



FRIENDSHIP FORCE NEWSLETTER

SANTA BARBARA MARCH/APRIL 2018

PRESIDENT'S MESSAGE

Greetings,

Friendship Force International has just announced the international journey assignments for 2019. First, we have been matched with Moscow, Russia, to receive an in-bound journey early next year. Second, we have the opportunity to travel to British Columbia, Metro Vancouver, and Victoria, Canada, next spring, and have been paired with the Friendship Force Los Angeles club for that journey. Finally, we have been given a second international opportunity: this one to Tuxtla-Gutierrez, Mexico, late in 2019. As you may remember, the Tuxtla club members were our guests in 2017, so it will be a very special occasion to be their guests—a true exchange of cultures and friendships. In the near future, we will be seeking Journey Coordinators for all three journeys.

The beginning of 2018 brought some new official business matters to the FFSB board's attention. We are essentially a social club and some may even label us a travel club; however, the banking world has insisted that we become an official organization in the state of California. We are now registering for the status of Unincorporated Nonprofit Association (UNA) and are applying for an Employer Identification Number (EIN) to meet the bank requirements. Please understand that this changes nothing within our FFSB club. We all owe David Jones, our treasurer, our hearty thanks as he persisted in figuring out exactly what was needed so that we will soon have two official bank accounts in the Friendship Force of Santa Barbara name.

From listening to Bill Dutton's



report on service journeys to Guatemala to help Mayan families and attending the "CPR, AED, and Heimlich Maneuver" training, it is apparent that we are a club with heart – a club interested in helping those in need and saving someone right in our own everyday life. (See reports on these events later in this newsletter.)

Here's to looking forward to up-coming shared experiences, more service opportunities, and deepening friendships, with FFSB!

In Friendship,
Linda Sadie Williams

FFSB MEMBERS SUPPORT MAYAN FAMILIES



At our January program meeting Bill Dutton gave an overview, with great pictures, of the work of Rotary Club and Unity Church in support of the non-profit NGO Mayan Families organization in Guatemala. It raises money and organizes volunteers to carry out community development programs and emergency aid in the highlands of Lake Atitlan.

Guatemala is the second poorest country in the Western Hemisphere. Half the population lives on incomes below the poverty level and almost half the children are chronically malnourished. In addition to the inherent widespread impoverishment, families are still struggling to recover from a 2010 tropical storm that destroyed thousands of homes. The cornerstones of Mayan Families are to educate (sponsor students to attend school), to feed (various nutrition and feeding programs), to heal (education, treatment, emergency assistance), and to provide shelter for those living in extreme poverty. The organization also makes micro-loans to indigenous women to develop local businesses.

A number of FFSB members, along with Bill and Bonnie, have traveled to Guatemala several times to work building houses, constructing stoves and water heaters, assisting at pre-schools, helping distribute food, and volunteering on various other local projects.



If you did not pick up one of the attractive brochures at the program detailing the work of the organization, go to www.mayanfamilies.org or email info.mayanfamilies.org for more information and suggestions for life-giving donations.

2018 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: Rickey Farbman

Inbound Host Coordinators:

Rickey Farbman & Terry Scrivener (Heisenborg, Sweden)

Outbound Ambassador Coordinators:

Pam Vestal (Blue Mountains and Mount Baker, Australia)- canceled

Directory: Paula Gregoire-Jones

E-mail Notifications: Dawn McGrew

Historian: Barbara Gregoire

Membership: JoAnn Magistad & Joanie Sullivan

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

Domestic and International Inbound and Outbound Exchanges in 2018 & beyond

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

Early 2019 – Inbound from Moscow, Russia, HC needed

Spring 2019 –Outbound with FFLA to British Columbia, Metro Vancouver, and Victoria, Canada, AC needed

Late 2019 - Outbound to Tuxla-Gutierrez, Mexico, AC needed

International Conference Dates:

2019 -42nd World Conference, TBD

Western Regional Super Conference

May 3-5, Elk Grove CA

Planning and Program Meetings, Social Events:

Planning Meeting:

Monday, March 12, 7:00 p.m.

Join us at the home Jo Magistad, 4816 Via Los Santos, SB.

Program Meeting:

Goleta Public Library

Monday, March 19, 7:00 p.m.

FFSB Journey to Japan

By Paula Gregoire-Jones and Japan Ambassadors

Social Events:

Saturday, April 14 - Matinee movie

downtown and Happy Hour at the El Paseo – more details to follow soon

A SUPER EVENT – THE REGIONAL SUPER CONFERENCE



Let's have a good FFSB representation at this meeting!

This conference of some 37 clubs from the Western US and Canada is being hosted by the FF Sacramento Club in Elk Grove, May 3-5, 2018. It is for all FF members, including new members, seasoned leaders, and enthusiastic supporters. There will be discussions on the future plans of FFI, travel insurance, mobility issues, journey coordinator training, vetting ambassadors, building and maintaining membership, and more.

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

For details go to ffsacramento.org/conference-updates/

or contact Pat Ghiglieri at pat.ghiglieri@sbcglobal.net or 916-212-7111

or Marty McKnew at martymcknew@comcast.net or 916-709-1347

HANDS-ON CPR, HEIMLICH MANEUVER, AND AED



What could be more social than performing CPR, executing the Heimlich maneuver, or using an AED to save a life? At the FFSB February "social" at the Public Health Department Auditorium on San Antonio Road, 22 members learned how to perform Hands-Only CPR, how to use an AED, and how to employ the Heimlich maneuver on "Choking Charlie."

We are all familiar with CPR (cardiopulmonary resuscitation) and the Heimlich maneuver—and have been

urged countless times to learn how to perform them—but are we equally familiar with the use of an AED (automated external defibrillator)? The AED is a device that is used to treat sudden cardiac arrest by checking a person's heart rhythm and, if needed, sending an electric shock to the heart to restore normal rhythm. Members used practice dummies provided by the Santa Barbara Public Health Department to hone their skills in using CPR, Heimlich, and an AED. Participants were rewarded with refreshments provided by committee members Pat Burkard, Bonnie Dutton, and Marion Cozort. Each attending member received a card denoting completion of the skills training.



Journey to Japan

Please join the Japan ambassadors at the March 19 program meeting for a presentation on their Journey to Japan. Homestays were in Kumamoto and Ehime, Japan with an optional tour of Kyoto and Tokyo.



Member Biographies



Diane Siegman

Diane Joy Siegman has been a member of FFSB for a while but we are just now catching up with her for a window into her multi-varied

career and interests. She writes:

I was born in Chicago and moved to Highland Park with my parents and Irish Setter, Copper, when I was five years old.

I have a younger brother who still lives in Chicago. In the summers of 1948 to 1952, I attended Camp Nokomis in Mercer, Wisconsin. I graduated from Highland Park High School in 1957 and enjoy going to our class reunions every five years. I attended Penn State University and graduated from Lake Forest College, earning an award for excellence in the field of philosophy. I also have a master's degree in guidance and counseling and a certification in substance abuse prevention.

I married (and fortunately divorced!) and have three children: a son who was killed in a plane crash, two daughters, and four amazing (of course!) grandchildren.

I have a granddaughter in school in New York, grandsons in Texas, and friends and family in Chicago.

Work? yes! teaching, counseling, market research, party balloons, babysitting, life coaching, and as a Merrill Lynch supervisor. I was supervisor of a substance abuse prevention program and ran a parenting program in corporations for the lieutenant governor of Illinois. Because Illinois was a partner with Brazil for Partners of the Americas, I went to Brazil three times to train others and to speak about substance abuse prevention at the palace, hospitals, colleges, and agencies. I have been a volunteer at a hospital and a teen clinic, and now teach ceramics at the Braille Institute here in Santa Barbara. Every Thursday I can be found at ceramic class at SBCC's adult ed. My passion is ceramics, along with my dog, Riley, who is almost 15!

For FFSB I like to have dinner parties with our ambassadors. Other activities I especially enjoy are film festivals in Santa Barbara and Palm Springs, as well as documentary and Jewish film festivals in both cities, and seminars at Vistas Lifelong Learning.

Meet Lori Lofstrom

I was born in Sacramento. My father was a lead civil engineer for designing and building Highway 99, so we moved from Sacramento to Fresno and Bakersfield, finally settling in Fresno. There I graduated Fresno State University with a degree in nursing. After working two years in local hospitals, I decided it was time to spread my wings and leave the Fresno summer heat and winter fog. I eagerly accepted a job with Cottage Hospital, and moved to Santa Barbara in 1978.

Just out of college I caught the travel bug and began a life-long journey to see and experience as much of the world as possible. I went on several camping tours around Europe, worked as a nanny in London for a year, and then did an around-the-world trip on my own in 1985. I visited India, Nepal, Burma, Malaysia, Indonesia, and Bali during this four-month trip. I found I was never alone, meeting travelers from all over the world, some of whom I still keep in contact with and some I have visited.

I married a Swede (although now divorced) and we have a beautiful daughter who is a National Park Ranger and has worked in Yellowstone, Denali, Death Valley, and the Channel Islands. Of course, I always visit her, so I am looking

forward to her next assignment at Utah Canyonlands. I am getting good use from my lifetime Senior National Park pass!

My nursing career has included hospital nursing, home health and hospice with Santa Barbara Visiting Nurse and Hospice, and most recently, case management with Aetna, coordinating medical and vocational needs for those with work injuries. I unexpectedly found myself saying "yes" to Aetna's early retirement package and happily retired in July 2017.

In retirement I am busier than ever, but with time to enjoy yoga, gym workouts, golf, travel, gardening, updating my home, and reading. My next trip is to Bhutan and Nepal in October with Road Scholar.

I am looking forward to meeting other FF members and hosting as well.



NEW GLOBAL JOURNEYS FROM FRIENDSHIP FORCE INTERNATIONAL

Did you receive the latest announcement from FFI about the new journeys being offered? For example, in July, for those of us who enjoy hiking and biking, there is an **active outdoor trip in beautiful western Washington state**. Or, how about an April excursion to **archaeological sites in northern Peru**, plus the option of adding *Cusco and Machu Picchu*. Or, if you want to go really off the beaten path, consider a **discovery adventure to Jordan** in November.

Time is running short to join **the FFI Festival at Sea Cruise**, April 22-May 10, across the Atlantic to England and nearby continental countries. The Festival Cruise is a combination of travel, social events, and FFI workshops. If you have not yet taken one of these FFI cruises, be assured they are a real treat.

Just ask Karolyn Hanna or Barbara Gregoire about their cruise around South America.

For information on these and other journeys, go to www.friendshipforce.org, click on "Journeys," then choose the ones that pique your interest.

Visit the Friendship Force Santa Barbara website:

www.friendshipforcesantabarbara.org

Stay informed with the Friendship Force International website:

www.thefriendshipforce.org

Welcome to our newest member:

Lori Lofstrom



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	Bill Boyd
March 30	Sherman Vincent
April 17	Marc Osborne
April 14	Marilyn Conrad
April 28	Gus Pravia
April 29	Ron Hartley