the SAGE society, a learning-in-retirement organization.

Michael "Mike" McGinnis
4575 Camino Molinero
Santa Barbara, CA 93110
Ph. 805.967.3563



Sponsors: Jim Davis and Albert Mercado

Mike lives in Santa Barbara with his wife and four daughters and currently serves as an Associate Vice President and Financial Advisor for Morgan Stanley. He enjoys reading, running, and golfing. While not yet retired, Mike is interested in joining Cosmo for the comradery and hopefully the chance participate in the Club's Golf Committee.

LAST MEETING: October 5, 2017

Ray Staugger, Ken Cullen, and Paul Coyne sold the tickets. Ken Cullen also manned the punch bowl. The audio visual team was made up of Bob Weber, Bill Alexander, Jack Patterson, and Orland Ramirez. The invocation was given by Bill Alexander.

Notice from the Ticket Committee

The Ticket Committee has two openings for volunteer ticket sellers. Please call Manny Espig if you wish to check this out: (805) 954-2142.

Wine Drawing

A Trenchero '13 Sauvignon Blanc, from Mary's Vineyard, was won by Fred Sidon.



President for Life, Harv Turner, took home a bottle of Klinker Brick '14 Old Vines Zinfandel.

Special Thanks to the Ensemble Theatre Company

In honor of Dwight Coffin, the Ensemble Theatre Company gave away 10 free tickets to Cosmo members interested in attending opening night of "Husbands and Wives," a musical adaptation of Woody Allen's movie by the same name. On Saturday, October 7th, members attending the event had the chance to participate in opening night activities, which included mingling with the cast after the performance.

Cosmo would especially like to thank Jill Seltzer, Manager of the Ensemble Theatre Company, who worked with Dwight when he was a board member of the organization. Jill was also a guest speaker for the July 20th Cosmo meeting. She wished to donate these tickets to our members in Dwight's name and we are grateful for her generosity.

Welcome Our Guests

Hunter McClure was the guest of Joe Abram. Hunter recently moved to Santa Barbara from Indio, California. He earned a Ph.D. in Chemistry and worked on the commercial use of coal and plastic polymers. His interests include tennis, hiking and enjoying nature.

LAST MEETING

October 5, 2017

“Birthplace of the Wind”

Dr. Bill Veigele took members on a journey to a thousand-mile long place with rugged terrain and indigenous people; a place unknown by many and visited by few. It is the Aleutian Archipelago, a chain of islands of volcanic origin between mainland Alaska and Russia, which the United States purchased for two cents per acre in 1867.



Bill discussed the islands' exceptional features of persistent rain, snow, fog, mud, and winds of 145 mph called Williwalls, the effects of which were accompanied by a slideshow. His slides also included pictures of the islands in clear weather, their flora and fauna, and the unique homes of the Aleutian people, who have built underground dwellings to escape the fierce winds.

Bill described how the islands Attu and Kiska were invaded by Japanese forces in 1942 but later reclaimed by US forces in 1943. Bill showed pictures of the uncomfortable life for both the service men on the islands and the sailors on the Aleutian waters.

Bill ended his journey by showing how the Aleutian Archipelago are on route for aircraft and missiles coming from places like Russia and North Korea towards major US cities. This observation places the Aleutians in a strategic position for the warning of and defense from such missiles. In this way, despite their violent weather and remote location, these islands may play a significant role in the future of US defense.