



2024 MAY NEWSLETTER

Santa Barbara/Puerto Vallarta Sister City Committee



Published Apr. 26, 2024

Santa Barbara, California

The months Newsletter is late, sorry, sorry. The end of April was a particularly busy time for a few of us board members. Tuesday, April 23 the Young Artist and Authors Showcase took place, and as Chair of the Santa Barbara Sister City Advisory Board, I was heavily involved in planning and executing this event. April 24th we held our monthly dinner meeting one week earlier than usual to kick off Mental Wellness Month beginning on May 1st.



Bonnie Carroll and Alicia Sorkin will be representing Santa Barbara/Puerto Vallarta and Santa Barbara's Sister City program at this year's Conference.

SCI International Conference All Americas Summit May 29 – 31 San Antonio, Texas

The All-Americas Sister Cities Summit will advance the shared missions of Sister Cities International and the U.S. State Department's Bureau of Educational and Cultural Affairs, and the newly created department of subnational diplomacy. This summit is dedicated to cultivating people-to-people ties to foster mutual understanding and peace with other countries and states.

SCI All Americas Summit Goals:

- Bring together elected officials, citizen diplomats, and other key stakeholders from 35 countries across the Western Hemisphere in the spirit of friendship, mutual respect, and opportunity.
- Strengthen, celebrate, and build new partnerships with the United States' closest neighbors.
- Spotlight unique ways city-to-city partnerships can flourish through mutual topics of interest such as tourism,

General Meeting

Sunday June 9, 2024

Lower Manning Park, Montecito, Ca.

Save the Date: JUNE 9

Summer BBQ

3 – 7 pm

Silent auction

More info to follow

RSVP to:

Sbpvsistercity805@gmail.com

Or leave message at 805-965-1573

If you must cancel your reservation, three day notice is required. Within three days notify ASAP, we may be able to fill your spot. If it is a same day cancellation, you will be charged for the cost of the meal.





Association of Families with Children Cancer

AFCC News:

An oxygenated water pool has been in use as one of the many treatments that has helped the little ones of the AFCC. A stationary pool has been installed at the Santa Barbara Rehabilitation Clinic that has been in use for some time and this water therapy has shown good results. Unfortunately, for some children it is too far for their families to bring them on a consistent basis.

Carl Lovegren, coordinator and founder, made the case to the board members of the need for an additional pool spa located closer to a cluster of the children. While the pool at the Rehab Clinic has seen less use by the children with cancer, it has been used by other patient there because water therapy is also good for people with many other type of injuries.

Your board of directors voted to approve the purchase of the pool/spa shown in illustration. The total cost is \$705.00 USD. Funds will come from money raised at the last “Cruise for the Cause” event with money set aside for equipment. The pool/spa will be purchased at the local Costco.

This is a great program because all children love playing in a pool and it is life saving as well!!

38th Annual I Madonnari Street Painting Festival at Old Mission Santa Barbara May 25 - 27, 2024: Memorial Day Weekend

The Festival is produced by the Children's Creative Project, the Festival benefits our arts education programs. Street painting is a performance art where the drawings will, over time, fade due to wind and rain. Its focus on the creative process rather than the product is at the heart of the Festival and the mission of the Children's Creative Project, a nonprofit arts education program of the Santa Barbara County Education Office.

History of the Festival

The I Madonnari Street Painting Festival is the first festival of its kind in the Western Hemisphere. It was created in 1987 by Kathy Koury, the former executive director of the Children's Creative

Project after a visit to Italy in 1986, to see the International Street Painting Competition in the small town of Grazie di Curtatone.

Street painting probably began in Italy during the 16th century and has a long tradition in cities in Western Europe. Artists began street painting by traveling to Catholic religious and folk festivals where they drew images of the Madonna using chalk on the street.

These artists became known as “Madonnari” or street painters. Their images are called street paintings because when well drawn they resemble paintings. These artists lived and still live from the viewers' coins thrown onto the street paintings in appreciation for the work.



‘Mi Pueblito’ restaurant is in the Playa Los Arcos Hotel. Many of our members have spent many hours enjoying two for one margaritas and chips with guacamole and salsa during our annual visit to Puerto Vallarta. Visible are prime dining seats for people watching and seeing the sunset. The Malecon begins just one block up from this location.

2024 Visit from Puerto Vallarta Members tentatively set during Fiesta

Francisco Garcia the new PV president and new members would like to make their first to Santa Barbara during Old Spanish Days

Do you have a room ? Can you help?? If you can, you will make a lasting friendship- **real people to people diplomacy.** The expression **“Mi Casa es su Casa” isn’t just phrase.**

Mexicans mean it and if you can host you just might be treated to some exceptional dining or tours during our return visit

We do not have a guest list yet but it would a shame to limit the number of visitors we can accommodate. Please let us know if you are willing to take a couple or two persons into your home. It will be about a 5 day visit.

We also need :

A committee to plan events

Drivers willing to take guests to different activities.

Please contact any of the board members listed on our last page if you can help in anyway.



Save the date for Upcoming Events:

- June 9 - Summer BBQ /General Meeting – Manning Park – Area 9
- July/August Tentative visit from Puerto Vallarta Member Club
- Aug. 4 - Fiesta Pancake Breakfast 8 – noon with American Legion Post 49 –
- September 4- Genl. Mtg at Cesar’s Restaurant Mexican Independence Day
- Sept 8 – 25 Patras Trip to Greece
- October 6 Cruise for the Cause
- Oct. 10 – Sister Cities International Potluck Dinner at Cabrillo Pavilion
- Nov. 6 - Gen’l mtg – Venue TBD
- Dec. 3 – 12 Visit to Puerto Vallarta
- Dec. 13 Posadas on State St with Santa Barbara Trust for Historic Preservation
- Dec. 22 – December Genl. Meeting – Holiday Celebration – Moose Hall

April Program at Cody's
PV I Madonnari People's Choice

Photos of artwork from I Madonnari in PV were presented. Members were tasked with choosing their favorite photos. Members Kathy Koury and Ann Hefferman, our resident artists presented a short program with highlights of the 2024 I Madonnari Festival in PV. They provided many interesting insights and facts about the artists. The photo winners are presented below.

Raffle proceeds of \$300 were donated to the benefit of I Madonnari, May 25 – 27, 2024, Memorial Day weekend in Santa Barbara.



Kathy holding
2nd place
winning photo
Anne Herfferman
holding 1st choice
winning artwork
(Jalisco)



Gustavo Duran, opportunity drawing
winner with gourd and Mexican
blanket



Lucky opportunity drawing winner
Becky Betancourt with a wine basket.

Gil Garcia to headline IFTA Symposium Opening Ceremonies. May 6, 7, 8, 2024

On the first day of symposium opening ceremonies Gil Garcia will present a workshop in the City of Tepic, Nayarit. The theme of the workshop is “Think Globally, Prosper Locally” based on successful best practices of bringing resources to communities, by forming citizen committees that can integrate into international networks.

Presentations will include:

History, mission, benefits offered by Sister Cities International (SCI).

History, the mission of Rotary International (RI) that coincides with the mission of SCI in areas of social and economic impact projects.

The history, mission of the US migrant club international network and how it fits well with SCI and the Rotary mission.



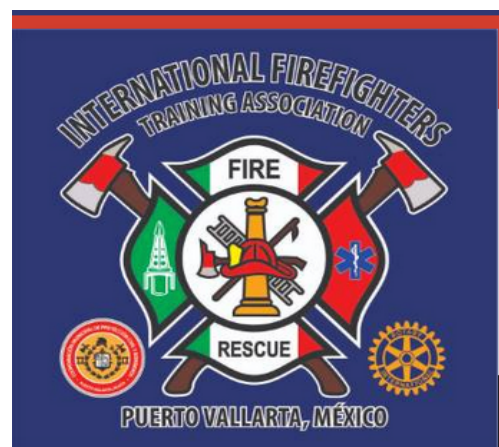
- The history, the mission of the International Firefighters Training Association (IFTA) that invites firefighters in municipalities to training events in cooperation with Sister Cities, Rotarians, and Migrant Clubs.
- Examples of best practices that demonstrate how municipalities in Mexico could prosper locally through membership integration into international network, which promotes productive alliances.
- Information on attending the 2024 SCI International all America’s Summit Conference that will take place with opening Tuesday May 28 and Closing Friday, May 31, 2024
- Other networks will be mentioned like Direct Relief International and Rotary Heart to Heart projects in Mexico in cooperation with Rotary Districts throughout the United States and Mexico.

We hope that the outcome of the workshop will be to follow up with more detailed information to interested

municipalities on how to create a local committee of sister cities that could participate in the SCI citizen diplomacy network, establish links between people and prosper locally through international networks.

<https://ifta-usa.org/>

International Firefighters Training Association
WE HELP SAVE LIVES
Providing rescue and training equipment to those in need!



DID YOU KNOW?

Belonging to a Sister Cities Group helps prevent Dementia?? Life style Pillar #6

Excerpts from a column of how to Prevent Dementia. Quoted from a Senior Congress, featuring speakers on a variety of topics geared for seniors.

This year the topic of “Challenging Dementia” was presented by Linda Ercoli, interim director of UCLA’s Longevity Center at the Semel Institute for Neuroscience & Human Behavior. Her main message was that challenging dementia is not a spectator sport. The message is that we all have the power to be proactive in our own health and future. She reviewed the six pillars of lifestyle medicine and how they relate to our brain health.

- 1) Work on reducing your stress by identifying the main source and finding ways to get support. Some ideas of things you can do are to use relaxation techniques, schedule activities you enjoy or even just enjoy the outdoors.
- 2) Increase your physical exercise and incorporate movement into your daily routine. Take the farthest parking space to get more steps in, meet a friend to walk at the park, or consider a group exercise class to keep motivated and bring in the benefit of socialization.
- 3) Avoid risky substances and focus on fueling your body with good nutrition.
- 4) Try and reduce your intake of processed foods. Increase your whole grains and reduce your salt.
- 5) Pay attention to your sleep patterns and create a calming bedtime routine to set up your night for successful sleep. Considering journaling before bed and shutting all screens off at least an hour before your sleep.

6) Increasing your social connections, this provides, fulfillment, increases life satisfaction and reduces the risk of dementia. Prioritize the friendships that help you feel supported and seen. Reach out to create new connections and allow yourself to be genuine and honest in your relationships.

Source Text provided by
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CSEA Retiree Unit
District I - Secretary
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Young Authors and Artist Showcase Reception held on Tuesday April 23rd

It was a hit, many young artist and their families attended the reception. We had great amount of creative pieces of artwork. A story with photos will follow in next months Newsletter.



Mental Wellness Dinner Wednesday, April 24

May is Mental Health Month, a time to prioritize mental well-being and raise awareness in our community! Our dinner was planned as one of the kick-off events. *The message from all our speakers was that help is available to anyone in need!!*

More in our next Newsletter.

**Found Prescription Glasses
Left on table after Wellness Dinner
Blue Tortoise shell design, text Margaret**



LIFETIME MEMBERS

Gil & Marti de Correa Garcia
Gary & Debora Petlow

WELCOME NEW MEMBERS

Cecilia Fabulich
Bina (Balvina) Garcia
Terra Melson
Toni Navarro
Laura Smit
Rosalba Tamayo
Hector Valerio

APRIL RENEWING MEMBERS

Elena Aguilera	Lucrecia Mendez
Barbara & John Ahlman	Sylvia Mendoza-Ceja
Rosario Bautista	Liliana Monroy
Gloria Berumen	Adela Monroy
Lisa & Scott Burns	Patricia E. Montemayor
Josefina Campos	Shirley Moore
Zahida Carrera	Mary Lou Morales
Aileen Chambers & John Otchis	Esperanza & Roberto Najera
Tony De Paco	Elsy G. Nelson
Chris De Paco	Mary Lou Ornelas
Gloria Desales	Joaquin & Suki Ornelas
Gustavo A. Duran	Leticia Parra
Clementina Espinoza	Lenny Rodriguez
Antonio & Gloria Gonzalez	Cathy Romero
Laurie Hidalgo	Irma M. Segura
Rachel Iddings	Evie Treen
Amada Larin	Connie Villagomez
Linda Lemus	Aline Shapiro & Bill Weil
Carl Lovegren	

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