



The Friendship Force of Sacramento

www.thefriendshipforce.org
www.friendshipforcesacramento.com



Peace Through Friendship

July 2009

Calendar of Events

July 7	1:00 p.m. EXCHANGE DIRECTOR'S WORKSHOP, Open to all members. Home of Chris and Julia Smith, 615 27 th St., Sacramento (See page 3)
July 22	1:00 p.m. – 3:15 p.m., Board Meeting at Fair Oaks Library Corner of Madison & Fair Oaks - 11601 Fair Oaks Blvd., Fair Oaks, followed by: <i>Learn about Genealogy</i> - by member, Chris Rynhart
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 (See page 4)
August 8	6:00 p.m. FAREWELL DINNER for Dallas Exchange at Northridge Country Club, 7600 Madison Ave., Fair Oaks (See page 4)
August 26	1:00 p.m. – 3:15 p.m. Board Meeting at Rancho Cordova Library, 9845 Folsom Blvd, Sacramento, followed by <i>Burundi Humanitarian Exchange</i> - by members, George and Lynn Meyer
Sept. 23	1:00 p.m. – 3:15 p.m. Board Meeting at Rancho Cordova Library, 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 of ED & Ambassadors.</i>
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)
Oct. 2010	Friendship Force International Conference - Washington, D.C.

FROM THE PRESIDENT'S DESK



HOORAY FOR SUMMER! And did we ever kick it off in high style! For those of you not so fortunate in attending the exciting "Mystery Tour" led by Ken and Linda Mellor, do read the "Mystery Tour Solved" article in this newsletter and you will wish you had! What a complete joy this day was. Remember - join, join, and join us in the exciting activities we offer. It is an incredible way to build friendships with your fellow members.

In August, we are hosting the Ambassadors from Dallas, Texas. Tom Flynn is our Exchange Director, and along with his fine committee chairs, the Ambassadors are in for a fun filled week. Call Tom if you can help in any capacity, as he loves volunteers.

Keeping up with our growth, we now have 136 members! This shows that our club is vital and exciting, and members are eager to participate in our many great adventures. If any of you have an idea for a club activity, please contact Tom Flynn or Pat Ghiglieri, the Activities chairs. They would love to hear from you.

Our Outbound New Caledonia/New Zealand exchange later this year is another success story. Pat Ghiglieri, Exchange Director, advised the board she has a fun-filled group of Ambassadors on board.

We were sorry to hear from FFI in Atlanta that the Okinawa Conference has been cancelled, due to economic conditions. However, next year's conference in Washington, D.C. is going full speed ahead. These conferences are a great way to meet people from around the world. Do check the website of FFI for the details, you will be glad you did. Also, to keep up with our club activities and adventures, regularly open up our own website. Remember, the way to have a lot of fun is to volunteer for the various committees that are working to keep us happy and energized. So, call today! Don't wait! I know you want to experience what our club is all about - which is "Friendship".

And last, but certainly not least, I want to thank those of you that helped make my 82nd birthday so special. It's not often one can wear such a hat through a board meeting!

Jim Hanson - President



EXCHANGE DIRECTOR TRAINING - JULY 7th - 1:00 P.M.

Ever thought about being an Exchange Director? This is a great way to help the club, plus there is a strong possibility of obtaining a reduced air fare as an Outbound Exchange Director! If you want to learn more about how to run a successful exchange come to the meeting Tuesday, July 7th at 1:00 p.m. We will meet at the home of Chris and Julia Smith, 615 27th Street, Sacramento (between F and G Streets). No lunch, but we'll have a few treats to serve.

Please RSVP. We have a small house and need to know who is coming.

Thanks - Chris (916) 930-0922.

BARBARA BELAND APPOINTED AS EXCHANGE DIRECTOR FOR OUTBOUND EXCHANGE TO PAU, FRANCE – MAY 2010

The board of directors is pleased to announce that Barbara Beland has been selected as the Exchange Director for Pau, France, May 2010. We have over 45 people wanting to participate in this exchange and Barbara and her Exchange Committee will be making the decisions as to who will be chosen to be an Ambassador for this exchange. The complete list of sign-ups will be given to Barbara very soon, and then you can look for emails from her regarding this 2010 exchange.

Congratulations, Barbara!

EXCHANGE DIRECTOR WANTED

The board is also looking for an Exchange Director to lead the Montreal Inbound Exchange in June 2010. Please submit your requests for this opportunity to me before the next board meeting, July 22, 2009.

Pat Ghiglieri, Vice President

pat.ghiglieri@sbcglobal.net - (916) 212-7111

WELCOME DINNER FOR DALLAS

6 p.m. Monday, August 3, 2009

The Welcome Dinner for the Dallas Inbound Exchange will be at the home of Arnold and Mary Garverick, 2960 Kachina Way, Rancho Cordova (Highway 50, Zinfandel exit, north 1 block to Olson Dr., west 3 blocks to Kachina Way). All members are welcome.

The dinner will be a potluck with all members (excluding home hosts) bringing a dish plus \$5 per person for Sacramento members to help defray the cost of tri-tip, baked beans, beer, some wine, soft drinks, water, plates, and eating utensils.

Our gracious hosts will need a head count of how many to expect. Please contact Carol Ward at 916-941-1062 or carol-ward@sbcglobal.net, and let her know if you're coming and what dish you will bring. We will need appetizers, salads, side dishes, and desserts. (We've been a bit heavy on desserts in the past.) Also, please send \$5 per person (payable to Friendship Force) to Carol Ward at 8027 Fallview Way, El Dorado Hills, CA 95762.

FAREWELL DINNER FOR DALLAS

6 p.m. Friday, August 7, 2009

Our Farewell Dinner for the Dallas ambassadors will be held at North Ridge Country Club, 7600 Madison Ave, Fair Oaks (between San Juan Ave & Sunrise Blvd.). All members are welcome. The cost is \$20, and advance payment and reservations are required. Please make your checks payable to FF, and send them to Rose Phelan at 1206 Stone Hearth Lane, Lincoln, CA 95648. Menu details to follow.

MEMBERSHIP REPORT as of June 30, 2009 - 136 members!

So far this year, we have not missed a month having new members join. WHAT A GREAT NEW RECORD! We are happy to receive another new member that joined at Arts in River Park.

Faith Boucher lives in Carmichael and was in the Peace Corps with our member, Audrey Weichman. She is retired from UC Davis & the State of California, living a year in India and another year in Thailand.

And our thanks to new members who joined in April, Rich and Jean Dean. They brought in **Roberta (Bobbi) Montross** of Citrus Heights. She is a retired teacher and enjoys hiking, biking, skiing and of course "travel".

WELCOME Faith and Bobbi!!

Glendena Honeick - Membership Chair

DALLAS EXCHANGE

Come and help us extend a warm welcome to 12 Ambassadors from Dallas.

August 3rd to August 8th –Tom Flynn, Exchange Director, 422-7167

- Mon. 8/3 **Airport Welcome & Welcome Dinner**
11:10 a.m.: Airport Welcome by Tom Flynn, hosts & club members
6:00 p.m. Welcome Dinner (potluck) at Arnie & Mary Garverick's, 2960 Kachina Way, Rancho Cordova (Potluck chair: Carol Ward – 941-1062, carol-ward@sbcglobal.net)
(Our members need to pay & sign up in advance - \$5 + food item)
- Tues. 8/4 **Lake Tahoe/Donner Bus Excursion** (Chair: Chris Smith – 930-0922)
8 a.m.: Meet at TBD. Bus will leave at 8:30 a.m. for Donner Museum tour, hamburger lunch at the Ghiglieris' cabin, Lake Tahoe/Emerald Bay, then cocktails at the Mellors' cabin off 50 in Strawberry.
Home about 7:00 p.m.
(Need head-count – Some space still available - \$35 per person)
- Wed. 8/5 **Sacramento Capitol Tour & Railroad Museum Tour** (Chair: Arnie Garverick – 363-6191)
8:30 a.m.: Optional tour of Capitol Rose Garden & Park
9:45 a.m.: Meet in Rotunda under the dome of the Capitol
12 Noon: Lunch on your own
12:45 p.m.: Railroad Museum Tour (2nd & I Sts.)
Evening: Small dinner parties
- Thurs. 8/6 **Calaveras Big Trees, Murphy, Ironstone Winery** (Chair: Ken Smith - 961-3019)
8:00 a.m.: Optional carpool gathering (TBD)
10:00 a.m.: Calaveras Big Trees State Park
1:00 p.m. Lunch at Murphy's Hotel (\$15)
2:30 p.m. Ironstone Winery Tour & Wine Tasting
Evening: Traditional ambassador dinners for hosts
- Fri. 8/7 **Free Day & Farewell Dinner** (Chair: Rose Phelan - 408- 4066, roseph@sbcglobal.net)
6:00 p.m. Farewell Dinner at North Ridge Country Club, Fair Oaks
(Need to pay \$20 & sign up in advance. All are welcome.)
- Sat. 8/8 **Departure Day** (Chair: Tom Flynn – 422-7167)
Transportation to the airport, arranged by hosts

BOARD CHANGE - NEWSLETTER EDITOR

A big THANK YOU to John Closs for being on the board as our Newsletter Editor. The board has accepted his resignation and our very best wishes are extended to him and Louise.

AND - our HATS OFF to Judy Maas for accepting this position. Being a Newsletter Editor is not an easy job and speaking for all members - YOU ARE APPRECIATED! To those of you sending her your articles, do not forget to *try* and use a format that will make her job less difficult:

- (1) Send your articles in Times or Times New Roman
- (2) Use size 12 font with a 14 font title
- (3) Do not use all capitals. Only use where appropriate.
- (4) Articles should be sent as .doc attachments

Thanks again - to both of you. Jim Hanson - President

Marlene Grass Exemplifies the True Spirit of Giving Back



Marlene Grass, a member of Friendship Force since 1989, is a former violinist for the Sacramento Philharmonic Orchestra and was recently featured in the Sacramento Bee for her work with a special program that takes music to the schools. Congratulations to Marlene for her work with young violinists, introducing them to the wonders of classical music. Recently, Marlene attended a fundraiser for the Philharmonic at the Granite Bay Golf Club, where she is pictured working on the silent auction table. Well done, Marlene!

MYSTERY TRIP SOLVED!

We just *knew* a memorable day was ahead of us, because.....before entering the bus we were each handed a stemmed champagne glass with orange juice or mimosas! *WHAT A WAY TO START A DAY!* As the bus pulled away, each was given a bag with a "Destination Clues" crossword puzzle & pencil inside. Cleverly, this kept us busy and the route we were heading went unnoticed! Some of the puzzle parts were: Easter flower, All that glitters is not, Benny's age plus ten, Outdoor meal, Super ED, Agatha's genre, and Compel. Next came a yummy breakfast snack of bagels and fruit. Wow! It just can't get any better - but it did!!

Bella Piazza was our first stop. A Mediterranean ambience of elegant stone gates and an enchanting courtyard welcomed us to the winery. Many of us enjoyed tasting their wines as well as their barrel sampling. Several packages from their extensive gift shop were seen being loaded onto the bus as we headed out to our next mystery site.

Amador Flower Farm was a fourteen-acre paradise located just outside Plymouth with four acres dedicated as a showcase of their 800 varieties of daylilies! Under the dappled shade of their Heritage Oak trees, a perfect spot was created for our box lunch picnic. Once again, more purchases were seen being loaded onto the bus; however, this time many were in pots and needed to be stored in the big luggage area below!

Sutter Gold Mine offered us a comprehensive look into the gold mining process "inside the earth". With all heads covered by hard-hats and loaded into the Boss Buggy Shuttle, down we went 300 feet to view and hear about their massive tunnel system, various mining equipment, veins of quartz (and gold) and to enjoy the cool 64 degree air! When we returned to the top, a very educational California Gold Rush film was shown. Then more packages were seen going out from their intriguing gift shop. Thank goodness for a bus!

Heading home, Linda and Ken treated everyone with cookies while having us pull out numbered tickets in our brown bags. Great gifts were awarded to those with the lucky numbers.

KEN AND LINDA,

It absolutely has to be called an INCREDIBLY PERFECT DAY!

THANK YOU! THANK YOU! THANK YOU!



SUNSHINE CORNER



Did you know that Dawn Beck is our Sunshine Chairperson? If you know of any club member who is ill or needs a ray of sunshine, please let Dawn 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 two 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.

COOL!

Have you visited www.thefriendshipforce.org lately?

Besides listing exchanges and lots of other information, Friendship Force's website has some really cool features:

World Time Page

Currency Converter

Free On-Line Translator (Go to Handy Travel Information, then Helpful Hints to find it.)

The latter allows up to 500 words and sounds very useful, especially in light of upcoming exchanges with New Caledonia and France.

The Phelans Visit the UK

Friendship Force is a wonderful organization, and it will change how you see the world. It can also change your life in other wondrous ways. Going on an exchange with our club or home hosting someone on an exchange is what we think of the most when we think of FF. But there are other interesting options available to members, for instance, going on an exchange with another club or visiting someone you have home hosted when they invite you to where they live are the two main ones.

In May Rose and I did both during a three week visit to the UK. Flying out of San Francisco, we arrived non-stop in London and spent a couple of days playing tourist, going to see the musical, Chicago, and riding the Tube. Then we took the train to Devon to be met by Betty and Alan Madden who home hosted us about five years ago. Since then the Maddens have visited us here as well as at our house in Virginia. We had a great visit catching up on old times in front of the fireplace in their 16th Century restored cottage. During the week with them, they took us to Wales for three days to see where they had lived in earlier years. What a lovely country even though it rained every day.

Next we flew to Newcastle (and yes, I did take a piece of coal with me) to join an exchange from Florence, South Carolina. We were hosted by Linda and Les Dixon, and the Newcastle club showed us their part of England which they claim is mostly ignored by tourists who just jump from London to Scotland by air and never see what they have to offer. There are miles and miles of open fields dotted with sheep and spring lambs. They have a seacoast with lots of beaches and we went to the castle used in the Harry Potter films. One of the day trips was to Edinburgh and another to Hadrian's Wall dating to the first century. And it rained every day.

We finished our trip by taking a train to Glasgow where we spent four days before flying back to Heathrow and then to San Francisco. We were on our own in Scotland and took a bus tour to Loch Ness and the Scottish highlands. We stayed in B&Bs as there were no hotel rooms available...there was a three day holiday and a championship rugby game being played and everything was booked up. And it rained every day.

Anyway, the two points to all of this are first, we saw and did some interesting things while making new friends and renewing an old friendship. Secondly, if you have that travel itch, you don't have to wait around for the next exchange. Just get on the internet and look for an exchange going where you want to go. Or take someone up on one or more of the offers you have had to visit a Friendship Force friend in another country. There's just no better way to travel. Joe Phelan



Maddens' cottage



Two girls on a boat

SUMMARY OF BOARD MINUTES

Held: June 24, 2009

Location: Fair Oaks Library, Fair Oaks

Present: 9 board members, 2 members

Membership Roster Count: 136

Motions Voted & Approved: • Minutes • Treasurer's report • Treasury reimbursements • Exchange Director for Pau, France in 2010 - Barbara Beland

Committees: Madelene English, Crafter Chair, reported that the successful craft sales totaled \$604 with a net profit of \$365.85 at the Arts in River Park event. Glenn Tilton was appointed as Chair for ED booklet with Chris Smith & Glendena Honeick. Carol Ward was appointed as Chair for Potluck at Dallas Exchange Welcome Party. Rose Phelan accepted to Chair the Farewell Dinner party.

Discussions: When more members desire to attend an Outgoing Exchange than the Host club can accept, the Club will follow guidelines in the FFI 2009 Club & Exchange Policies and our own Policy and Procedures manual (pg.6) which states the Exchange Director and the Exchange Committee have the authority and responsibility to decide which applicants are accepted on an Exchange. In the near future, the President will consider appointing a committee to review various methods suggested that will assist in choosing from a large list.

Exchanges: Rose Phelan was given approval to pursue the possibility of an Outbound Exchange to Orlando, Florida in January or February of 2010.

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

AUGUST 2009 NEWSLETTER

The deadline for submission of articles/events is the day after the board meeting.
Please submit your articles to: Judy Maas (916) 772-7764 or email jemaas@aol.com