



The Friendship Force of Sacramento

www.thefriendshipforce.org
www.friendshipforcesacramento.com



Peace Through Friendship

August 2009

Calendar of Events

August 3	6:00 p.m. WELCOME DINNER to welcome Dallas ambassadors. Held at the home of Arnie & Mary Garverick, 2960 Kachina Way, Rancho Cordova
August 7	6:00 p.m. FAREWELL DINNER for Dallas Exchange at Northridge Country Club, 7600 Madison Ave., Fair Oaks
August 10	6:30 p.m. Meeting for members going on exchange to New Caledonia/New Zealand The Lodge at 3186 Four Seasons Drive, El Dorado Hills
August 26	1:00 p.m. – 3:15 p.m. Board Meeting at NEW LOCATION: Rancho Cordova Library, 9845 Folsom Blvd, Sacramento, followed by <i>Burundi Humanitarian Exchange</i> - by members, George and Lynn Meyer Dinner afterward at Oz Korean BBQ, 3343 Bradshaw Rd., Sacramento
Sept. 23	1:00 p.m. – 3:15 p.m. Board Meeting at Rancho Cordova Library, 9845 Folsom Blvd, Sacramento, followed by <i>Learn a little French</i> - taught by member, Norm Bessette. Dinner afterward at Bistro La Petite France - Douglas & Auburn Blvd., Granite Bay
Oct. 11	Annual OKTOBERFEST and General Meeting for election of 2010 Officers 1:00 p.m. - Home of Jim and Karalee Heilman 116 Raeanne Lane, Folsom (more details later)
Oct. 17 - Nov. 7	OUTBOUND EXCHANGE – New Caledonia/ New Zealand Pat Ghiglieri, ED
Nov. 18	1:00 p.m. – 3:15 p.m. Board Meeting at Rancho Cordova Library, followed by <i>New Caledonia/New Zealand Recap</i> by ED & Ambassadors.
Dec. 6	CHRISTMAS Luncheon: North Ridge Country Club, Fair Oaks (more details later)
Exchange Dates and Events: 2010	
May 2010	OUTBOUND EXCHANGE - Pau, France (no exact date yet) Barbara Beland, ED
June 2010	INBOUND EXCHANGE - Montreal, Canada (no exact date yet)
Sept. 2010	INBOUND EXCHANGE – Howick, New Zealand (no exact date yet)
Oct. 2010	Friendship Force International Conference - Washington, D.C.

FROM THE PRESIDENT'S DESK



“The Texans are coming”, Hip, Hip, Hooray! Tom Flynn and his committees have done a great job organizing this inbound exchange. Let’s all of us join in with Tom to make this a joyous time for the Texans.

This has been a busy month for our committees. The Exchange Director manual, under the direction of Glenn Tilton and Chris Smith has been explored and is in the process of completion. Barbara Beland, our ED for the France outbound exchange in 2010, with her committee, is in the final stages of completing the schedule and choice of ambassadors. These tasks require a tremendous amount of time. I thank all of those committee members for their time and expertise.

Madelene and I are in our Bozeman, Montana home until September 7th, so will be with you in spirit for the Dallas exchange.

The last board and general meeting was exciting. Our new member, Christina Rynhart did an outstanding presentation on Genealogy. Members now are excited to trace their roots. Thanks, Christina! The dinner after the meeting at “Sams” kosher delicatessen was a treat for everyone.

I am thinking of having a short biography of our members in every newsletter. This will require some one to act as a reporter to interview that member. So, if you are interested in volunteering, please let me know.

Jim Hanson, President

DALLAS EXCHANGE August 3 to 8, 2009**Tom Flynn, Exchange Director, 916-422-7167***Welcome to our 12 Ambassadors from Dallas.**Hosts & Ambassadors: Please wear your name badges.*

- Mon. 8/3** **Airport Welcome & Welcome Dinner**
11:10 a.m.: Airport Welcome by Tom Flynn, hosts & club members
Free time in afternoon to get acquainted.
6 p.m. Welcome Dinner (potluck) at Arnie & Mary Garverick's, (363-6191)
2960 Kachina Way, Rancho Cordova (Potluck chair: Carol Ward – 941-1062)
- Tues. 8/4** **Lake Tahoe/Donner Bus Excursion** (Chair: Chris Smith – 930-0922)
7:45 a.m.: Meet at Comfort Inn & Suites, 12249 Folsom Blvd, near Hazel & Hwy 50. Bus will leave at 8:00 a.m.
or
8:15 a.m.: Meet at the Park & Ride lot at Sierra College Blvd by Hwy 80.
Bus will leave at 8:30 for a spectacular drive to the Sierras, including Donner Museum tour, hamburger lunch at the Ghiglieris' mountain home in Truckee, Lake Tahoe/Emerald Bay, then cocktails at the Mellors' cabin off Hwy 50 in Strawberry. Home about 7 p.m.
- Wed. 8/5** **Sacramento Capitol Tour & Railroad Museum Tour** (Chair: Arnie Garverick – 363-6191, cell: 802-9087)
8:30 a.m.: Optional self-guided tour of Capitol Rose Garden & Park
9:45 a.m.: Meet in Rotunda under the dome of the Capitol for docent led tour from 10:00 a.m. to 11:00 a.m.
11:15 – 12:30: Lunch on your own at one of Sacramento's many restaurants
12:45 p.m.: Meet at the Railroad Museum (2nd & I Sts.) for a 20-minute film & a 20-minute docent led tour.
Free time in the afternoon to check out the rest of Old Town or other sites
6:30 p.m.: Attend small dinner parties hosted by other club members.
- Thurs. 8/6** **Calaveras Big Trees, Murphys, Ironstone Winery** (Chair: Ken Smith - 961-3019, cell: 201-6965)
7:45 a.m.: Optional carpool gathering at Bella Bru Café, El Dorado Hills. Take the El Dorado Hills exit off US-50 & go north to Raley's parking lot on El Dorado Hills Blvd., or drive by yourselves.
10 a.m. to 12 noon: Calaveras Big Trees State Park
12:30 p.m. to 2:00 p.m.: Lunch at Murphys Hotel (\$15) & time to shop
2:15 p.m. to 4:00 p.m.: Ironstone Winery member-guided tour & wine tasting
Return by 6:00 p.m. for traditional ambassador dinners for hosts
- Fri. 8/7** **Free Day & Farewell Dinner** (Chair: Rose Phelan - 408-4066)
6 p.m. Farewell Dinner at North Ridge Country Club, 7600 Madison Ave., Fair Oaks. There is a \$12 corkage fee if you choose to bring your own wine.
- Sat. 8/8** **Departure Day** (Chair: Tom Flynn – 422-7167)
Transportation to the airport, arranged by hosts

DALLAS EXCHANGE PARTICIPANTS
Aug. 3-8, 2009

*It takes a village ... or a big group of Friendship Force members to handle all the details of an exchange. A big **Thank You** to:*

EXCHANGE DIRECTOR:

Tom Flynn

HOSTS:

Ken Smith
Carol Chesbrough
Dawn Beck
Lee Jones
Rich & Jean Dean
Carlton & Carole Galbraith

Faith Boucher
Carol Ward
Carol Tilley
Dick & Marilyn Marcroft
Marjorie Wells
Marty McKnew

DAY HOSTS:

Glendena Honeick
Carole Rich

Tom Flynn

DINNER HOSTS:

Jim & Jeen Maitland
Brigitte Rau
Jan & Norm Besette
Sylvia Roberts

Shiv & Meena Bhat
Bill & Kathy De Blonk
Pat McVicar
Carole Rich

COMMITTEE CHAIRS:

Madelene English
Dawn Beck
Tom Flynn
Judy Maas
Carol Ward
Arnie & Mary Garverick
Norma Leopold
Judy Maas
Chris Smith
Bob & Pat Ghiglieri
Ken & Linda Mellor
Arnie Garverick
Ken Smith
Rose Phelan
Glendena Honeick

Home Hosts
Small Dinner Parties
Day Hosts & Transport
Gift Bags
Welcome Dinner
Welcome Dinner Hosts
Decorations
Exchange Booklets
Tahoe/Donner Trip
Truckee Barbecue Hosts
Cabin/Cocktails Hosts
Capitol/RR Museum
Calaveras, Ironstone Trip
Farewell Dinner
Farewell Program

EVENT DETAILS DURING DALLAS EXCHANGE

BUS TO TAHOE: There are still a few seats available for our outing on August 4, and any members are welcome to come along (at a cost of \$35). Please call Chris Smith if you'd like to join us for a great day, and confirm which of the bus stops you prefer.

WELCOME DINNER DIRECTIONS: For those who have signed up for the Welcome Dinner at Arnie & Mary Garverick's home on August 3, directions are Highway 50, Zinfandel exit, north one block to Olson Dr., west 3 blocks to 2960 Kachina Way, Rancho Cordova.

FAREWELL DINNER LOCATION: For those who have signed up for the Farewell Dinner on August 7, North Ridge Country Club is at 7600 Madison Ave, Fair Oaks (between San Juan & Sunrise Blvd).

OTHER OUTINGS: All members are welcome to join us on the day outings to the Capitol, Railroad Museum, Calaveras Big Trees, Murphys, & Ironstone Vineyards. The lunch at Murphys Hotel is \$15.

More details about the outings and day trips can be found on the schedule on page 3.

NOTE: The Daily Schedule has been updated since July's newsletter!!!

NEW CALEDONIA/NEW ZEALAND EXCHANGE MEETING – AUG. 10th

Our next meeting for the exchange to New Caledonia and New Zealand will be on Monday, August 10th at 6:30 p.m. at The Lodge in Pat Ghiglieri's development at 3186 Four Seasons Drive, El Dorado Hills, CA 95762. The gate code is 06512. There is lots of parking at the lodge. If you need it, her cell phone is 212-7111.

We will be discussing what an exchange is all about, how we should be conducting ourselves, what we can bring for hostess/host gifts to each of the host homes, travel arrangement confirmations and hopefully answer any unanswered questions you might have. Please plan to attend.

OKTOBERFEST – HELP NEEDED!

Believe it or not, October is only 2 months away. Our club will hold its annual Oktoberfest on October 11th at Jim and Karalee Heilman's in Folsom. They are being gracious to offer their lovely back yard for this event. They need some help with the organization of this activity. Please someone come forward and volunteer. This is a great way to get to know members of our club. You can even ask some of our new members to assist you in whatever area you might need help! Madelene English, Jim Hansen and Glendena Honeick have done it several time in the past and it is time to pass this torch. Please, this is a volunteer organization and we need to volunteer! Call me for further information. Pat Ghiglieri, 212-7111.

BOARD MEETING CHANGE

Please note that the board meetings, starting August 26th, will be held at the Rancho Cordova Library. It is located at 9845 Folsom Blvd., Sacramento, at the corner of Folsom Blvd. and Paseo Drive, about halfway between Bradshaw Road & Mather Field Road. Note: the library faces Folsom Blvd., but the entrance is on Paseo Drive.

From the north, go south on Sunrise Blvd. and turn right on Folsom Blvd.
From the west, take the Bradshaw exit north off Hwy 50 & go right (east) on Folsom.
From the east, take the Mather Field Rd. exit north off Hwy 50 & go left (west) on Folsom Blvd..

EXCHANGE DIRECTOR TRAINING

Twelve people attended the Exchange Director Training led by Chris and Julie Smith last month! It was full of information about how to run an exchange, both Inbound and Outbound. Chris has been the Exchange Director for 6 exchanges so he took the lead and crammed all the details into a 2 hour training.

Our club is creating an Exchange Director Manual to help Exchange Directors run their exchanges. If you would like to be on the committee please call Chris at 916-930-0922 or email him at ChrisandJulia@sbcglobal.net.

FRIENDSHIP FORCE MEMBERS HOST EXCHANGE STUDENTS

Education First (EF) brought approximately 80 high school students from Spain, France and Russia to Sacramento in July. Several of our members hosted students for the month. They had English class Monday-Friday in the morning and went on group outings in the afternoon. Evenings and weekends were spent with the host families.

If you'd like to be involved next time you might ask **Chris** and **Julie Smith**, **Marty McKnew** or **Audrey Wiechman** who all enjoyed hosting and making new friends.



SUNSHINE CORNER



Our members want to extend our condolences to Dottie Moore on the loss of her husband and to Audrey Wiechman on her mother's passing. If you know of any club member who is ill or needs a ray of sunshine, please let Dawn Beck, our Sunshine Chairperson, know so she can send a card or make a friendly call. You can reach her at 916-771-5645.

DO YOU HAVE A DIGITAL CAMERA?

Have you taken photos during past exchanges? Have you seen the wall calendar our club produced for 2009? Would you like to contribute to our calendar for 2010? So far three of our members have emailed photos for consideration, but wouldn't it be nice to have more members participate? Please look through your digital photos and see if you have some that would look good on a wall calendar, & email them to Judy Maas at jemaas@aol.com.

SCANDINAVIAN FESTIVAL – OCT. 3, 2009

The 26th Annual Sacramento Scandinavian Festival will be held on October 3rd from 10:00 a.m. to 3:00 p.m. at the Divine Savior Catholic Church, 9279 Greenback lane, Orangevale, CA 95662. Adults are \$4.00 and children under 12 are free.

At the festival you can learn about Nordic culture, dance with a Norwegian, taste exotic food such as Swedish Pancakes or Viking on a Stick. The Festival is sponsored by the local Scandinavian lodges. Contact Scott & Kathy Matthews for more details.

SUMMARY OF BOARD MINUTES

Held: July 22, 2009

Location: Fair Oaks Library, Fair Oaks

Present: 9 board members, 13 members

Membership Roster Count: 136

Motions Voted & Approved: • Minutes • Treasurer's report • Reimburse Tom Flynn \$204 for Dallas Exchange expenses • Table decision on having Oct. board meeting until Pat Ghiglieri checks with Jim Hansen.

2009 Exchanges: All plans are made, and exchanges are filled.

2010 Exchanges:

Outbound to Pau, France in May, ED is Barbara Beland. Information will be sent to all members.

Outbound to Orlando, Florida in January or February. ED needed.

Inbound from Montreal in June. ED needed.

Inbound from Howick, New Zealand in September. ED needed.

A club manual for Exchange Directors is being worked on and will be published to assist our ED's in the future.

Board Members

(Area Code is 916 unless otherwise noted)

President: Jim Hanson hanson12@comcast.net	435-3662	Membership: Glendena Honeick friendshipforcesac@me.com	989-2595
Vice-President: Pat Ghiglieri pat.ghiglieri@sbcglobal.net	933-6312	Activities: Tom Flynn thomasflynn0737@sbcglobal.net	422-7167
Secretary: Barbara Beland bdbeland@sbcglobal.net	(530) 886-8600	Past President: Rose Phelan roseph@sbcglobal.net	408-4066
Treasurer: Scott Matthews ScottMattGB@att.net	791-1626	Publicity: Arnie Garverick a.garverick@sbcglobal.net	363-6191
Communications: Lynn Meyer lgarrettmeyer@earthlink.net	987-2426	Newsletter: Judy Maas jemaas@aol.com	772-7764

SEPTEMBER 2009 NEWSLETTER

The deadline for submission of articles/events is **August 27th**, the day after the board meeting.

Please submit your articles to: Judy Maas (916) 772-7764 or email jemaas@aol.com