



FRIENDSHIP FORCE NEWSLETTER

SANTA BARBARA NOV/DEC 2014

PRESIDENT'S MESSAGE

Hello all,
Hopefully all of our goblins are safely put away until next year and we're all looking forward to the fast approaching Thanksgiving holiday. We truly have so much to be thankful for and need to stop and realize how blessed we are. Thank you to all of you in Friendship Force for being a part of these blessings and for being willing, eager and able to make a change in this world. I truly believe that we are following our motto and doing so. The exchange from Southern Sydney, Australia was a great success. The ambassadors raved about our hospitality and lovely city. Many thanks to Karolyn Hanna and Pat Burkard for organizing it and planning such a varied itinerary. Please read their report later in this newsletter.
And, very soon the 16 ambassadors from Hartford Connecticut will arrive. Pam Vestal has organized an interesting itinerary with some new events and with the help of Rickey Farbman has found

home hosts, day hosts and dinner party hosts for them. Please join us in the planned activities starting on November 12. An interesting segment of this exchange is the couple coming from Mexico who have joined the CT folks and will be hosted by our new members, Jan and Dave Inouye. Any Spanish speaking members who would like to help interpret are very welcome to participate.

Ken and Francie Jewesson have been busy as the chairs of our nominating committee. Please note their slate of nominees appearing later in this issue. We will be presenting this slate at the business meeting on November 4 and will vote at the program meeting on November 17. A special thank you to all who participated on this committee. We're looking forward to our next social which will be our annual holiday party to be held at the Mesa Café on December 14. Details follow in this newsletter.

Many of you know that our beloved Camille Seelenbinder

2014 Governing Board of the Friendship Force of Santa Barbara

OFFICERS

President: Barbara Rose

VicePresident: Dick Falk

Secretary: Mary Orr

Treasurer: Bill Boyd

DIRECTORS

Past Co-Presidents: Mary & Jack Orr

Inbound Exchange Directors:

Sandy Hartley & EDS for a day (Quad Cities)

Pam Vestal and Rickey Farbman (Connecticut)

Karolyn Hanna (South Sydney)

Outbound Exchange Director:s

Ken and Francie Jewesson(Memphis, TN & Western KY)

Harv Turner and Agris Peterson

(Hamburg, Germany and Riga, Latvia)

Directory, Bimonthly Newsletter,

Exchange Information Folders

Historic Albums & Biography

Album: Camille Seelenbinder

E-mail Notifications: Barbara Rose

Historian: Camille Seelenbinder

Membership: JoAnn Magistad, Joanie Sullivan, and Rickey Farbman

Programs: Dick Falk

Refreshments: Joyce Falk

Social Events: Pam Vestal

Sunshine: Claire Magee

Telephone: Sandy Hartley

UN Liaison: Gail Gillies

Webmaster: Paula Gregoire-Jones

Website Committee: Ken Jewesson, Jack Orr and Harv Turner

Welcome: Agris and Elza Petersons

has been hospitalized recently and is now at Alto Lucero Transitional Care. We all send our love, concern and best thoughts to an incredible lady who will celebrate her 95th birthday on the night of our

holiday party. We so hope and pray she can be with us for that occasion. A special thank you to Paula Gregoire-Jones for doing this newsletter on such short notice.

Hope to see you on Nov. 4 at our business meeting and then again on November 17 for our program meeting.

In Friendship, Barbara Rose

Report on Southern Sydney, Australia Exchange September 23 – 27, 2014

The last week in September, FFSB had the pleasure of hosting seven ambassadors from the Southern Sydney FF club for a whirlwind hospitality visit. The visit began with a Welcome Party at Dottie Iverson's beautiful home, where members provided appetizers and desserts along with a meal of Chicken Alfredo and Caesar Salad. The next three days, the Australians toured Santa Barbara via the SB Trolley, visited the SB Court House – including a special tour of the Bisno Schall Clock & Tower, spent a morning at the Granada and Arlington Theaters, visited Casa del Herrero and spent a day at the Reagan Library and Museum in Simi Valley. The Exchange concluded with a wonderful Santa Maria style Tri-tip Barbecue at the Hanna home.

Feedback from the ambassadors was extremely

positive regarding every aspect of the exchange! Coordinating this fast-paced Exchange could not have been done without the wonderful help of so many members. A special Thank-you to:

- Dottie Iverson for hosting the Welcome Party and to members who assisted in setting up, serving and cleaning after the party: Jo Magistad, Roberta & George Lehtinen, Patricia Poile, Rickey Farbman and Mary Wolthausen;
- Home Hosts: Barbara Gregoire, Karolyn Hanna, Ken and Francie Jewesson, and John and Barbara Rose (as well as pinch hitters: Jack and Mary Orr);
- Small Dinner Party Hosts and Helpers: Gail and Don Gillies, Pat Burkard, Sandy Grasso-Boyd, Paula Gregoire-Jones, and Linda Williams-Billings;
- Day Hosts and Drivers: Rickey Farbman, Jo Magistad, Jack & Mary Orr;

- Kolin Cruse for serving as Grill Master for the Tri-tip Barbeque;
- Ron Hartley for taking photos of the Ambassadors and Hosts;
- Camille Seelenbinder for making the Photo Folders and providing each ambassador with a special Santa Barbara Beautiful Memory Book;
- Agris Petersons for serenading us at the Farewell Party;
- And to those who helped set-up, serve and clean-up at the Farewell Party: Anita Cruse, Ken Jewesson, Jack Orr, Linda Williams-Billings.

To anyone else we may have inadvertently omitted, we apologize. This Exchange couldn't have happened without the support of all of you!

Pat Burkard & Karolyn Hanna, EDs

Pictures from the Australia Exchange



Ilse at the Reagan Library



Agris Petersons at the Farewell Party



Farewell Party



Casa del Herrero



Group at the Granada Theatre

It's time to renew your Yearly Friendship Force Membership!

It would be much appreciated if your dues payment is received by December 1, but please, no later than December 15 as we need to submit them to FFI by January 8.

Anyone who joined after September.1 is automatically paid for 2015.

Bring your check made out to FFSB to the next program meeting or mail to Bill Boyd our Treasurer at:

Bill Boyd, 2430 Calle Montilla, Santa Barbara, CA 93109

Dues remains the same at: Singles \$38 and couples \$50 annually.

Domestic and International Inbound and Outbound Exchanges in 2014 /2015

February 20 to 25 <> **Inbound** Exchange from Quad Cities. by Sandy Hartley (with) Gail Gillies, Rickey Farbman, Bonnie Johnson, and Nancy Pierson

April 3 to 13 <> **Outbound** Exchange to Memphis, TN and Western KY Francie and Ken Jewesson, EDs

June 11 to 17 <> **Outbound** Exchange to Hamburg, Germany Harv Turner , EDs

June 18 to 25 <> **Outbound** Exchange to Riga, Latvia, Harv Turner; ED

September 23 to 27 <> **Inbound** Exchange from Southern Sydney, Australia, Karolyn Hanna & Patricia Burkard, EDs

November 12-16 <> **Inbound** Exchange from Connecticut, Pam Vestal and Rickey Farbman, EDs

February 22- March 9 2015 –**Outbound** Exchange to Cape of Good Hope, South Africa & Safari - Barbara Rose, – ED

2015 Domestic Exchanges are still in the planning stages with possible Inbound Exchanges from Owensboro, KY, Columbus, OH and/or Sarasota, FL and a combined Outbound Exchange to Connecticut and Sarasota, FL.

Social Events , Planning and Program Meetings:

Social Events:

The **Holiday Party** will be held on Sunday **December 14th**, 6pm at the Mesa Cafe. The cost is \$31.00 per person with no host drinks.

The meal choices are steak, salmon, chicken or a shrimp pasta and include, salad, side, entree, coffee or tea. Soft drinks and alcohol are extra.

RSVP Pam Vestal by December 10 using the form in this newsletter. Checks should be made out to FFSB.

Planning Meeting:

Tuesday, **November 4th**
at the home Barbara and John Rose,
6813 Silkberry Lane, Goleta

Program Meeting:

November 17

"Direct Relief--A local organization making a global difference."

Presenter: Ms. Hayley Firestone
Jessup, Director of Major Gifts

Nominations for the 2015 Governing Board of the Friendship Force of Santa Barbara are as follows:

***President – Barbara Rose
Vice President – Rickey Farbman
Secretary: Jan Inouye
Treasurer: Bill Boyd***

Many thanks to the Nominating Chair, Francie Jewesson, for all of her hard work.



The Annual Holiday Dinner Party will be held on Sunday, December 14, 2014 at the Mesa Café at 6 p.m. 1972 Cliff Drive, and their phone number is 966-5303.

The price of the dinner is \$31 per person, with no hosts drinks. Dinner includes a choice of steak, salmon, chicken or a shrimp pasta and includes salad, side, entree, coffee or tea. Soft drinks and alcohol are extra.

Holiday Dinner Reservation Form

Please send reservations to Pam Vestal, 514 Apple Grove Lane, Santa Barbara, 93105 by December 10.

Checks should be made out to FFSB and cost per person is \$31.

Names of Attendee(s)			
Entrée Choice		(this can be changed at the restaurant)	
	Chicken		Salmon
	Steak		Shrimp Pasta

Karolyn Hanna is providing this much requested recipe

Cheesy Rice with Green Chilies

~ Karolyn Hanna

- 2 cups rice cooked in 4 cups chicken broth
(I use Knorr's chicken bouillon cubes dissolved in hot water)
- 3-4 6 ounce cans mild green chilies (depending on taste)
- 1 16 ounce carton sour cream
- One pound shredded Monterey Jack Cheese

Cook rice in the chicken broth (add more broth if it gets dry).
Stir green chilies and sour cream into the rice mixture.

Add salt and pepper to taste (the chicken broth is quite salty so I skipped the salt but did add about 1/2 tsp. pepper.)

Pour half the rice into a 13" X 9" buttered baking dish and cover with half the shredded cheese; then layer remaining rice mixture into the baking dish and cover with remaining cheese.

Cover loosely with foil and bake at 350 for approximately 30 minutes (until mixture begins to bubble).
Uncover and bake an additional 10 minutes until cheese is slightly browned on top.

Reminder for the 2015 year!

We are now compiling current data for the new 2015 Membership Directory and Reference Book. If you would like to change, add, or delete any of your personal information, please notify Barbara Rose at: jnbrose@aol.com .

Visit the Friendship Force Santa Barbara website:

www.friendshipforcesantabarbara.org

Please send your exchange pictures to Paula Gregoire-Jones at pgregoire-jones@verizon.net to be included on the website.

Stay informed with the Friendship Force International website: www.thefriendshipforce.org



Happy Birthday to:

- November 7 Kris Zapata
- November 16 Bob Zapata
- November 18 John Rose
- November 23 Ken Jewesson
- November 27 Candace White
- December 14 Camille Seelenbinder
- December 16 Claire Magee
- December 24 Marilyn Torrey
- December 26 Joyce Rainier
- December 27 Lou Smitheram de Pravia