



FRIENDSHIP FORCE NEWSLETTER

SANTA BARBARA JANUARY/FEBRUARY 2018

PRESIDENT'S MESSAGE

Greetings,

This was an unusual holiday season. The Thomas Fire took center stage and demanded the attention of all of us. If it wasn't the smoky haze, the unhealthy air quality, or the falling ash, it was KEYT news alerting us to the very real dangers of the largest California fire on record. Some of our members were evacuated and others were poised to evacuate, anxiously awaiting the latest news on the direction and severity of the winds.

In the midst of all of this, the majority of the members who had signed up for our annual holiday party decided to focus on "friendship" instead of the fire, at least for a short time, and gathered for an

enjoyable evening of food, friendship, and magic. I was impressed with the number of attendees and came to realize that our Friendship Force members have found that the friendship and relationships within the club are an important part of their lives.

I'm currently in Wisconsin, at my family home, enjoying the beauty of winter with zero-degree temperatures and lightly falling snow. Yes, it is cold outside, but it is cozy inside, with family and friends and a dependable furnace! When I think of Friendship Force, I'm thinking of the warm friendships within our club and the friendships that some have experienced through our 2017 journeys,



**ANNE GRAY, LINDA WILLIAMS, DAVE JONES
AND BONNIE DUTTON**

be it the Chiapas visitors, a Mid-west cultural journey, some other domestic or international exchange, or that "Joyous Japan" journey.

The best is yet to come, as we forge new friendships in 2018. I'm excited to be your president, and I look forward to your encouragement, your creative ideas, and your eager involvement in our Santa Barbara Friendship Force club.

In Friendship,
Linda Sadie Williams

COSTA RICA & PANAMA ADVENTURE



At our November program meeting Sandy Grasso and Bill Boyd shared pictures of their Costa Rica-Panama Adventure in March 2017:

We began with a pre-cruise trip to the Monteverde Cloud Forest and Arenal Volcano

areas in Costa Rica where, among other activities, Bill went zip-lining in the cloud forest and jumped off a tall tower attached to a long line—aptly called the Tarzan Swing; meanwhile Sandy visited the butterfly garden and the humming bird sanctuary where she practiced her photography skills.

At Caldera Port on the west coast we boarded the “Un Cruise” Safari Voyager and were absolutely delighted at the hospitality, food, drinks, fun activities, and helpful, knowledgeable staff. At Manuel Antonio National Park we got close up to howler and squirrel monkeys, sloths, parakeets, toucans, and a host of other creatures in the rain forest. The highlight of our last cruise days was snorkeling around the pristine Oro de Golfo Isla. Our trip through the Panama Canal was at night but was still a wonderful experience.

We returned from Colon, on the east coast, to Panama City and took the Panama Railway to see the new Agua Clara Locks Visitor Center and viewed the newly-widened canal locks in operation. Venturing into the jungle, we took a dugout canoe to visit the village of the Embera Quera tribe. It was the highlight of our entire journey,



including a native lunch with the chief and his son, a festive dance performance, and the chance to hold a baby monkey. This trip was a riot of fun and adventure—and we heartily recommend it to our friends in FFSB.

2018 Governing Board of the Friendship Force of Santa Barbara

OFFICERS

President: Linda Williams

Vice President: Bonnie Dutton

Secretary: Anne Gray

Treasurer: Dave Jones

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Past President: Rickey Farbman

Domestic Journey Coordinator: Rickey Farbman

Inbound Host Coordinators:

Rickey Farbman & Terry Scrivener (Heisenborg, Sweden)

Outbound Ambassador Coordinators: Pam Vestal (Blue Mountains and Mount Baker, Australia)

Directory: Paula Gregoire-Jones

E-mail Notifications: Dawn McGrew

Historian: Barbara Gregoire

Membership: JoAnn Magistad

Newsletter: Joyce Falk (editor) Paula Gregoire-Jones (publisher)

Programs: Bonnie Dutton

Refreshments: Jane and Dave Gorbet

Social Events: Pam Vestal (coordinator) & Social Committee

Sunshine: Claire Magee

Telephone: Sandy Hartley

Webmaster: Paula Gregoire-Jones

Welcome: Agris and Elza Petersons



MAGICAL CHRISTMAS FESTIVITIES

Our 2017 Christmas holiday gathering was held at the Mesa Café in an atmosphere of magic provided by our guest magician, Gene Urban. He practices "close magic," a style in which the magic happens right in front of the individual audience member, involving a variety of small physical items such as playing cards, coins, and other everyday objects. Early in the evening Gene mingled among members pulling colorful balls from behind our ears and performing playing-card tricks. He performed a mixture of mind telepathy with cards, text from books, and rings borrowed from the audience. He also shared with us that he was introduced to magic by his roommate at UCSB during his freshman year. He has performed internationally for corporate events and private parties for more than twenty years. The combination of his friendly personality and interactive presentation made a memorable evening.

After a delicious meal of top sirloin, grilled salmon, or chicken Marsala and excited chatter about the recent international journey in Japan, we recognized our 2017 officers for their hard work during the past year and installed the new officers for 2018:

President: Linda Williams

Vice-President: Bonnie Dutton

Treasurer: David Jones

Recording Secretary: Anne Gray

Congratulations to our new 2018 Board!!

Our thanks to Dawn McGrew for planning the dinner and entertainment at the Mesa Café, and to Linda and Karolyn, who provided festive table decorations. Despite our concerns about the evacuation, air quality, and threat of flames from the Thomas fire, which impacted several of our members, we enjoyed friendly conversations and a joyful good time.



Domestic and International Inbound and Outbound Exchanges in 2018 & beyond

~~Feb, 2018~~ - Outbound to Tucson, Mary Orr, AG - **canceled**

~~March 2018~~ - Outbound to Blue Mountains and Mount Baker, Australia, Pam Vestal, AG - **canceled**

September 18-25, 2018 – Inbound from Heisenborg, Sweden , Rickey Farbman and Terry Scrivener (HC)

International Conference Dates:

2019 -42nd World Conference, TBD

Planning and Program Meetings, Social Events:

Planning Meeting:

Monday, January 8, 7:00 p.m.

Join us at the home of Karolyn Hanna, 5235 Toluca Court, SB.

Program Meeting:

Goleta Public Library

Monday, January 22, 7:00 p.m.

Service Project: Mayan Families in Guatemala
by Bill Dutton

Social Events:

February, TBD, CPR training by Pat Burkard and Marion Cozort

–more details to follow soon

WESTERN REGIONAL SUPER CONFERENCE: "CITIZENS OF A GLOBAL COMMUNITY"

May 3-5, Holiday Inn Express, Elk Grove, California (Sacramento area)



Make your plans now to attend the first super regional conference of the Western US states and Canadian provinces. The conference is for all FF members, whether a new member, a seasoned leader, or an enthusiastic supporter. Let's have a good group from Santa Barbara!

On the agenda are keynote speaker Joy Justus of World Relief Sacramento, presentations by FFI staff, workshops, cultural activities, and a gala Cinco de Mayo banquet. Topics to be discussed include travel insurance, new member Q and A, planning global journeys, multi-generational journeys, vetting ambassadors, membership concerns, future planning, and more.

Approximate costs are: registration \$125-150, banquet \$45 (optional), and \$149 (plus tax) per night at the Holiday Inn. Post-conference homestays of 3-4 nights will be available sponsored by Las Vegas, San Francisco Bay, and Sacramento clubs. For details and to register go to:

<https://docs.google.com/forms/d/e/1FAIpQLSca5M1fSWoRfRbWBlePURgJU1e9sH8EQtGq2AvujqiZzfUW6A/viewform> – (Hint: copy and paste the url into your browser)

Questions? Contact Pat Ghiglieri at pat.ghiglieri@sbcglobal.net or 916-212-7111
or Marty McKnew at martymcknew@comcast.net or 916-709-1347.

Joyous Japan Oct. 29 – Nov. 16

by Dave Jones



Amakusa Island and a fast boat to see dozens of dolphins gracefully gliding through waves on a warm, cloudless day, making time stand still while viewing the enchantment of nature's timeless ballet.

We knew immediately upon arrival at the Kumamoto airport that it was going to be a great visit. The host families met us with great jubilation. On Monday we had a barbeque, a feast of various foods in a beautiful garden, but the real treat was meeting the wonderful, friendly, and cheerful people of Kumamoto. The next day we took a scenic drive by chartered bus to



On the free day, some of us drove through forests and fields, and at the top of the mountains were rewarded with magnificent views of volcanos above and far below houses and farms in a pastoral paradise. We explored the sights of Kumamoto, museums, crafts, and shopping and then enjoyed the farewell dinner with more tasty Japanese vegetables, fish, rice, and noodles in traditional style. The young women and children performed traditional dances in which the elaborate kimono costumes were as exquisite as the dances. We joined in the fun wearing golden pagoda paper hats while winding our way to alluring traditional music like a Japanese dragon in a parade.

On Friday we had lunch, ice cream, and coffee on our way to sake tasting in one of the heritage sites in Kumamoto. We visited the Tumulus Museum of ancient tombs before heading back to take our hosts to dinner.



traditional bedrooms with paper walls and mats on the floor, which took a little getting used to but it really let you know you were in Japan. In the evening we

Ehime-Matsuyama

On Saturday we took smooth rides on two trains to reach our next home stay destination in Ehime-Matsuyama and proceeded to our host's houses to relax after a long day. Some of us slept in

enjoyed the welcome party with our hosts and a cornucopia of fine food and some joyful singing with our hosts. On Sunday Paula and I went to our host's garden to pick peanuts, potatoes, greens, and oranges, for which Matsuyama is famous. The sweet oranges lived up to their reputation and potatoes baked in an open fire lent lunch a campfire feeling.



On Monday, on the way to Hiroshima via a scenic bus ride in the countryside, we took a ferry to Miyajima Island to visit the Itsukushima Shrine and city, beautifully manicured with shops and sporting a sprinkling of small brown deer, who were not in the least afraid of the visiting crowds. A five-level red and white pagoda proudly overlooked the peaceful grounds below. We finished the day with a visit to the Hiroshima Memorial Park and Museum, stark reminders of the



tragedy of war in a solemn, respectful setting. We returned tired from our 14-hour day but it was well worth the trip, which for most of us would be a once-in-a-lifetime experience.

The following day we attended an exquisite formal tea ceremony, including the wearing of kimonos provided by our hosts. This made a great photo of our group. The free day was followed by dinner parties with our hosts.



Then we took a trip up to Matsuyama

Castle high on a hill sitting majestically against a cloudless sky. Some of us climbed to the top inside the castle up steep steps and several floors to be rewarded with 360-degree views of the city and beyond. We were encouraged to write 17-syllable haikus and place them in the boxes for the annual haiku contest. Here is a one of our submissions:

Wonderful Japan
Kind, considerate, and grand
So sweet is the land

On Friday we drove through the countryside to a restaurant where we made buckwheat noodles—a challenge to get the shape and size just right—then were served our own cooked noodles cold, as a surprise. We visited a candle wax factory in a charming older village and marked the end of a perfect day at a local farmers market.



On to Kyoto

Ten of us took a plane to Kyoto for the trip extension. On Sunday, Nov. 11, we took a small, wooden boat manned by three men (no engine) sweeping down the rapids for almost two hours of spectacular forest views. We visited a towering green bamboo forest in all its splendor and the famous Golden Pavilion, which lived up to its reputation of being heavenly and perfectly maintained. The next day we boarded a train for a visit to a spectacular Shinto temple high a hill with a pathway of bright vermilion tori gates not more than a few inches apart. The more than 3,000 gates to the top were a bit too much in time and distance for us to undertake. In the evening we visited the historic Gion district, originally developed in the Middle Ages, in front of Yasaka Shrine. The district was built to accommodate the needs of travelers to the shrine, eventually evolving into one of the most exclusive and well-known geisha districts in all of Japan.

And finally, Tokyo

After a smooth, fast bullet train to Tokyo we caught a brief glimpse of the Imperial Palace in an immaculate setting surrounded by a moat. The surrounding downtown area was dotted with modern skyscrapers; businessmen and women were smartly dressed in dark suits and white shirts and blouses, radiating the professionalism of this district. Lunch was a walk in a light rain to a famous 15-foot-high paper lantern, followed by a walk through a busy open-air shopping district.

The next day we enjoyed a peaceful river cruise to a beautifully manicured city park against a backdrop of sliver skyscrapers shimmering in the distance. An elevator in a government center building took us to the 45th floor to gaze at sweeping, but a little foggy, views of downtown. On our final day some of us walked downtown from our hotel while others went to a western art museum featuring Van Gogh, Seurat, Mary Cassatt, and more, followed by a quick trip around the zoo before heading to the airport for home.

Special thanks go to our host, Joshi, for our Kyoto and Tokyo experiences, and for making the trip memorable, smooth, interesting, and fun. She read a letter to us on our last night that included these beautiful parting words: "With no war we can all be friends. This is what Friendship Force is all about."

See more pictures from our "Journey to Japan" on the FFSB website and at our March presentation.

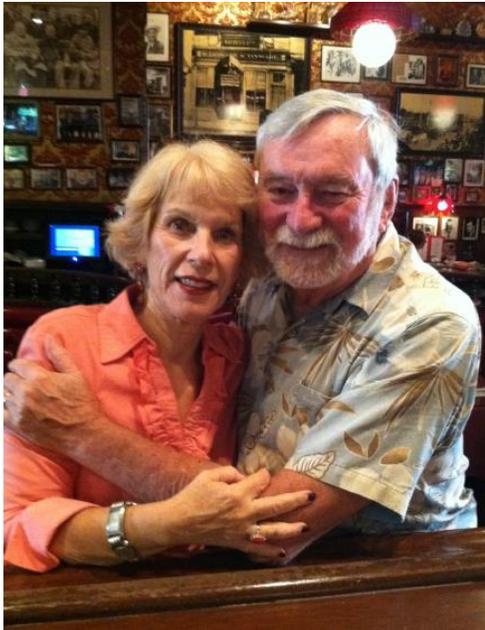
Member Biographies

As part of our project to complete our archives of biographies of members, we are featuring members who have been in in Friendship Force Santa Barbara for several years but have not been profiled in our newsletter.

Dave and Jane Gorbet

The Gorbets have been our FFSB refreshments coordinator for the past year and we appreciate their continuing to serve in that

capacity this 2018 year.



Jane grew up in the Boston area while Dave grew up in the Los Angeles area. We met in Naples,

Italy, while Jane was teaching elementary school to U.S. dependent children and Dave was a Naval Communications Officer assigned to NATO. Upon our return to the U.S. we settled in Santa Barbara where Jane became a women's health educator and Dave worked for the City of Santa Barbara as a traffic engineer. Our two sons have left the nest; the older one lives in the Rocky Mountains of Colorado and the younger one lives with his wife and our two grandchildren in North Carolina.

We are now both retired and participate in a variety of activities. We are both in physical fitness programs, especially Jane with her many

hours of Jazzercise and Zumba classes. In addition, as a volunteer she teaches in an ESL program and participates in several women's groups. Dave is an amateur violist and plays chamber music in small groups almost daily. He also likes to cook, especially enjoying Cajun, Mexican, and Italian foods.

We are members of the National Trust for Historic Preservation, which encourages us to visit historical sites and homes. We also like to visit gardens and attend musical events. We have been on one FF journey, to Virginia, which we thoroughly enjoyed. We particularly liked visiting Monticello and a living history museum in the Appalachians. We have hosted several small dinner parties for visitors from Taiwan, Canada, and somewhere else (Chiapas?). We plan to go on the upcoming Tucson journey and go on to the historic town of Tombstone.

Linda Williams – *Incoming President*

I am a Wisconsin native, growing up in a small town not far from Milwaukee. I graduated from Whitewater State University as a math major. I've also lived in Rhinelander and Eagle River (Wisconsin), as a young married lady. After enduring yet another long winter, we decided to move to Santa Barbara in 1978 and I've been here ever since. I love Wisconsin, but as I tell my Wisconsin family, it's either too hot or too cold in Wisconsin! I have two grown sons, one here in Santa Barbara and one in

Oakland. Neither is married and I have no grandchildren, yet! Their dad is no longer part of my life, but I have the enjoyment of rich and lasting friendships and close Wisconsin family ties.



I'm still working full time as a kitchen and bathroom designer. I changed careers about 10 years ago, and find this field to be creative and gratifying. I have also taught design classes part-time at Santa Barbara City College for several years. I enjoy architecture, interior design, music, outdoor gardens, and art. I love to renovate homes, or help others do so. I am passionate about "Aging in Place" design, helping people to renovate their homes so that they can safely and comfortably live in their homes as long as they are able.

I enjoy travel and plan to do a lot more of it when I retire. I like to walk and keep active. I'm involved with Bible Study Fellowship and am a lifelong member of the Lutheran church. I'm in a book club and love to read. As I am caring for my yard I am learning more about succulents, since Santa Barbara seems to be in a continual drought status.

I've been a member of Friendship force for about five years and hope to participate in my first international journey in 2018 to Australia. I've participated in two domestic exchanges, getting to know people on a personal basis, as well as seeing the local sights.

I look forward to guiding Friendship Force Santa Barbara to new levels of adventure, enjoyment, and involvement, as I take on the role of President. With your help and support, it will be two wonderful years.

George and Roberta Lehtinen

George and Roberta Lehtinen have been FFSB members since 2014. We are now catching up with them for our archives.

George was born in Illinois and graduated from Illinois Institute of Technology in Electrical Engineering, electricity then having been recently discovered (ha ha). Being from the Chicago area, he believes that everyone is entitled to two favorite teams, the hometown team and the Cubs. He is 73 but looks 72. George is a regular guy and an engineer who worked for the Army Corps of Engineers, with which he had a highlight year working in Germany and practicing his high-school



German, along with assignments to Washington State, Monterey, and San Francisco. He and his bride lived for many years in The City and enjoyed its slightly off-centeredness but retired to Carpinteria to help care for Roberta's aging parents.

George's interests include World War II, taking pictures, local government, learning new things, science, and the outdoors. He and Roberta have taken month-long bicycling trips through Ireland and New Zealand and now enjoy local trips on their tandem and walks to sidewalk coffee shops in the last unspoiled little beach community in California. George has owned a 1965 Porsche for nearly 50 years—his second most prized possession (after Roberta.) He enjoys traveling to new places but also to familiar places with his Roberta. Keeping in touch with new FFI friends from around the world is also a treat.

Roberta was born in New Hampshire and came to California as a three-year-old

spending her formative years as a Valley Girl, finally coming to Carpinteria with her parents in 1964. She graduated from Bishop High school (Go Cards!) and went on to nursing school in San Francisco. After graduating she and a classmate took off for the bright lights of NYC to work then a six-week trip to Europe—and the travel bug bit her! Afterwards she returned to San Francisco where she worked as an RN until joining George in Tacoma, Washington. They survived the rain for a few years and escaped back to San Francisco.

In San Francisco Roberta held positions as floor nurse, clinic nurse, and charge nurse for an AIDS clinic. Back in Carpinteria she cares for her parents and she keeps busy with a local Alzheimer's caregivers support group and a local suicide prevention group. She also enjoys cycling, a gym membership, gardening, and general local activities. Traveling near and far is a passion and her goal is to become conversationally passable in Italian.

Over the years Roberta and George have traveled to many countries in Europe as well as lots of scenic places in the US, most recently to several National Parks and Monuments with fellow Friendship Forcers Stan and Terry Scrivner. So far, they have has been to Hamburg, Edmonton, and Wichita with FFI and helped as day hosts twice. Traveling with fellow members Stan and Terry Scrivner has added a fun dimension to good travel experiences.



Did you know that Dallas has the largest contiguous arts district in the U.S.? Or that the Fair Park, a National Historic Landmark, contains the largest collection of Art Deco architecture in the U.S.?

The FF club of Dallas invites FF

members to a music, art, and architecture festival, May 15-22, 2018. The journey includes a tour of a private modern art collection, Pritzker-Prize-winning city architecture, and the Soluna International Music and Arts Festival, and a variety of optional activities. The Soluna Festival brings together international artists, including the Dallas Symphony Orchestra, and bridges the gap between classical music and contemporary culture.

For more information go to www.thefriendshipforce.org, click on Journeys, then United States, then Art and Architecture..., View Details.

Visit the Friendship Force Santa Barbara website:

www.friendshipforcesantabarbara.org

Stay informed with the Friendship Force International website:

www.thefriendshipforce.org



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 11 Jane Gorbet
- February 23 Patricia Poilé
- February 24 Liz Turner
- February 29 Suzy Pelovsky

2018 Membership Directory

The 2018 membership directory will be e-mailed to all members soon in a format that you can print yourself or you may request a hard copy of the directory to be printed for you.

The 2018 Membership directory will also be available on the "Members Only" page of the FFSB website. -If you haven't setup your account yet, contact Paula Gregoire-Jones for assistance.

Hard copies of the 2018 directory will only be provided on request and will be available at the January 22 program meeting.

Let Paula Gregoire-Jones know by January 15 if you need a hardcopy of the 2018 directory.