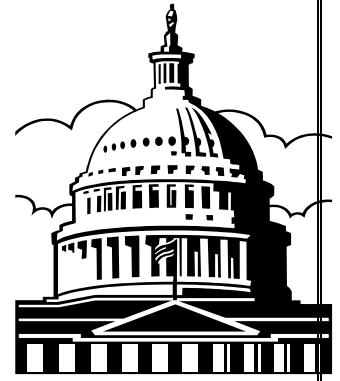




# Friendship Force of Sacramento

[www.thefriendshipforce.org](http://www.thefriendshipforce.org)  
<http://friendshipforcesacramento.com>



Peace Through Friendship

October 2007

## Calendar of Events

Oct 11	Board meeting, 10:00am hosted by Lynn Meyer. Located at 9040 Windcove Ct, Fair Oaks. Please call Lynn at (916)-987-2426 if unable to attend.
Oct 15	Last date to RSVP to Madelene English for Oktoberfest.
Oct 20	Oktoberfest/Annual Meeting and election of officers, 4:00pm. Hosted by Mary and Gene Mayer, 4349 Virgusell Circle, Carmichael. RSVP to Madelene English. See details inside.
Oct 31	Last date to RSVP to Madelene English for Oktoberfest.
Nov 11	Lunch at Kathmandu Kitchen, 1-3pm. Located at 1285 Grass Valley Hwy, Auburn. RSVP to Madelene English. See details inside.
Nov 15	Last date to RSVP to Madelene English for Christmas Party. See below.
Dec 2	Christmas Party, 11:00am – 3:00pm. The Clubhouse at Woodcreek Golf Club. Cost \$20. Prepaid reservations required. See details inside.
Mar 11-13, 2008	Western Regional Conference, San Diego, California.
<b>Exchange Dates 2007</b>	
Sep 23 – Oct 7	Outbound to <b>Gelsenkirchen and Vogtland, Germany</b> with a pre-exchange extension to Berlin, September 18-22.
<b>Exchange Dates 2008</b>	
March 3-16	Outbound Discover <b>India</b> tour. ED: Chris Smith
March 16-23	Outbound to <b>Kathmandu, Nepal</b> . ED: Margaretha Logus, Co-ED: Dave Duncan
April 21-28	Inbound from <b>San Diego, California</b> . ED needed.
May 9-15	Outbound Humanitarian Exchange to <b>Romania</b> with a 2 day pre-exchange of Bucharest and a 5-7 day post-exchange bus tour of Romania. ED: Joe Phelan
September	Inbound from <b>Sunshine Coast, Australia</b> . ED: Glendena Honeick, Co-EDs: Madelene English and Jim Hanson



## FROM THE PRESIDENT'S DESK

Greetings from Germany,

Our intrepid group of eight ambassadors has been very well received in their host families in Gelsenkirchen. We had a delightful welcome party on Sunday, September 23 in the back garden of the host family where George and I are staying. On Monday, we had a walking tour of Gelsenkirchen learning how they have worked hard over the past 25 years to transform this formerly industrial region with bad pollution, to an area with parks, sports and music venues and lots more. We enjoyed a delicious lunch in a typical restaurant, and toured palace gardens, now adjacent to the hotel that is in the palace. We have a busy week ahead before heading on to Leipzig and Zwickau.

We spent three eventful days in Berlin as a pre-exchange trip, giving everyone time to adjust their clocks to European time. Berlin was fascinating, especially to see all of the reconstruction and new construction after all of these years. It will be many more years for all of these various projects to be finished. We also enjoyed an evening with four members of the Berlin Brandenburg Friendship Force Club with whom we had been in contact before going to Germany, a nice way to ease in to the country. Thanks to all of you for the work being done in our absence. What a group you are, but we always knew that!

Looking forward to seeing you at Oktoberfest for a great gathering. Please check the calendar for the up coming events!

In friendship,  
Lynn Meyer

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## GREAT NEWS FOR NEXT YEAR!

Friendship Force headquarters has told us that we can have two new exchanges next year in addition to Nepal. In March we will have an Explore Northern India exchange and in May we will have a Humanitarian Exchange to Romania. We were given these exchanges in response to a request from our Board. It's most unusual that one club would get two such exchanges at one time. The Board accepted with alacrity.

These exchanges are different from our typical exchanges because they will be national exchanges, open to other clubs from around the States and even the world. Our club can reserve up to half the available slots for our members and the rest will come from other clubs.

In addition, these exchanges are different in other respects. The India exchange has no home hosting; ambassadors will stay in hotels. However, there will be a number of dinners, parties and other interactions with local Indians. Ambassadors going to Romania will bring two suitcases, but must

dedicate one to carrying computers that will be given to a school for the blind in Brazov, Romania. The computers will be provided by a special organization.

It is too soon to have a lot of details. But Chris Smith will be exchange director for the India exchange and Joe Phelan will be ED for Romania.

### **DISCOVER INDIA TOUR**

**March 3<sup>rd</sup> to 16<sup>th</sup>, 2008**

We are just getting the details together but based on the tour that was done this year; we have a fantastic option for next spring. This trip will be hotel-based rather than homestays, but we will be having dinners and home visits with local families 4 or 5 nights. We plan to travel through Delhi, Jaipur, Agra, Khajuraho and Varanasi on our journey through the middle of India. Highlights include Old Delhi, the 12th century Quwat-Ul-Islam Mosque, the Fortress of Amber, the Jain Temples, a boat ride on the Ganges and the Taj Mahal. For a limited number of people this trip can be combined with the Nepal exchange. Prices are estimated still, but should be around \$3,700 for the 2 week tour and \$4,300 for 3 weeks if combined with the Nepal exchange. For more details contact Chris Smith at (916) 930-0922 or TheFriendshipForce@sbcglobal.net

### **EXCHANGE TO ROMANIA**

**May 9<sup>th</sup> to 15<sup>th</sup>, 2008**

Our "Humanitarian" exchange to Romania will be the week of May 9 to 15, 2008. It will be preceded by a two day tour in Bucharest and followed by a five to seven day bus tour of Romania. An optional two or three day add-on to Bulgaria is also a possibility. This will be a humanitarian exchange inasmuch as ambassadors will be required to carry one suitcase with a computer in it to be donated to a school for the blind in Brasov. The computers will be provided by a Dallas agency that works with the blind. Our club has been assured that half of the expected 20 ambassador slots can be filled by Sacramento Club members with the other half of the slots going to members from different FF clubs. Details of the exchange are still being worked out. More information will be available in next month's newsletter. --Joe Phelan

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### **SAN DIEGO INBOUND EXCHANGE**

**April 21-28, 2009**

The San Diego club will be arriving in Sacramento for a one week exchange on April 21, 2008. They will host our club in 2009. We look forward to welcoming them to our city. We are in need of an Exchange Director for this exchange. We would like to have some of our new members volunteer for this job and will be glad to have one of our more experienced members work with them as a mentor. It is fun to work with another club in setting up the exchange and making new friendships in doing so. It is especially easy to work with an American club as communications are very easy. I have been in contact with their Exchange Director, Judy Anderson, whom I traveled to Thailand with several years ago. She is a fun person and easy to work with so don't hesitate to join in the planning. Please contact Rose Phelan 408-4066 for further information on this exchange.

## **VISIT FROM CAMPINAS, BRAZIL**

### **August 24<sup>th</sup> – 30<sup>th</sup>, 2007**

The 12 Brazilian Ambassadors arrived from Hawaii on Friday evening. Since it was too late to have the Welcome dinner our hosts welcomed the Ambassadors at the Airport and took them to their homes.

On Saturday we went on a wine tasting tour, set up by Ross & Shirlee Deter, in the Apple Hill area including a picnic lunch at the Boeger Winery. Emilio, the Brazilian ED, enjoyed collecting as many different kinds of fruit as possible – and he found many. The highlight for some of the Ambassadors was not a Winery but a garage sale the host found on the way!

In the evening we had the Welcome dinner at the Spaghetti Factory in Roseville attended by 65 people. President Lynn Meyer made a Welcome speech. It was nice to see so many members participating.

A visit to San Francisco was one of the choices the Ambassadors had requested. Phyllis Kalbach organized the trip starting with a Ferry ride from Vallejo to San Francisco and a tour on the Hop-on Hop-off sightseeing bus. Unfortunately we did not have sufficient time to stop at any of the sights, but we managed to do some shopping.

A tour of the Capitol and the Rail Road Museum was set up for Monday. Lt. Gov. John Garamendi welcomed our guests into his office and proceeded to chat with them for a half hour. We were the only group that day that Garamendi met with. After lunch in Old Sacramento we proceeded to the Rail Road Museum for a tour guided by our member Al Gallardo, who also obtained free tickets for us. Several members, who were not hosting, invited hosts and guests for dinner this evening.

Tuesday took us to the Tahoe area starting with a visit to the Donner Museum, followed by a pizza lunch at Pat & Bob Ghiglieri's lovely home in Tahoe Donner. After lunch we drove south along the lake and stopped at Emerald Bay for a view of Lake Tahoe. Some of us continued to So. Lake Tahoe for a visit to the Casinos.

The last day, Wednesday was spent with the host families until the early Farewell pot luck picnic dinner, (early because they had to be at the Airport 5AM the next day) held at Dave & Judy Duncan's. Vice President Rose Phelan gave the Farewell speech and Barbara Beland handed out pictures furnished by Chris Smith. An amazing skit, written by Glendena Honeick and Glenn Tilton was performed by members of our club.

Due to this exchange being on, off and on again we had only 6 weeks for all the planning and during that period both ED and Co ED were unavailable part of the time due to previous commitments. Despite all this we feel the exchange was a success because of all the help from members. Thank you to all who helped in any way, hosted, hosted dinners, guided, donated, took photos, cooked, drove, etc.

The exchange was only 5 days, usually exchanges are 7 days, and was therefore slightly rushed. However, the guests had requested the trips both to San Francisco and Tahoe and we wanted to accommodate them. -- Barbara Beland, Margaretha Logus

## "The TRUE Meaning of Friendship Force"

The following is an email sent from Brazil, September 20th to Bob and Pat Ghiglieri.

*Pat and Bob,*

*I arrived well to Brazil. I had a lot of problems to cope with, but now I finally could get time to review the good moments we had together. I have no words to show you all my gratitude for your hospitality during my stay in your home.*

*If your example of friendship have followers, the better understanding among people will bring the world peace we have been pursuing along all human history! Thank you very much indeed. - Marlene Ramos Lima*

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## MEMBER NEWS



Welcome New Members

**Rod & Kathy Mumm** were introduced to our club by **Al & Lydia Simonette**. Rod & Kathy live in Sacramento where they enjoy Golf, Gardening and Travel. **Linda & Ken Mellor** heard about us through another newer member **Judy Maas**. Thanks Judy. We really appreciate you sharing your enthusiasm about The Friendship Force with others. Linda was a Teacher and Ken a consultant. They enjoy Travel and Art. Welcome to you all. We look forward to getting to know you better.

**Condolences:** We all send our heartfelt condolences to Pat Longest in the recent loss of her sister. We were very sorry to hear about this and hold you in our thoughts.

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## CLARIFICATION OF DUES

Our dues are annual and from January through December of each year. Because a portion of our dues must go to Friendship Force International in Atlanta, clubs need to prepare for this payment in advance of January. Our club By-Laws indicate the annual dues for the following year are to be paid by our October meeting. Please read (Page 8- Article IX: Finances-Section I, item B) of your By-Laws. Members not paying prior to January 1st are considered delinquent.

We do not prorate the first year's dues when someone joins mid-year; however, should someone join in the last quarter (October through December) we include the annual payment for that quarter and the full year following. If you have not already sent in your Oktoberfest/Dues questionnaire and payment, your dues may be mailed by using the attached form or paid at the Oktoberfest. Should you have further questions, do not hesitate calling: Scott (916) 791-1626 or Chris (916) 930-0922.

*Don't Forget To Join Us For...*



# OKTOBERFEST!

*Have you already sent in your Oktoberfest/Dues Questionnaire and your payment?*  
If not, remember to RSVP to Madelene English by October 15 at (916)-435-3662 or via email at [madie@starstream.net](mailto:madie@starstream.net)! We're all looking forward to lots of food, fun, and election of officers.

October 20, 2007, 4:00pm to 7:00pm  
Held at the home of Mary and Gene Mayer  
4349 Virgusell Circle, Carmichael  
(916)-359-6934

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## "CRAFTERS" SHOWCASE

The "Friendship Force Arts and Crafts" gals have been hard at work preparing several extra special, but inexpensive items to sell at our annual Oktoberfest, and at the December 2nd Christmas party. These will make ideal gifts for Christmas, for your own personal use and for future inbound and outbound exchanges. We will also continue to include for sale our club T/shirts, towels, aprons, pens and lapel pins.

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## COOKIE COOKBOOK

IT HAS BEEN PUBLISHED...and is ready for you to purchase!

Bound in a Friendship Force green cover, you will find thirty (30) cookie recipes from some of our members that contributed over 1,000 super-yummy cookies, which helped make our "World Friendship Day" event in March so successful. This little lightweight cookbook is ideal, not only for your own family use, but as gifts to others. It will also make a wonderful and very personal Christmas greeting to send our many Friendship Force friends throughout the world. These little books will be unveiled at our Oktoberfest party. "They will be cheaper-by-the-dozen!"

*Look for the table with the big balloons!*

**LUNCH IN NEPAL... ALMOST!**  
*The Far East & the Pacific Rim comes to Auburn*

We have a wonderful experience in Nepalese and Indian cuisine planned for November. Join us for lunch to get a taste of things to come on our India and Nepal exchanges.

When: November 11 - 1:00 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 Oct. 31<sup>st</sup>! Send your check for \$20/person to: MADELENE ENGLISH, 4066 Coldwater Drive, Rocklin, CA 95765. Phone (916) 435-3662

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**SISTER CITIES COUNCIL OF SACRAMENTO**

Did you know that Sacramento has eight Sister Cities? I didn't. I was pleased to represent the Sacramento Friendship Force at a meeting in the new Sacramento City Hall on September 10th. Upon the suggestion of Lynn Meyer, we are networking with other organizations that have similar goals as ours. The Sister Cities organization is exactly that. Their motto "Promote peace through mutual respect, understanding and cooperation." ties in perfectly with ours. I will be learning more about their group and giving them more information about ours over the next year. It also won't hurt when we have inbound exchanges to know some of the Mayor's staff! By the way, the eight Sister Cities are: Manila/Pasay City, Philippines; Matsuyama, Japan; Jinan, China; Hamilton, New Zealand; Liestal, Switzerland; Chisinau, Moldova; Yonsan-gu, Korea and San Juan de Oriente, Nicaragua.

-- Chris Smith

**FRIENDSHIP FORCE CHRISTMAS PARTY**

*Be sure to save the date of December 2, for our annual Christmas Party.*

This is always a great event with a lovely luncheon, music, and a hilarious gift exchange! Barbara Beland will provide the holiday music to get us all in the spirit! Reservations must be prepaid for this event by Nov 15<sup>th</sup>! Send your check for \$20/person to: MADELENE ENGLISH , 4056 Coldwater Drive, Rocklin, CA 95765. Phone (916) 435-3662

When: December 2 - 11:00 am to 3:00 pm

Where: THE CLUBHOUSE AT WOODCREEK GOLF CLUB  
5880 Woodcreek Blvd  
Roseville, Ca.  
In The Sunset Room

Cost: \$20.00 PER PERSON

**ENTREES:**

Grilled Lemon-Pepper Chicken Breast with Lemon Cream Sauce  
or  
Santa Maria Style Tri-Tip with Natural Juices & Fresh Herbs

**ACCOMPANIMENTS:**

Fresh Field Greens w/ Choice of Dressings  
Caesar Salad w/ parmesan Cheese & Garlic Croutons  
Roasted New Potatoes  
Wild Rice Pilaf

**DESSERT SELECTION:**

Chocolate Mousse Torte  
New York Style Cheesecake

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

Held: September 5, 2007 – at the Rose Phelan residence in Lincoln, Calif.

**Elected Officers: (voting rights)**

President: Lynn Meyer	<u>a</u>	Vice President: Rose Phelan	<u>x</u>
Secretary: Glendena Honeick	<u>x</u>	Treasurer: Scott Mathews	<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>a</u>
Publicity: Glenn Tilton	<u>x</u>	Past President: Dawn Beck	<u>a</u>

**Non-Voting Board Members:**

Exchange Directors:	Margaretha Logus-Brazil and Nepal/March-2007	<u>x</u>
	Australia In/B: Co-ED: Jim Hanson	<u>x</u>

Community Resource Person: Jennifer Younathan, Nat. Council for International Visitors a

**Other members attending: -0-**

- Fund Raising: The Cookie Cookbook will be published and for sale by Oktoberfest as will other items being made by the “Arts and Crafts” committee.
- Community Contacts: A letter from the Northern California World Trade Center was read. Further discussion will be needed should we desire to become a member of their council.
- Campinas, Brazil In/B exchange: Margaretha Logus, ED for the exchange reported those participating felt it was a very successful exchange and many new friendships were made.
- Gelsenkirchen and Vogtland, Germany Out/B exchange: Our members leave 9/18 and return 10/7.
- Nepal Out/B exchange: 3/16 to 3/23 - Fifteen have signed up – Margaretha and Dave will have a meeting in early October to go over the exchange plans with those interested.
- San Diego In/B exchange: They inquired re: an In/B in April or May. More discussion needed.
- Sunshine Coast, Australia In/B exchange – August, 2008: Glendena Honeick, ED, reported communication already going between clubs. Possibility of 20 to 25 coming from “down under”.
- India Out/B exchange-Feb. or early March: Possibility of an “All American” exchange - Joe and Rose Phelan will continue dialog with FFI Atlanta - possible tie in as a beginning or a continuation with the Nepal exchange in March.
- Brazov, Romania exchange – Possible humanitarian exchange involving computers for the blind. Additional information will be obtained.
- The Nominating Committee presented the list of 2008 officers to be presented at the October 20<sup>th</sup> election. They are: President – Rose Phelan, Vice President – Jim Hanson, Secretary – Barbara Beland and Treasurer – Scott Mathews.
- A committee was appointed to begin work on a Policies and Procedures booklet for the club.

**NOVEMBER 07 NEWSLETTER**

The deadline for submission of articles/events is **October 25.**

Please Send Submissions to  
 Judy Duncan, (530) 823 7019, [jduncan@duncanimaging.com](mailto: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)

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

