



PRESIDENT'S MESSAGE



Hello Fellow hosts and travelers,

Here we are in our fourth month of Covid 19 restrictions. Although the State of California has begun to lift some restrictions, I do not envision that we will be able to meet in large groups for many months yet, especially those of us in our age group.

Friendship Force Santa Barbara will continue to have Zoom planning meetings, program meetings and creative

social meetings. If you are active on Zoom, I encourage you to join in these meetings. No, it is not the same as gathering together, but it does help us stay connected.

As everyone knows, all of our remaining inbound and outbound journeys have been cancelled for 2020. Friendship Force International has requested that clubs reschedule the cancelled events from 2020 to 2022 because the journeys for 2021 have already been scheduled.

Here is the Journey Schedule for Friendship Force Santa Barbara for 2021. We will need Host coordinators and Journey coordinators for these events.

Inbound 2021

March 2021: Mongolia, Mongolia to Santa Barbara USA

Inbound domestic: to be scheduled

Outbound 2021

June 2021: Santa Barbara USA to Kansas and Greater Omaha USA

October 2021: Santa Barbara USA to Southland and Wairarapa New Zealand

Following are the 2020 unrealized journeys that we need to decide whether to cancel or reschedule for 2022 or possibly 2021.

Inbound 2020

May 2020: Adelaide
Australia to Santa Barbara
Ca. USA– canceled.

Oct/Nov 2020:
Kumamoto, Japan to
Santa Barbara CA. USA –
canceled

Outbound 2020:

July 2020: Santa Barbara
Ca. to Quad Cities IA/ILL
and Milwaukee, Wi. –
canceled.

September 2020: Santa
Barbara Ca. USA to
Cleveland County UK –
cancelled

The first thing we need
to decide is how many
inbound journeys can we
host in one year and how
many outbound journeys
can we participate in
during one year.

We need to take a
look at these issues
as these activities
take participation
from **all** of us as club
members. We must
be realistic about
how many times we
will be able to host or
travel in one year.

You can send your
thoughts and ideas
to me at
bdupton5@msn.com.
You can join in the
conversation, as we
begin to discuss
these issues at our
next Zoom planning
meeting on July 13 at
7 p.m.

Stay Well, Stay Safe,

Bonnie Dutton

Club President

**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 Via Zoom

May 18, 2020

Leaf Learning by KopSun

Article Written By Bonnie Dutton

On May 18, 2020 Friendship Force Santa Barbara conducted its first Program Meeting via Zoom. We had 23 members join us for this program and a short business meeting.



Our program was **Leaf Learning** by **KopSun**. We were treated to a very informative program that provided a comprehensive overview of the what-why-how of cannabis.

In addition to very informative videos, Lynn Houstin and Tina Fanucchi-Fontado spoke to us and then answered questions at the end of the presentation.

Whether or not I plan to use this product, I feel I have a much better understanding of this new and growing natural healing product line.

I am going to share with you my notes. The information may not be perfect, but it is my take away from the program.

The endocannabinoid system maintains body homeostasis. CB1 receptors work with the brain and central nervous system – memory, adverse memory addiction, stress, pain; CB2 receptors work with the peripheral nervous system and the immune system – including GI pain and others.

Hemp Products are non-psychoactive and have more CBD (cannabidiol) and less THC (tetrahydrocannabinol).

Marijuana products are psychotic and contain more THC. The commercial growing of these products is regulated by the state of California. They contain no pesticides. These products are available for use in tinctures, buds, edibles, balms and transdermal patches.

The CBD product is non psychoactive and some of its uses are for reducing inflammation, anxiety, and depression. It also helps with sleep, controlling seizures and ADHD and PTSD.

The THC product is psychoactive, and works with sleep, pain, increasing appetite, muscle relaxant, nausea, and glaucoma.

Terpenes are scents and flavors working with memory, stress, and insomnia. They also have anti-inflammatory and anti-depression uses.

Sative plants have more CBD and Indica plants have more THC.

If you are going to use these products it is recommended that you use a local product grown in and dispensed in your area. The growth of cannabis products in California is regulated by the state. The growing and production of products from out of the state and country are not necessarily regulated in any way – many of these products are imported from China.

When you go to a cannabis dispensary, you will be speaking with a Bud Tender. This is some of the information you will want to communicate to him/her.

What mental or physical imbalance are you addressing? What product might you be most comfortable dosing with?

Using a cannabis product is a matter of learning how to self-dose to obtain the best results. Every **body** is unique and responds differently to medications or healing products. The recommendation for using cannabis is that LESS IS MORE. Start with a low dose and go slow to find your optimal dose.

One recommendation for dosing is to start with 1 mg. Wait 2 hour to experience benefits. The benefits should last 2-6 hours in your system. Wait at least 2 hours before taking another dose. Talk to the Bud Tender about dosing recommendations. Suggestions here were 1 to 2.5 mg of THC but remember this was just a guideline and not specific to each person and his/her needs.

Please remember that these were my quick notes from the presentation. For more complete information, go to the **KopSun** Website: <https://www.kopsun.com/>



June Social

Sunday, June 28, 5:00 p.m.

Organized by Roberta Lehtinen and Terry Scrivner



LEHTINEN'S DINNER SPREAD

The theme of the FFSB June Social Happy Hour via Zoom was to have food and a beverage from a county those members would like to visit or that they enjoyed visiting. Twenty-five FFSB members joined in the 90-minute fun. Everyone had the opportunity to describe their treats and give a mini tour that included countries from every continent and hemisphere. Members were quite creative with their food and adult beverages and relayed fond memories and hopes of checking off places on their bucket lists when the world returns to normal.

There was so much fun talk it is hard to report all the interesting conversations. Some attendees submitted little write-ups about their presentations so they are presented below.

George and Roberta Lehtinen missed the journey to Cleveland County, England with FFSB so they made Stottie Cake (a kind of flat bread) and Panackelty (a corned beef, potato and onion dish.) Both are local specialties of the northeast part of England near Scotland. The region has rural beauty, a World Heritage site, history, cosmopolitan restaurants and good old English drinking establishments.

Pat Burkard, Marion Cozort, Linda Williams, and Karolyn Hanna had packed their bags and all came together dressed in blue Dodger T-shirts and enjoyed Dodger Dogs and nachos.

The Duttons: Bill was drinking a screwdriver made with vodka that was a gift from their Russian guests two years ago. They spent one day in St Petersburg, Russia visiting the sights a few years back on a Baltic cruise and wished they had had more time in Russia. For an appetizer they had Quiche Lorraine one of Bonnie's favorites. Quiche originated in Lothringen - a medieval kingdom under German rule. It was originally an egg custard in a brioche pastry. This dish was later adopted by the French who enhanced the dish and renamed it Quiche Lorraine, after Lorraine, France



BILL IN HIS RUSSIAN HAT

Sherman Vincent and Julie Nguyen joined the party from their motorhome at their campsite at Lone Pine campground (4 miles from Mount Whitney). Their appetizers were Toscano cheese with black pepper from Trader Joe's, crackers, sliced tomatoes and cucumber both from their gardens. Their drink was a Spanish bottle of brandy. Julie then steamed broccoli and served it with fried chicken breast (with her homemade sauce) and more sliced tomatoes from their garden. They shared some pictures of Spanish tapas from their last year's trip to Spain.

Due to their virtual background it appeared that Dawn McGrew and Pat Wade were enjoying their bratwurst, mashed potatoes, and red cabbage at the Hofbrau in Munich Germany that they visited in 2011. Many people joined in the conversation about their knowledge of Germany.

Dave and Jan Inouye showed a small iron sake serving pot that they bought on the 2017 FF/Kumamoto/Shikoku Japan exchange. Usually sake is served from a ceramic container shaped like a small bottle and poured into miniature cups. However this iron pot version was new to them. They learned that it is used to serve warm sake and has a beautiful replaceable ceramic lid to use when serving your guests. Dan and Jan also showed couple of "tea cakes" or dessert type cookies that is usually served with sake or tea when you have guests in your home.



Sandy Grasso-Boyd told of her mother who was born in Romania but immigrated here in 1907, always made mamaliga, the Romanian Cornmeal Porridge, for lunch for her. It is made with corn meal, butter, water, and herbs and served with feta cheese, farmer cheese or sour cream. Sandy remembers it as always delicious, a comfort

food, and loving the cheese and melted butter served with it. In Romania, it was made in a round pot and when stiff enough flipped on to a wooden farm table from which folks would slice off a piece for their meal. When Sandy made it she found out that flipping it so it landed in a pan took some experience that she hadn't yet acquired.

Bill Boyd's grandmother Hradek used to make Czech (Bohemian) cheese straws that he absolutely loved. Bill and Sandy visited Prague and Kutna Hor in Czech Republic 5 years ago and would go back in a heartbeat. They absolutely love the Pilsner Urquell Beer



twinkl.com



It was like watching a cooking show as Stan watched Terry Scrivner demonstrate making an Irish Whiskey. Then the on-line members watched them eat the Roscommon Rhubarb Pie. (Recipe available)

Dee Wilkerson told of her disappointment of the tour cancellation to Cleveland County, UK. She ordered in and had English Salad (more beautiful than awesome) and Steak & Ale Pie (normally like a stew but with thicker broth rather than gravy), made with Guinness beer and peas & carrots with a pastry crust. She almost got a Scottish Egg

Dave and Jane Gorbet chose Argentina because their daughter-in-law is from Argentina and they went down there for the son's wedding and honeymoon. Dave and Jane made empanadas to share at the zoom social because they are traditional in Argentina. Empanadas are small pastries that have various fillings. They made two different fillings, one beef and the other a combination of onion, cheese and ham. The wine they had is also Argentine from the Mendoza wine region. Jane likes the sparkling white called New Age, and Dave prefers the red Malbec.

Thank you to Roberta Lehtinen for being the narrator.

Support of Friendship Force International

The FFSB club officers met via Zoom and voted to donate \$500 to Friendship Force International to help with their expenses for 2020. Without the usual travel opportunities that FFI coordinates and helps organize, FFI has no income. Send your donation to: FFI Intl., 400 W. Peachtree St., NW, Suite 4 – 980, Atlanta, GA 30308.

FFSB Members are encouraged to make individual donations. FFI urgently needs financial support in order to keep their framework supported at this critical time.

Jo Magistad's daughter, Ellen McDonald, joined the FFSB ambassadors on their trip to Mexico in November 2019. She was impressed with the camaraderie of trust and friendship that surrounded her experience with Friendship Force. So this year, as the executor for the estate of Norma Ricci, Ellen decided to give \$10,000 to FFI in order to help them. Norma had prior to her death declined to designate where monies from her estate should go. Ellen felt this donation would complement Norma Ricci's beliefs in fostering a caring, supportive society.



Friendship Force Santa Barbara and the Santa Barbara & Tri-Counties Chapter of the United Nations Association have common goals as we all work toward World Peace.

Interested members of FFSB can go to the website, www.unasb.org to find out more about the UNA organization, its events, and how to join as a member if they wish.

Planning and Program Meetings

Planning Meetings:

Monday, July 13, 2020 7:00 p.m. via Zoom

Monday, September 14, 2020 via Zoom

Monday, November 9, 2020 via Zoom

Program Meetings:

Monday, July 20, 2020 7:00 p.m.
Bruce Arnheim and Sandy Grasso-Boyd —
“Tuxtla-Gutierrez, Chiapas, Mexico
Journey” via Zoom

The Tuxtla FF will be invited to join us via
Zoom so the time may change.

Monday, September 21, 2020 7:00 p.m.
Thomas Reed — “Unity Shop’s Response
to the Covid-19 Pandemic” via Zoom.

Monday, November 16, 2020 7:00 p.m.
George and Roberta Lehtinen — “Sarasota,
Florida Journey” via Zoom.

Social Programs

**August TBD - Spaghetti Dinner ta the
Goleta Elks Club**
CANCELED

October TBD: Dotty Iverson’s Pot Luck;
either Welcome or Farewell Dinner for the
Japanese Ambassadors from Kumamoto.
CANCELED

**December TBD: – Annual Holiday Dinner
Party at Mulligans**
CANCELED

**Domestic and International
Inbound and Outbound Journeys**

AC = Ambassador Coordinator Outbound
HC = Host Coordinator Inbound

July 10-17, 2020 - Outbound Domestic
to Milwaukee, WI and Quad Cities IA/IL.
Bill Boyd and George Lehtinen are ACs.
CANCELED

September 2020 – Outbound to
Cleveland County, UK, Linda Williams
(AC) assisted by Carolyn Hanna.
CANCELED

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



All Planning Meetings, Program Meetings and Socials will be conducted via Zoom for the near future. Dawn McGrew will be hosting the Zoom meetings, and will send an email with a link to join each meeting to all members.

Anyone who needs help with setting up the Zoom application on their computer or phone may call Dawn for assistance at (805) 962-5499.



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 |