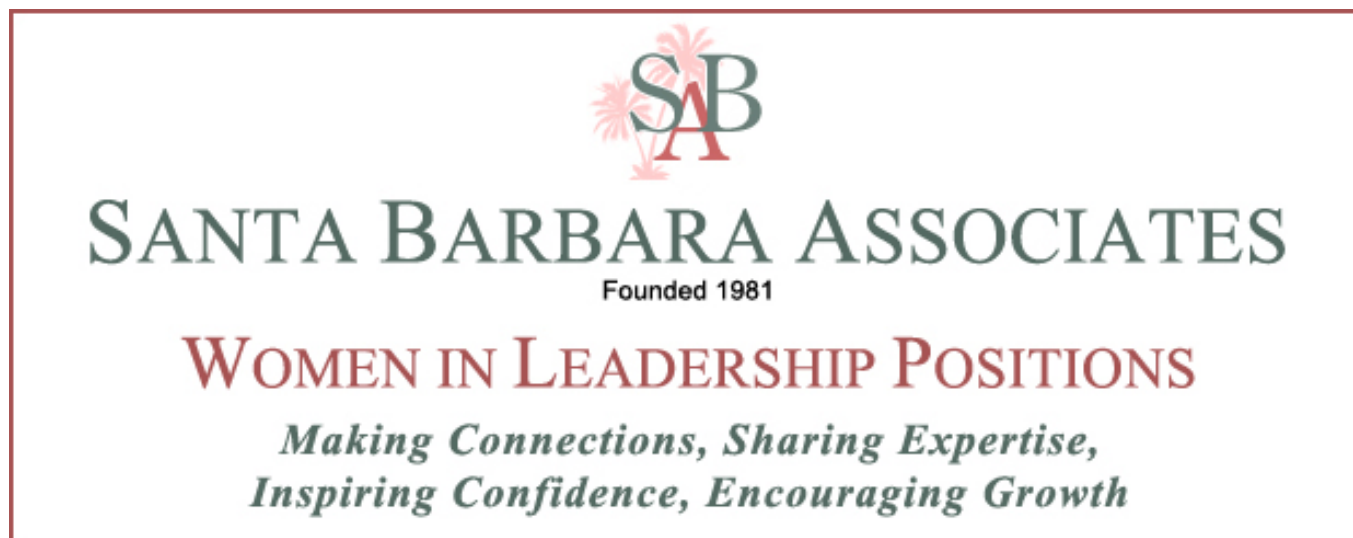


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## February 2023 Newsletter



### *Message from the President*

***"Kind words are short and easy to speak,  
but their echoes are truly endless." - Mother Teresa***

Dear Santa Barbara Associates and Friends,

These past few years as President have been great. We have been able to keep our membership growing thought all the hard times of COVID. I appreciate all our Board members and thank them for the work we have done.

A special thank you to a member who has moved out of town and is coming off the Board is **Beverly Bakerbrown**. Thanks, Beverly for your support all those years and your most lovely smile and cheerful outfits that always made us happy. Best of luck in your new life.

The January meeting was very good. It was wonderful to know we are all keeping active. Great to know how much we support each other with knowledge and experience. That is what we are all about.

Voting is important and I am sure most of you have already voted for our Board. But if you haven't, I hope you will do so right away. The results will be mentioned at our **Annual Meeting**. Do put that on your calendar, **February 23rd at the University Club**. It will be a fun time. **Calla Gold as MC** and **guest speaker Michele Jackman** giving up-to-date information and leading us forward into the future.

Do read on and see what members are doing. I would like to see an article from you.

Thank You All!

Sue Larsen  
SBA President 2022



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## *Santa Barbara Associates 2022 Board of Directors*

### **Executive Board**

Sue Larsen, President  
Lori Sullivan, Vice President  
Marci Friedlander, Secretary  
Carla Long, Treasurer  
Denise Lockhart, Past President  
Sharon Van Gundy, Board Advisor

### **Board Members**

Barbara Bartolome  
Chris Bashforth  
Susan Bradley  
Tanis Hammond  
Ginny Milhoan  
Cecilia Ordonez

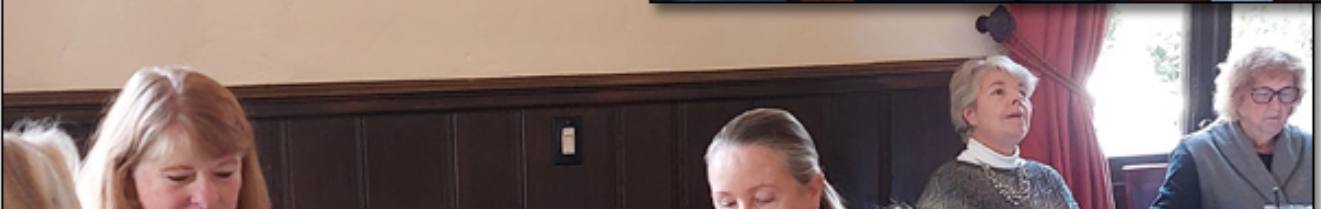
### **Committees:**

**Program Committee** - Chris Bashforth, Chair  
**Hospitality** -  
**Membership** - Marci Friedlander, Chair  
**Website** - Lori Sullivan, Point Person  
**Newsletter** - Kim Larsen, Point Person

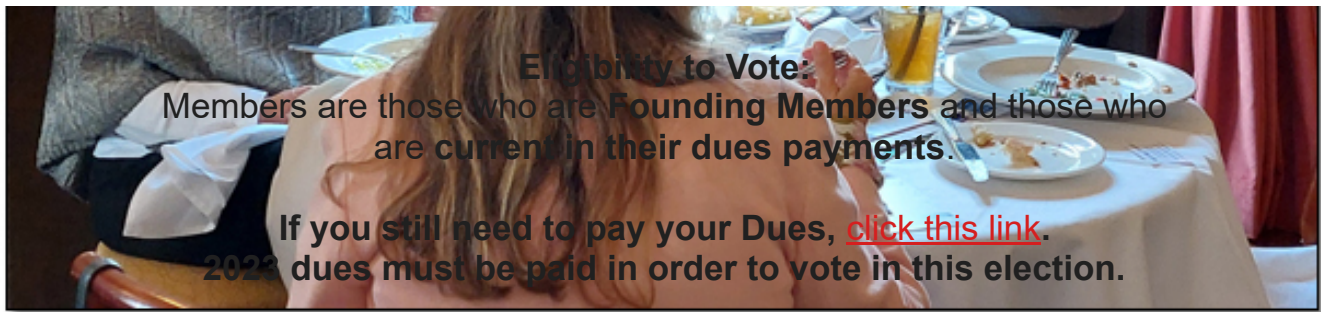


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## **Photos from the SBA January 12th Luncheon Meeting** *"You Are the Speaker!"*







*Thank you for submitting your votes!*

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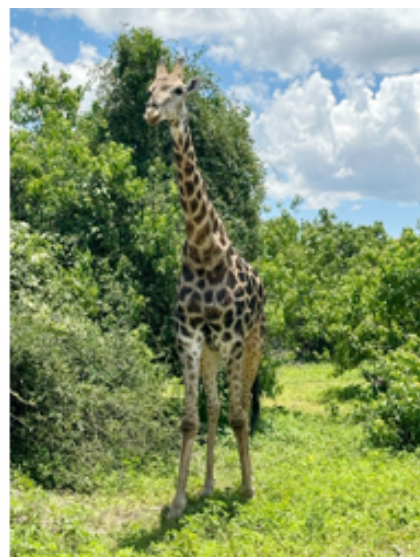
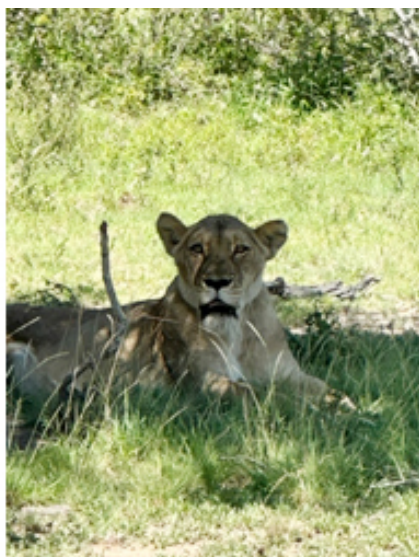
## ***What Are Our Members Doing?***



### **Lynn Hamilton**

#### ***"An Outstanding Family Trip!"***

During the Christmas Holidays, my daughter's family (3 boys, ages 20, 18 and 12, plus 2 parents) and I traveled with G Adventures to Southern Africa. We flew into Capetown, met our wonderful South African guides, Tracy and Julian, and stayed in a hotel with mostly African people. We were all struck by their friendliness, kindness, and energy. Another American family (of 3) joined us for our trip. We flew to Kruger National Park in search of The Big Five. In fact, from our Land Rover, we did see elephants, lions, giraffes, zebras, monkeys, wild dogs, hyenas, warhogs, and many beautiful birds. (No leopard sighting, as they are extremely rare.) We continued on to a lodge near Johannesburg, where we visited The Cradle of Mankind with 2 million-year-old human remains. We also went to Soweto, a former apartheid district, an eye-opener for my grandsons. Continuing on we flew to Zimbabwe and stayed near Victoria Falls, then crossed the border to Botswana and Chobe National Park, which included a river safari. The highlights of the trip were not only the safaris but our interactions with so many of the local people. I can highly recommend G Adventures for family trips.



## Kim Larsen

### Family Services Manager, Friendship Center

#### *24th Annual Festival of Hearts Fundraiser*

As the Family Services Manager at Friendship Adult Day Center, I wear many hats. Working with family caregivers to provide the best possible activities and support for them and their loved one is very fulfilling. Learning the life story of new members is truly rewarding to me. We use the Best Friends Approach to Dementia as the basis for learning about new members and working to make the transition to an Adult Day program as fun and exciting as possible. I have earned a certificate as a Best Friends Approach Master Trainer. I have also received special training and instruction on working with Veterans to bring them into Friendship Center on the VA bill. Listening, and observing are key factors in understanding how best to bring new members into F.C. and help them to feel comfortable.

Right now, I am immersed in our [24th Annual Festival of Hearts Fundraiser](#). The fundraiser will take

place on 2/4/23 from 12:00 – 2:30 pm at the Rosewood Miramar Resort. Please consider buying a ticket to support our members through the HEART (Helping Elderly at Risk Today) program. Thank you!



**Sue Larsen**  
**SBA President 2022**

### ***Sue's Trip to London at Christmas***

Well, most of you know I am in health insurance sales, and if you are a senior, you know the past quarter, we spent helping our clients review their prescription drug plans. My other job has been working as your SBA president.

A few months ago I received a phone call from my grand-daughter Elsa that she was planning to finally take her trip to Europe. Elsa wanted to know if I would meet her in London (one of my favorite cities). Naturally, I said yes!! I have traveled to London many times but never in winter and not at Christmas. The city of a million lights was simply gorgeous and I brought great weather with me. According to Elsa the 50 degree temps were the equivalent of a heat wave, as she was coming from Vermont. Thanks to Jeannie McKay and Susan Bradley, we received some inside information on great places to see and eat.

London is still dealing with the COVID-19 crisis and they are trying to recover. Many small businesses are gone. Hotels are trying to rebuild their services. A new Prime Minister, Riski Sunak, was sworn in only a few months before we arrived and the British subjects are not sure of him and have adopted a "wait and see attitude." On top of all this they lost their reigning Monarch Queen Elizabeth 11 and for the first time in 70 years have a new King Charles III, who seems to be doing well.

Three days after I arrived, the medical folks, nurses and ambulance workers went on strike and the transportation workers as well. We took cabs everywhere. We had lunch with friends at one of my

favorite places, Zedel's located in Piccadilly. Set in the 1920's with French cuisine, it was wonderful. If you go at night, they have a theater as well. It is a must...

Afternoon tea – In the Rotunda Lounge at Four Seasons. It was beautifully decorated and the tea was wonderful, starting with a glass of champagne, great sandwiches, the whole nine yards.

Dinner – Rules – Oldest restaurant in London. And everything you would expect. It was beautiful with Christmas decorations, outstanding waiters and the food was delicious.

Christmas Dinner – Whitcombs – very modern – excellent food in their five course meal. I had duck and Elsa beef. Elsa chose this place and it was delightful. First time away from family at Christmas. But good!

And you can't go to London without a day at Harrods's. As always, the food, wine, breads, everything was outstanding. The day we went however, was Boxing Day and it was packed with people. Good time anyway. We had a wonderful time. There is no place like London!!! (Elsa went on to meet her tour and had a great time) Isn't it wonderful to travel?



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***Members, tell us what you are doing!***

Just send me an e-mail to [sue@gulleyandlarsen.com](mailto:sue@gulleyandlarsen.com) with a few lines about an event,



a trip, or other things you are involved with. We would love to hear about it!  
Thank you, Sue Larsen

## Join Us for Our 42nd Annual Meeting!



You are invited to the SBA  
**42nd Annual Meeting**  
February 23, 2023

Come Enjoy the Company of Fellow Associates  
At the University Club  
**With Master of Ceremonies Calla Gold**



5:30 to 6:00 - Registration

Dinner

Presentation by  
**Michele Jackman**  
*Facilitator, Author & Trainer*

What has happened in 2022?....

Changes for 2023.....

Have Fun and Mingle.....

**Cost: \$40.00**

You can pay online or send a check to  
P.O. Box 613, Santa Barbara, CA 93102.

PLEASE RSVP: [www.santabarbara-associates.org](http://www.santabarbara-associates.org) or  
Sue Larsen: [sue@gulleyandlarsen.com](mailto:sue@gulleyandlarsen.com) • (805) 569-2607

**[Click Here to RSVP Online!](#)**



## ***February Birthdays!***

**Lori Lewis** – Feb. 1

**Robin Cederloff** – Feb. 11

**Judith Kahan** – Feb. 12

**Lisa Lewis** – Feb. 16

**Patricia Duffy** – Feb. 18



**February 20, 2023**

## ***Membership is Everyone's Job!***

### **Annual Membership Dues**

#### **Membership Dues for 2022-2023**

If you have paid, great! If not, please **PAY ASAP!** They were due June 30th:  
**[CLICK HERE!](#)**

### **Your Member Profile**

Do you need to update your member profile? Change your contact

### **New SBA Membership**

If you know a prospective member please contact **[Marci Friedlander](#)**.

### **Individual Membership in the University Club**

Since the Santa Barbara Associates is now deemed to be a **Firm Member of the Club**, members of the Associates for more

information? Please review and update your Membership Profile information. (Contact [Sue Larsen](#) if you forgot your login and password.)  
**[CLICK HERE!](#)**

than a year are able to join the club without an initiation fee and only have to pay their monthly dues. **For more information contact Susan Bradley (805) 884-6427.**

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## *SBA Sponsorship Opportunity!*

*Support the Newsletter & Website, and Advertise Your Business!*

**Become a Member Partner!** Advertise your business in our monthly newsletter and on the **NEW [Marketplace](#)** page on our website for **\$125.00 per year**. We'll post your business information to our monthly newsletter and on our website for one year!

**[CLICK HERE!](#)**

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## *Thank You Sponsors!*



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