



PRESIDENT'S MESSAGE



LINDA AT LAKE LOS CARNEROS

One sign of a healthy organization is the number of people who are actively involved in the planning and execution of the group's policies and activities and goals. I'm so encouraged when consistently, in the almost 2 years since I've been president, so many of our FFSB members come and participate in our planning meetings, held 6 times a year. We've had lively discussions, plenty of laughs, and managed to get through my agenda every time! People care about the club and share thoughtful comments and insights at the meetings. And I must add, not a dull moment – not at the FFSB's planning meetings! In fact, there are rarely moments of silence. So I thank the many involved members who contribute to this fine group.

Bonnie Dutton is taking on the President's mantle when the New Year begins. Bonnie has done an outstanding job, both in supporting me as President, but also obtaining interesting and important speakers and presentations for our program meetings.

Anne Gray has had to listen carefully at our planning meeting, because this group likes to talk! Seriously, she's done a fine job recording and then writing up the minutes of our meetings.

Dave Jones has put so much effort into streamlining the treasurer duties, in addition to obtaining an Employer ID Number for non-profit status and getting registered with the State of California for

Unincorporated Nonprofit Association (UNA) status.

Bill Boyd has graciously accepted the four-year commitment of VP for 2 years, and then moving on to President for 2 years. After female leadership for several years, we look forward to Bill's leadership!

The nominating committee is seeking talented people to consider either the secretary or treasurer positions. Both Anne and Dave are willing to do any training as needed, for a smooth transition.

Attending the planning meetings on a regular basis is an important part of being an officer of our FFSB club. Please contact me if you are interested in either position. Pam Vestal and Pat Burkard can also be contacted. Please don't make us beg!!

I've enjoyed my time as President and look forward to my "Emeritus" status while continuing to contribute to this fantastic organization! I plan to attend every board meeting, as we continue to spread peace as ambassadors both domestically and internationally.

In Friendship,

Linda Sadie Williams

September 16, 2019 Program Meeting

Long Term Care Insurance

Written By Bonnie Dutton

The Speaker at our September program meeting was Diane Dorion. Diane is an insurance agent who has an expertise in financial and insurance needs from estate planning to Medicare supplements and long term care insurance.

Diane introduced her talk by reminding us that 100% of us will die someday. One of every two people will need long term care at some point and 70% of those people will be 65 years old or older. Most of us procrastinate when it comes to looking into long term care insurance.

Here are the most common excuses we have for NOT obtaining long term care insurance.

1. Not Me! I will never need it
2. Why bother – I won't need care that long
3. If I need care it won't cost me more than I can afford
4. Medicare or Medical will pick up the tab
5. MY family said they will take care of me
6. We will self insure if we need extra care
7. I will wait until I retire and then look into long term care insurance.
8. I would rather spend the extra money on a vacation now

Diane told us that the younger a person is when purchasing long term care insurance the more cost effective it is but if we have not purchased any – now is still a time to consider doing that.

Diane then answered questions from the group and told us that she is available for free consults if anyone wishes to contact her. She left us with a hand out to help us evaluate our insurance needs.

A number of people spoke with Diane after the meeting with concerns they had. It was a very informative meeting.

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

Directory: Paula Gregoire-Jones

E-mail Notifications: Dawn McGrew

Historian: Barbara Gregoire

***Membership: JoAnn Magistad & Joanie
Sullivan***

***Newsletter: Patrick Wade (Editor)
Dawn McGrew (Publisher)***

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



MEET OUR NEW EDITOR PATRICK WADE

Patrick (Pat) Wade has a background in writing as an adjunct to his career in military law enforcement and healthcare public safety and emergency management. He had authored three different newsletters and has published 19 articles on such diverse areas as active shooter response, managing gangs in a healthcare setting and emergency management planning. He concluded his working life in 2010 as Director of Public Safety & Emergency Management at St. Bernardine Medical Center in San Bernardino.

Pat has lived in 11 different states as well as in Vietnam and Germany. He attended Michigan State University, and Old Dominion University for his masters. He is also a graduate of the US Army Command and General Staff College, Fort Leavenworth, Kansas.

Pat and his wife, Dawn McGrew, had a long distance relationship (106 miles to be exact) for

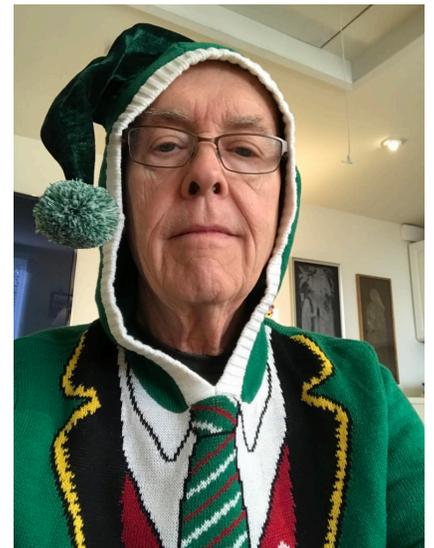
twelve years before he moved to Santa Barbara.

When he moved to Santa Barbara Pat joined Friendship Force. He and Dawn have served two years as refreshments chairs and two years bartending at FFSB social events. At the last holiday party he won first prize for his ugly sweater.

Pat will now serve as editor of the newsletter while his wife serves as publisher.

Please submit all articles and photos for the newsletter to:

patwadeb@gmail.com



Patriotic Party

Written by Roberta Lehtinen

Almost 50 FFSB members arrived at Dottie Iverson's beautiful terrace to celebrate our country's 243rd birthday. What a party it was! The foggy July morning morphed into a beautiful "only in Santa Barbara" day as we burst into the yard gaily decorated in red, white, and blue stars, bangles, and banners by Terry Behrens, her friend Lyn Ellis, and Roberta Lehtinen.

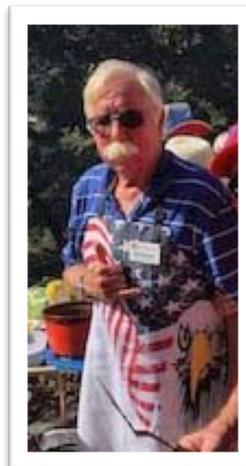


The bar was tended by first-timers Joanie Sullivan, Lori Lofstrom and veteran Don Gillies. Margaritas were very popular as the day was toasty. Soon the yard was buzzing with animated conversations as members caught up with goings on of the summer. Lots of hors d'ouvres were devoured waiting for the main event of hamburgers, hot dogs

and veggie burgers expertly grilled by David Briggs, Anne Gray, Dave Gorbet, and Dawn McGrew.



THREE CHEFS



ANOTHER CHEF



BARTENDERS



The happy conversation quieted a little as we made our way to tables on the patio and down the steps to the tree shaded lanai to chow down and continue the chats. We all shook out our hollow legs to finish our feasting with fabulous desserts.

While digesting we were treated to sing-a-long by our very own Agris Peterson on his ever-present guitar.



People were so content just talking we never got to tour Dottie's daughters' Art in Woods studio, or her daughters' "social equivalent" Pete's chocolate factory. A few of us did a quick tour of it on our own. Next year for sure we will do it!

All had a wonderful time. Thanks to the set up crew and cleanup crew of Barbara and John Rose, Nga Vuong, Karolyn Hanna and anyone else I missed.

A special thanks to Dottie for sharing her slice of Paradise with us again

Roberta Lehtinen and Terry Brehens were event coordinators.

AUGUST SOCIAL



On Saturday, August 17th several of our members filled two tables at the El Capitan Canyon concert.

There was dancing to the band Rankin File playing Rock N Roll and Pop.

From reports the music was hot as was the as the optional tri-tip and chicken dinner. Our members reported that they liked the band and recognized that most all of the songs were from the 60's. A few members stayed on the dance floor until the music was over.

Thanks go to Lori Lofstrom for coordinating this event.



Friendship Force World Conference Boulder, Colorado 7/23/19 through 7/25/19

Written by Gail Gillies with the support of Sandy and Bill Boyd.



More than 430 delegates from 23 countries had a great time learning and socializing at the 2019 World Conference in Boulder, Colorado. Thirty plus workshops and seminars aimed to engage and educate. Gail Gillies, Claire Magee, John and Barbara Rose, and Sandy and Bill Boyd represented FFSB.

Strongest Take Aways

At the conference emphasis was on the need and encouragement for FF Chapters to collaborate and partner with organizations with similar goals and interests in creating global and local peace such as the United Nations Association, Rotary International, 2020 World Without War, Sister Cities, etc. FF should emphasize we are a “travel club with a mission.” Through friendship and home stays, we create local and world peace.

FFI's 2012 Club & Exchange Policies say clubs are to have “social events for club members and programs that link the membership with other international activity in the community”. From time to time, Partnership & Contract Programs proposed by FFI offer exchanges based on a partnership agreement with another like – minded organization.

For complete coverage of the World Conference please go to <https://www.thefriendshipforce.org/2019-ffi-world-conference-wrap-up>

Introduction by Jeremi Snook, President and CEO of FFI

FFI's email to us prior to this Conference included “Tips for Attending the World Conference”. It was reiterated that the purpose of The Friendship Force is “to make new friends and spread peace around the world” i.e. “encourage peace through friendship around the globe”.

During the Conference's introduction, Jeremi Snook said we are Ambassadors or “Citizen Diplomats”. “To be good citizen diplomats, we need to build friendships, exercise flexibility, adapt to unforeseen difficulties, and promote understanding”. As Wayne Smith, former President and Founder of FF, said in 1989, “There are two paths to peace. One is called fear. The other is named friendship...” “When there is no trust, there is fear”. “Friendship believes that peace is a positive value and that friendship involves

sharing and cooperation." FF's Motto is: "A World of Friends is a World of Peace". This is what we need to emphasize to our new members as well as our longer time members especially before going on or receiving home stay exchanges.

During this Introduction it was also said that Hosts greet Ambassadors as if family.

FFI intends to improve the fact that over one-half of FF clubs are not being communicated to by FFI. Therefore FFI is looking for people to be on their translation teams. There are now 360 clubs in 60 countries.

To watch a video of Jeremi Snook's opening address to the conference delegates please go to <https://vimeo.com/359783253>. You can also reach this address through thefriendship.org website.

The Boulder newspaper quoted Boulder's Mayor Suzanne Jones as saying during the Introduction, "building diplomacy through relationships aligns with the City's (Boulder) vision. Regarding today's divisiveness in national politics, it's up to all of us to build the connections that bring us all back together".

In Conclusion

We believe the conference was very worthwhile and an enjoyable event to attend. Each of us had extra time to explore on our own the wonderful mountain scenery and fascinating geological formations that are in the Boulder and Rocky Mountain, Colorado areas. Nicole DeLorimier, who used to live in Santa Barbara and moved to Boulder, brought us six together for a very pleasant dinner and evening.



Next World Conference

It was announced that Taiwan would host for the 2021 World Conference. Some things to see are: Taroka Gorge and tea farms.

In future issues of FFSB Newsletter the plenary session by Dr. Michael D. English, Core Instructor of Colorado University at Boulder's Peace, Conflict and Security Studies Program will be summarized. Also a summary of some of the workshops the six FFSB members attended and felt would be most beneficial to them and to FFSB will be reported in this newsletter.

Trip Participation Selection – The FFSB Outbound Journey Guidelines were adopted at the August 12, 2019 Planning Meeting. The FFSB Supplemental Summary of Participation in FFSB Activities was also adopted.

These documents are to help Ambassador Coordinators when selecting ambassadors for an overbooked journey.

Both the Guidelines and the form can be found on the FFSB website.

Club Equipment - George Lehtinen demonstrated a new microphone at the August 12, 2019 planning meeting. The members voted that a like system would be bought for the club

2021 Inbound Hosting Availability – At the August 12, 2019 Planning meeting it was voted that FFI should be informed that FFSB will host one International Inbound Journey for seven days and one Domestic Inbound Journey for five days, with a total of 20 participants.

Nomination Committee for 2020 officers.

The nominating committee is Linda Williams, Pam Vestal and Pat Burkard. There are openings for treasurer and secretary. Terms are for two years.

Planning and Program Meetings

Planning Meetings:

Monday, November 11, 2019 7:00 p.m.
Home of Sandy Grasso-Boyd and Bill Boyd, 2430 Calle Montella, Santa Barbara CA 93109

Program Meeting

Monday, November 18, 2019 7:00 p.m.
How to be a good Journey (Host and Ambassador) Coordinator; How to be a good Home & Day Host; and How to be a good Ambassador presented by Linda Williams, Bonnie Dutton and others.

Social Events:

Thursday, October 3, 2019 5:00 p.m. A Sunset Cruise and/or dinner at Endless Summer Cafe planned by Anne Gray and Barbara Rose.

Sunday, December 8, 2019 5:00 p.m. Catered Holiday Party at Rancho Santa Barbara clubhouse. Karolyn Hanna is coordinator.

**Domestic and International
Inbound and Outbound Journeys**

AC = Ambassador Coordinator Outbound
HC = Host Coordinator Inbound

Oct 12 – 19 2019 – Outbound to Hartford, CT. 18 ambassadors attending. Anne Gray and Barbara Rose are Ambassador Coordinators (ACS)

November 14 -21, 2019 - Outbound to Tuxtla-Gutierrez, Mexico, 25 ambassadors are invited. Karolyn Hanna and Gail Gillies (ACs) assisted by Bill and Sandy Boyd. After Tuxtla, there will be an optional three-day tour of Palenque, Mexico.

Jan 29 – Feb 5, 2020 - Outbound to Sarasota, FL, Karolyn Hanna and Terry Scrivner are ACs.

May 7-13, 2020 - Inbound International, Adelaide, Australia. Pam Vestal is Host Coordinator Team Leader. Linda Williams, Carol Lazar, and Linda Stohler are team members.

July/August 2020 - Outbound Domestic to Milwaukee, WI and Quad Cities IA/IL. Bill Boyd and George Lehtinen are ACs.

September 2020 – Outbound to Cleveland County, UK. for ten Ambassadors only. Linda Williams (AC) assisted by Karolyn Hanna.

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



Happy Birthday to:

October 3 Pat Burkard
 October 8 Agris Petersons
 October 16 Bill Dutton
 October 31 Sandy Hartley

November 18 John Rose
 November 23 Ken Jewesson

December 10 Carol Lazar
 December 16 Claire Magee
 December 24 Marilyn Torrey
 December 27 Lou Smitheram
 de Pravia



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

2021 International Journeys

You now have the opportunity to vote for your top 3 choices for International Journeys for 2021. The FFI list of countries that are available for hosting in 2021 has been emailed to the membership. The voting must be completed by late October, to meet the FFI deadline. 2021 seems far away, but planning must be done, and matches carefully made by FFI, to be ready for the year after 2020.

Due to Barbara Gregoire's move of residence, a new home is needed for five FFSB plastic bins. Please let Linda Williams know if you are able to store all or some of these items



Camille, a longtime member, created five truly beautiful scrapbooks of the early years of FFSB. If you are able to digitize these scrapbooks please contact Linda Williams.

ANNUAL DUES

Dues of \$35 per person need to be submitted between Nov. 15 and Dec. 15 in order for (1) the roster to be submitted to FF International by the year end and (2) a member's name to be included in the new directory.