



The Friendship Force of Sacramento

www.thefriendshipforce.org
<http://friendshipforcesacramento.com>



Peace Through Friendship

December 2007

Calendar of Events

Dec 2	Holiday Party, 11:00am – 3:00pm. The Clubhouse at Woodcreek Golf Club. Cost \$20. Prepaid reservations required. See details inside.
Dec 19	Planning meeting for India/Nepal exchange, 1:00 pm at the home of Chris and Julie Smith, ED. Located at 615 27 th St., Sacramento. RSVP to Chris at (916) 930-0922.
Dec 31	Last day to renew membership. Contact Chris Smith at (916) 930-0922.
Jan 5	Planning meeting for Australia inbound exchange, 1:00 pm at the home of Glendena Honeick, ED. Located at 5339 Flyway Dr., Fair Oaks. RSVP to Glendena at (916) 989-2595. Details inside.
Jan 7	Last date to reserve for Lunch at Kathmandu Kitchen. See below.
Jan 13	Lunch at Kathmandu Kitchen, 12-3:00 pm. Located at 1285 Grass Valley Hwy, Auburn. RSVP to Madelene English. See details inside.
Jan 15	Board meeting, 10:00 am, hosted by Rose Phelan. Located at 1206 Stone Hearth Ln, Lincoln. All EDs are invited to attend and update the board on upcoming exchanges. Please call Rose at (916) 408-4066 if unable to attend.
Jan 22	Planning meeting for San Diego inbound exchange, 10:00 am at the home of Pat Ghiglieri, ED. Located at 6049 Creekberry Way, El Dorado Hills. RSVP to Pat at (916) 933-6312. Details inside.
Mar 10-12	Western Regional Conference, San Diego, California. See details inside.
Exchange Dates 2008	
March 3-16	Outbound Discover India tour. ED: Chris Smith
March 16-23	Outbound to Kathmandu, Nepal . ED: Chris Smith
April 21-28	Inbound from San Diego, California . ED: Pat Ghiglieri, Co-ED: Lynn Meyer.
May 9-15	Outbound Humanitarian Exchange to Romania with a 2 day pre-exchange of Bucharest and a 5-7 day post-exchange bus tour of Romania. ED: Joe Phelan.
August 23-30	Inbound from Sunshine Coast, Australia . ED: Glendena Honeick, Co-EDs: Madelene English and Jim Hanson



FROM THE PRESIDENT'S DESK

Greetings members and fellow adventurers,

This year has gone by very quickly with so many wonderful events along the way, always keeping in mind our basic reason for the existence of Friendship Force: "A world of friends is a world of peace." Our exchanges, both inbound and outbound, have created opportunities for many new friendships around the world, offering unique moments for each of us to share in a new culture, learn a bit of a new language, savor new cuisines, and, most importantly, to understand that there are more similarities than differences in our lives around the world.

My grateful thanks for those members who have jumped in to help with the many opportunities to host, to work on a committee, to become involved in the planning of an exchange and to attend our meetings and other functions. Without your participation and commitment we could not have enjoyed the World Friendship Day Celebration, exchange dinners and outings, exotic dinners in local restaurants, new fund raising opportunities and much more! I urge you to read your Newsletter, become familiar with our web site (<http://friendshipforcesacramento.com>), sign up for the wonderful exchanges coming up in 2008 and become an active member of this club. A lot of work goes on behind the scenes to prepare for exchanges and if we do not fill them, or come close to getting a good turn out, these choices may not come our way in the future. If you have questions or concerns about the upcoming exchange possibilities, or the exchange process in general, please contact me or one of the Exchange Directors for more information so that you can create some memorable Friendship Force experiences.

If you were not at the Oktoberfest, please take a moment to read my annual report in this Newsletter. It will fill you in on the variety of events that have occurred over this year. At the outset of my term of office, my goals were to increase membership and also to increase the involvement of the members in the club. Thanks to you all, these goals have been met.

Have a very Merry Christmas, a Happy Hanukkah and good times with friends and family.

In Friendship,

Lynn Meyer, President

"Failures and mistakes are part of life; what you make of them is important"

DISCOVER INDIA TOUR



This is a great way to see some of the main cities and historical sights (Delhi, the Ganges River, The Taj Mahal and more). There will also be five opportunities to visit with the locals in various cities. We will be leaving from San Francisco on March 2nd and return on March 16th. The total price of \$2,675 includes all meals, entrance fees, tips, travel within India and lodging at 4 star hotels. Please call Chris Smith at (916) 930-0922 for more information, and tell your friends!

NEPAL HOME HOSTING



We have a few more spots open on the Nepal exchange March 16th to 23rd. You can go for one week only, include the week extension to Pokhara and Bhutan, or add it to the Discover India Tour, whatever you have time for. We will be home hosted in Kathmandu except for one overnight trip to Nagarkot for a sunrise view of Mt. Everest. This trip is approximately \$450 for the week plus airfare (\$1,400). The extension to Pokhara and Bhutan is additional. Call Chris Smith for more details at (916) 930-0922.

SUNSHINE COAST OF AUSTRALIA INBOUND EXCHANGE

August 23-30, 2008

It's time we start planning for our inbound exchange from the Sunshine Coast of Australia. This will be a large exchange with current projections of up to 25 ambassadors so it's not too early to start setting our wheels in motion. Many are traveling around the world before arriving here on their first of three Friendship Force exchanges. From here they go to Oregon and then Montana before finally returning to their homes in Australia. Several of our members are especially excited to once again see their Aussie friends as many of their ambassadors coming over were their hosts for our club's Australian outbound exchange in 2006.

Our first planning meeting is scheduled for January 5th at 1:00 p.m.
We need EVERY member's participation.

COME JOIN THE FUN!

The location is Glendena Honeick's home at 5339 Flyway Dr., Fair Oaks.
 RSVP to Glendena at (916) 989-2595 or via email at glendena@sbcglobal.net.

Glendena Honeick, ED with Jim Hanson and Madelene English, Co ED's

SAN DIEGO INBOUND EXCHANGE

April 21-28, 2008

I have an update on our friends from the South in San Diego! There will be approximately 18 incoming ambassadors; 6 men and 12 women. Only three of these are couples, I believe. Eight of them are flying and the others are driving. Everyone will be in our area by 3pm on Monday, April 21st. They want to visit: The Redwoods, our state Capital, The Governors Mansion, Leland Stanford Home and Museum, Sutter's Fort, The Railroad Museum, and a winery or two. If you have an interest in chairing any of these particular days and sites, please contact me. I am looking for chairpersons for all of them. Marilyn Marcroft will be the chair to organize dinners for ambassadors and hosts. Lynn Meyer as co-chair has graciously agreed to coordinate the host families.

I will be passing around sign up sheets at the holiday party on Sunday, December 2, 2007. I hope you will want to sign up to host a day, an activity, or be willing to host one or two of our friends from San Diego. I do have a few of you who already have shown an interest in hosting. I thank you and have your names. Lynn will be making the contact regarding your hosting and ambassadors.

Pat Ghiglieri, ED, Inbound, San Diego
pat.ghiglieri@sbcglobal.net, (916) 212-7111 (cell), (916) 933-6312 (home)

UPDATE ON ROMANIA

Most club members are “on line” and so they have already received an overview of the exchange our club is leading to Romania in May -- one week of home hosting with the club in Brasov followed by a week’s private bus tour of Romania. The group will meet at a hotel in Bucharest on May 7 and depart that city May 21.

The exchange differs from most exchanges in two ways. It’s a Humanitarian exchange as the group will bring special computers with us for a school for the blind in Brasov --and it’s a national exchange rather than a club exchange –in other words, half of the group of 20 will come from our club and half from other clubs and countries.

Besides the things we will do in Brasov such as visiting Dracula’s castle, the tour will explore this South Eastern European country with its world-famous Painted Monasteries in Bucovina and mountain side castles. The tour will visit the magnificent architecture of Bucharest and boat on the Danube’s Delta. One afternoon the group will meet and mix with children as they get out of school in a small village.

The land package cost is \$1885 and that covers both the exchange and tour –but not air.

If you are interested, contact me as soon as possible as this exchange will fill up quickly with only ten slots available to us. My email is joephelan@sbcglobal.net and the phone is 916-408-4066.

MEMBERSHIP RENEWAL DUE NOW

About 75% of our membership has sent in their renewal forms but some of you have not done it yet. Please take a moment and complete your renewal form (attached) and send it in now. Memberships need to be in by December 31st so we can pay the dues to Friendship Force International and get the magazines ordered for next year. If you have any questions call Chris Smith, Membership Chair at (916) 930-0922. Go ahead; write the check now while you are thinking about it so we don’t have to call you.

NEPALESE LUNCHEON IS BACK!

Join us for lunch and a presentation on Dave Duncan's recent travels in Nepal

We have rescheduled our experience in Nepalese and Indian cuisine for January 13th. Our armchair exploration of Nepal culture will be enhanced as Dave Duncan shares his slides and stories from his recent travels there. All members are invited to join us for lunch to get a taste of things to come on our Nepal and India exchanges.

When: January 13th - 12:00 to 3:00 pm

Where: KATHMANDU KITCHEN
1285 Grass Valley Hwy.
Auburn, Ca.

Cost: \$20.00 PER PERSON

The Kathmandu Kitchen presents a buffet of 3 entrees with 6 side dishes and dessert to tickle your pallet. Hope to see all of our membership there! Reservations must be prepaid for this event by Jan. 7th ! Send your check for \$20/person to: MADELENE ENGLISH, 4066 Coldwater Drive, Rocklin, CA 95765. Phone (916) 435-3662

FRIENDS IN NEPAL

Meet Shiva, our Inbound ED for Nepal

On my recent visit to Nepal, I spent a couple of afternoons and evenings with Shiva Shrestha, the inbound ED for the Nepal exchange. Everyone has his own personal story, and one of my biggest enjoyments in travel is hearing those stories. Shiva grew up in a village in the Everest region of Nepal. Local schooling only went thru the 9th grade, so to continue his schooling, Shiva embarked on a 12 day solo walk to Kathmandu with the 50 Rupees (~\$0.80) that his father provided to him. Undertaking this solo journey at a relatively young age was clearly a life changing experience for Shiva, probably helping to build the confidence to succeed in schooling while being self-supporting. Shiva worked in hotels and as a porter to support himself while completing his high school and university education. He completed his law degree and now consults with international companies interested in doing business in Nepal.

Shiva lived in Thamel for 18 years. Thamel is an active section of Kathmandu with many shops and it is the most popular area for visiting foreigners. For about four years, Shiva shared an apartment with Ang Rita Sherpa, founder of Ang Rita Expeditions, the trekking company that organized my Annapurna Circuit Trek. Ang Rita Sherpa became well known in the 1980's for completing ten summits of Mt. Everest and now lives in his village near the base of Mt. Everest.

One afternoon, Shiva and I walked thru Thamel and I was introduced to a few of his many friends. We visited shop owners in a local book store, electronics shop, and a business that sells sculptured quartz crystals. I was interested that the shop owner for the sculptured crystals makes an annual trip to the

Tucson Rock and Gem Show in Arizona, one of the largest shows of its type in the world. After visiting shop owners, Shiva took me to his office which is near Thamel, and I met some of the people affiliated with his Save the World foundation. My observation visiting law offices in the US is the focus on an opulent setting with large, expensive furniture. Shiva's world is quite different. In 1998 he founded an organization called Save the World (www.savetheworldnepal.org.np) and has focused much of his effort on sponsoring projects to help his fellow country people. Shiva's office is a modest setting with walls covered with pictures of his many Save the World projects and fund raising projects.

I was impressed with Shiva's total commitment to helping the people of Nepal rather than personal gain. Unlike many non-government organizations, Shiva's group does not recruit funding from large sponsors but instead focuses on being self-funding. Save the World started a factory to hand-paint and assemble fans for sale in Japan. This last year, about 20 Nepalese people were employed to manufacture 12,000 fans for export. Save the World works with a university in Japan bringing students to Nepal to work on public service projects. Their accomplishments include building a school and community water projects. The Japanese students raised about \$9,000 to purchase materials for the school construction. Save the World sponsors Nepalese students' education and organizes medical aid for rural communities. In addition, the organization sponsors many events to support efforts for world peace including International Human Rights Day, Hiroshima Day, International Environment Day, and numerous others.

About two years ago, Shiva and his family moved from an apartment in Thamel to a home near the edge of Kathmandu. I was honored to visit Shiva's home and to meet his family made up of his wife, 8 year old son, his 86 year old mother, and a niece who lives with Shiva's family. Shiva is Newar and his wife is Sherpa. Like Shiva, his wife used to work as a porter. Next month I will profile my trekking guide from the Annapurna Circuit, and describe the remarkable people of Nepal who work as porters, transporting gear for treks and expeditions, and more importantly moving the goods between the thousands of villages in Nepal that are only accessible by foot trails.

--Dave Duncan



Shiva's Office (fund raising products in display to the right of Shiva)



Shiva's family

MEMBER NEWS

We recently received the sad news that our member **Jim Roberts** has passed away after a brief illness. Jim was a good friend and will be greatly missed. Our thoughts and prayers are with his wife Sylvia.

WANTED..... PUBLICITY CHAIRPERSONWANTED

We need a Publicity Chairperson for 2008. It's a Board position and that means attending monthly board meetings. You don't need to do everything yourself – it's suggested the person form a committee to help out just as Glenn Tilton did this past year. It's important to keep our club's name and activities in front of the public to promote inbound or outbound exchanges, World Friendship Force Day and other activities –it's extremely important in recruiting new members. Glenn says he will give you the material his group developed last year.

This job does not take a lot of time and it's perfect for newer members or members who have not been active in the past to get involved in the club's activities. It's a great way to get better acquainted with members you may know just in passing.

So if this sounds like something you would like to do, please contact Rose or Joe Phelan – he served on the Publicity Committee last year. Our phone is (916) 408-4066 or try email at roseph@sbcglobal.net or joephelan@sbcglobal.net

WANTED..... WEB SITE TRAINEEWANTED

Are you looking for a way to get involved in the club without too large a time commitment? We're in need of someone to do monthly maintenance on our website so we can keep it current and accurate. This is a great way of learning more about Friendship Force and our members. Don't feel you need to be a web and computer wizard to do this. Basic computer literacy is good enough. We can show you how to make the monthly additions and changes to our website. Impress your kids and join the wired age! If you're interested call Jim Hanson at 916-435-3662 or e-mail: hanson12@comcast.net

*** BRIEF NEWSLETTER RECAP – BOARD OF DIRECTORS MEETING ***

Held: November 27, 2007 – at the Lynn Meyer residence in Fair Oaks, California

Elected Officers: (voting rights)

President: Lynn Meyer	<u>x</u>	Vice President: Rose Phelan	<u>x</u>
Secretary: Glendena Honeick	<u>x</u>	Treasurer: Scott Matthews	<u>x</u>

Standing Committees: (voting rights)

Activities: Madelene English	<u>x</u>	Communications: Jan Bessette	<u>x</u>
Membership: Chris Smith	<u>x</u>	Newsletter: Judy Duncan	<u>x</u>
Publicity: Glenn Tilton	<u>a</u>	Past President: Dawn Beck	<u>a</u>

Non-Voting Board Members:

Exchange Directors:	San Diego In/B: ED: Pat Ghiglieri	<u>x</u>
	Romania Out/B: ED: Joe Phelan	<u>x</u>
	Australia In/B: Co-ED: Jim Hanson	<u>x</u>

Reports:

- Attendance: A quorum was in attendance. The November board meeting continued.
- Treasury report: With Board approval the CD maturing 12/31 shall transfer to a Money Market. The other CD maturing 1/28 shall be addressed at the next board meeting.
- Fund Raising Chairman: Jim Hanson has accepted this position. The board thanked Jan Bessette for her tireless efforts she has given in this capacity.
- Community Contacts: Chris Smith reported his contact with the Sister Cities Council of Sacramento will continue after the new year. Lynn Meyer advised she will also continue working with her International Volunteer Program contacts.
- Activities: Reschedule of Kathmandu luncheon and Holiday party count
- Membership: Increased to 123

**** EXCHANGES ****

- India/Nepal/Bhutan Out/B exchange: Chris Smith, ED, advised Dave Duncan returned from Nepal with considerable information that was shared with those present at the 11/20 meeting. Several members have committed for the exchanges. The next meeting will be December 19th.
- San Diego In/B exchange: Pat Ghiglieri, ED, is in the process of forming committees. A planning meeting will be held January 22nd at her home to prepare for the arrival of the 18 ambassadors.
- Sunshine Coast In/B exchange: Glendena Honeick, ED, advised the initial planning meeting will be held January 5th at her home. More volunteers will be needed for the possibility of 25 ambassadors.
- Romania Out/B exchange: Joe Phelan, ED, is still obtaining pertinent information from FFI. There is a possibility of an additional extension after the exchange. A meeting is forthcoming.

Discussions:

- Shirlee Deter submitted a design representing our club that she can embroider on the Traveling Tablecloth. It will be passed to our In-bound Australian exchange 8/08.
- The importance of following our By-Laws and to create a Policy & Procedures Manual. The committee will begin this task in January.
- To create our own club's folded handout color brochure
- The Western Regional Conference in San Diego, March, 2008
- Plans for our Sacramento club's 20th Anniversary – 2008
- Plans for our World Friendship Day Celebration – 2008
- The Reno club asked our club to consider participation in the 2009 Western FF Conference
- Legacy Fund for 2008
- 2008 - 1st Board Meeting – January 13th, 10:00 a.m. – Rose Phelan home.

PRESIDENT'S REPORT

October 20, 2007

This has been a growing year for our Sacramento Friendship Force Club. We have enjoyed not only growth in numbers, but also increased activity, productivity and energy among our membership.

Our exchanges this year included: Inbound- from Richmond, Virginia in May, Campinas, Brazil in August. Outbound- to Gelsenkirchen and Vogtland, Germany in September and October. Plans are under way for 2008 for an Outbound exchange to India in March as part of the Discover series, to Kathmandu, Nepal also in March, and a humanitarian exchange to Romania in May. Plans for an Inbound exchange from San Diego are under way in April, as well as an Inbound from the Sunshine Coast of Australia in late August.

Conferences attendance included the Friendship Force International 30th Anniversary Celebration in Atlanta, Georgia in March and the Western Regional Conference in Las Vegas in June. Both of these have been very useful to members interested in learning the opportunities for helping each Friendship Force club grow and thrive. San Diego will host the next regional conference in March, 2008, and the Friendship Force International conference will be in Australia in October, 2008.

Committee Reports:

Membership: Chris Smith: We have 123 members as of December, 2007. The membership committee of four concentrated on staying in touch with the new members, inviting them to attend functions and also held two New Member orientations this year.

Activities: Madelene English: Special dinners and a theatre party were arranged in January, February, July, November and December. In March Our World Friendship Day celebration, which was open to the public, was held with over 200 in attendance, 65 members and 135 guests. More than 14 new members resulted from this event.

Communications: Jan Bessette: With a committee of 6, has made calls to the membership to keep them informed about future events and meetings.

Newsletter: Judy Duncan: Thanks to Phyllis Kalbach for her years of service as Newsletter Editor. Our new newsletter editor has made changes to the format of the Newsletter. Presently 112 members receive the Newsletter electronically with an additional 26 receiving it printed, some members receive it both ways. The membership is encouraged to receive it electronically if possible, saving the club paper and mailing expenses. Judy encourages members to send her their Friendship Force related stories and pictures.

Publicity: Glenn Tilton: Many new avenues of publicity were approached this year as the World Friendship Day planning unfolded. Among the avenues used for publicity were the Sacramento Bee, the Senior Spectrum, Community publications in Sun City, Lincoln and Roseville, as well as the local National Public Radio Station. Several talks and informational sessions were held, as well as a library display in El Dorado Hills.

Other items of interest that occurred this year:

The Sacramento Friendship Force web site has been up dated and is continually adding new information and pictures of recent events. The Newsletter also appears on the web site.

Revised By laws were sent to FFI Atlanta and were approved.

Presently in the works are new Policies and Procedures for our club.

An Exchange Director Training was given by Chris Smith in April.

Fund Raising needs were discussed and many items have been made available for purchase by the membership including FF pins, pens, shirts, aprons, tea towels, potato warmers, cosmetic travel kits, wine gift bags and the Cookie Cookbook.

Welcome to all new and continuing members and thank you for your participation. You are the reason for our successes.

-- Lynn Meyer, President

October 20, 2007 (Updated for the December Newsletter)

DECEMBER 07 NEWSLETTER

The deadline for submission of articles/events is **December 26th.**

Please Send Submissions to

Judy Duncan, (530) 823 7019, jduncan@duncanimaging.com

Anyone interested in getting involved in helping out with the newsletter, please contact Judy.

Board Members

(Phone #s are 916 area unless otherwise noted)

President , Lynn Meyer lgarrettmeyer@earthlink.net	987-2426	Membership , Chris Smith thefriendshipforce@sbcglobal.net	930-0922
Vice-President , Rose Phelan roseph@sbcglobal.net	408-4066	Activities , Madelene English Hanson12@comcast.net	435-3662
Secretary , Glendena Honeick glendena@sbcglobal.net	989-2595	Past President , Dawn Beck dawnb95747@yahoo.com	771-5645
Treasurer , Scott Matthews ScottMattGB@att.net	791-1626	Publicity , Glenn Tilton gtilton2@comcast.net	393-6479
Communications , Jan Bessette janorm3@comcast.net	989-3555	Newsletter , Judy Duncan jduncan@duncanimaging.com	(530)-823-7019