



2024 JUNE NEWSLETTER

Santa Barbara/Puerto Vallarta Sister City Committee



Published May 27, 2024

Santa Barbara, California



Mental Wellness Awareness Month

On April 24th Santa Barbara Rotary Clubs and Santa Barbara/Puerto Vallarta collaborated to bring awareness to mental health issues. Rotary International has been in the forefront when it comes to supporting health initiatives and the global pandemic has brought attention to another aspect of health that is often overlooked: mental health. In many places, depression, anxiety, and suicide are seen as things to be ashamed of and kept quiet. We recognize the gaps in understanding and resources needed and are stepping up to support Mental Wellness.

Our gathering at the Wellness Center on Garden St. was well attended and we featured three guest speakers on the important topic of Mental Wellness. Liat Wasserman, MA, MSW of the Mental Wellness Center, Lisa Biggs, Mental Health Coordinator at the Fusion Academy and Toni Navarro, Director of the Santa Barbara County Behavioral Wellness Center.

A highlight of the dinner was when Mr. Gil Garcia stepped up to present an anonymous check in the amount of \$5000 to Dr. Liat Wasserman of the Mental Wellness Center.



General Meeting
Sunday, June 9, 2024
 Lower Manning Park,
 449 San Ysidro Rd, Montecito, Ca.

**Say ALOHA to Summer
 Delicious BBQ by Am. Vets!!**

TIME: 2:00-6:00 pm
**Menu: NY Steak strips, Chicken,
 Green Salad, Rice, Beans, Salsa
 (BBQ Veggies for vegetarians)**
Water, Sodas provided
Beer/wine – Bring your own

Silent auction – lots of great items

Cost is \$35/pp for members
\$40 /pp non members

RSVP by Monday June 3rd -

Sbpvsistercity805@gmail.com

Or leave message at 805-965-1573

If you must cancel your reservation, three day notice is required. Same day cancellation, you will be charged for the cost of the meal.

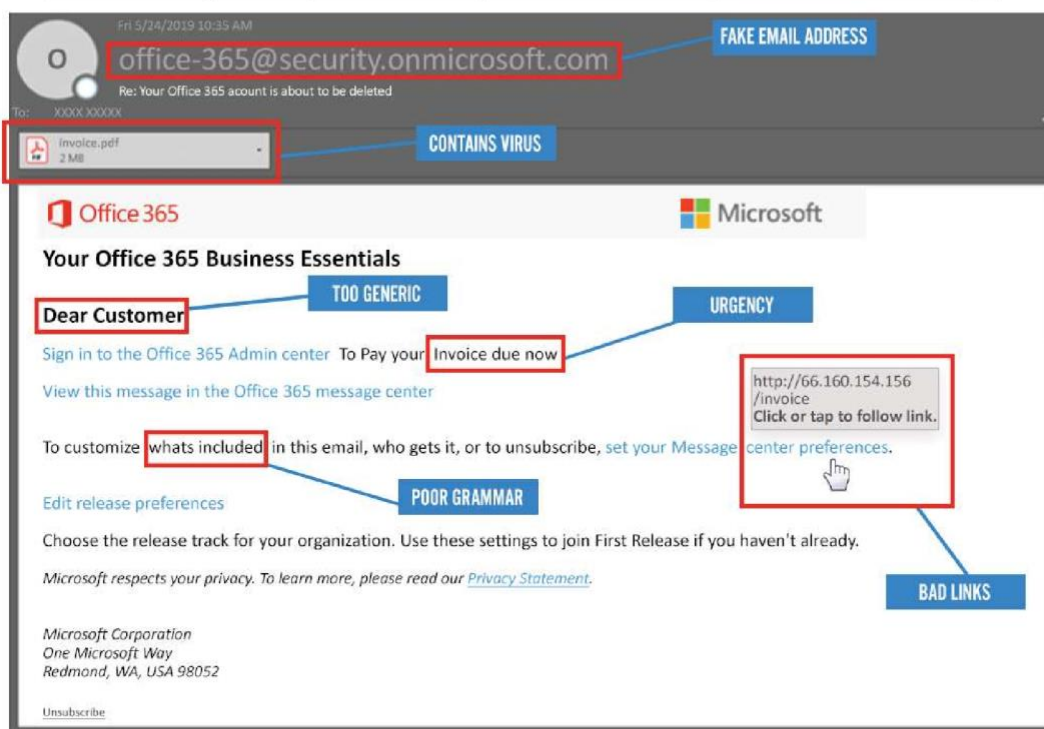


Phishing Scams – No one is Immune!

Many of us have received requests from someone we think we know asking for a gift card. Many scams involve an email saying you have to pay for your utilities before they are shut off, you have to pay postage for a package or it will be returned. Scammers are hope to scare you or take advantage of someone's kindness or desire to help. Please see the example below to protect yourself from this kind of scam!!

TIPS FOR DETECTING A PHISHING EMAIL

Cyber criminals might send an email that looks legitimate, known as a phishing email, but you can take steps to avoid the traps



1 WATCH FOR OVERLY GENERIC CONTENT AND GREETINGS

Cyber criminals will send a large batch of emails. Look for examples like "Dear valued customer."

2 EXAMINE THE ENTIRE FROM EMAIL ADDRESS

The first part of the email address may be legitimate but the last part might be off by letter or may include a number in the usual domain.

3 LOOK FOR URGENCY OR DEMANDING ACTIONS

"You've won! Click here to redeem prize," or "We have your browser history pay now or we are telling your boss."

4 CAREFULLY CHECK ALL LINKS

Mouse over the link and see if the links destination matches where the email implies you will be taken.

5 NOTICE MISSPELLINGS, INCORRECT GRAMMAR, & ODD PHRASING

This might be deliberate attempt to try to bypass spam filters.

6 CHECK FOR SECURE WEBSITES

Any webpage where you enter personal information should have a url with `https://`. The "s" stands for secure.

7 DON'T CLICK ON ATTACHMENTS RIGHT AWAY

Virus containing attachments might have an intriguing message encouraging you to open them such as "Here is the Schedule I promised."



805-967-8744 | support@synergyinc.net

It's Okay to Not Be Okay: from SAMHSA Substance Abuse and Mental Health Services Administration Services

Recently, Sesame Street's lovable Elmo [posed that very question](#) on social media earlier this year – and the responses came flooding in. From relationship problems to financial troubles, and feelings of exhaustion, angst, loneliness, and disconnection, people shared their struggles. At last count, Elmo's post had garnered more than 217 million views, 15,000 reposts, 165,000 likes, and 45,000 responses on one social media platform alone. What this helps reveal is that many of us are **NOT** okay – and it's important to acknowledge and address that, and make sure people know that help is available.

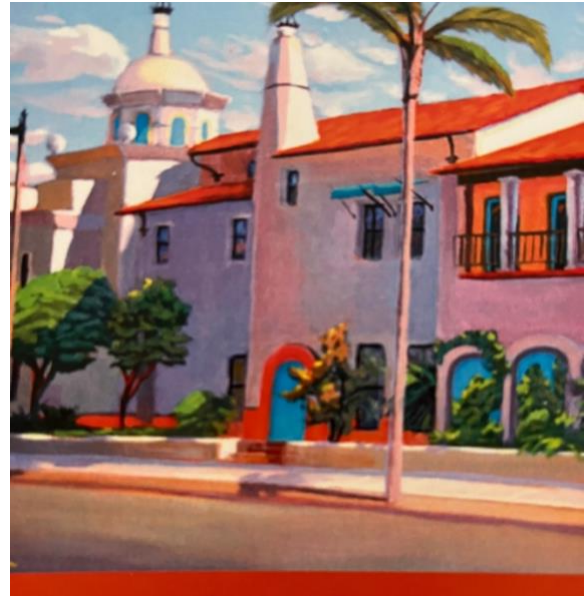
Mental Health Conditions Can Affect Anyone

Mental health conditions can affect anyone, regardless of gender, age, race, ethnicity, or income level. [Recent data \(PDF | 622 KB\)](#) help underscore that our nation is facing an unprecedented mental health crisis among people of all ages and backgrounds, including young children and older adults. As an example, if you were standing in a room full of people, at least one out of every five of those people likely experienced anxiety, depression, or other mental health conditions in the last year.

The good news is... mental health conditions are treatable. As illustrated by the many athletes, entertainers, and prominent public figures who have spoken openly about their experiences, people living with mental illness can - and do - lead happy and productive lives. This includes [serious mental illnesses](#), such as bipolar disorder, major depressive disorder, and schizophrenia, which can interfere with someone's life and ability to function. Similar to medical conditions like diabetes, with early and consistent treatment, people with serious mental illnesses can manage their conditions, overcome challenges, and enjoy meaningful, productive lives.

We understand that many Americans may feel reluctant to reach out for help or to seek care; we want you to know that we see you, we hear you, and we support you. We believe that with the right care, anyone affected by – or at risk for – a mental health condition can achieve well-being and thrive. And if you take care of yourself, you might also be a support for others -- a lifeline for someone else.

By: [Anita Everett, M.D. DFAPA, Director of the Center for Mental Health Services](#)



A check for \$1,126 was also presented to the Mental Wellness Center from the Santa Barbara/Puerto Vallarta Committee. The dinner was catered by [Mayo's](#), and provided at his cost to support Mental Wellness in our community. Music was provided by the lovely [Adriana Rayna who donated her services](#) to benefit Mental Wellness Services.

Men's clothing is also gratefully accepted at the Wellness Center at 617 Garden St. Please see their website: <https://mentalwellnesscenter.org> They do an amazing job helping people with mental wellness issues.



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 a 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 30 -August 4 Visit from Puerto Vallarta Sister 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

Young Authors and Artist Showcase Reception April 23rd. Our Showcase was hit. Many of the young artist and their families were present at the reception. We had nice sampling of creative of artwork, classic art and digital and digital media. Many, many thanks to the staff at the Children's Creative Project, especially, Kelly Mitchell. Many thanks also to the Santa Barbara Sister City Advisory Committee and the members who brought dishes to the reception. Thanks also to our YAAS committee for helping with the planning and support of this program, judging and reception. Especially, Debbie Merlo, Patras, Greece; Margarita Zaske, Miraflores, Peru; Jill Stassinis, Weihai, China; George Lilley, Kotor, Montenegro.

This event would not have been the success possible with the help of Bonnie Carroll, The representative for Puerto Vallarta and Public Relations Coordinator for this event. She published news articles online, giving our Showcase a wide community presence. There are many photos in the online news articles. These are still up – please review them:



<http://lifebitesnews.com/kidskaleidoscope.php>

<https://www.independent.com/2024/04/30/santa-barbara-sister-cities-childrens-creative-project-celebrate-young-artists-authors/>
<https://www.edhat.com/news/2024-young-artists-showcase-honors-local-students/>
<https://www.noozhawk.com/santa-barbara-sister-cities-applauds-young-artists-and-authors/>

So Cal Sister Cities
 Presenting a High School and College Age
 Online Forum
 Please share this with any young people
 you know.

CALIFORNIA YOUTH LEADERSHIP SUMMIT
CALIFORNIA YOUTH LEADERSHIP SUMMIT
 +
CALIFORNIA YOUNG ARTISTS EXPO

(((LIVE)))
STREAM
Sun. June 2, 2024
5:30 - 7:00 pm PST

HIGH SCHOOL & COLLEGE PANELS
PEACE, KINDNESS & COOPERATION

- Climate Change & Sustainability**
Affecting everyone, everywhere
- Racial & Gender Equity**
Fundamental human rights
- World Peace & Cooperation**
Building effective relationships

MUSICAL GUESTS:
ATARASHII GAKKO!

High school and college student from California a the world over sh art, enjoy music discuss hot topi

FREE REGISTRATION OPEN TO ALL
www.californiasummit.org

EVENT HOST
 CALIFORNIA SISTERCITIES

EVENT SPONSORS
 SoCalGas, Akademia 21st Century

ORGANIZING PARTNERS
 SoCal Sister Cities, NorCal Sister Cities, KIF, The Academia Foundation, 日米姉妹都市協会, Anaheim University

MEDIA SPONSOR | Southern California News Group



Get well cards were sent to the following members:

Evie Treen, Roberto Najera, and Margaret Saavedra

Condolences were sent to past member, Mary Moreno on the loss of her husband Thomas Moreno.

RENEWING MEMBERS

APRIL/MAY 2024

Dick & Joyce Axilrod
 Les & Sylvia Clark
 Ermalinda "Linda" Cuellar
 Michael Feely
 Gloria Jones
 Marisela Katsapis
 Shirley Moore
 Robert & MaryAnn Sanchez
 Russell Smith & Luz Maria Ortiz de Smith

Santa Barbara is not immune from the fentanyl crisis in this country. The local Rotary Clubs are active with Rotary Action Group Addiction Prevention. There will be training for people on how to use naloxone to reverse fentanyl overdose deaths.

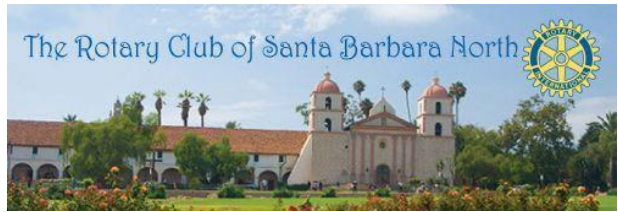
Here is a link if anyone would like to be a trainer, the class is June 19th, <https://portal.clubrunner.ca/2855/sitepage/naloxone-training>

Board of Directors 2024

Margaret Saavedra, President.	Lk4maggie@gmail.com	
Araceli 'Cheli' Hidalgo, 1 st V.P. Membership	ladylachel@hotmail.com	Newsletter Editor: Margaret Saavedra Since November 2022 Published Once per month About the 20 th
Tony De Paco, 2 nd V. P.	tonydepaco@hotmail.com	
Alicia Sorkin, Recording Scty	sorkina@msn.com	
Bonnie Carroll, Corres. Scty.	writebc@aol.com	
Marti Garcia de Correa, Treasurer	marti@gilgarcia-aia.com	
Alma Ruth Vaja	almavaja@yahoo.com	
Maria Sanchez	maria.sanchez0101@yahoo.com	
Danny Contreras	dcontreras@smardan.com	
W. Scott Burns, Director	Wscott@wsburns.com	
Zahida Carrera	zahida3@gmail.com	
Sebastian Aldana, Pres. ExOficio	sbsebas@gmail.com	



The Berry Man, Inc.
Wholesale Produce
205 W. Montecito Street
Santa Barbara, CA
93101



Cesar's Place Restaurant
Seafood & Mexican Food
712 N. Milpas Street
Santa Barbara, CA 93103
(805) 884-0964



**Mayo's Carniceria
& Tacos**
Delicious Mexican Food
2704 De la Vina Street
Santa Barbara, CA
93105

Coast Reprographics
Reprographic & Copy Services
228 E. Cota Street
Santa Barbara, CA 93103
(805) 962-9155

Tacos Pipeye
Mexican food Truck

217 N. Milpas St.	524 N. Milpas St.
9 am - 9 pm	7 pm - 11:30 pm

Tuesday - Sunday

Gilbert Garcia
122 E. Arrellaga Street
Santa Barbara, CA 93101
(805) 965-8561



15 W. Carrillo Street
Suite 100
Santa Barbara, CA 93101
(805) 284-2037

ANACAPA
CONCRETE

Robert F. Najera
(805) 963-8812
www.anacapaconcrete.com

Santa Barbara /Puerto Vallarta
Sister City Committee
P.O. Box 3718
Santa Barbara, CA. 93130