



# FRIENDSHIP FORCE NEWSLETTER

FRIENDSHIP FORCE OF SANTA BARBARA

JANUARY/FEBRUARY/MARCH 2020

## PRESIDENT'S MESSAGE



### *Happy New Year FFSB*

2020 will start with a great program on January 27<sup>th</sup>. We will all learn about the job of Inbound or Outbound Journey Coordinator. Far too few of us are willing to take on this important task leaving it to a few seasoned leaders.

If one is willing to become a journey coordinator someone is always willing to mentor you. When I was a coordinator for an inbound journey, Sandy Hartley mentored me. No... I did not do a perfect job that first time but I learned a lot and Sandy supported me all the way – thank you Sandy and our other mentors.

We wish to thank our outgoing officers President Linda Williams, Vice President Bonnie Dutton, Recording Secretary Anne Grey, and Treasurer David Jones. They

were a great leadership team for the last two years. We appreciate all that they have done to make the club run smoothly.

We welcome in our new officers President Bonnie Dutton, Vice President Bill Boyd, Secretary Terry Behrens, and Treasurer Lori Lofstrom.

Friendship Force was founded in 1977 by Jimmy Carter. It is a nonprofit cultural organization focused on promoting understanding, cultural education and citizen diplomacy through home stay journeys and personal friendships. We know that by experiencing different views, we can discover common ground with people around the world. Let's remember who we are at FFSB. We are cultural ambassadors working to promote peace through friendship and cultural understanding.

As your President, I would love to start this process at home in Santa Barbara. Let's get to better know each other in the club. I would like 2020 to be the year of 100% participation at Friendship Force Santa Barbara. It may be as simple as bringing a plate of cookies to a meeting or helping to clean up the room after the

meeting. It may be deciding to come to planning meetings as well as program meetings. Perhaps you will help with a social event. You may travel as an ambassador or participate in hosting activities for an incoming group of ambassadors. It might be taking a deep breath and stepping into the role as a Journey Coordinator.

Our first FFSB planning meeting is January 27, 2020 and will be at the Dutton's starting at 7 p.m. Come and join together for this time of planning for our upcoming year.

I look forward to another successful year for our club and I know with your help we will make it an outstanding year with many lasting memories.

*Bonnie Dutton*

*Club President*

## November 18, 2019 Program Meeting

### How To Be Good Home and Dinner Hosts and Ambassadors.

Presented by Bonnie Dutton and Linda Williams

Bonnie Dutton explained what is needed to be a good Dinner Host and Home Host.

The Home Host is responsible for all needs of the inbound ambassadors, usually up to seven days, except when there are other arrangements. They should ask guests what they like for breakfast and other meals. The Home Host shares the Santa Barbara community with the ambassadors. The Home Host is the guide for the planned FFSB activities during the week.

Another way to help is as Dinner Host one night. Prepare a meal in your home for the ambassadors, Home Host, and other guests. You shouldn't be concerned with being fancy.

The audience shared good experiences they had as hosts. There were many heart-warming stories.

Linda Williams presented many points on how to be a great ambassador. "How To Be A Great Ambassador" by Linda is posted on the Members Only section of FFSB website. After Linda gave her presentation the audience shared warm, funny, lovely experiences they had as ambassadors.

#### MEMBERSHIP DIRECTORY

*ALL members will receive a print copy of the FFSB directory with By-Laws included.*

Distribution will be sometime in January.

Please note that all the information will be available on the FFSB's website.

### *2020 Governing Board of the Friendship Force of Santa Barbara*

#### **OFFICERS**

*President: Bonnie Dutton*

*Vice President: Bill Boyd*

*Secretary: Terry Behrens*

*Treasurer: Lori Lofstrom*

#### **DIRECTORS**

*Past President: Linda Williams*

#### **JOURNEY COORDINATORS**

##### ***Domestic Journey Coordinator:***

*Karolyn Hanna*

##### ***Outbound Ambassador Coordinators (AC):***

*Karolyn Hanna and Terry Scrivner  
Sarasota, Fl*

*Bill Boyd and George Lehtinen.  
Milwaukee, WI and Quad Cities IA/IL  
Linda Williams Cleveland County, UK*

##### ***Inbound Host Coordinators (HC):***

*Pam Vestal  
Adelaide, Australia*

*Dave & Jan Inouye, Bill Dutton.  
Kumamoto, Japan*

#### **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: Bill Boyd***

***Refreshments: Volunteers Needed***

***Setup: Sherman Vincent***

***Social Events: Terry Scrivner***

***Sunshine: Claire Magee***

***Telephone: Sandy Hartley***

***Webmaster: Paula Gregoire-Jones***

***Welcome: Agris and Elza Petersons***

## SUNSET CRUISE

Written by Barbara Rose



October 3 turned out to be an especially lovely day for 37 lucky Santa Barbara Friendship Force members who enjoyed a sunset cruise on the boat named Azure Seas in the Santa Barbara Harbor. We were welcomed at 5:30 by a friendly crew who docked at the harbor marina rather than their usual docking spot on the wharf. That was in deference to our age group so why not take advantage of our seniority once in a while. Seating was available on the upper deck, inside or on the open bow and many moved about from place to place. Drinks and snacks were available for purchase. As we slowly motored along the coastline we were reminded how very lovely Santa Barbara waterfront is and how often we take it for granted. As we made the turn back towards the harbor the sun started to set and we were in awe of how perfect our timing was and how truly remarkable that scene was.



Enhancing the evening was a lovely and delicious dinner at the Endless Summer Café. The staff seated us at tables for four, offered a wide variety of menu items and provided us with individual or couple checks to ease the bill paying. Of course in usual Friendship Force style we ate heartedly and talked nonstop to conclude a wonderful social event.

*Many thanks go to Anne Gray for planning a great social.*

## Outbound To Hartford Connecticut Journey

October 12 – 19, 2019



The Santa Barbara ambassadors on this journey appreciated the generous and caring nature of the people from Connecticut. Some of the drivers and hosts were not even members of Friendship Force.

The group toured many sites throughout Connecticut and Massachusetts. Major sites visited were Mystic Seaport, Sturbridge Village, Hartford State Capital, and Yale, etc. One of the hosts said they put 450 miles on their car during the journey.

The ambassadors were taken to Playhouse in the Park in West Hartford for the play "Nunsense", which was hysterical, with many laughs! This was followed by a tour of West Hartford and a delicious Welcome Dinner.



There was a trip to Mystic Seaport Museum in Mystic, CT, the largest Maritime museum in the US. It is known for its collection of sailing ships and boats from the 19th Century seafaring village. One favorite was a church where a young woman was singing a cappella sea shanty tunes from sailors working on the ships. The group enjoyed a 25-minute cruise around the port on a whaling ship "Charles W Morgan". She is the last whaler in the US.

At the CT State Capital in Hartford the ambassadors learned about the state flag, state motto, "He who is transplanted still sustains"; the state tree, the Charter Oak; the state bird, the American Robin; the state flower, the Mountain Laurel; the state animal, the Sperm Whale, etc.

The photo to the right is of "Miscellaneous" as she called herself. She was the senior tour guide for the Capital Building and very funny and informative. This was in the state capital representative room where the legislature votes. FFSB members took turns sitting in the governor's chair.



The Mark Twain House and Museum is to the left. Here the author lived with his family from 1874-1891 and wrote his most important works, Tom Sawyer, Huck Finn, etc.



**DAVE & JAN INOUE AT OLD STURBRIDGE VILLAGE**

and what they looked like presently, how he had affected their lives, etc. Fabulous!

Old Sturbridge Village in MA is an outdoor living history museum depicting early 19th century New England village with homes, mills, working farm, shops like blacksmithing, cooper, etc. This experience was hands on and did an excellent job of making that period in time of our ancestors come alive.

On one day some travelers went to Ralph Nader's Tort Law Museum and said it was fabulous and very user friendly. The rest went to Norman Rockwell Museum in Stockbridge. NR Museum houses the most significant collection of Rockwell Art. We also got to see his artist studio. They had a fabulous exhibit of photos and interviews of people who posed in his paintings when they were quite young



**BILL DUTTON AT NORMAN ROCKWELL MUSEUM**

There was a tour of Yale University founded in 1701. It is the USA's third oldest institution of higher learning. The architecture was exceptional. The photo to the left was in the Yale library of rare books. The far window shows light coming through the marble panels. The light was beautiful and didn't hurt the rare books.



The Gutenberg Bible was also on display.

There was a delightful trolley museum. The ambassadors rode on a trolley and saw many vintage vehicles as well.



All in all it was a great exchange and was followed by individual trips to New York, Pennsylvania, Canada and other destinations.

At the follow up meeting back in Santa Barbara it was the consensus that no one would eliminate anything they experienced and that it was really enjoyed by all that attended this trip.

*Anne Gray and Barbara Rose were the Ambassador Coordinators.*

## Journey to Tuxtla-Gutierrez, Chiapas, Mexico

Written by Bill Boyd



Our team of ten FFSB ambassadors journeyed to Tuxtla-Gutierrez in the state of Chiapas, southern Mexico from November 14-23, which includes our trip for two days to visit the Mayan ruins in Palenque.

On our first full day we were escorted to the Paleontology Museum, the Botanical Garden and Wood Museum. That evening the welcome dinner was a delicious home cooked meal, fellowship with host families, a large marimba band with dancing, and a show of traditional elegantly costumed dancers.

On Saturday, we toured the Regional Zoo, with all animals in local settings from Chiapas. We lunched at a lovely restaurant, high up in the mountains, overlooking Sumidero Canyon dam, before returning to Tuxtla for our evening outing. Dinner was at Marimba Park, with marimba music, and a sea of locals enjoying the festivities. We were invited up to the bandstand, and welcomed a king, queen, and elaborately costumed ladies, with a traditional drink, leis, flower crowns and a presentation by the mayor's representative. We were served dinner at the adjacent food booth and then enjoyed lots more music and dancing.



The next day, we transferred to nearby Chiapa de Corzo, enjoying the historic town square, the old Dominican Convent and the amazing Marimba Museum. We listened to great music, heard about how the marimba developed over time, and saw gorgeous locally made inlaid instruments. In the afternoon, we took our hosts to lunch; then in the evening, dinner at the "Las Pinchanchas Restaurant", followed by a special folk show, with dancers in colorful historic dress.

On Monday, we journeyed to San Christobal de las Casas, stopping for breakfast at the lovely "La Candelaria Restaurant". We shopped at the local market, visited the church of San Juan Chamula, with candles, greenery and worshippers in prayer. Then, we headed south to the small village of Zinacatan, where we watched local weavers at work; Bill Boyd and Ellen McDonald were costumed in traditional wedding dress and

introduced (without proper wedding ceremony). In late afternoon we stopped at a regional park for a picnic lunch and some of the group visited a local cave.

We ended our time in San Christobal, with a visit to the Textile Museum, which was definitely one of our journey's highlights. We had a long shopping excursion at the large Artesany Market and a visit to the old Santo Domingo Church.



We took a boat trip through Sumidero Canyon. The trip up the high walled canyon was a spectacular experience with luscious greenery, birds of all sorts, spider monkeys, and caiman (the local crocodile).



We ended the 1 ½ hour trip at a large dam and hydro-electric facility that produces power for much of southern Mexico and Guatemala. On our return we

stopped at the "Las Haditas Waterfront Restaurant" for our farewell lunch. It was a wonderful end to our visit; potluck dinner with home hosts, day hosts and their families; musical entertainment and dancing; a fun game of stuff the balloons down the colorful costumes of Sandy, Bruce, Ellen and Jill; speeches and gift exchanges; and, crowning Bill Boyd and Jill Wilk as king and queen of the evening festivities.

Our last two-day extension featured a long six-hour plus bus trip, both ways, to Palenque. We met our day guide, who showed us through the Museum, where we learned about the Mayan and Aztec history of the area, with a particular focus on the Palenque Mayan ruins. Then we took a walking tour through the ruins, which proved challenging. We returned to the city of Palenque and spent the evening at the luxurious Chan-Kah Resort, relaxing with drinks and dessert beside a lovely lit pool. Our return took us through Tabasco state, where we stopped at the luxurious "El Eden Restaurant" for dinner. It was such a treat! I counted 12 appetizers, before our meal of traditional favorites.



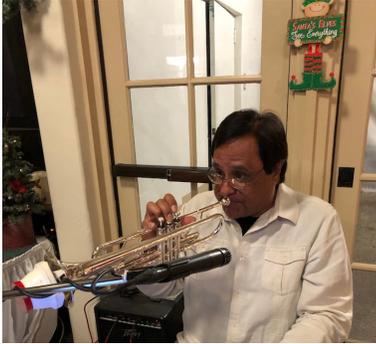
Our final bus ride through winding mountain roads at night, was highlighted by nearly an hour delay from a truck jack-knifed across the narrow road. It was late to bed and getting ready for our flight home the next day, and saying farewell to our lovely hosts.

*Karolyn Hanna & Gail Gillies were Ambassador Coordinators assisted by Bill & Sandy Boyd*

FFSB Holiday Party

Dec 16, 2019

Mulligans Café & Bar

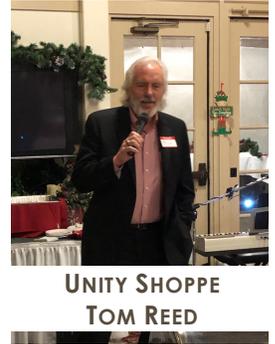


**RODERICK ROBLES IS A PROFESSIONAL MUSICIAN WHO PLAYS ELECTRIC PIANO, TRUMPET, FLUGEL HORN AND NATIVE-AMERICAN FLUTES. HE IS ALSO A PART-TIME ELEMENTARY SCHOOL TEACHER.**

The mood was festive not only due to the holiday decorations but also acoustically thanks to the keyboard talents of Roderick Robles and his trumpet.

Approximately 60 of our membership enjoyed fellowship, good conversation and humor and a delicious prime rib dinner.

Unity Shoppe Executive Director Tom Reed gave the group a short presentation of the service that the Unity Shoppe provides, accepted a \$300 check from FFSB and collected the toys that the group had donated.



**UNITY SHOPPE  
TOM REED**



**NEW OFFICERS BILL BOYD, BONNIE DUTTON, TERRY BREHENS PRESENTED BY LINDA WILLIAMS**

Before dinner was served Linda Williams presented the FFSB 2019 officers; President, Bonnie Dutton, Vice President, Bill Boyd, Secretary, Terry Behrens and Treasurer, Lori Lofstrom, who could not attend the party.

For a mixer, members drew two names of people present. Those people were interviewed for their best travel stories. The best ones were shared with the group.



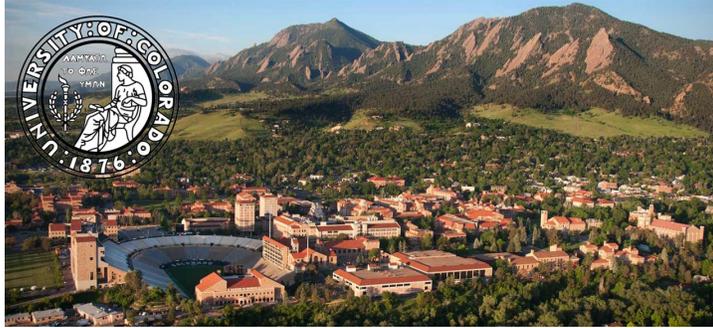
**THANKS TO OUTGOING PRESIDENT LINDA WILLIAMS FOR BEING MC OF EVENT.**



**PAM VESTAL WITH EVENT COORDINATOR KAROLYN HANNA**

## 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. There were 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.

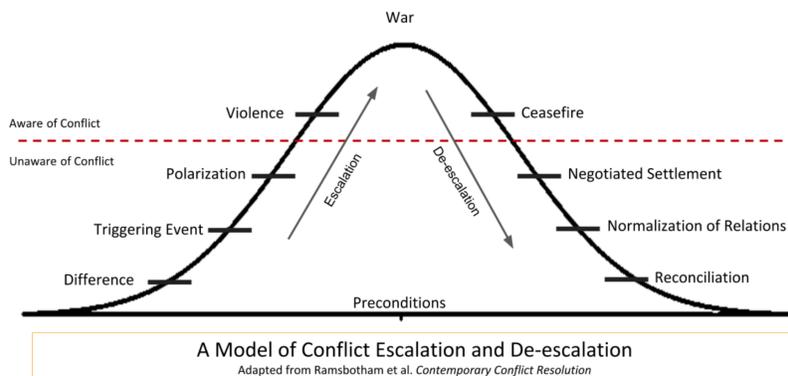
In our last issue of the newsletter the strongest takeaway of the FFSB delegates were presented. Also there was a summary of the introduction by Jeremi Snook, President and CEO of FFI.

### **The Plenary Session**

Dr. Michael D English, Core Instructor of Colorado University at Boulder's Peace, Conflict, and Security Studies Program gave a very inspirational and excellent speech. He said, "Peace is attained through close contact with others. Dehumanizing language is often the precursor to 1st verbal and 2nd violent acts (as opposed to the language of citizen diplomacy). Friendship is a concern for the other and recognizes that a person has a net positive value. Relationships transcend our own identity and ideological divides."

Some colleges and high schools have Peace & Conflict studies. At Colorado University at Boulder, you can get a doctorate in that field. "Reject resolving conflict by force. Conflict is a part of life and necessary for change, but make it more constructive." He then drew a bell shaped curve explaining the stages of conflict in order for us to recognize that we can do something about conflict before it explodes. The downward slope takes a long time to achieve.

## A MODEL OF CONFLICT STAGES



Dr. English is involved in the idea of trying to create a national Peace Academy. He said that FF exchanges help coexistence. We need to reduce prejudice – particularly around segregation and housing. We need to have interpersonal contact between minority and majority groups, which lessens discrimination. We should work together towards a common goal. One can go on the website of *The Center for Citizen Diplomacy*. We should create shared understanding through meaningful person-to-person interactions. An example of this is through organizations such as Seeds of Peace, which is between Israeli's and Palestinians who have come to the U.S. to work on a project together. An example of division is in Cyprus with a UN administered buffer zone.

## **WORKSHOP SESSIONS**

There were seven workshops that the six of us from FFSB attended that we felt would be most beneficial to our Chapter and ourselves. Three are summarized below and four are found in detail on the Friendship Force International website. All of the Workshop presentations are on the FFI website. The easiest way to find the World Conference is to type Friendship Force 2019 World Conference Wrap Up in your browser

Look on the website for

- **Planning & Executing an Inspirational (meaning themed) Journey.**
- **Fold, Pack, and Go**
- **FFI Partnership with International Cities of Peace**
- **50 Ways to Be a Good Ambassador.**

These workshops will be summarized in future newsletters.

## **Best Practices- Strengthening Clubs.**

FF Chapters can consider having Interest Activities that are called Club Clusters such as photography for a group that is interested in that. If we want to advertise to get more members or more exchange attendees, we can put articles in AARP or AAA magazines. Instead of having one or two people as membership chairpersons, we could have a membership committee for example.

## **What Can FFI RSMS & Field Reps Do For My Club.**

Salaried regional support managers (RSMS) help advertise our journey to other clubs if we need more ambassadors, for example. They will also help communicate with the host club when that club speaks another language. They also offer Journey Coordinator training. There is a list of these people on FFI's website. When a Chapter receives their Journey assignment, it will include who the Reps are.

The Field Reps are regional volunteers who act as a liaison between FFI staff and clubs. If for example a Chapter is doing some strategic planning, it can call their Field Rep to help them. Marty McKnew in Elk Grove is our Western Region co-field rep and does conference calls with new club Presidents.

## **It's a Match!**

I was expecting to hear more about the process of matching hosts with ambassadors. However, this was about how FFI decides which Chapters go to which countries or cities in domestic states for their Journeys. The thing learned most from this workshop was to write things in the Additional Comments box on FFI's Form that would be helpful to get a Journey to a place that our Chapter has chosen such as the fact that a particular club came to our town as an inbound journey, so now our club would like to visit that club's town or other reasons for our Chapter choosing a particular region to want to go to for a Journey.

It was also mentioned that FFI doesn't look back at previous requests automatically, so Chapters have to write that in the Additional Comments box if applicable to the choice.



FFI encourages us to register with FFI website so that you can receive periodic notices. This is a great way to learn about what is happening as well as join up on other Journeys that have available space. Registration is available at the Home screen of the FFI website

FFI is working on Global development that is emphasizing new clubs in Ireland and France for this year. They are also working on member engagement, trying to get clubs and members to work towards our mission of: *Mutual Respect, Cultural Diversity, Cultural Exploration and Service.*

### **2021 Outbound Destination Choices for International Journeys**

19 members of FFSB hoping to travel internationally in 2021 voted and the results were submitted to FFI. Our club's top three choices are:

1. New Zealand
2. Taiwan
3. Peru

FFI has confirmed that they received our selections. There is no guarantee that we will get our choices.

### **Planning and Program Meetings**

#### **Planning Meetings:**

**Monday, January 20, 2020 7:00 p.m.**

Home of Bill and Bonnie Dutton, 6297 Parkhurst Drive, Goleta CA 93117

**Monday, March 9, 2020 7:00 p.m.**

Home of Jo Magistad, 4816 Via Los Santos, Santa Barbara CA 93111

#### **Program Meetings:**

**Monday, January 27, 2020 7:00 p.m.**

How To Be A Good Journey Coordinator  
By Barbara Rose and Karolyn Hanna

**Monday, March 16, 2020 7:00 p.m.**

Tuxtla-Gutierrez, Chiapas, Mexico Journey  
By Bruce Arnheim and Sandy Grasso-Boyd

### **Domestic and International Inbound and Outbound Journeys**

AC = Ambassador Coordinator Outbound  
HC = Host Coordinator Inbound

**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. Linda Williams (AC) assisted by Karolyn Hanna.

**Oct/Nov 2020** - TBD Inbound International, Kumamoto, Japan. Dave & Jan Inouye, and Bill Dutton are HCs.

### **Social Events**

If you want to help plan social events for our FFSB club, bring your ideas to a meeting from 1:15 on Sunday, January 5, 2020, at Terry Scrivner's home in Carpinteria.

Contact Terry for carpool matching or questions at: [tscrivner@gmail.com](mailto:tscrivner@gmail.com).



### **Happy Birthday to:**

January 1	Don Gillies
January 3	Linda Williams
January 7	Jan Inouye
January 8	Judy Jessing
January 9	Joanie Sullivan
January 12	George Lehtinen
January 14	Karolyn Hanna
January 20	Dawn McGrew
January 24	David Jones
January 30	Gail Gillies
February 2	Bonnie Johnson
February 4	Elza Petersons
February 8	Bob Haas
February 10	David Briggs
February 11	Jane Gorbet
February 24	Liz Turner
February 24	Peter Nichols
February 29	Suzy Pelovsky
March 1	Barbara Gregoire
March 8	Mary Wolthausen
March 10	Nga Vuong
March 13	Pam Vestal
March 27	David Gorbet
March 29	Bill Boyd
March 30	Sherman Vincent



**Visit the Friendship Force Santa Barbara website:**

[www.friendshipforcesantabarbara.org](http://www.friendshipforcesantabarbara.org)

**Friendship Force Santa Barbara email:**

[friendshipforceSB@gmail.com](mailto:friendshipforceSB@gmail.com)

**Stay informed with the Friendship Force International website:**

[www.thefriendshipforce.org](http://www.thefriendshipforce.org)