



Crackers

COSMOPOLITAN CLUB OF SANTA BARBARA INC.

Vol LXV No. 8

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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 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. 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 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 17, 2019

“The Mueller Report and Impeachment Inquiry”

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. **UPDATE!** Mr. Zipperstein will expand his lecture to include the dramatic events unfolding in Congress with the impeachment inquiry focused upon the whistleblower complaints regarding President Trump's July 25 telephone call with recently elected Ukrainian President Volodymyr Zelensky. What are the most likely results of the ongoing inquiry in the House and if it reaches the Senate?



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 tele-communications companies (Verizon and Blackberry) and has testified many times in Congress on telecom-munications 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 Dis-



trict, 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 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

Upcoming Meetings, cont'd...

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 \$69 or \$102, depending on seat choice (D or C section, respectively).

Please contact Fred Sidon if interested. (805) 967-6757 or 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 or Joe Abram at (805) 845-8579, 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 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.



Last Meeting

October 3, 2019

Ticket sellers were Steve Halsted and Phil Holland. The punchbowl host was Gerhart Hoffmeister. Audio-visual duties were handled by Bob Weber and Orlando Ramirez. Ken Wolf was sergeant-at-arms. The invocation prayer was offered by Judy Fontana.

Wine Drawing

Bob Zimels awarded a Josh Cellars 2019 sauvignon blanc to Pete Schenck. Ray Higgins took home a bottle of Chateau Ste. Michelle 2016 cabernet sauvignon.



Welcome Our Guests

Pete Kruse introduced the following guests:



Hal Visser, sponsored by Joe Abram, is retired from a career as a GED examiner for jails. He enjoys working with youth, as well as reading and gardening.

Neal Carron, sponsored by Hugh Vos, is retired from a long career as senior scientist with Mission Research Corp of Santa Barbara. He is insatiably curious by nature, and enjoys traveling, reading, woodworking, and computers.

Program Synopsis

“Eat Your Medicine”

Fred Sidon introduced **David Kerr, MD**, who is Director of Research and Innovation at Sansum Diabetes Research Institute (SDRI) in Santa Barbara. This is his third time living in the U.S., having been a researcher at Yale in the 1990s and the editor of the Journal of Diabetes Science and Technology while living in the San Francisco Bay Area. Dr Kerr was educated in Scotland and subsequently spent most of his professional life as a full-time clinician and researcher focusing on all aspects of diabetes. He is a Fellow of the Royal College of Physicians of Edinburgh, Visiting Professor of Bournemouth University, and, for many years, has held Gold Clinical Excellence Awards from the National Health Service in the U.K. He is the Digital Health head for the Diabetes Technology Society and Co-founder of the Digital Diabetes Congress.



Dr. Kerr joined SDRI in 2014 and currently is leading major research initiatives aimed at reducing the disproportionate impact of diabetes on minority populations in the United States and returning the focus on healthy food and its dramatic and important benefits.

Dr. Kerr’s lecture began with an account of the discovery of insulin by a Canadian scientist in 1921. Insulin is the substance excreted by the pancreas into the blood stream, and controls the blood sugar level. Eventually the medical community developed an understanding of how insulin interacts with sugar in the blood stream to control the amount of sugar to the level the body needs and to prevent excess. Scientists learned how to characterize blood glucose level first by taste and later by scientific measurements. A method of producing insulin was discovered which became a life-saving benefit to those whose natural insulin was inadequate.

Having the capability to supplement nature in the control of blood sugar level gives much relief to diabetes sufferers, particularly in the extreme cases. Dr. Kerr emphasized that insulin does not restore the ability of the pancreas to excrete the proper amount of insulin. The need then became prevention. Scientists recognized that food habits developed in childhood led to obesity, high blood sugar level and ultimately to diabetes.

Dr. Kerr studies factors making humans susceptible to diabetes and on correction through nutrition. He studies geographical and cultural factors influencing susceptibility. In evaluating these factors, he found recently that two local zip codes have large differences in percent of residents afflicted with diabetes, leaving the question of the relative roles of geographic and cultural factors. He cited an example of cultural factors in a trade agreement with Mexico in which the U.S. received permission to open and operate Coca Cola plants throughout Mexico. The sweet flavor of this drink appealed to children and consumption skyrocketed. Today, the effect is a high rate of diabetes, not only in Mexican residents, but also in those who have emigrated to the U.S.

Education starting at an early age is necessary to form appetites toward healthy but less appealing diets. Dr. Kerr cited cases where children, under education programs, developed a preference for healthy foods. This kind of reshaping of our diets to healthy foods will prevent the predicted high growth of diabetes in the next several decades.