



FRIENDSHIP FORCE NEWSLETTER

FRIENDSHIP FORCE OF SANTA BARBARA

APRIL/MAY/JUNE 2020

PRESIDENT'S MESSAGE



Hello Everyone,

I am sure that COVID 19 is on everyone's mind these days since most if not all of us are of the age that we need to be vigilant. My advice is to be practical. Follow CDC guidelines and your own intuition. For the foreseeable future we will be practicing social distancing – we really do not know how many weeks or months this will be. We should each have a 2019 or 2020 FFSB directory and we can keep in touch with each other via phone or email.

We do not know how the virus will affect incoming and outgoing Ambassador visits for 2020. So this will be the year we say: flexibility, flexibility, flexibility is the name of the game.

Remember that the expectation is that the crisis will pass in 4 – 6 months.

Your officers will be proposing a spending budget for 2020 that will be voted on by the board. We will give you more information as that occurs.

Remember that I would like 2020 to be the year of 100% participation from our members. Whether you contribute in a large or small way – think of how you can contribute to our club this year.

I would also like to propose that we actively bring some new members into our club. To stay vital, we must make a modest expansion to our club at all times.

And yes... this may be a challenging year to add members.

2020 Journeys

We have completed our Outbound Journey to Sarasota Florida. Bill and I went on this

journey. We had a good time with our group and met great new friends as we always do.

The inbound journey from Adelaide Australia has been cancelled for May 7-13.

We will do our very best to accommodate a visit from them late 2020 or in 2021.

Our Journey hopes for the remainder of the year are:

Outbound to Milwaukee/Quad Cities July 10 - 16th;

Outbound to Cleveland County UK- September 16-23rd;

Inbound from Kumamoto Japan – October 26-Nov 2nd.

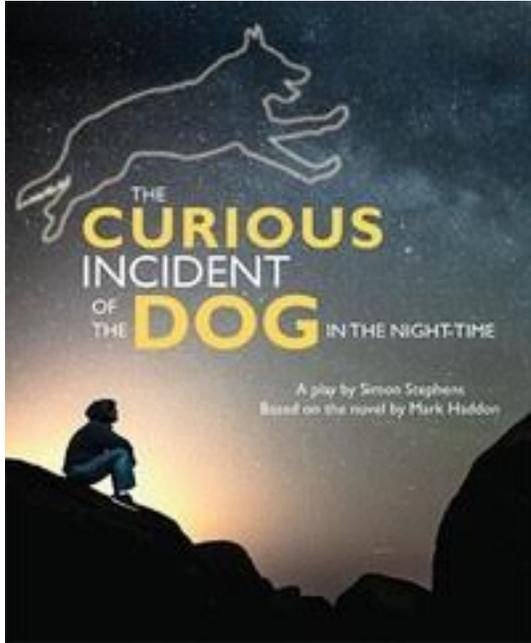
Stay Healthy and Safe

Bonnie Dutton

Club President

FFSB SOCIAL March 8, 2020

Santa Barbara City College
Garvin Theater



A play by Simon Stephens
Based on the novel by Mark Haddon

"The Curious Incident of the Dog in the Night-Time," won the 2015 Tony Award for Best Play. It is told from the perspective of a 15-year-old-boy, Christopher Boone, who describes himself as a "mathematician with some behavioral difficulties" living in Wiltshire, England.

Christopher has never ventured alone beyond the end of his road, he detests being touched, and he distrusts strangers. When he discovers the body of his neighbor's dog Wellington, speared with a garden fork, and finds himself under suspicion, he is determined to find out what happened.

Christopher overcomes his fears and difficulties to set off on a rather perilous adventure to uncover the mystery behind the murdered dog and the truth of his own unique life story.

Mary Orr was Event Coordinator.

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

OFFICERS

President: Bonnie Dutton

Vice President: Bill Boyd

Secretary: Terry Behrens

Co-Treasurers: Lori Lofstrom &
David Jones

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: Dick and Joyce Falk

Membership: JoAnn Magistad &
Joanie Sullivan

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

Programs: Bill Boyd

Refreshments: Jane Gorbet &
Barbara Rose

Setup: Sherman and Julie Vincent

Social Events: Terry Scrivner &
Roberta Lehtinen

Sunshine: Claire Magee

Telephone: Sandy Hartley

Webmaster: Paula Gregoire-Jones

Welcome: Agris and Elza Petersons

PROGRAM MEETING JANUARY 27, 2020

HOW TO BE A GOOD JOURNEY COORDINATOR

Presented by Karolyn Hanna and Barbara Rose

Karolyn Hanna and Barbara Rose had a delightful way of presenting the duties of the Host Coordinator and Ambassador Coordinator. One half of the room were the members of FFSB who role played Home Hosts (HH) to the other half of the room who were pretending to be FF Houston Ambassadors.

Karolyn was the Host Coordinator (HC) who had dialogue with the Houston Ambassador Coordinator (AC) as well as with FFSB members. Barbara talked with her Houston group and exchanged information with FFSB Host Coordinator Karolyn.

<p>Karolyn Host Coordinator (HC)</p>	<p>Barbara Ambassador Coordinator (AC)</p>
	<p>AC asked HC: How many ambassadors can SB accommodate?; Please give us specific dates. (5-7 days) Please send us the completed health and mobility form This form tells the ambassadors what to expect as they visit (in this case SB).</p>
<p>HC asked FFSB group to help decide on dates. HC inquired how many members could host (including the # of beds during selected dates.</p>	
<p>HC sends sheet on information on possible SB activities to Houston AC</p>	
<p>HC and assistant HC plan activities and develop a budget. (FFI recommends Hosting fee be around \$150 for 7 nights.) HC asks members to consider providing "small dinner parties " to take some pressure off the Home Hosts.</p>	
	<p>AC explained the FFI fees. The incoming group confirms dates. Each Ambassador completes the application form. AC asked members to indicate what they are retired from, interests and hobbies on the application to facilitate matching with hosts by HC.</p>

<p style="text-align: center;">Karolyn Host Coordinator (HC)</p>	<p style="text-align: center;">Barbara Ambassador Coordinator (AC)</p>
	<p>If journey is oversubscribed AC will use the Supplementary Form of Participation completed by each Ambassador.</p> <p>FFI has guidelines for individuals with special dietary needs.</p> <p>Additional Member resources are on FFI website.</p>
<p>HC and Assistant HC develop a schedule, which includes activities and free time. Other optional activities may be offered for an additional fee. (Examples of activities previously offered include: Hearst Castle, Reagan Library, and Lotusland</p>	
<p>HC sends draft schedule to Houston AC.</p>	
	<p>AC told her group that travel insurance is encouraged and can be obtained from FFI or other places.</p> <p>Medical insurance - Medicare and supplemental insurance only apply in US. A short-term medical insurance policy can be obtained from Blue Cross/Blue Shield.</p>
	<p>Houston plans their budget which includes the \$150 for Hosted activities; \$15 per night per ambassador for FFI; 5% for AC; \$100 to hosting club for charity; and travel costs. A deposit of at least \$150 is required with the application; the AC must receive Final payment before sending checks to FFI and the Hosting Club.</p> <p>The AC plans flights and gets information on distances, limousines, air buses, etc.</p>
<p>HC informs Ambassadors of a meeting place regardless of their travel method.</p>	
<p>Some issues from past journeys were discussed.</p>	
<p>HC and AC usually stay with each other.</p>	
<p>HC and AC should each have a co-coordinator.</p>	

The exchanges between Karolyn and Barbara and their respective groups made for an interesting and informative evening.

Sarasota Journey

January 29 – February 5, 2020

Written By Roberta and George Lehtinen

Friendship Force Santa Barbara arrived in the greater Sarasota area on January 29 for our adventure from sea to shining gulf.



One stop was Historic Spanish Point where 5000 years ago early Floridians established an area where they hunted, fished, made their tools from bones and shells, cooked and buried their dead. Two "middens" or shell mounds are ancient "dumps" where shells, bones and other day-to-day

accumulations were deposited. In the late 19th Century and early 20th Century this area was developed for homesteading, ranching and citrus orchards.



We toured another living museum, the 15 acre Marie Selby Botanical Gardens on the shores of Sarasota Bay. We learned about "epiphytes" such as orchids, bromeliads, tillandsia (air plants) that get everything they need from the air.



Next was Marietta's Museum of Art and Whimsy. The owner set up a free museum full of cheerful, offbeat and humorous paintings, lighthearted sculptures and creative yard decorations in the oak canopied garden. Orchids and indigenous tropical plants are nestled in with the art. Art from Scrap comes to mind. We explored our inner whimsy.

A trip to the Royal Lipizzaner Stallions 200 acre ranch was an eye opener. If you have seen the professional show, you can't imagine how much training and dedication the horses and riders endure. It takes four years of coaching before the young horses get saddle ridden.





The Ringling Museum and tour of the mansion gave us a look at the unbelievable logistics of set-up, show time and teardown and transport of the Greatest Show on Earth. A sprawling miniature diorama showed tiny details of the tents behind the Big Top that support the show.

We finally got on the water with a Mote Eco Tour on Sarasota Bay. It was hosted by a biologist and a volunteer who told us all about the native marine wildlife – dolphins, manatees, ospreys, eagles and other native birds in their natural environment. Our guide dragged and pulled up a net full of sea creatures that were passed around for our up-close look.



Our last day was at the 295-acre National Cemetery. The Patterson Foundation partnered with Veteran's Affairs and the National Cemetery Administration to create a 2800 seat amphitheater. Bronze art installations illustrate the services and



sacrifices of Americans heroes and their families were commissioned to create stories that honor and celebrate vets. It is unique to national cemeteries.

Many of us went to Myakka River State Park where the river flows through 37,000 acres (58 square miles) of arching palm trees, live oaks, prairies, wetlands and pinelands. Alligators and turtles bask on the banks while ospreys, ibis, owls, herons, storks and many other birds soar and squawk.



The main attractions aside, the friendly people we met were the true highlights of the trip. The many committees made it easier on the club to get everything coordinated. Small dinner parties and a Super Bowl Party made it possible to get to know members one-on-one.

Visiting Sarasota was truly beyond the beaches. Downtown had high rises, every imaginable cultural choice such as art museums, ballet, performing arts, comedy clubs, opera, symphony, jazz, Broadway hits and circus acts. St. Armand's Circle has first class shopping and restaurants aka Rodeo Drive. The Gulf and waterways set a beautiful scene for sunbathing, boating, fishing and water sports. There was even a thriving Mennonite colony, a throwback to yesteryear next to 2020 society - but watch out for the bicycles.

The activities planned gave us a sense of the life along the Gulf Coast of Florida. The homes, the people and the environment are quite unique. As the sun set on our adventure we will long remember our journey and the spirit of friendship.

Karolyn Hanna and Terry Scrivner were Ambassador Coordinators

Leap Day Social

February 29, 2020

Cannabis Farm Tour, Wine and Dine

Written By Roberta Lehtinen and Karolyn Hanna

On Leap Day, eighteen of our Friendship Force folks leaped into the cannabis industry with a guided tour of Carpinteria's Autumn Brand growing operations green houses. On this sunny day, green house translated to "hot" house. The sixth generation of farmers from Holland has switched from tulips and Gerbera daisies to another kind of flower, namely cannabis. We found that the industry is very tightly regulated with each and every one of the 40,000 plants having an individual name and number from seedling to mature plant and that every movement, trimming and harvesting must be documented and available for government regulators. The drip irrigation system captures any excess water for recycling and reuse with the only water used being that which the plant transpires. Laboratory testing ensures the finished product is free of pesticides and has a measured strength that is printed on the sealed sales jar. For odor control, the farm has the vapor odor control system and a backup generator for power outages.

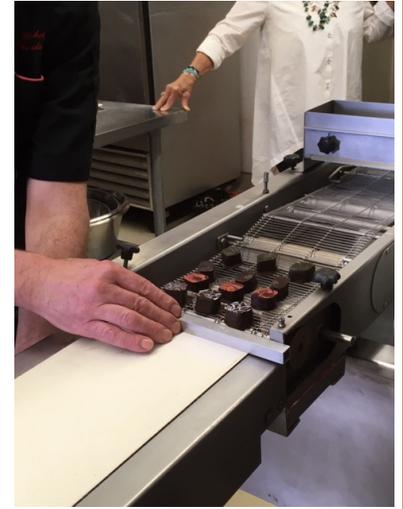


After the farm tour, seven of us went to Corktree Cellars to taste three different wines on flights of red, white or other wines, while eight of us sampled delicious gourmet chocolates or visited the seals birthing beach.





Eight members of FFSB participated in the champagne and chocolate tasting at Chocolats Du Calibressan Jean-Michel (owner and chocolatier) is from France and his wife is from the United States. They previously owned a restaurant in Bressan, France and the name of the chocolate company is a combination of California and Bressan where they previously lived. Jean-Michel described various types of cocoa and gave us tastes of each



including the raw cocoa bean. Then he demonstrated how he makes bonbons and truffles. Each type candy requires at least three steps: First chocolate is placed in a form to create its unique shape and allowed to dry overnight; then the filling is placed in the form and allowed to cool after which a final coat of chocolate is spread over the form to seal in the ganache or caramel center. Artwork on each piece is done by placing a stencil over the chocolate before the final layer of chocolate cools.

At the conclusion of Jean Michel's demonstration we tasted five different chocolates while enjoying a glass of champagne. It was very interesting and Jean-Michel's chocolates are absolutely the best!

Snacks with the wine and chocolate almost dulled our appetite for a cook-it-yourself dinner at the Carpinteria institution called the Palms Restaurant, but we persevered and had a nice convivial dinner with our fellow Friendship Forcers.

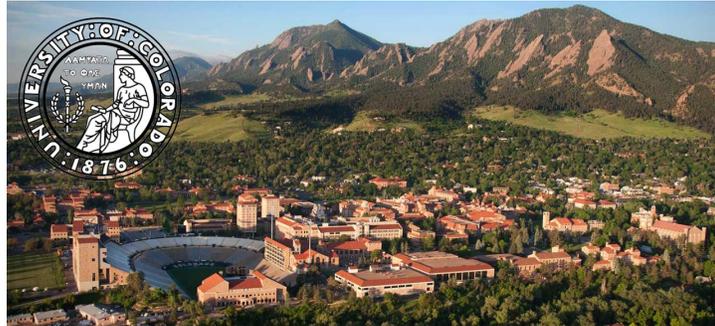


All in all, our Carpinteria day was informative, fun and filling.

Roberta Lehtinen and Terry Scrivner were event coordinators.

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 newsletter the last quarter of 2019, the strongest takeaways of the FFSB delegates were presented. Also there was a summary of the introduction by Jeremi Snook, President and CEO of FFI. The first quarter of 2020 newsletter had a summary of the Plenary Session and summaries of some of the workshop sessions. These workshops were Best Practices-Strengthening Clubs; What Can FFI RSMS & Field Reps Do For My Club; and It's a Match!

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 were summarized in the last issue of the newsletter. 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

Planning & Executing an Inspirational (meaning themed) Journey. The speakers talked about a two-week Journey their club put together regarding experiencing Native American Indian culture. It took a lot of work by a lot of club members to put this together starting the planning process 18-24 months prior such as getting approval of their club's board, etc. The ambassadors didn't stay in the American Indian homes because they had no electricity there, so one person went to the hotels near the Hopi and Navajo nations ahead to check them out before choosing one. The speakers emphasized the importance of good communication such as letting the ambassadors know that someone would meet them at the airport, etc. They said that the results of this kind of themed Journey energized their club partly by encouraging more participation by all the club members. If FFSB would sometime like to put together a themed Journey, we could choose Spanish

culture and architecture, for example. The speakers also mentioned that we could collaborate with another like-minded organization such as, for example, Habitat for Humanity regarding a themed Journey.

Fold, Pack, and Go. Helpful suggestions were: leaving the zipper open a little on a packing cube zipper container in order, after packing it, to sit on it to get the air out to fit more into it or fit more into the suitcase, push on a cloth suitcase to get air out after packing it, put socks inside shoes and gloves, scarf, and hat in coat pockets to take less room, can get from AAA the credit card protectors to also use on protecting one's passport, men shouldn't put their wallets in their back pocket when traveling, and put one complete change of clothing in your carry-on, not just underwear.

FFI Partnership with International Cities of Peace was particularly interesting and inspiring. There are 221 Cities of Peace worldwide. The goal is to have 1000 cities by 2025. Right now there are two International Cities of Peace in California (Los Angeles and Ojai) and one county (Lake County). Cities can choose to have Peace as a Core Value; peace being safety, prosperity, and quality of life. These cities have to go before their city council and community leaders to get buy-in of this idea. Cities work with their police to accomplish the safety portion. Public libraries often offer cultural programming including American Indian and Latino cultures. Urbana, Ohio, for example, after 9/11 not wanting war became an International City of Peace. It was able to turn grief into peace and justice action. To be certified as an International City of Peace go to: www.InternationalCitiesOfPeace.org. This organization has worked closely with the United Nations and actively supports the September 21st UN Day of Peace. "A City of Peace, as officially defined by International Cities of Peace, is a community that endeavors to make progress against violence and foster a culture of peace. A Culture of Peace is determined by the citizens of each community. As a guideline, United Nations Resolution A/RES/52/13 defines a Culture of Peace as a set of values, attitudes, modes of behavior and ways of life that reject violence and prevent conflicts by tackling their root causes to solve problems through dialogue and negotiation among individuals, groups, and nations."

50 Ways to Be a Good Ambassador. This was a very good one to attend as the last Workshop as it was comical and enjoyable. It was an interactive Workshop in which we broke into small groups. We were given an excellent handout called 50 Characteristics of a good Friendship Force Ambassador. The capital beginning letter of each characteristic phrase spelled out "The Characteristics of a Good Friendship Force Ambassador". The speaker first had us each choose which 4 characteristics we felt were the most important. Then the speaker told us which 4 characteristics FFI felt were the most important. Each group then had to act out in front of the rest of the attendees one of those chosen by FFI characteristics. For example, the small group I was in chose to act out "Packs lightly" by first presenting to the audience what happens when a person packs in a heavy manner (the negative 1st) and then what happens when a person packs lightly (the positive 2nd).

Planning and Program Meetings

Planning Meetings:

Monday, May 4, 2020 7:00 p.m.
Home of Barbara and John Rose, 6813 Silkberry Lane, Goleta, CA 93117.

Program Meetings:

Monday, May 18, 2020 7:00 p.m.
"Cannabis - All you wanted to know, but were afraid to ask" presented by KopSun

Social Programs

June TBD: Cachuma Lake Nature Center; Lake Cruise for 30 people; Lunch at the lake café. *Coordinator: John Rose.*

**Domestic and International
Inbound and Outbound Journeys**

AC = Ambassador Coordinator Outbound
HC = Host Coordinator Inbound

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

July 10-17, 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.

October 26 – November 2, 2020 - TBD Inbound International, Kumamoto, Japan. Dave & Jan Inouye, and Bill Dutton are HCs.

May 21- 23, 2020 -Western Regional Super Conference Portland Oregon



Friendship Force International

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 (<http://www.thefriendshipforce.org>)



Along with our Cookie Angel treats we will be serving coffee from Starbucks at our Program Meetings.

The cost of the coffee is \$1.50 per 8 oz. cup, so cash donations from our coffee drinkers would be appreciated.

We thank the generous anonymous donor for the \$100 to underwrite the coffee fund for the start of the year.



Jacqueline
 Van Spanckeren
 10/3/1925 to 1/8/2020
 Founding member and past
 president of FFSB.



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:

- | | |
|----------|----------------|
| April 14 | Marilyn Conrad |
| April 24 | Carol Nichols |
| April 29 | Ron Hartley |
| May 2 | Jill Wilk |
| May 4 | Dee Wilkerson |
| May 3 | Dick Falk |
| May 7 | Pat Wade |
| May 17 | Jo Magistad |
| May 24 | Diane Galvan |
| May 27 | Julie Nguyen |
| June 5 | Diane Siegman |
| June 9 | Harv Turner |
| June 27 | Anne Gray |