



FRIENDSHIP FORCE NEWSLETTER

SANTA BARBARA JANUARY/FEBRUARY 2019

PRESIDENT'S MESSAGE

I've survived my first year as your President! Just kidding – it has gone very well because so many Friendship Force Santa Barbara members have contributed their time and talents for the good of our “friendly” organization. I want to thank my fellow board members, as we have made a great team, working together, discussing issues, and making decisions.

Our assigned international inbound journey this year is from Moscow. We were happy to receive this assignment, now we have to plan the execution. The Russians will first be hosted by FF San Diego starting on April 26; then they will travel to Santa Barbara via Amtrak and be with us May 2-9. I've been in contact with the San Diego Journey Coordinator and the president of the Moscow club. After numerous requests for Journey Coordinators to plan our Santa Barbara hosting of the Moscow group, we still do

not have confirmed help from our club members. Because being a Journey Coordinator is such a big job with so much responsibility, it has been suggested that we have a team of 4 or 5 to share the Coordinator duties. For example:

two people to plan the daily activities and develop the budget;

one person to secure and coordinate the home and day hosts and the transportation;

one or 2 person(s) to plan the small dinner parties, the welcome event, and the farewell dinner.

The Moscow visit will be one of several important topics that club members need to address at our first 2019 Planning meeting on January 14. We are obligated to host this journey assignment from FFI as part of our Friendship Force organization. Please consider helping our club in this interesting and important venture with the Russian Friendship Force members. As I have personally

discovered, the more you participate with our international guests, the more you receive in unique, informative, and friendly ways.

The good news is that our membership numbers are excellent, with almost all members renewing and paying their dues. We have a few new members as well. We have an excellent line-up of interesting and informative 2019 program meetings as well as at least five social activities. Since so many of our members travel, we have a fantastic and active organization. a fantastic and active organization.

In Friendship, Linda



WHAT'S UP

WITH THE FFSB NEWSLETTER?

The club newsletter will be discussed at the Planning meetings to see if changes need to be made, as no one has volunteered to take on the role of Editor.

FFSB HAD A FABULOUS HOLIDAY PARTY

We held our FFSB holiday dinner and party on December 9 at Mulligan's Café in upper San Roque-Samarkand. In addition to the main event—delicious food (and drink!) and the lively exchange of greetings and best wishes for the holiday season and coming new year—attendees delighted in the contest to see who was wearing the “ugliest” holiday or vintage sweater. The competition was fierce but the ultimate winners were Patrick Wade for his elf hooded sweater and Karolyn Hanna for her blinking and glitzy attire.



In the “white elephant” exchange, guided by “Stanta” and Mrs. Claus (alias the Scrivners), it took quite some time to get all the goofy (and sometimes quite nice) gifts distributed and then traded around.

The Montecito Bucket Brigade was announced as the recipient of the club's holiday charity gift of \$300.

A hearty and joyous thanks to Anne Gray and Barbara Rose for orchestrating the festivities, David Jones for collecting the payments and keeping the accounts, along with the Santa's helpers

2019 Governing Board of the Friendship Force of Santa Barbara

OFFICERS

President: Linda Williams

Vice President: Bonnie Dutton

Secretary: Anne Gray

Treasurer: Dave Jones

DIRECTORS

Past President: Rickey Farbman

Domestic Journey Coordinator: Karolyn Hanna

Inbound Host Coordinators:

Moscow TBD

Outbound Ambassador Coordinators: Sandy Hartley (JC), British Columbia, Metro Vancouver, and Victoria, Canada with FFLA)

Anne Gray & Barbara Rose, Hartford, CT

Directory: Paula Gregoire-Jones

E-mail Notifications: Dawn McGrew

Historian: Barbara Gregoire

Membership: JoAnn Magistad & Joanie Sullivan

Newsletter: Joyce Falk (editor)
Editor is vacant rest of 2019
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

PROGRAM MEETING NOVEMBER 19: HOME SAFETY WITH STYLE

"Aging in place" is the catchword for those who want to remain in their homes as they get older but want to do so with safety and convenience improvements. FFSB president Linda Williams presented this concept at the November 19 program meeting. She emphasized some of the basic contemporary universal design elements for safety, convenience, and aesthetics: having an entrance with no steps—or if the home must have steps, having adequate hand rails; having ample interior door widths to accommodate wheelchairs or other equipment; having a full bath on the main floor equipped with grab bars in the shower, tub, and toilet



areas, and with a taller, comfort-height toilet; having slip-resistant floors, especially in the shower and bathroom (smaller tiles with more grout are less slippery than larger tiles); having at least one bedroom on the main (ground) floor; and using lever-style door and faucet handles.

These good design pointers work in homes for every age—children, adults, and guests, as well as for older persons. So,

for designs and plans for enhancement or renovation of your home for future needs, you might want to contact Linda; she has fifteen years' experience designing kitchen, bathroom, and general home remodels for comfortable, safe, and attractive living.

HEADING FOR TUCSON – YIPEE!

On February 5, twelve spunky FFSB Ambassadors head off to Tucson, the metropolis of southeastern Arizona. There they will visit the world-famous Biosphere and the Arizona-Sonora Desert Museum, which is a botanical garden, zoo, and natural history museum all in one. Nearby is the historic Western town of Tombstone and several more museums, parks, and theatres. The FFSB Journey also coincides with the annual gem and mineral show, which FFSB members may enjoy. Details of the trip will be discussed at a meeting with Barbara Rose later this month.



SANTA BARBARA HOSTS FF MILWAUKEE NOVEMBER 8-15, 2018

Nineteen ambassadors from the Greater Milwaukee FF club were welcomed to Santa Barbara on November 8 with a dinner at the home of Carolyn Hanna. The next day ambassadors were given an overview of Santa Barbara via the Santa Barbara Trolley followed by a family style lunch on the patio of Viva Restaurant in La Arcada Plaza. During the week our new friends toured many of the local historic sites including the Santa Barbara Courthouse, the Granada Theatre, the Maritime Museum, Stow House and Gardens in Goleta, and our internationally known Direct Relief organization. The Milwaukee ambassadors were so impressed with the work of Direct Relief, that they donated a gift of \$300 to the organization.

Chocolate tasting at Chocolats du Calibresson was again a big hit. On the way to the Santa Ynez Valley the group stopped at the rustic Cold Springs Tavern for lunch then proceeded to the Santa Ynez Valley to tour Solvang, Santa Ynez and/or Los Olivos before continuing on to the Fess Parker Winery for—what else? — wine tasting!

A special feature of this inbound journey was the trip to the Reagan Library and its Pompeii exhibit. Fifteen of the ambassadors, along with several FFSB members, took advantage of this opportunity to not only see the library but also learn about the saga of Pompeii. The ambassadors who did not go to the Reagan Library spent time in Carpinteria and Santa Barbara.

FFSB bid a fond farewell to our Milwaukee guests at dinner at the Rancho Santa Barbara Club House featuring a Mexican motif with appetizers, tri-tip, cheesy-chili rice casserole, beans, tortillas, and, of course, margaritas. Agris Petersons entertained members and guests, leading them in song and laughter.

Conducting an inbound journey is definitely a group effort. This would be impossible without FFSB members who serve as home hosts, day hosts, dinner party hosts, program booklet makers, bar tenders, decorators, and those who do a myriad of other tasks. Journey coordinators Carolyn Hanna and Mary Wolthausen wish to thank all those who helped make this journey so successful!

MOROCCO WITH GAIL AND DON GILLIES



Gail helping to grind the almond nut butter (made of browned chopped almonds, sugar and light olive oil) that takes several hours during our day in the life of the Berber.

We took this very eclectic trip with the Fort Worth Friendship Force Chapter during the first two weeks of November. There were 26 Ambassadors from all over the US, Canada, Australia, New Zealand, and England. After arrival in Casablanca we traveled by a charter bus in a large circle around the center of Morocco, including major cities, towns, and villages, the Atlas Mountains area, and the Sahara Desert. At Rabat we

had a two-night homestay then visited more towns and the Todra and Dades Gorges. On the nights that we did not have homestays we were in hotels and were led by an excellent guide from a professional tour company.

The highlights of this trip included seeing the well-preserved, 2000-year old Roman ruins of Volubilis, especially the wonderful floor mosaics, which we had not heard of until this trip. In Fes (Fez), one of the world's largest walled cities, we had a memorable, though a bit difficult, walk through the very narrow alleys--so narrow that there wasn't enough room to open an umbrella without stabbing another person or hitting a wall! We went from Ifrane, a ski resort in the Atlas Mountains known as "Little Switzerland" (and as the "second-cleanest city in the world") to Erfoud in the Sahara Desert where we took a camel ride over the sand dunes at sunset. The whole Atlas Mountain area, including the Todra and Dades Gorges, has spectacular scenery with all kinds of colors of rock and soil, which we viewed from our bus along winding roads. After visiting film sets for famous movies in Quarzazate, we experienced our "Day in the Life of a Berber" by breaking into small groups with each group assigned to perform a task, such as collecting water from a well and carrying the full jugs with a donkey back to our Berber boarding house; cooking a tagine (earthenware pot) meal; brewing Berber mint tea; baking bread in an old-fashioned oven (like ones seen in the American Indian Southwest); and making almond nut butter by grinding the ingredients for several hours by hand—no electric food processors here!

The homestays in Rabat and Azrou presented some unexpected challenges. There are only two members of the Moroccan FF Club, the president and his assistant, so apparently, they got their personal friends to be

home hosts but did not inform them of the responsibilities of hosts to provide some touring of the area as well as bed and meals. Fortunately, in Rabat the FF president toured Don and me, along with the 91-year-old Ambassador, in his car around the area.



At our homestay in Azrou, an area near the Atlas Mountains that was getting quite cold, our host was a young family with several small children. They stayed the winter in their one room heated by an old-fashioned wood-burning stove; the rest of the home had no heat. Thus, we and the 91-year-old Ambassador slept two nights on living room sofas bundled in layers of all the clothing we had brought, two pairs of socks, and the two heavy blankets the

hosts provided. [For more tales of unexpected "adventures" (toilets, for example) you'll have to talk to Gail and Don!]

We were surprised by these unusual experiences with the Moroccan FF Club because just two years ago Morocco hosted an FFI World Conference. We have been on many FF journeys, both international and domestic, with wonderful homestays and no such problems as we experienced in Morocco. We hope that FF Morocco can gain more members so they can welcome FFI members with the customary host responsibilities and can thus meet the great potential of friendship with a society of peace among Muslims, Christians, and Jews.

unusual rock formation in the Atlas Mountains



NEWS FROM INTERNATIONAL

In case you missed these items in your email, go to the FFI website, friendship.org, for details,

SPOTLIGHT ON BOULDER



Remember, the Friendship Force International World Conference will be in Boulder, Colorado, July 23-27, 2019. Conference activities begin July 23, social and local activities are July 26-27. There is a wonderful plethora of sights to see and activities to do in the beautiful city of Boulder. Let's go!

A JOURNEY OUT OF THIS WORLD: THE APOLLO 11 LUNAR LANDING

Calling all enthusiasts of the U.S. space exploration program and science history buffs! The FF club of Huntsville, Alabama, is hosting the Rocket City Celebration of the 50th Anniversary of Apollo 11 Lunar Landing Mission, July 14-21, 2019. (The Journey ends in time for ambassadors to attend the World Conference in Boulder.) Participants will attend the celebration activities and parade, tour the U.S. Space and Rocket Center museum, meet family members of the engineers and scientists behind the building of the Saturn V rocket that took men to the moon, and participate in the launching of 5000 model rockets on the anniversary of the Apollo 11 launch on July 16, 1969. WOW!

READY FOR A DIFFERENT WORLD ADVENTURE?

"Discover Mongolia and Siberia," August 1-15, 2019, introduces FF ambassadors to two different countries but similar cultures on this 15-day Journey. One week is spent in Ulaan Baatar, Mongolia, and one week in Ulan Ude, Siberia, Russia. In Mongolia ambassadors get to spend a night in a ger camp and sleep in an authentic yurt. They will also view the breathtaking giant statue of Chinggis (Genghis) Khan, the largest in the world. In Ulan Ude participants will see both a major Orthodox cathedral and a Buddhist temple, the center of Buddhism in Russia, as well as many more fascinating cultural sites.

Domestic and International Inbound and Outbound Exchanges in 2019 & beyond

February 4 – 9, 2019 - Outbound to Tucson AZ - Barbara Rose (JC)

March 2019 – Inbound from Moscow, Russia, JC needed

April 25 -May 17, 2019 –Outbound with FFLA to British Columbia, Metro Vancouver, Penticton-Okanaganan, Victoria, Canada - Sandy Hartley (JC)

October 12 – 19 2019 – Outbound to Hartford, CT - Anne Gray and Barbara Rose (JCs)

November 2019 - Outbound to Tuxtla-Gutierrez, Mexico, Karolyn Hanna and Gail Gillies (JCs)

September 2020, Outbound to Sarasota, FL, JC needed

2019 FFI World Conference

July 23-27, 2019 Boulder, CO

WHERE ARE WE GOING IN 2020?

Those in our club who are considering International Travel in 2020 were asked to vote for their 3 top choices, for an International Journey in 2020.

Our club voted for Sweden, England and Costa Rica (in that order) and these 3 countries were submitted to FFI.

We will find out in a month or two which International Journey we will be "matched" to, when FFI sends out the "official" assignment.

Planning and Program Meetings, Social Events:

Planning Meeting:

Monday, January 14, 2019 7:00 p.m.

Join us at the home of Bonnie and Bill Dutton

6297 Parkhurst Drive

Goleta 93117

Program Meeting:

Goleta Public Library

Monday, January 28, 2019, 7:00 p.m.

What to do when your children say "NO" to the "good stuff" presented by Dr. Elizabeth Stewart, the author of "No Thanks Mom".

Social Events:

February – To Be Determined



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:

- | | |
|-------------|-----------------|
| 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 29 | Suzy Pelovsky |

WELCOME NEW MEMBER INGRID GAUER

FFSB new member Ingrid Gauer was born in East Prussia, historically part of Germany. When Germans were expelled from East Prussia during and after the Second World War, Ingrid moved to Denmark and eventually returned to Germany. In 1964, she and her husband came to Santa Barbara with their one-year-old daughter. The family grew to include two daughters and a son, five granddaughters, and seven great-grandchildren. Ingrid originally trained in Germany in business accounting so, once in Santa Barbara, she continued studying accounting and then worked as an accountant in her husband's business and at the UCSB bookstore. After retiring she studied nursing at SBCC, earned her Certified Nursing Assistant certificate, and has worked as a volunteer at Goleta Valley Hospital.

Ingrid enjoys line dancing, hiking, and swimming, and, of course, traveling. Her travels have taken her extensively throughout Europe (she especially likes Norway) and twice through the United States and into Canada. Because one of her daughters lives in Durango, Colorado, she has visited there often. Now retired and single, and introduced to Friendship Force by Ilse Bourbeau, Ingrid is looking forward to more traveling, hopefully with Friendship Force Santa Barbara