



The Friendship Force of Sacramento

www.thefriendshipforce.org
www.friendshipforcesacramento.com



Peace Through Friendship

March 2009

Calendar of Events

March 17	Vogtland Exchange Committee Meeting: Tuesday, 9:30 a.m., at the home of Glenn & Gwen Tilton, 442 Windward Way, Sacramento – 916-393-6479 – email: gtilton2@comcast.net
March 25	Board Meeting at Fair Oaks Public Library, Fair Oaks Park, corner of Madison and Fair Oaks, 11601 Fair Oaks Boulevard, Fair Oaks – 1:00 – 3:00 p.m. Virtual Visit to India – 3:00 p.m. following Board meeting – Fair Oaks Library Dinner to follow – 5:30 p.m. Udupi Café, 2226 Sunrise Blvd, Rancho Cordova. 916-851-5900 (See information)
Exchange Dates and Events: 2009	
April 5	World Friendship Day: Fair Oaks Community Center, 1 – 3 p.m., Contact: Madelene English, Chair– 916-435-3662, PLEASE VOLUNTEER TO HELP!
April 21 – 28	Inbound Exchange from Vogtland, Germany: Glenn & Gwen Tilton - Exchange Directors (See information)
May 4 – 5 – 6	Western Regional Conference, Reno, Nevada (See information)
June	Outbound Mystery Exchange to Europe (See information)
August 3 – 8	Inbound Exchange from Dallas, Texas: Tom Flynn – Exchange Director
October	Friendship Force International Meeting in Okinawa, Japan
October 17 – 25 October 25 – 31 October 31 – November 7	Outbound Exchange to New Caledonia: Pat Ghiglieri – Exchange Director Christchurch, South Island, New Zealand South Taranaki, North Island, New Zealand The New Caledonia portion of the trip is filled. There are still a few spots remaining for the New Zealand Exchange.
Exchange Dates and Events: 2010	
May 2010	Outbound Exchange - Pau, France
October 2010	Friendship Force International Conference - Washington, D.C.

FROM THE PRESIDENT'S DESK



Talk about an exciting year, we have it all! Just think about it! A successful San Diego exchange last month, World Friendship Day and our friends from Germany in April, the Western Regional Leadership Conference in May – being held right next door in Reno, the Texans arriving from Dallas in August, Friendship Force International in Okinawa, Japan in October, and finally our outbound exchange to New Caledonia and New Zealand in November. All of these exciting adventures while building lasting friendships with our own members. **2009 is an incredible year for us!!**

AND . . . our February Board and General meeting was a HUGE success with 42 in attendance!! In an attempt to centralize our meetings, it appears holding them at the Fair Oaks Library was a major convenience for our members located throughout the greater Sacramento area. Those of you not attending, certainly missed a great General meeting which included a beautiful slide show of New Zealand presented by Dave Duncan. Thanks, Dave – it was a job well done! Afterwards, many of us went to Coco's in Fair Oaks for an early dinner and great conversations in our own private room. A big thanks to Tom Flynn for a fun filled time! *Where else can we experience such a great afternoon and evening?* By the way, Tom has more activities lined up – so check your emails daily.

Our thoughts and prayers go out to several members this month that have had to contend with various health issues: Joe Phelan, Bob Cates, Bob Ghiglieri, Marty Moore, Jim and Jeen Maitland and Louise Closs. Always remember, should you know of any member needing a little get-well cheer, do call Dawn Beck, our Sunshine chair or myself.

I do hope most of our members visited the Fair Oaks Library and saw the well decorated and informative Friendship Force display window prepared by Glendena and Madelene. This is such an excellent method to promote our club. Please check your own local library and let us know if we can bring a display to your area.

This will be our third year to host **World Friendship Day** at the Fair Oaks Community Auditorium. Madelene English is chair for this event, being held **April 5th**. An event of this size needs every member to help. **PLEASE CALL AND VOLUNTEER - LET'S KEEP THIS ENTHUSIASM ROLLING!!!**

Our club is unique, with travel, informative meetings, and creative activities resulting in close local friendships. I ask you to pick up the phone, or email the chair of an activity you want to help.

In friendship,
Jim

UPCOMING MARCH 25th EVENT

A Virtual Visit to India

Perhaps you couldn't go on our club's exchange to Northern India last year. Or are you thinking about joining Chris Smith next year on the exchange he is leading to southern India?

In any case, if you have questions about India – such as what day-to-day living is like, Hindu beliefs, economic and education trends, arranged marriages and more – you will not want to miss our next General meeting on March 25th at 3:00 p.m. at the Fair Oaks Library – right after the Board meeting.

Our guest speaker will be Mr. Kamal Joshi (and his pretty wife, Vijaya) who was born and educated in India before moving to Canada and later the United States. He is a retired electrical engineer now living in Lincoln. Kamal is an interesting and spirited speaker. He will use slides and personal experiences to explain things about India and you will be able to ask them both questions. For sure you will come away from his presentation with a greater understanding of Indian culture and life.

Following the Board meeting and our presentation on India . . . 5:30 p.m.

You are invited to join the club at an Indian Restaurant, **Udupi Café**, 2226 Sunrise Blvd, Rancho Cordova. The telephone number is: 851-5900. This healthy Indian Vegetarian/Vegan Restaurant specializes in foods from the four southern states of India. The most expensive meal is \$15.00 and we were assured that would feed two people. Go online at www.udupicafe.net for a look at their menu. Our Communication Committee will be calling to confirm if you will be joining us for dinner.

We look forward to seeing you there!



APPETIZERS	SOUP	DELUXE
DOSAS	UTHAPPAM	HOUSE
PULLAVS	INDIAN	CURRIES
SIDE ORDERS	BEVERAGES	DESSERTS

SAN DIEGO EXCHANGE – JANUARY 2009

On January 27th, 19 ambassadors from our club arrived in San Diego. The group included: Barbara Beland, June Brink, Norma Leopold, Audrey Wiechman, Mimi Mattock, Lee Jones, Carol Ward, Rona & Sid Katz, Ken & Linda Mellor, Mary & Arnie Garverick, Pat & Bob Ghiglieri, Gwen & Glenn Tilton, and Jan & Norm Bessette.

The San Diego club activities included: a tour of the aircraft carrier Midway, Harbor cruise, Wild Animal Park, Cabrillo National Monument, Mission Basilica San Diego, Balboa Park, and of course the Stone Brewery tour. Great food, hospitality by hosts, dinner parties, and wonderful weather was enjoyed by all the ambassadors from our club.

We thank the San Diego Club for the great exchange. Janet Bessette, Exchange Director

San Diego and Sacramento Group



Marilyn St. John, Barbara Beland, Norma Leopold, June Brink



VOGTLAND, GERMANY EXCHANGE – APRIL 21 – 28, 2009

WE NEED EXTRA HANDS TO HELP WITH ALL OF THE EXCHANGE ACTIVITIES.
DO NOT HESITATE CALLING ANY OF THE CHAIRS TO GIVE THEM YOUR SUPPORT.

DINNERS AND TRIPS ARE OPEN TO ALL MEMBERS.

PLEASE CALL AT LEAST ONE DAY IN ADVANCE TO SECURE A PLACE FOR THAT EVENT.

Dinner Hosts Needed - Dates for the dinners will be: Tuesday, April 21, 2009
Sunday, April 26, 2009

If you can host a dinner for 6 or 8 guests (or more) please call or email me. Dinners are an opportunity to spend an interesting and fun evening getting to know the German ambassadors. We could use your help!

Carol Ward.....916-941-1062 or.... carol-ward@sbcglobal.net

VOGTLAND, GERMANY EXCHANGE ITINERARY

Home Host Chair: Lynn Meyer, 987-2426, lgarrettmeyer@earthlink.net

Day Host Chair: Judy Maas, 772-7764, jemaas@aol.com

Small Dinner Chair: Carol Ward, 941-1062, carol-ward@sbcglobal.net

Tuesday (April 21) Ambassadors arrive approximately 4 p.m. at Sacramento International Airport in rented vans. Details for pick-up in April newsletter. Small regional or area dinner parties are being developed for that night. They will begin at 6:30 p.m. Contact Carol Ward above for information.

Wednesday (April 22, 10 a.m.) Tour of State Capitol; 1:00 p.m., Railroad Museum tour to follow. Chair: Arnie & Mary Garverick, 363-6191, a.garverick@sbcglobal.net. Lunch on your own. Come early to visit Capitol grounds; Peace Rose Garden, memorials, etc.

Wednesday night (April 22, 6:00 p.m.) Welcome Dinner at the Sierra Pines Lodge in Sun City, Roseville. Chairs: Sid & Rona Katz, 771-8987, ronasu@surewest.net. Enjoy a tri-tip Barbeque and a planned potluck dinner. See details in separate article in this newsletter.

Thursday (April 23) Bus trip to Tahoe, Donner State Park with lunch at the Tahoe Donner home of Chairs: Pat & Bob Ghiglieri, 933-6312, pat.ghiglieri@sbcglobal.net. Then tour the west side of the lake to Hwy 50, and back to Sacramento. Members price \$35.00.

Friday (April 24) Ironstone and Calaveras Big Trees. Chairs: Marlene Grass, 383-4469, grasshack@att.net, and Sylvia Roberts, 484-7124, jemsjar@comcast.net.

Saturday (April 25) Free Day. Good day for Ambassadors to take Home Hosts out to dinner or cook traditional German dinner.

Sunday (April 26) Coloma Gold Discovery site. Lunch and tasting at Lava Cap Winery; tour and tasting at Madroña and Boeger. Chair: Ken Smith, 201-6965, ksmith9146@sbcglobal.net. Progressive dinner parties are being developed for that night. The dinner can be with other Friendship Force members in the area, or with non-member neighbors and friends in your neighborhood. They will begin at 6:30 p.m. Contact Carol Ward above for information.

Monday (April 27) Free Day; Farewell Dinner, 6:30 p.m. at the #1 Chinese Restaurant, near the corner of Stockton Blvd. and Florin Rd. in South Sacramento. Chinese cultural entertainment will be included. Chair: Maria Wong, 797-3901, mglwong@gmail.com. Members price \$17.00.

Monday –Departure for SFO, after the Farewell Dinner for a flight from SFO at 7:30 a.m. on Tuesday, April 28.

Glenn & Gwen Tilton, ED
442 Windward Way, Sacramento, CA
916-393-6479, gtilton2@comcast.net

WELCOME DINNER - INBOUND EXCHANGE - VOGTLAND, GERMANY

The welcome dinner for the Vogtland Exchange is scheduled for Wednesday, April 22, at 6:00 p.m., at the Sun City, Roseville Sierra Pines Lodge. The theme is Western. The dinner is pot luck.

Members are being asked to help make this dinner a success by bringing salads, desserts, wine, and beer. The club is furnishing the main course of BBQ Tri-tips, BBQ Chicken, and Red Potatoes. There will also be a small charge for the Sacramento members to help offset the cost of the dinner.

I need to get a head count of how many Sacramento members will be attending. Please call or email me and let me know if you are coming.

If you are willing to sign up for and bring a food contribution to the pot luck dinner, please call Sid Katz at 916-771-8987 or **email rskatz@surewest.net**

WORLD FRIENDSHIP DAY – April 5th

1:00 p.m. – 3:00 p.m.

Fair Oaks Community Clubhouse Auditorium – 7997 California Avenue, Fair Oaks

(Village Park – in Old Town Fair Oaks – across from the Slocum House restaurant)

Friendship Force International has March–April as the time when clubs throughout the world celebrate “**World Friendship Day**”. This is a great opportunity to invite your neighbors, friends, and family to our annual “*Open To the Public*” event. There will be great entertainment of music and dance – plus you can travel around the world as you tour the auditorium viewing the many venues of our various club exchanges.

A goal this year is for EVERY MEMBER to invite at least FIVE people. As this is our biggest advertising and fun filled event of the year – LET’S SET AN ATTENDANCE RECORD!!

We need everyone to join in the fun of preparing for this big event.

Give Madelene English a call – 916-435-3662

WESTERN REGIONAL LEADERSHIP CONFERENCE
“Celebrating Cultures of the World – Observe, Explore, Understand”

Hosted by the Reno/Tahoe Friendship Force – May 4, 5 & 6 – 2009
Siena Hotel – on the banks of the Truckee River

Since our club is Reno’s next door neighbor, we should show our club’s strength by our membership leading the numbers in attendance!! This is a FUN and EDUCATIONAL OPPORTUNITY to meet old friends and make new ones from the western region, learn new ideas from other clubs - AND hear our President, Dr. George Brown as their featured speaker!

JOIN US!

For additional information and to obtain the registration forms – give me a call or email:
Jim Hanson – President, phone: 916-435-3662 or email: hanson12@comcast.net

MYSTERY EXCHANGE TO EUROPE - JUNE 2009
(from Ellen Simmonds – Exchange Director)

Seven days of home hosting in an area with very limited F.F. access, 3 days tour in a special city of Europe. A special event will take place during our exchange. Are you guessing???????

We have just learned the Mystery Exchange will be held June 15–27 for a one week home stay in Helsingborg, Sweden. This will be followed by a three day tour of Copenhagen and other sites in Denmark.

The exchange fees cover land only. Everyone must obtain their own r/t airline tickets to Europe. The sooner we fill the exchange the sooner you can search for good air fares. The meeting point for the exchange will be *a city in Europe*. You can go early and stay after the exchange – that is your choice.

If you have questions call (603-436-0079 – I am on Eastern Time) or email ellen@icofmaine.com
In Friendship, Ellen M. Simmonds

If you are interested, contact me and I will forward
the Special Application and Special Credit forms to you.

Jim Hanson, President

DALLAS EXCHANGE – AUGUST 3 – 8

CALLING ALL HOSTS!!

The incoming Dallas Exchange is not until August 3rd through the 8th, but now is the time to start planning! I have just been advised we will be hosting one couple and ten singles. I would highly suggest new members consider this as their first hosting exchange experience. It will be fun-filled and the language will be easy – you'll just need to practice your "Texas drawl"! I will be traveling to Turkey this month, but when I return I would sure like to see my email full of names that want to be considered for hosting in August.

Tom Flynn, Exchange Director – thomasflynn0737@sbcglobal.net

REACHING OUT

Would you be interested in speaking about your adventures with the Friendship Force of Sacramento?

Many of you belong to other groups or organizations. Some of those folks might enjoy hearing about the Friendship Force. If you would like to participate as a speaker, or need a speaker for your club, please let me know.

HELP NEEDED!!

Your nearly illiterate Publicity Chairman is looking for HELP from members with computer skills above that of a 3rd grader or your average 8 year old like me.

We need to get the word out about our club. With your help, our club will continue to grow and be vibrant.

Willing to Assist???

Call Arnie Garverick, Publicity Chair, 363-6191, or email a.garverick@sbcglobal.net

LOCAL LIBRARY DISPLAYS

Many of our libraries throughout the greater Sacramento area have glassed in protective areas for various community displays that can remain for one full month. **This is an incredible opportunity to advertise *The Friendship Force of Sacramento*.**

Check to see if your library has a facility for this type of club advertising and call:

- Arnie Garverick, Publicity – 363-6191 or
 - Glendena Honeick, Membership – 989-2595
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NEW LOOK!! NEW LOGO!!

Several months ago FFI in Atlanta hired a firm to design a *new look* logo for Friendship Force International. Be sure to go to their web-site and watch as images of people lift from various countries and connect in a circle of color representing the peoples of the world.

After reviewing the new prototype, the board approved to purchase the *new look* badge with the new colorful logo for all members. They will be ready for members to pick up at the Board and General meeting March 25th.

At the same time, new club shirts were also approved for our members to purchase at \$20 each (*which includes tax*). Club members are to obtain these shirts for wearing at all FFI conferences and when hosting and/or on an outbound exchange. Samples will be at our meetings for size etc.

Call Pat Ghiglieri to place your order – 933-6312

SACRAMENTO FRIENDSHIP FORCE BROCHURE

After 20 years, we have finally created our first Sacramento Friendship Force brochure! *This should be a collector's item!* They are now available and if you have not received yours to date, expect a fellow club member to give you a call for delivery. Share them with your friends and neighbors who might enjoy learning about FF Sacramento. Also our World Friendship Day flyers are ready for distribution along with our brochure. When you need more please contact me.

Call Arnie Garverick, Publicity Chair, 363-6191, or email a.garverick@sbcglobal.net

EMAIL SCAM TO FRIENDSHIP FORCE MEMBERS

I have received a communiqué from Friendship Force International advising several members are suddenly receiving emails requesting money to get home – and they are using legitimate names of Friendship Force members. **This is a SCAM.** They advise:

DO NOT WIRE ANYONE MONEY AS A RESULT OF ONE OF THESE EMAILS. Although there may be a name you recognize – **it is a SCAM.**

DO NOT REPLY TO THESE EMAILS. This can put your computer and email account in danger – **it is a SCAM.**

When traveling with Friendship Force and you have an emergency, you must (1) contact your Exchange Director, (2) your Program Coordinator, (3) FFI's emergency # 404-522-9490 ext. 375, (4) the relevant Consulate.

And – **ALWAYS** be suspicious if the sender of an email asks for money!

Jim Hanson, President

WELCOME NEW MEMBERS!!

We are happy to welcome a new member for January and three for February!

In January, **Joe Barnes** attended our Orientation meeting with a friend – and joined on the spot! Joe is a retired Sacramento Police Captain and lives in Sacramento.

In February, **Christina Rynhart** joined us and is from El Dorado Hills. She is a retired High School Counselor and a Restaurant Owner. **Bill & Kathy DeBlonk**, both Realtors in Fair Oaks, attended our February 25th General meeting and joined us after our meeting.

On behalf of all our members, we extend a warm welcome to all of you. We are looking forward to your attendance at our meetings and activities so we can become better acquainted.

Welcome to The Friendship Force of Sacramento!

Glendena Honeick, Membership Chair



SYMPATHY TO OUR AUSTRALIAN FAMILY

We have learned of the sudden passing of Rhys Williams, a prominent member of The Sunshine Coast of Australia. You will recall he and his wife were the ambassadors staying with Bob and Pat Ghiglieri last year during our Australian exchange. We understand he had attended their Friendship Force meeting just last week and had stopped by at Peter & Heather's (the ED) for coffee Saturday morning on his usual bike ride. He was sitting at home with his family that evening when he collapsed.

Our condolences are extended to his family and to his Sunshine Coast friends that will greatly miss him.

SUMMARY OF BOARD MINUTES

Held: February 25, 2009 - Fair Oaks Library - Fair Oaks
 Present: (Board - 9) (Other - 7) Membership Roster Count: 115

Motions Approved: • Minutes & Treasurer's report • Payment to Jan Bessette for San Diego expenses • Club will purchase new logo name badges for all members • Club approved new logo shirt - to be in one color (ultramarine blue) - cost \$20 (includes tax) • Club requires members to have matching shirts for Welcome events on outbound exchanges and when attending FFI Conferences.

Board Members			
(Phone #s are 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
Commnications: Lynn Meyer lgarrettmeyer@earthlink.net	987-2426	Newsletter: John Closs johncloss@rocketmail.com	984-9452

April 2009 NEWSLETTER

The deadline for submission of articles/events is March 27th.

Please submit your articles to: Carol Christensen (916) 987-6861 or email carolc04@sbcglobal.net