



# Crackers

COSMOPOLITAN CLUB OF SANTA BARBARA INC.

Vol LXV No. 7

Editor: Fred Sidon



Next meeting: October 3, 2019

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Club meetings are held 1st and 3rd Thursdays at Elks Lodge, 150 N Kellogg Ave, Goleta.

Meeting start time: 12 p.m. prompt

(Please arrive 11:30-11:45 a.m.)

## Cosmo Marketing Committee

The Marketing Committee is encouraging all current members to recruit additional members. Please go to [sbcosmo.com](http://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 Joins Facebook

Cosmo now has its own Facebook page: [facebook.com/CosmoClubSB](https://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](mailto:Eric.Torbet).

## Free Lunch Guidelines for New Members

Upon a prospective member's first visit to a regular lunch meeting, he/she will be entitled to receive a free lunch, courtesy of the club. To arrange for this, the guest's sponsor will introduce the guest to the assigned "Guest Introduction" member stationed at the welcome desk. *The Guest Introduction member will provide a "chit" which may be exchanged for a meal ticket at the "Ticket Taker's" desk near the entry to the hall.*

A second set of chits will be given to a new member and his/her sponsor at the meeting where they are seated at the president's table and the sponsor introduces the new member to the membership at that meeting. *If the chits are not already at the Ticket Taker's table, check with the president to obtain these so that they may be exchanged for meal tickets.*

## Website and Online Membership Roster

Access the Cosmo website [sbcosmo.com](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](mailto:Eric.Torbet).

## Cosmo Members Ailing

If you learn that one of our members is ill or injured, please notify Editorial Assistant [Eric Torbet](mailto:Eric.Torbet).

## Dress Code

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

# Upcoming Meetings

October 3, 2019

## “Eat Your Medicine”

Fred Sidon will introduce **David Kerr, MD**, a UK-trained physician and endocrinologist who is currently Director of Research and Innovation at Samsam Diabetes Research Institute (SDRI). This is his third time living in the U.S., having been a researcher at Yale in the 1990s, and then an Editor of the Journal of Diabetes Science and Technology in 2010 while he lived in the San Francisco Bay area. Dr. Kerr was educated in Scotland and subsequently spent most of his professional life being a full-time clinician and researcher focusing on all aspects of diabetes. He is Fellow of the Royal College of Physicians of Edinburgh, Visiting Professor at Bournemouth University, and for many years has held a Gold Clinical Excellence Award from the National Health Service in the UK. David is the Digital Health lead for the Diabetes Technology Society and co-founder of the Digital Diabetes Congress.



Dr. Kerr joined SDRI in April 2014 and currently is leading major research initiatives aimed at reducing the disproportionate impact that diabetes has on minority populations in the United States and also how a return to focus on healthy food could have dramatic and important benefits for children and adults wherever they live.

October 17, 2019

## “The Mueller Report”

Vern Kemp will introduce **Steve Zipperstein**, who will discuss the Mueller Report, the ongoing investigations, the legal requirements for an impeachment proceedings and related issues that might arise including the President’s actions to pardon his family members, associates and himself. Mr. Zipperstein has recently retired after a distinguished legal career that included serving as the Chief Assistant U.S. Attorney, Los Angeles and many years in the Justice Department where his activities included being Special Counsel to Robert S. Mueller III. He then served as General Counsel for two large telecommunications companies (Verizon and Blackberry) and has testified many times in Congress on telecommunications policy issues.



Following his retirement from his corporate career, he has begun teaching at UCLA in the Global Studies department and is a Senior Fellow of the UCLA Center for Middle East Development. This summer he was a Visiting Professor at Tel Aviv University Law School. He returns to UCLA where he will be teaching several courses as well as pursuing publication of several books dealing with the history of the State of Israel. He lives in Santa Barbara and has been a frequent guest lecturer at Valle Verde where his parents reside.

November 7, 2019

## “Stories of the Way It Was in Santa Barbara”

John MacKenzie will introduce **Hattie Beresford**, a retired teacher of English and American History with the SB School District, and a graduate of UCSB. For the past 15 years, Hattie has written a local history column for the *Montecito Journal* called “The Way It Was,” where she has been able to indulge her long-standing interest in the people and events of Santa Barbara’s past. She has also been a contributor to their semi-annual Magazine edition, most recently with an article on the early days of the Doulton family and their Miramar-by-the-Sea. Together with the Santa Barbara Historical Museum, she co-edited and produced the memoir of local artist Elizabeth Eaton Burton entitled *My Santa Barbara Scrap Book* and wrote two *Noticias*, their historical journal. Most recently, the Community Arts Music Association recruited her to research and write the history of their 100 year old organization, entitled *Celebrating CAMA’s Centennial*.

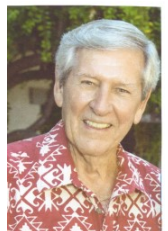


The slide show/talk presents stories from her book, *The Way It Was - Santa Barbara Comes of Age*, which is a small collection of her articles accompanied by over 250 historic photographs and images. These portray the years between 1880 and 1930 during which time Santa Barbara shed her Wild West chaps and assumed the mantilla of a thoroughly modern town.

November 21, 2019

## “The Case for Freedom to Choose”

Kevin Ryan will introduce our own **Jim Davis**, who spent his career in applied science and technology. He earned his BS in physics from CalTech and his PhD in physics from UCLA. During his career, he worked extensively with



## Upcoming Meetings, cont'd...

Congress, federal agencies through Cabinet level and the White House, and with industry executives both as an industrial manager and as a national laboratory leader. He led and/or participated in the development of laser range finders and designators for smart weapons, laser radar for detection and imaging, solid state lasers for fusion, all aspects of Atomic Vapor Laser Isotope Separation (AVLIS), materials processing technologies, environmental restoration and waste management technologies, international technology transfer, and the formulation of business plans to convert military bases to civilian industrial parks. He received a Hughes Fellowship and a National Science Foundation Fellowship. He is a permanent member of the American Physical Society.

After retirement, Jim has maintained a strong interest in the advancement of science and technology. In recent years, he has done a lot of research into how these advances have had a remarkable influence on our interpretation of many long-standing social and philosophical controversies.

For example, the advancement of Artificial Intelligence (AI) has led to speculation that machines can achieve the same level of intelligence as humans, causing some researchers to claim that we humans are just more advanced physical things. But are humans more than advanced machines, i.e. do humans have a level of freedom and intelligence that machines can never achieve?

There is an immense literature on human freedom that stretches back almost as far as philosophy itself. The issues concern what we are, how we fit into nature and the difficulty of explaining our actions in terms of the natural order. We find that there are many reasons to question the validity of the opinion that we are not free to choose our actions, i.e. that we do not have free will.

## Special Events

**November 3, 2019**

### Opera & Lunch

Fred Sidon is organizing another trip to the opera, with lunch beforehand, on Sunday November 3. The opera is Puccini's



Madama Butterfly, performed at The Granada. Lunch is at noon at the La Cumbre Country Club, followed by a pre-performance lecture at 1:45 p.m., with the opera itself starting at 2:30 p.m. Total price (includes opera, lunch, tax, tips) is either \$63 or \$102, depending on seat choice.

Please contact Fred Sidon if interested.  
805-967-6757 or [frsidon@impulse.net](mailto:frsidon@impulse.net)

## Regular Events

### Discussion Group

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



**October 17** (Jim Davis): *20th Century Revolution in Thinking*

**November 21** (Gerard Kuiken): *Relating English and Sanskrit: Without Sanskrit, No Internet*

### 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, [jsubject@aol.com](mailto:jsubject@aol.com) or Joe Abram at (805) 845-8579, [jabrammd@gmail.com](mailto:jabrammd@gmail.com) for additional info.



### 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 at (805) 684-1355 or [rsinger916@aol.com](mailto: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](http://sites.google.com/view/cosmosb/home) to register and sign up for additional news.



## Proposed For Membership

### Shelley Ritchey

4129 B Via Andorra

Santa Barbara, CA 93110

(805) 683-2022

Sponsors: George Ritchey & JC Elliot

Shelley Ritchey, wife of Cosmo member George Ritchey, had a 23-year career in teaching in the Santa Barbara school district. She also served for 10 years as a probation officer in Los Angeles County. She is a member of Elks Lodge, Goleta.

Shelley was born in Utah, studied history, English, and education in college and graduate school, and moved to Santa Barbara in 1978. She enjoys swimming, ballroom dancing, and folk dancing. She and her husband George have four sons. By joining Cosmo, she hopes to learn new things while sharing her own knowledge.

## Last Meeting

September 19, 2019

Ticket sellers were Bob Thompson and Pete Schenck. The punchbowl host was Mike Smith. Audio-visual duties were handled by Bob Weber and Orlando Ramirez. Judy Fontana was sergeant-at-arms. The invocation prayer was offered by Bill Alexander.

### Wine Drawing

Bob Zimels awarded a Robert Mondavi 2017 Private Selection chardonnay to Pete Schenck. Vern Hanna took home a bottle of Chateau Ste. Michelle 2016 cabernet sauvignon.



### Program Synopsis

#### "The Human Microbiome and New Horizons in Infection Treatment"

Kevin Ryan introduced **Dr. David Fisk** from the Infectious Disease Department of the Sansum Clinic. Prior to coming to Santa Barbara in 2006, Dr. Fisk was Assistant Professor of Medicine at Medical College of Wisconsin.



The first thing Dr. Fisk did was to explain what the words "Microbiome" and "Microbiota", terms most had never

heard, mean. The differences are complex for the uninitiated; the microbiome is a collection of genes and the microbiota are organisms found in the gut, nose, soil, etc. Both play a major role in the human body. It's the "flora" in our bodies that is being destroyed by the excessive use of antibiotics. The medications used to cure certain inflammatory ailments have unfortunately created "super bugs" that are impervious to antibiotics. Most illnesses are inflammations, and the fact that antibiotics can no longer cure them is becoming a major problem around the world. Apparently innocuous "antibacterial soaps" cause issues with the skin's microbiomes. MRSA (methicillin-resistant staphylococcus aureus), the bacterium that causes infections, is mainly due to excessive use of these soaps.

The gut microbiota (the area doctors call everything from mouth to rectum) infection/inflammation, affects us in many and varied negative ways. Dr. Fisk showed visuals that demonstrated how organisms (microbiota) escape from the bowel into the bloodstream, causing everything from vascular, autoimmune, Crohn's disease, to obesity. Wide spectrum antibiotics caused "collateral damage" by disrupting healthy bacteria, allowing "C-diff" (*Clostridium difficile* colitis) to develop and create the "super bug". Ever-growing cases everywhere, including Santa Barbara, are emerging on a daily basis.

Dr. Fisk tells us that there is hope, as several post-antibiotic drugs are being researched and developed. HPV and "Keytruda" (by Merck) offer hope in certain cancers, Lysins (phage based) in respiratory and other infections, CRISP-R, a DNA-based approach, which offers the most wide range promise. Basically, our current best hope, antibiotics, has become obsolete due to overuse, and this has caused a search to new approaches, ranging from attempts to restore the bowels *status quo ante* by using fecal matter, microphages to DNA. The anti-disease battle goes on; there is hope and life after antibiotics.