



FRIENDSHIP FORCE NEWSLETTER

FRIENDSHIP FORCE OF SANTA BARBARA

JULY/AUGUST/SEPTEMBER 2019

PRESIDENT'S MESSAGE



Friendship Force warmly welcomed our small group of Moscow Ambassadors in early May. They did not experience our usual sunny, bright days, as we were experiencing “May Gray” at its maximum level. But our club’s enthusiasm and hospitality certainly made up for the weather. So, swimming in the Pacific Ocean wasn’t done, but the Russians had plenty of enjoyable experiences.

This Inbound Journey was the first time that we divided the “Host Coordinator” duties into four parts and it was a great success. Eight members worked together, planning and organizing. A special thank you to Bill & Bonnie Dutton, who home hosted the two Moscow ladies, Marina and Elvira. And a second special thank you to Bob & Jane Haas, who kept the two young men busy with extra activities, such as golfing, hiking

and even going to the batting cages! (Hmm.... Perhaps we should add batting cages to our itinerary for those ambassadors who need to shed a few pounds after our small group dinner parties!)

Our club has a “light” hosting year, with only the Moscow club coming to Santa Barbara. The Tucson and Canada outbound journeys are behind us, and Hartford, CT and Tuxtla Gutierrez, Chiapas, Mexico are coming up; thus 2019 is providing four opportunities for travel – this is the heart of Friendship Force.

With the 4th of July around the corner, a Patriotic Picnic Potluck on July 6th at Dottie Iverson’s beautiful home will bring many of us together for an enjoyable social activity.

Both your president and vice-president will be out of town for the previously scheduled July 8th planning meeting; therefore, it has been re-scheduled to Monday, August 12th at the McGrew & Wade home on the Mesa. Also, since the patriotic potluck is

scheduled so close to our July program meeting of the 15th, we have decided to cancel the July program meeting at the Goleta Library and just look forward to the September 16th meeting.

2020 is going to be an amazing opportunity for making new friendships, both domestic and international. As your president, I stay in contact with the Adelaide, Australia club and the Kumamoto clubs, as their travel plans continue to evolve. And soon, the preparations will begin for the outbound UK journey (Fall 2020).

Working with Karolyn Hanna, our domestic journey coordinator, we are planning and scheduling outbound journeys to Sarasota, Milwaukee & Quad Cities and perhaps (if we are able) host an inbound from Tucson. A very busy and fulfilling year for Friendship Force, Santa Barbara! Come and join in!

In Friendship,
Linda Sadie Williams

Program Meeting

May 20, 2019

Are You Ready For The Next Disaster?

Presented by
Bonnie and Bill Dutton



Alas, our Red Cross Speaker did not come and to the rescue came Bill and Bonnie Dutton leading a group discussion.

Fortunately our collective Friendship Force group shared a wealth of information; quite of few of the members having preparations for the next disaster – they have water, snacks, clothes and shoes in their cars. Also, many of the group had gathered documents, medications, pet and food supplies and crank radios in their homes.

Packing is a singular problem in the event of evacuation and ideas were shared on how best to pack and do it as quickly as possible.

It was a lively and productive discussion.



2019 Governing Board of the Friendship Force of Santa Barbara

OFFICERS

President: Linda Williams

Vice President: Bonnie Dutton

Secretary: Anne Gray

Treasurer: Dave Jones

JOURNEY COORDINATORS

Domestic Journey Coordinator:

Karolyn Hanna

**Outbound Ambassador Coordinators
(AC):**

Anne Gray & Barbara Rose
Hartford, Connecticut

Karolyn Hanna and Gail Gillies
Tuxtla-Gutierrez, Mexico

COMMITTEE CHAIRS

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E-mail Notifications: Dawn McGrew

Historian: Barbara Gregoire

Membership: JoAnn Magistad & Joanie
Sullivan

Newsletter: Dee Wilkerson (Editor)

Dawn McGrew (Publisher)

Carol Lazar (Proofreader)

Programs: Bonnie Dutton

Refreshments: Jane and Dave Gorbet

Setup: Sherman Vincent

Social Events: Pam Vestal (coordinator) &
Social Committee

Sunshine: Claire Magee

Telephone: Sandy Hartley

Webmaster: Paula Gregoire-Jones

Welcome: Agris and Elza Petersons

Our Past President

Rickey (Ilana) Farbman

06/04/40 – 04/23/19

After spending her first seven years in Israel, Rickey and her family moved to Brooklyn, where she chose to study nursing, the beginning of a long and rewarding career helping others. A sign of the times was that she had to leave her first nursing school when she got married. But she finished her degree, and had a son and a daughter.

Fear was not in Rickey's vocabulary. Although she knew little of Santa Barbara, in 1973 she drove from New York with two young children and was confident a nursing position would be available when she arrived!

After serving as an oncology nurse at Cottage Hospital for 20 years Rickey's next position was with Visiting Nurse and Hospice Care where she served as an educator and case manager. The Santa Barbara County Public Health Department next claimed her talents, as she served as an investigator of communicable diseases such as tuberculosis, salmonella, and meningitis. By visiting patients in their homes she was able to determine the origin of the problem and prevent it from being spread to others. Rickey was the Sherlock Holmes of the medical world you might say.

Rickey had outstanding curiosity and visionary imagination that resulted in a vivacious, fun loving

woman ready to take on the next exciting experience. Rickey would drive or fly anywhere to see a scientific phenomenon or visit friends. She had a special love for Japan and traveled there three times developing special friendships. A reciprocal visit with three generations followed.

Helping her friends and community was essential to Rickey's nature. In addition to being a nurse she joined various organizations on a volunteer basis. After her well-deserved retirement in 2007 Rickey found time to travel, take ceramics classes, and volunteer with Food from the Heart each week.

Her son Jay lives in Santa Barbara and is an avid photographer, and her daughter Debi lives in Napa. Two grown grandsons Allan and Sean, and one great grandson Barrett complete the family.

Since joining Friendship Force Rickey actively participated in the club as host coordinator and has hosted many times and served as vice president. Rickey took on the leadership of her beloved Friendship Force

group after a brief three years membership serving as President for two years in 2016 and 2017. She led with determination and believed in furthering peace by understanding another's cultural background.



RICKEY IN JAPAN

Remembering my friend, Rickey Farbman:*Jan Inouye, Santa Barbara, CA**May 2019*

I met Rickey five years ago through Friendship Force. We were just getting to know each other when my husband, Dave, unexpectedly had open heart surgery. While I was wrestling with worrisome thoughts of the future, Rickey showed up at the hospital and stayed by my side during the whole ordeal. As soon as family members arrived, she would slip away. Two years later, I collapsed on State Street in downtown Santa Barbara. After contacting the family, Dave automatically called Rickey. She met Dave at the emergency room within the hour, and came every day for five weeks during the time I was in a coma. Soon after I returned home, still using a walker, she dragged me to her favorite Santa Barbara community event, Summer Solstice. Afterwards she convinced me to also attend the Greek festival. And this is the image I'll always remember of her big smile while dancing in a circle on the outdoor dance floor. She also knew that the best therapy for my recovery was to encourage our plans to Japan with Friendship Force scheduled five months later. The highlight of this trip was our extended week together staying in a Japanese mountain inn.

It was during our exchange of travel ideas that I discovered the adventurer under this quiet non-effacing person. I learned of her extensive travels throughout the world. How I envied her helicopter trips with her son that included Manchu Picchu and other parts of the globe.

In between traveling she was often hosting dinner parties and trying out different recipes. She was always curious about my short cuts to Japanese cooking. This led to exchanging recipes and shopping trips to the local Japanese market to pick up Asian cooking utensils or specialty food items. From her three visits to Japan via Friendship Force, she embraced the Japanese culture. I was her local 'conduit' to all things Japanese even though I cautioned her that my version of Japanese culture and cooking was an Americanized adaptation.

During her various health issues this past year, I would come by weekly to visit or bring meals. She never dwelled on her condition. She would rather talk about her next travel trip, or bathroom remodel or a new knitting pattern for her great grandchild.

When visiting, it always surprised me that her front door was usually unlocked. She didn't seem to be concerned about security. But that open door so represented her personality, her heart, and her mind... always open to every person, adventure and life. That characteristic is my fondest memory of her... that and her dancing at the Greek festival. It reminds me of the lyrics to the song, "I Hope You Dance."

*I hope you never fear those mountains in the distance
Never settle for the path of least resistance
Livin' might mean takin' chances, but they're worth takin'
Lovin' might be a mistake, but it's worth makin'
And when you get the choice to sit it out or dance
I hope you dance
I hope you dance"*

Wherever she is now, I suspect she is still dancing.

CANADA: Penticton, Okanagan; Metro Vancouver and Victoria

April 25-May 15, 2019

By

Sandy Harley, Outbound Ambassador Coordinator (AC) and Ron Harley

Friendship Force Santa Barbara (FFSB) and Friendship Force Los Angeles (FFLA) have returned from a 20-day journey to British Columbia, Canada. What a beautiful part of our world. We had beautiful sunny weather although cold in Vancouver and Victoria and then warm in the Okanagan Valley.

On arrival in Vancouver, five FFSB ambassadors, six FFLA ambassadors and one Sacramento ambassador, were met at the airport where they were treated to a delicious welcome lunch and met their home hosts. Many wonderful events were planned which included the Museum of Anthropology at University of British Columbia, testing our nerves at the Greenheart Tree Walk, Fort Langley, and Canada Place where we saw the IMAX film "Fly over Canada".

<http://www.flyovercanada.com>



PEACE ARCH AS THE US-CANADA BORDER.



VANCOUVER SKYLINE FROM GRANVILLE ISLAND.



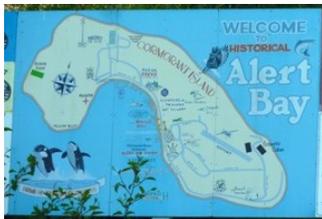
BUTCHART GARDENS



CHINA TOWN, VICTORIA

We took the British Columbia ferry to Victoria, met our home hosts and enjoyed many wonderful sights, including The Butchart Gardens. Another highlight was an historical scavenger hunt in downtown Victoria.

Because of a necessary 4-day interlude before we went to Penticton, Patricia (FFLA AC) and myself planned a trip up Vancouver Island, all the way to Alert Bay. All enjoyed beautiful scenery, weather, and an opportunity to learn about the First Nation People. Sandy delivered a letter from our Santa Barbara Mayor Cathy Murrillo, to the Penticton mayor's officer.



ALERT BAY MAP



SANDY AT PENTICTON MAYOR'S OFFICE



1ST NATIONS LONG HOUSE ON CORMORANT ISLAND



CORMORANT NEST

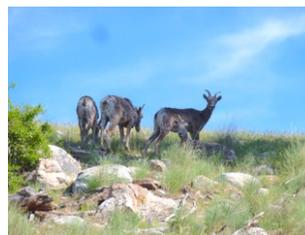
Our final home stay was in the Okanagan Valley where the warm weather was very much appreciated. Their club planned many special events such as wild life sanctuaries, wineries and gardens with plenty of delicious food every place we went.



MISSION HILL WINERY KELOWNA



PICTOGRAPHS, IN THE HILLS ABOVE OKANAGAN LAKE



GRAZING BIG HORN SHEEP



CRABS FOR DINNER.

MOSCOW INBOUND

It was unique to FFSB that a committee handled the Moscow inbound without a Host Coordinator. The wonderful people that volunteered were Karolyn Hanna - Daily Activities & Financial Budget; Barbara Rose - Home Host Coordinator; Bonnie Dutton - Day Hosting and Small Dinner Parties; Anne Gray and Linda Stohler - Welcome Dinner; and Carol Lazar, Terry Behrens, and Gail Gillies – Farewell Dinner. There were only four Moscow Ambassadors but the committee put in a lot of work for the success of the Journey.

A wonderful WELCOME was had for our four Moscow Ambassadors Marina Zverkova, Elvira Konic, and brothers Roman and Leo Shishi. On the first full day of the Journey an overview of Santa Barbara was given by Bonnie Dutton and Barbara Rose (coordinators). The day included a lunch at "On the Alley" at the Harbor; and a tour of Santa Barbara on the Land Shark.

The Welcome dinner was at the home of Anne Gray and David Briggs. Anne Gray and Linda Stohler were in charge. All enjoyed a tri-tip dinner, which included homemade chocolate chip ice cream sandwiches to end the evening!



The second day was "The Other Side of the Mountain" (Karolyn Hanna, Coordinator) which included Cold Springs Tavern for breakfast, and a tour of the Solvang, Santa Ynez and Los Olivos areas. The following days consisted of a "Day at the Santa Barbara Waterfront"; a "Goleta Day" (Karolyn Hanna & Pat Burkard, Coordinators) with a tour of Direct Relief, lunch at Maravilla Retirement Center and small dinner parties; a "Carpinteria Day with Flowers, Gardens and Beaches" and small dinner parties.



The last day consisted of Santa Barbara Art and History, Santa Barbara Museum of Art, chocolate tasting at Chocolats du Cali Bressan, self-guided Tour of the Santa Barbara Mission and the Farewell potluck.

All good things must end. At 5:30 p.m. a large group of FFSB members gathered at the Rancho Santa Barbara Clubhouse for a social potluck providing a 3-course delicious dinner and to say farewell to our four Ambassadors



Thanks goes to Carol Lazar for being in charge of the event.

Joan Sullivan kindly provided succulents from her garden which she and Dawn McGrew made into lovely table centerpieces. A sticker was placed under one chair at each table and whoever sat there won the centerpiece.

Agris Petersons provided background music on his guitar.



After the three-course dinner, Karolyn Hanna, in charge of Daily Activities and Finance of this Exchange, spoke regarding the inbound journey. She was followed by Linda Williams, our president who also spoke. A gift was made to the club and presented by the Russians Ambassadors. It is a wooden painted doll that rattles if you shake it.

Linda presented several questions to the ambassadors so we could get to know them better. Some of the answers from the Russian Ambassadors were:

- Leo said he noticed in smaller cities, like Santa Barbara, people seemed friendlier such as smiling at strangers and their lifestyles are nicer than in large cities like Moscow.
- Their biggest surprise was the weather (as it is for us), being cooler, cloudier, moister, and foggier than expected and they were disappointed they couldn't swim in the Pacific Ocean since the weather was too cold.
- They loved Santa Barbara's avocados.
- They said the education system in Russia is different than in the US, for one there is no division between elementary and high school (normally in the same building).
- They also said that when Russians retire their primary interest is to in their country houses (dachas).
- Their main homes in the city are customarily a flat such as an apartment. The "dacha" that most people have, are used during their weekends and holidays.

To our surprise, our Russian Ambassadors did not drink alcohol, so the vodka tasting was deferred.

Agris again played guitar and encouraged sing along.





friendship force INTERNATIONAL

HIGHLIGHTS: Friendship Force International is conducting its annual fund drive. Your gift to the FFI Annual Fund will help support clubs, develop leaders, create new opportunities for friendship around the world, and keep our mission alive in this world that is more divided every day. As of June 22nd, \$27,707 has been collected toward a goal of \$50,000. If you feel you would like to donate, please go to:

<http://www.classy.org/campaign/ffi-annual-fund-2019/c196017>

Please go to their website www.thefriendshipforce.org for current news and offered Journeys.

JOURNEY OF SPECIAL INTEREST

Health and Wellness: Integrating World Influences

16 Days / 15 Nights Program and Itinerary: September 11, 2019 – September 26, 2019

Home Hospitality provided by the
Friendship Force clubs of Northeast Ohio and Dayton
Journey Coordinator Julie Vann, FF Dayton
vannjulie@att.net

This Journey presents ambassadors with a unique learning opportunity to think about their health and wellness. We will learn about integrative medicine, and how doctors and hospitals are using holistic methods to add to improved recovery. We will hear about medical methodology from around the world, visit clinics dealing with a variety of health-related topics, listen to speakers presenting on healthy living, and visit several areas of local interest, including museums and cultural landmarks

WHAT'S ON OUR RADAR

Save The Date August 17, 2019

The August social event is a summer concert and optional BBQ at El Capitan Canyon on Saturday, August 17th. The band is Rankin File playing Rock and Roll and Pop. Dancing!

Changes to Annual Calendar

- The Planning Meeting at the home of Dawn McGrew and Pat Wade has been changed from July 8, 2019 to August 12, 2019.
- July 15, 2019 Program Meeting has been canceled.
- July 6, 2019 there will be a Potluck at Dottie Iverson's home 3:00 Appetizers- Picnic Dinner around 4:30.

Trip Participation Selection - The guidance rules on trip participation selection are in the process of revision.

Club Equipment - A new microphone is in the offering for our use in future.

Planning and Program Meetings

Planning Meetings:

Monday, August 12 2019 7:00 p.m.

Join us at the home of Dawn McGrew and Pat Wade, 106 San Rafael Ave., Santa Barbara, CA 93109

Monday, September 9, 2019 7:00 p.m.

Home of Gail and Don Gillies . 331 Moreton Bay Lane, Unit #1, Goleta CA 93117

Program Meeting

Monday, September 16, 2019 - Long Term Care Insurance presented by Dianne Doiron

Social Events:

Saturday, July 6, 2019 - Potluck at Dottie Iverson's home. Roberta Lehtinen and Terry Behrens, coordinators

Saturday, August, 17, 2019 - El Capitan Canyon dinner, concert and dancing. Lori Lofstrom, coordinator.

Sept/Oct A Sunset Cruise planned by Anne Gray and Barbara Rose

Sunday, December 8, 2019 Holiday Party

Domestic and International Inbound and Outbound Journeys

AC = Ambassador Coordinator Outbound
HC = Host Coordinator Inbound

Oct 12 – 19 2019 – Outbound to Hartford, CT. Anne Gray and Barbara Rose Ambassador Coordinators (ACS)

November 18 -25, 2019 - Outbound to Tuxtla-Gutierrez, Mexico, Karolyn Hanna and Gail Gillies (ACs)

Jan 29 – Feb 5, 2020 - Outbound to Sarasota, FL, (AC needed)

May 7-13, 2020 - Inbound International, Adelaide, Australia. (HC needed)

July/August 2020 - Outbound Domestic to Milwaukee, WI and Quad Cities IA/IL. (AC needed.)

September 2020 – Outbound to Cleveland County, UK. UK 12 Ambassadors only. (AC needed)

Oct/Nov 2020 - TBD Inbound International, Kumamoto, Japan (HC needed.)



Visit the Friendship Force Santa Barbara website:

www.friendshipforcesantabarbara.org

Friendship Force Santa Barbara email:

friendshipforceSB@gmail.com

Stay informed with the Friendship Force International website:

www.thefriendshipforce.org



Happy Birthday to:

- | | |
|--------------|----------------------|
| July 3 | Dave Inouye |
| July 7 | Inna Cook |
| July 12 | Terry Behrens |
| July 19 | Nancy Pierson |
| July 21 | Roberta Lehtinen |
| July 25 | Francie Jewesson |
| July 26 | Joyce Falk |
| July 28 | Sarah Carr |
| August 10 | Ingrid Gauer |
| August 13 | Mary Orr |
| August 21 | Barbara Rose |
| August 22 | Jane Haas |
| August 26 | Lori Lofstrom |
| September 18 | Bonnie Dutton |
| September 19 | Paula Gregoire-Jones |
| September 23 | Sandra Grasso-Boyd |



Due to Barbara Gregoire's move of residence, a new home is needed for 4 plastic bins & 5 large scrapbooks. Please let Linda Williams know if you are able to store these items