



# FRIENDSHIP FORCE NEWSLETTER

SANTA BARBARA MARCH/APRIL 2017

## PRESIDENT'S MESSAGE

Greetings fellow travelers,

The grass is green again; Santa Barbara is refreshed and ready for the seasons to begin. Thanks to Sandy Boyd the new membership directories are available; I'll bring them to all meetings until all the members have theirs. Please look for information on changes and new members on the last page in the newsletter. If your info changes, please let me know.

We completed the financial review in February, an informal audit. Thanks to Pam Vestal, Mary Orr, Dick Falk, and Dawn McGrew. The resultant strong recommendation is to develop an annual budget and keep track of expenses as related to the budget. Pam presented a budget based on prior years, which we will review and discuss at the next planning meeting.

We will begin working on the review and updating of the bylaws in March. As discussed at the last planning meeting, before printing the next directory, we will decide whether to put the bylaws on our FFSB website rather

than printing them in the directory.

We will be hosting the FF Regional Presidents meeting in May. We do not have attendee numbers yet, but we do have the venues set. We plan to have home hosts similar to the way we do exchanges. The attendees will arrive in Santa Barbara on Friday and have a welcome buffet dinner at Mulligan's that first night. All club members, as well as hosts, are welcome to attend. On Saturday there will be an all-day workshop at the Goleta Library for the presidents, vice-presidents, and any club members who are particularly interested in learning more about the functioning of FFI. Please let me know if you are interested in attending the workshop.

The farewell dinner, catered by Las Agaves, will be at Ken and Francie's clubhouse; hosts and a limited number of members are invited. Details will be available with the requests for sign-ups in April. *If you are willing to be a home host, please let me know now.* We will also need some



volunteers to set up and take down tables and chairs at the library and the clubhouse.

I enjoyed our exchange with the Salt Lake, Utah ambassadors. Kudos to Bonnie Dutton and Sandy Hartley for a smooth exchange, and many thanks to Peter and Carol Nichols for opening their home and ranch to our members and visitors alike. I learned much about the fertilization of the exotic fruits and their distinct subtle flavors. OISHI (in Japanese).

We are waiting to hear from Tuxtla-Gutierrez (Mexico) about the incoming exchange in July.

See our 2018 exchange choices on the next page in this newsletter.

In Friendship,  
Rickey Farbman

## UNITED NATIONS—SANTA BARBARA

Our January 23 program on the United Nations featured speaker Barbara Gaughen-Muller, president of the UNA-USA Santa Barbara & Tri-Counties Chapter (UNASB). She is a long-time member of the Rotary Club and co-author of the book *Revolutionary Conversations* (with her late husband, Robert Muller, a former Assistant Secretary-General of the United Nations). Gail Gillies, our liaison with the chapter, arranged for the presentation as a way to introduce our newer members to the goals and activities of the chapter and to provide an opportunity for FFSB members to join its email list to receive news of UNASB events.

UNASB, founded in 1947, is the second oldest chapter in the United States. It collaborates with similar organizations interested in helping to create world peace, recognizing that much more can be achieved when like-minded organizations work together. In addition to its goals to educate the public about the UN, to work to decrease world poverty through education, and to help countries reverse the loss of environmental resources, the local chapter works with other groups to provide solar lighting to impoverished townships. Gail draws our attention to the recent email about the new FFI tagline noting that FFI has a "shared goal of peace and global goodwill."

Because FFSB no longer sends UNASB emails to the membership, those who would like to regularly receive email notices about UNASB events can send a request to [info@unasb.org](mailto:info@unasb.org). To find out more about the UNASB Chapter, the website is [www.unasb.org](http://www.unasb.org). You are invited to join and help celebrate its 70th anniversary (\$25 per year).

### **2017 Governing Board of the Friendship Force of Santa Barbara**

#### **OFFICERS**

**President:** Rickey Farbman

**Vice President:** Linda Williams

**Secretary:** Jan Inouye

**Treasurer:** Pam Vestal

#### **DIRECTORS**

**Past President:** Barbara Rose

**Domestic Exchange Coordinator:**  
Karolyn Hanna

**Inbound Exchange Directors:**  
Bonnie Dutton & Sandy Hartley  
(Salt Lake City, Utah)

Karolyn Hanna (Tuxla-Guiterrez,  
Mexico)

**Outbound Exchange Directors:**  
Barbara Rose (Kumamoto and Ehime  
Japan)

**Directory:** Sandy Grasso-Boyd

**E-mail Notifications:** Dawn McGrew

**Historian:** Barbara Gregoire

**Membership:** JoAnn Magistad and  
Joanie Sullivan

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

**Programs:** Linda Williams

**Refreshments:** Jan & Dave Gorbet

**Social Events:** Pat Burkard  
(coordinator) & social committee

**Sunshine:** Claire Magee

**Telephone:** Sandy Hartley

**Webmaster:** Paula Gregoire-Jones

**Welcome:** Agris and Elza Petersons

## Our 2018 Journey (exchange) Assignments:

- Inbound from Heisenborg, Sweden in September 2018.
- Outbound to Blue Mountains and Mount Baker, Australia in March 2018.

You will notice that in accordance with the recent announcement from FFI, exchanges are now called journeys and Ambassador Coordinator is the new term for Exchange Director.

## Cruising the Russian Waterways

by Dawn McGrew and Patrick Wade



We had been so pleased with our earlier Viking River Cruise along the Rhine and Danube rivers that we signed up for the Waterways of the Tsars cruise with pre- and post-cruise stays in the embarkation and departure cities. Viking River Cruises provides a perfect way to experience Russia's countryside, culture, and two great cities, Moscow and St. Petersburg, while enjoying convenience and leisure time on a beautiful riverboat. The trip included educational sessions on the history of Russia,

language lessons, music and, of course, great food and service.

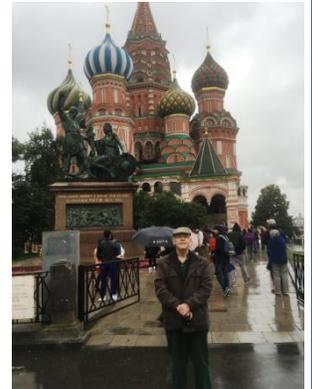
In four full days in Moscow, there were three main attractions to see: the city's world-famous Metro system with its fantastic art work; Red Square, with the colorful onion domes of

St. Basil's Cathedral, the tomb of Vladimir Lenin, and the massive 120-year-old GUM department store; and the Kremlin. One day we took a 3½-hour walk through a commercial area. Our stay in Moscow was at the Radisson Royal Hotel, a pristine hotel with décor based on 1940's luxury. It is close by the Russian White House, the office of the prime minister. As it apparently hosts many ministers and important government visitors, we had to pass through a metal detector to enter.

### MOSCOW METRO



We cruised the nation's vast network of waterways—the Volga and Svir Rivers and the expansive lakes of Onega and Ladoga among them. Beyond, the tranquil banks are lined with idyllic forests, potato and beet fields, open plains, and the impressive green-domed churches of Uglich and Yaroslavl. Highlights were visiting the monastery in Kuzino; the home visit; and the stunning trip on Kizhi Island, whose settlements and churches date to the 15th century and where dozens of historical wooden buildings have been moved to preserve them.



ST. BASILS

We cruised the nation's vast network of

waterways—the Volga and Svir Rivers and the expansive lakes of Onega and Ladoga among them. Beyond, the tranquil banks are lined with idyllic forests, potato and beet fields, open plains, and the impressive green-domed churches of Uglich and Yaroslavl. Highlights were visiting the monastery in Kuzino; the home visit; and the stunning trip on Kizhi Island, whose settlements and churches date to the 15th century and where dozens of historical wooden buildings have been moved to preserve them.



KIZHI ISLAND



ST CATHERINE'S PALACE

St. Petersburg provides gentler and more graceful pleasures with its romantic canals, baroque palaces, and lovely avenues and squares designed along European lines. It could pass for Vienna, Paris or Prague. Like us you will want to visit the Hermitage, both the historic Winter Palace and a world-class art museum with its extensive collection of works ranging from da Vinci and Michelangelo to Cézanne and Picasso; you will gaze in wonder at the Peter and Paul Fortress with its baroque cathedral; visit the Faberge Museum; and

stroll and shop along Nevsky Prospekt, the city's main promenade, with its lively culture of street artists and performers. And if you are lucky, you may enjoy a shore excursion to a wonderful performance of Swan Lake at the Mikhailovsky Ballet Theatre, as we did.

You may find more information at [www.findingdawnandpat.blogspot.com](http://www.findingdawnandpat.blogspot.com).

## Inbound Salt Lake City, Utah Exchange January 24-29, 2017

Santa Barbara FF hosted 10 members of the Salt Lake City FF Club, who arrived on January 24. The first evening we gathered at the El Paseo Restaurant in Santa Barbara for drinks and the Tuesday taco bar then retired home early so that our Ambassadors could get a good night's rest.

Santa Barbara Day included a tour on the Land Shark, lunch in Santa Barbara, and a tour of our landmark Courthouse, always a highlight of Santa Barbara. Ocean Day followed. We had the morning to walk the beaches and then eat lunch at the Beachside Bar and Grill. In the afternoon we gathered at UCSB and learned about the Research Experience and Education Facility (REEF)—we walked to the bluffs for a talk about the ecology of the region and then went to the salt water tanks to meet some of the live creatures who live in the waters of our ocean. We ended our day together with a tour at Direct Relief, to which the Salt Lake City Ambassadors gave a donation.



No visit to the Santa Barbara area is complete without a trip to the North County, so the following day we visited Rusack Winery for lunch and wine tasting. We spent the rest of the afternoon visiting Solvang and other points in the area. For some of our Ambassadors it was not a complete day until they had tasted an aebleskiver, the signature Danish pancake ball of Solvang. As if we had not had

enough eating for the day, we ended the evening with our small dinner parties— always a good time to get better acquainted with our Ambassadors and dinner hosts.



Our last day together was spent down south in Carpinteria. We had a free morning to explore and see places our guests were interested in. In the afternoon, we gathered at Coralita Exotic Fruit Ranch, owned and operated by Peter and Carol Nichols. We tasted the delightful sapote, cherimoya, and passion fruit that Carol had so beautifully

prepared. We then walked down into the grove with Peter for a close-up look at the trees and a short talk on the growing and marketing of these fruits. We celebrated our last dinner together at the Palms restaurant in Carpinteria where we talked and laughed as we went to the grill to cook our meat, chicken, or salmon. Although our room was crowded with a good turn out from our club, we managed to have a great time. The next morning hosts saw Ambassadors off to Salt Lake City or further adventures.



Bonnie Dutton, ED

## **Domestic and International Inbound and Outbound Exchanges in 2017 & beyond**

**May 2017** – Regional Meeting of Club Presidents in SB, *home hosts needed* – contact Rickey Farbman

**July 2017** – Inbound from Tuxtla-Gutiérrez, Mexico, Karolyn Hanna, ED

**November 2017** - Outbound to Kumamoto and Ehime Japan, Barbara Rose, ED

**Outbound Domestic Exchange** – Stay tuned for details

**March 2018**- Outbound to Blue Mountains and Mount Baker, Australia, ED needed

**September 2018** – Inbound from Heisenborg, Sweden , ED needed

### **International Conference Dates:**

**August 25-27, 2017** -40<sup>th</sup> World Conference, Manchester, England

## **Planning and Program Meetings, Social Events:**

### **Planning Meeting:**

**Monday, March 13, 7:00 p.m.**

Join us at the home of Dave and Jan Inoyue, 124 N. Salinas Street, SB.

### **Program Meeting:**

**Goleta Public Library**

**Monday, March 20, 7:00 p.m.**

Presentation on Vistas, a non-profit lifelong learning organization by the president, Ted Anagnoson.

### **Social Events:**

**April** - To be announced at a later date.

## **NEWS FROM INTERNATIONAL**



### ***New catchword***

Did you catch the announcement of a new slogan for Friendship Force International? The new tagline for promotional purposes on our club's communications, such as newsletters, printed announcements, etc., is now "*Experience different views. Discover common ground.*" If you missed the recent FFI e-mail, including what a tagline is, let Joyce Falk at [joycedfalk@cox.net](mailto:joycedfalk@cox.net) know and she will forward it to you.

### **FFI World Conference August 24-28, 2017**

It is time to plan and register for the 40th anniversary celebration FFI World Conference in Manchester, England. If you lost the email and have trouble accessing the FFI website, just go to our club website and click on the link to FFI, then click anywhere on the "Registration Open" picture. There are tabs for all kinds of information about the conference and about Manchester. In the letter from President Jeremi Snook, there are links to highlights, including a video about Manchester.

## JAPAN: LAND OF THE RISING SUN

Come experience the history, culture, and scenery of Japan on two one-week home stays in Kumamoto and Ehime, Japan, followed by an optional week's tour of some of the most fabulous sites of this amazing country, Oct. 29 to Nov. 17.

Kumamoto Prefecture is located in the middle of the Kyushu Cone, the southernmost of the four main islands of Japan. It features a shoreline dotted with some 120 islands reaching into the East China Sea; a wide open volcanic plain; Suizenji Park, known as one of the six most beautiful gardens in Japan; and Honmyoji Temple and two national parks. The people of Kumamoto are said to be rugged and lively, with a unique personality and dialect. The Friendship Force membership of just less than 100 is delighted to host two exchanges each year.



Ehime Prefecture is located in the northwestern part of the island of Shikoku, the smallest of the main islands of Japan. Ehime faces the scenic Seto Inland Sea, dotted with many islands. Across the sea is the famous city of Hiroshima. Visiting ambassadors are treated to the ambience of both the sea and the mountains, as we are in Santa Barbara. Many visitors plan a circuit of the 88 temples on Shikoku. Friendship Force here numbers about 60 friendly and welcoming members.

The extended tour to Kyoto includes the golden Pavilion (Kanauji Temple), which has two floors covered with a thin layer of pure gold, the contemporary Manga museum showcasing the unique style of Japanese comics and cartooning, the historic Nijo castle, and the UNESCO Heritage site of the Nishi-Honganji Temple. Not to be missed is the Kiyomizu-dera temple that features a veranda that juts out of the side of a mountain supported by 42-foot-high wooden columns.

Tokyo, as the most popular city in Japan, is, of course, beyond brief description. An experienced tour guide will lead us through its hub of activity and most interesting sites.

The response to this exchange has been great. Applications close as of March 1 and a waiting list is already in place. FFSB policy for oversubscribed exchanges has been activated. The lucky 20 applicants will be notified shortly.

For further, and the most recent information, email Barbara Rose at [JNBROSE@AOL.COM](mailto:JNBROSE@AOL.COM).

**LOOKING FOR AN ENLIGHTENING VISIT NEARBY—BUT OF A DIFFERENT CULTURE?**



The FF New Mexico is sponsoring an exchange focused on Puebloan culture, May 8-22. It offers a unique opportunity to explore and develop an understanding of the archaeology and history of Pueblo culture; the blend of Native American, Hispanic, and Anglo cultures; and contemporary relationships between Pueblo peoples and the larger society. Space on this unique adventure is filling quickly so, if interested, contact EDs Lenore and Judith Mead at [lenorep@aol.com](mailto:lenorep@aol.com) for current details (or [j.w.mead@centurylink.net](mailto:j.w.mead@centurylink.net)).

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

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

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

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



**Happy Birthday to:**

- |          |                  |
|----------|------------------|
| March 1  | Barbara Gregoire |
| March 8  | Mary Wolthausen  |
| March 10 | Nga Vuong        |
| March 13 | Pam Vestal       |
| March 27 | David Gorbet     |
| March 29 | William Boyd     |
| March 30 | Sherman Vincent  |
| April 12 | Erika Kahn       |
| April 17 | Marc Osborne     |
| April 14 | Marilyn Conrad   |
| April 26 | Terry Fountain   |
| April 28 | Gus Pravia       |
| April 29 | Ron Hartley      |

**Membership Updates and corrections**

**Welcome to New Members:**

**Marc Osborne and Lisa Kelly**

**Diane Galvin and Larry Disharoon**

**Nga Vuong**

**No longer FFSB members in 2017 – please remove from your directory and e-mail lists: Will Billings**

**Name Correction in directory:**

**Carol Lazar**