



Crackers

COSMOPOLITAN CLUB OF SANTA BARBARA INC.

Vol LXIV No. 14

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Cosmo Joins Facebook

Cosmo now has its own Facebook page: <https://www.facebook.com/CosmoClubSB/>. You can also find a link to it on our homepage. All posts will be public, so that even members who have not yet joined Facebook can see our posts; however, if you have already joined Facebook, be sure to "like" our page and "share" our posts. If you have any questions or suggestions, please contact Editorial Assistant Eric Torbet at torbet@do-right-solar.com.

Cosmo Marketing Committee

The Marketing Committee is encouraging all current members to recruit additional members. Please go to www.sbcosmo.com and click on one of the four links at the bottom of the homepage, which include: a recording of a radio program interview with current members; a link to the Club email where prospects can request information about applying; a link to a downloadable Membership Application; and a link to review the Club's Constitution. We hope all of these tools will help in our recruiting efforts.

Cosmo Members Ailing

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

Free Lunch Guidelines for New Members

To streamline the issuance of the free guest luncheon tickets, the president will pre-approve a number of luncheon chits and give these to the guest-intro desk manager (guest manager). A qualified guest will fill out the guest form with the sponsor. The guest manager will determine the guest's eligibility and provide the chit with his/her name on it and the name of the host/sponsor. Also, at this time, the guest manager will provide each guest with a brochure and an application for membership.

If the guest attends the following scheduled luncheon meeting and hands in a completed application, he/she is entitled to a lunch chit for that meeting.

As in the past, a new member is provided a lunch chit at his/her new member introduction and will be seated at the president's table with the primary sponsor. This ticket will be provided by the president. The ticket sellers must understand that no lunch tickets will be provided without cash, check or a signed lunch chit.

Website and Online Membership Roster

Access the Cosmo website <http://sbcosmo.com> for current and archived issues of Crackers. A link will lead to the password-protected Roster. The password will be provided in the email that covers the distribution of the Crackers. If you find any errors in your listing in the Roster, please contact Editorial Assistant Eric Torbet at torbet@do-right-solar.com.

Dress Code

For our regularly scheduled luncheon meetings California Casual dress will be the preferred style year around. Let the weather be your guide.

Upcoming Meetings

January 17, 2019

“New Technologies for Manipulating the Human Genome”

JC Elliot will introduce Dr. Stephen Poole, Associate Professor from the Department of Molecular, Cellular, and Developmental (MCD) Biology at UCSB. The cost of obtaining the first human genome sequence in 1991 was over \$2 billion and took a decade. Today, you can get your genome fully sequenced in a short while for <\$1,000, and costs will continue to drop. Advances in genetics have identified many genes involved in devastating human diseases, including Huntington Disease, Sickle Cell Anemia, Muscular Dystrophy, and many forms of cancer. New technologies in Stem Cells, Gene Therapy, and Genome Editing are rapidly progressing. Dr. Poole will focus on three of these new technologies: human stem cells, cancer immunotherapies, and CRISPR-Cas genome editing, and their potential use and misuse.

Dr. Poole received his PhD in Biology at the University of California, San Diego. He has been in the Dept. of MCD Biology at UCSB since 1989, serving as Vice-Chair for a number of years and Chair of the department from 2015-2018. His research has focused on the identification of genes important for embryonic development.



February 7, 2019

“South Africa – A Fragile Bridge Between Africa’s Colonial Past and Vibrant Modern Democracy”

John MacKenzie will introduce Cosmo Member Al Anglin. For his talk, Al will describe the many trips he and his wife have taken to South Africa. He will discuss the state of South Africa's economy and townships, as well as the history of apartheid and the ongoing legal battles regarding land ownership. Al will also talk about the scenery, animals and geography of South Africa, including conversation efforts to help with the preservation of national parks. Finally, Al will describe what it was like to be in the country during times of great political upheaval, from the vote of no confidence in the President of the African National Congress (ANC) to an international incident involving the



country's former first lady.

Al has been a patriotic guy since he was born in Valley Forge, Pennsylvania. Al and his wife Vangie retired from the state of New Mexico and then taught in California until moving to Kuwait to teach for three years; returning four times to see their classes graduate and visit friends. Then they spent the last ten years of their careers teaching at Santa Barbara City College.

Al and Vangie have traveled to Spain many times. They both speak Spanish and always find someplace new to explore after staying with friends. China, India, Kenya, Zimbabwe, Zambia, Egypt and almost all the middle eastern countries were much enjoyed. They witnessed the beginning of Gulf War II up close and personal and visited military bases in Kuwait under the auspices of the USO Auxiliary.

February 21, 2019

“U.S.-China Technological Competition: Zero Sum or Win-Win?”

John Warnock will introduce Dr. Richard Appelbaum, who is Research Professor and MacArthur Chair in Global and International Studies and Sociology at UCSB and a leader of the NSF-funded Center for Nanotechnology in Society. Dr. Appelbaum has recently co-authored a new book titled “Innovation in China” which examines the history of China’s drive to become the world leader in technological innovation. His talk will focus upon the progress China has made in its goals as well as the impediments arising from its system of state-led industrialization.

Dr. Appelbaum’s recent book illuminates many of the underlying problems that are core issues in the present trade war with the U.S. and the complex negotiations now underway. Understanding both the progress China has achieved and its goals in moving its economy to one driven by knowledge and innovation, Dr. Appelbaum’s insights will be helpful in appreciating the complexities of our current relationship with China.

Professor Appelbaum received his PhD from the University of Chicago in Sociology in 1971 and over the course of a distinguished career has published extensively in the areas of social theory, urban sociology, public policy, the globalization of business, and the sociology of work and labor. He has served as the chair of the Soci-



ology Department and was a co-founder of the UCSB Global & International Studies Program. Over the last decade he has focused primarily upon the study of high technology development in China and a multi-disciplinary study of labor conditions in supply chain networks in the Asian-Pacific Rim.

He and his wife are avid bicyclists and daily ride up Gibraltar Road to stay in top condition!

Regular Events

Discussion Group

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

January 17, Kevin Ryan: **What Constitutes Patriotism? Which Actions are Patriotic vs Unpatriotic?**

February 21, Gordon Bjork: **The Rising Cost of Education**

March 21, Jim Davis: **World Enough And Time**

April 18, Gerard Kuiken: **The Class-Caste system in India and the USA**

May 16, Jim Hemmer: **Periods of Climate Change and their Consequences for Western Civilization**

June 20, Bill Veigele: **Thanks for Nothing – Imagination in Physics**

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 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 games on Wednesdays and Fridays at other area courses. Contact Ron Singer to get on the mailing list. New members can use the website sites.google.com/view/cosmosb/home to register and sign up for additional news.

*Ron Singer recently announced January 14 golf and dinner at Santa Barbara Golf club (free dinner to members who are both SB Golf Club members and Cosmo members). Contact Ron for more details.



Tennis

They play doubles four times a week on a private court off 122 Patterson Avenue behind the office buildings. The Cosmo Group starts rallying at 7:45 am Monday, Wednesday, Thursday and Friday. All Club tennis players are invited. Contact Jim Subject at (805) 964-2020, jrsubject@aol.com or Joe Abram at (805) 845-8579, jabrammd@gmail.com for additional information.



Last Meeting

January 3, 2019

The ticket sellers were Judy Fontana and Pete Schenck. The punchbowl host was Ken Jewesson. The sergeant at arms was Jim Hemmer. Bob Weber, Bill Alexander, and Orlando Ramirez were the audio-visual team. Bill Alexander provided the invocation.

Wine Drawing

Bob Zimels awarded a Couplet 2015 chardonnay to Bill Veigele. Don Simons took home a Bogle 2016 cabernet sauvignon.



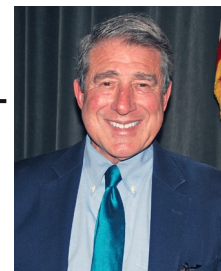
Welcome Our Guests

Thomas "Tom" H. Mack, a prospective member (see Dec. 20 Crackers), was formally introduced to the club by Fred Sidon. Tom is a semi-retired financial consultant whose interests include golfing, cycling, fly-fishing, and hiking. He and his wife Judy have two children.

Synopsis

"The Science of Allergy and Immunology"

Dr. Myron I. Liebhaber, MD, an Allergy, Immunology and Pulmonary specialist, was introduced by Joe Abram prior to his discussion on "The Science of Allergy and Immunology".



In 1977, Dr. Liebhaber joined Sansum Clinic, where he has been serving the allergy and immunology needs of the community for the past 41 years. During this time he has also served as Director of Camp "Wheez", a day camp for asthmatic children, which he help found with sponsorship from the American Lung Association and the Sansum Foundation.

An author on over 30 scientific papers, Dr. Liebhaber served on the Board of Cottage Health Systems from 1996 to 2007. He was President of the Santa Barbara County Medical Society in 2002 and it's Physician of the Year in 2009. He continues to serve as a Clinical Associate Visiting Professor for UCLA.

Myron began his talk by stating allergy is the fifth leading cause of chronic illnesses in the United States. Asthma and eczema make allergy the number one cause of chronic disease in children under 18 years of age. Over eight billion dollars a year in health care costs are spent on allergy!

Antigens entering the human body cause allergic disease. They are ingested by macrophage cells in the body. B lymphocytes make IgE antibodies which float in the blood stream. These antibodies will bind to antigen bound Mast cells in the body. On next antigen exposure, these sensitized Mast cells release histamine and other mediators to cause disease symptoms.

Late phase reaction and inflammation leads to symptoms of allergic rhinitis, otitis, nasal polyps, sinusitis and asthma. Triggering antigens include: animal dander, dust mites, pollens and molds. Pollens must be under 10 microns in size to enter one's airway. Examples affecting humans are flowers, grasses and weeds.

Treatment relies on avoidance of antigens -- stay indoors, close windows, use of masks and vacationing in area without antigens you are allergic to. Evaluation for immunotherapy by either oral or subcutaneous testing. Trial on appropriate medicines are warranted. In addition, education and close follow-up for progress must be employed.

Other possible suggestions include: Keeping pets outdoors, avoiding smoke and other triggering odors, install air conditioning and shampooing hair before sleeping in the evening.

Additional medical treatments are inhaled cromolyn and decongestants, saline nasal irrigation and corticosteroids. New therapies include leukotriene inhibitors and

an anti-IgE medication, Omolizumab (Xolair). The latter must be reserved for serious allergic disease at it costs over \$3,000 per injection.

The lecture was well illustrated by slides and Dr. Liebhaber's keen comments and amusing observations. A lively question and answer session followed the enlightening lecture.