



The Friendship Force of Sacramento

www.thefriendshipforce.org
www.friendshipforcesacramento.com



October 2009

Special points of interest

- Oct. 11 - Annual OKTOBERFEST and General Meeting for Election of 2010 Officers
- Oct 17- Nov 7 OUTBOUND EXCHANGE – New Caledonia/ New Zealand

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Message from Jim Hanson, President

Madelene and I are home from Montana. We had a wonderful time recreating FDR's trip to Glacier Park with his granddaughter, Kate Roosevelt. We also drove over the Beartooth Highway in North Yellowstone, plus we shared some great family time with our daughter Karen and her family. Madelene was busy with her sewing for the club while I spent numerous days baking bread in our fire brick oven. All in all, we had fun. Now we are happy to be home with our Friendship Force friends.



I want to remind all of you to visit the Friendship Force International web site: www.thefriendshipforce.org. This has a world of information about new exchanges available to all members. In 2010 there are over 300 exchanges confirmed. Visiting this website is a great way to get connected with the FFI global community.

Our club has two very important activities in the next couple of months. The Oktoberfest on October 11th, will be held at the Hielmans'. This is a "do not miss" event and always a lot of fun. We will also be voting on our new board officers for 2010, along with choosing countries we would prefer for our 2011 exchanges. Next, the Christmas Party will be held on December 6th at the North Ridge Country Club in Fair Oaks. Both of these events bring our membership together for an enjoyable time. Plan on joining us!

I want to thank Norm and Jan for their excellent French presentation after the September Meeting. Jan, your pastries were a delight, and Norm, thanks to you; we are all now French linguists! The French dinner afterward at Danielle's Creperie was gourmet. Remember, the board meetings are open to all club members, so come on out and share in the abundance of friendship at our monthly meetings.

Pat and her New Caledonia and New Zealand exchange members are looking forward to their outbound trip in October. We will be anxiously awaiting their report upon their return.

I wish to thank Pat and the board for handling all the many opportunities during my Montana vacation. Thanks to all of you.

In friendship, Jim

CALENDAR OF EVENTS

Oct. 5, 2009	6:30 p.m.— New Caledonia/New Zealand Exchange Meeting at Pat Ghiglieri's home: 6049 Creekberry Way, El Dorado Hills. Gate code: 06512, Phone: 212-7111 or 933-6312. Note: this is a time change and location change since last month's newsletter.
Oct. 11, 2009	4:00 p.m.— Annual OKTOBERFEST and General Meeting for election of 2010 officers at the home of Jim and Karalee Heilman, 116 Raeanne Lane, Folsom. RSVP Deadline: Oct. 5th.
Oct. 17 - Nov. 7 2009	OUTBOUND EXCHANGE – New Caledonia/ New Zealand Pat Ghiglieri, ED
Nov. ??, 2009	Board Meeting at ??? Check next month's newsletter, followed by <i>New Caledonia/New Zealand Recap</i> by ED & Ambassadors.
Dec. 6, 2009	CHRISTMAS Luncheon: North Ridge Country Club, Fair Oaks (more details in November newsletter)
Exchange Dates and Events: 2010	
Jan. 2010	OUTBOUND EXCHANGE—Orlando, Florida (no exact date yet, but between Jan. 10th and 23rd). See page 4. Dawn Beck, ED
Mar. 7, 2010	1:00 p.m.—3:00 p.m. WORLD FRIENDSHIP DAY CELEBRATION Fair Oaks Community Center
May 2010	OUTBOUND EXCHANGE - Pau, France (no exact date yet) Barbara Beland, ED
June 2010	INBOUND EXCHANGE - Montreal, Canada (no exact date yet) Carol Tilley & Marlene Grass, co-ED's
Sept. 2010	INBOUND EXCHANGE – Howick, New Zealand (no exact date yet) ED Needed
Oct. 2010	Friendship Force International Conference - Washington, D.C.

*** ELECTION OF 2010 OFFICERS ***

October 11, 2009 - 4:00 p.m.

(held at our Oktoberfest event - see address within this newsletter)

Brief of By-Laws - Article VI - pages 5 and 6

Section 1 - The elected Officers of the Club shall be a **President**, a **Vice-President**, a **Secretary** and a **Treasurer**, all of whom shall be members in good standing.

Section 2 - The election of Officers shall be held at the Annual Election meeting held in *October of each year*.

Section 3 - Except as provided in section 5, of this ARTICLE, voting for Officers shall be by ballot and shall not be cumulative. Only members present and in good standing may vote. *There shall be no voting by proxy.*

Section 4 - At the Annual Election meeting, the President shall accept further nominations from the floor with the prior consent of each nominee.

Section 5 - At the election of officers during the Annual Election meeting, nominations may be made from the floor, providing the consent of each nominee has been secured. The affirmative vote of a *majority of the members present* shall be required to elect each of the officers. If there is only one nominee for an office, *voting for that office may be by voice vote*; otherwise, voting must be by ballot. In the event of a tie vote, another ballot must be taken.

The following members have accepted their nomination by the nominating committee and will be presented for election in addition to pre-approved nominations from the floor.

President: Pat Ghiglieri
Vice President : Dick Latimer
Secretary: Audrey Wiechman
Treasurer: Scott Matthews

Nominating Committee for the elected Officers of 2010
Glendena Honeick - Chair person
Rose Phelan, Chris Smith & Dawn Beck (Past Presidents)
Jan Bessette, Arnie Garverick, Judy Maas (Past/ Present Board Members)

ANNOUNCEMENTS

NEWSLETTER CHANGE FOR NEXT MONTH

I'll be in New Zealand when it's time to create the November newsletter. Carol Christensen has agreed to handle it, so if you have anything to submit, please submit it to Carol at carolc04@sbcglobal.net by October 20th. Thank you. Judy Maas, Newsletter Editor

CONGRATULATIONS ARE IN ORDER

The board is proud to announce the selection of ED's for two upcoming exchanges.

Dawn Beck will lead us to Orlando, Florida, mid January, 2010. Dawn's email is: dawnb95747@yahoo.com. A starting sign up list was passed around at the September meeting, but there is still lots of room. Contact Dawn if you would like to attend. She will also have a sign up list at our Oktoberfest, so look for it. Congratulations, Dawn.

Carol Tilley and Marlene Grass will be the ED's for our Inbound Montreal Visitors in June 2010. They will be making some announcements in the near future for assistance and ideas for this exchange. They can be reached at: caroljtilley@hotmail.com and grasshack@att.net

Congratulations to Carol and Marlene.

FLORIDA OUTBOUND EXCHANGE JANUARY 2010

The Florida trip in January will give us the opportunity to visit two different clubs, one in Orlando and the other on the Atlantic coast about 60 miles away.

The trip will be about 10 days with either a 5/5 configuration or a 6/4 visit. Both clubs seem eager to host us. So far 17 members have expressed interest in going, and the dates will be between January 10 & 23. Neither club has set a limit.

All final dates and prices should be set by the end of October. We could possibly go into Orlando and leave from Daytona Beach. Some of you might like to use your Frequent Flyer miles.

It sounds like a great opportunity to get away from January's cold and overcast weather.

Dawn Beck, ED

ANNOUNCEMENTS



COME JOIN THE FUN! OKTOBERFEST Sunday, October 11 at 4:00 p.m.

Our annual Oktoberfest will be held Sunday, October 11, beginning at 4:00 pm at the home of Jim and Karalee Heilman, 116 Raeanne Lane, Folsom. Dinner will include sausage, German potato salad, rolls, sauerkraut or red cabbage, pretzels, beer, wine and dessert.

The deadline to sign up with payment received has been extended to Oct. 5th. Send \$5 per person to Mimi Mattock, 9237 Forestberry Way, El Dorado Hills, CA 95762. Make checks payable to Friendship Force of Sacramento.

Here are the directions to the Heilmans' house:

From the Roseville/Rocklin area:

Take Sierra College Blvd South, turn left onto Oak Ave., turn right onto Main Ave., turn left onto Orangevale, turn right onto Stroup Lane, and it runs right into the house at Raeanne Lane.

From the El Dorado Hills and South area:

From US 50, take the Hazel exit and go north on Hazel, turn right on Madison Ave., take a slight left on Main Ave., turn right on Orangevale, turn right on Stroup, and it runs right into the house at Raeanne.

ATTENTION MEMBERS:

We need an ED for our New Zealand Inbound Exchange. This exchange will take place in September 2010. While being an ED is some work, it is also very fulfilling and satisfying. You get to meet and respect so many members of our own club, find out their hidden talents, and learn of their organizational skills. You also get the opportunity to meet and be with our international guests for the week. Several of you attended our ED training and have the skills to take on this responsibility. Please contact me with a note with your past experience with group activities, your organizational and leadership skills, past and present. This will be fun and so rewarding.

Pat Ghiglieri, Vice President
Pat.ghiglieri@sbcglobal.net

ANNOUNCEMENTS

2010 CLUB CALENDARS

Our new custom club wall calendars have arrived and are for sale for \$15. These make great gifts for everyone, not just club members! The holidays are coming, the new year beginning, and outbound exchanges coming up where you might use these as hostess gifts.

Many of them are already spoken for, but we have 17 still available, so bring your checkbooks and take a look at these. They will be available at the New Zealand planning meeting on October 5th, the Oktoberfest on October 11th, and the Christmas luncheon on December 6th, provided there are still some left by December.

Thank you, Chris Smith, Joe Phelan, George Meyer, Audrey Wiechman and Barbara Beland for sharing your great photos from the exchanges you've been on.

DUES ARE DUE

Just a reminder that our 2010 dues are due in October. They are \$35 for an individual or \$65 for a family. If we do not pay by January 1st, we cease being members.

Invoices will be sent out, so watch for yours in the mail.

MEMBER PROFILES

Our club has decided to copy some other clubs and feature photos and profiles of our members in the newsletter, and Dottie Moore has graciously stepped forward and offered to be in charge of this project. This just began in the last several days, and you can see Dottie's results already on page 8.

Thank you, Dottie, and the members who have responded so quickly to her requests.

We already have more coming in for next month's newsletter, and will continue to publish them on a space-available basis. We may try to have a photographer at our functions to help accumulate photos of our members. Or you may submit your own along with a bio.

This is a wonderful way to get to know one another better. Happy reading, everyone!

ANNOUNCEMENTS

<<< **IMPORTANT NOTICE** >>>

THE FRIENDSHIP FORCE OF SACRAMENTO "SURVEY"

It takes participation and ideas of ALL members of an organization to fully succeed; therefore, the board determined a **Club Survey** would help establish a database of information that will assist in determining future participation in exchanges and various club activities.

You will soon receive this **Club Survey** in the mail along with your **2010 Renewal invoice**. To assist in this endeavor, a self-addressed stamped envelope to our club P.O. Box will be enclosed for your convenience in returning *as soon as possible*.

Please remember - it is ONE survey PER each member - not per couple. Thank you for your participation in this important endeavor. *The 2009 Board*

WORLD FRIENDSHIP DAY **Sunday, March 7th, 2010 - 1:00 p.m.**

***** EVERYONE - MARK YOUR CALENDARS! *****

We have once again booked the facility in the Fair Oaks Village for our 2010 annual event. FFI tells us the theme for 2010 is "**Friendship On Six Continents**" as this special event will be celebrated globally.

Also FFI announced they will be recognizing the most creative celebrations of World Friendship Day at their World conference in Washington, DC in October of 2010. ***Wouldn't it be great to hear our club name announced as one of the winners!***

We need a committee chair and many volunteers to make this a successful event. We are a "volunteer" organization - so consider what **each** of you can do to make this truly memorable. And don't forget to start telling your friends of this important date as every member should invite at least one extra person. Jim Hanson, President

MEMBER PROFILES



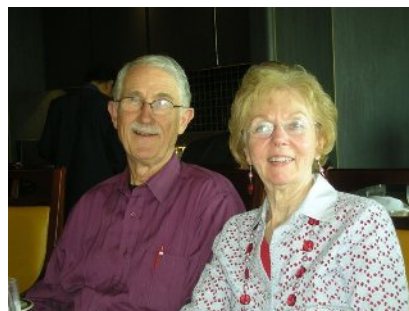
Lynn & George Meyer — Lynn is a Registered Nurse, currently working only part time in nursing. After many years as an Air Force wife with wonderful opportunities to travel and live in many interesting places, she realized that her experience teaching English as a Second Language (ESL) gives great rewards. She became certified to teach ESL several years ago and continues to teach and tutor part time in the San Juan Unified School District and at home. She also enjoys acting, so she keeps her hand in by being a Standardized Patient for the UC Davis School of Medicine as a patient for the medical students. Serving on the Board of Friendship Force has been a most rewarding experience to be able to help our organization grow, and to provide meaningful experiences for Inbound and Outbound Exchanges. Sports and outdoor activities have always been important, so Lynn and George enjoy hiking, bicycling,

scuba diving and tennis. Volunteer opportunities both at home and overseas have given them the chance to work in both medical and educational situations and to continue learning from all parts of the globe.

George served in the US Air Force as a Flight Surgeon during the Vietnam war, and continued his career as an Internist/Gastroenterologist until 1993. Assignments in Thailand, Japan, Germany and many bases in the US made them realize how much there was to be learned in other cultures. After retirement from the Air Force, the Meyers moved to Atlanta, Georgia, where George was the Director of the Internal Medicine Residency training program at Georgia Baptist Medical Center for three years. Living in Atlanta during the Olympics was quite an exciting time. Returning to California was inevitable, so in 1997 Fair Oaks became their new stomping grounds. George is currently a gastroenterologist at Kaiser and the Governor for the American College of Physicians for Northern California. George updates the website for the Friendship Force of Sacramento.

Glenn & Gwen Tilton — Glenn is 75 years old and a retired professor and counselor at Sacramento City College, a 2-year college. Glenn is involved in several volunteer organizations helping with community and church projects. He likes being involved in making things happen.

Gwen is 70 years old and is a retired Pediatric Office Nurse & Manager. She is still very involved in health care, every week managing the complications of the medical care for her disabled daughter, her 85 year old aunt and her 90 year old mother. They have five children and thirteen grandchildren, from the ages of 27 years to their newest twin girls born June 2009.



They are involved in Friendship Force because they are interested in a world of peace, they like to travel and visit new and different places in the world. As Friendship Force Ambassadors, they have traveled to Taiwan, Costa Rica, Japan, Germany, Chile & Brazil. When they travel they like to visit art museums and historical museums as well as walking and exercise. They like foods of all kinds. They do not smoke. They attend live theater regularly and enjoy traveling musical shows.

They are active in their church teaching adult education classes and leading a monthly couples group.

Mission

To promote global understanding across the barriers that separate people



Values

- Mutual Respect
- Cultural Diversity
- Cultural Exploration
- Service



Vision

- Each individual will make a contribution to global goodwill.
- The Friendship Force worldwide network of clubs and individuals will overcome differences among people and nations.
- By connecting the world, one friend at a time, we will create a world of friends that becomes a world of peace.

SUMMARY OF BOARD MEETING MINUTES

Held: September 23, 2009 at the Rancho Cordova Library, Sacramento

Present: 9 board members, 8 members **Membership Roster Count:** 136

Motions Approved: Minutes • Treasurer’s report • Budget adjustment: Give \$1000 from our treasury to the Legacy Fund for the 2008-2009 year • Set aside \$300 for other donations to be determined later • Put \$1000 in the 2009-2010 budget for our expenses for inbound exchanges • Add an additional \$200 to the Other Expenses category for a total of \$400 • Change our budget for miscellaneous supplies to \$1200 • Have several DVD’s about FFI made to assist with orientation of new members • Reimburse Pat Ghiglieri for airfare & ferry expenses for the New Caledonia/New Zealand exchange • Motion to accept Carol Tilley & Marlene Grass as co-ED’s for the inbound Montreal exchange • The newly created survey & our 2010 dues invoice will be mailed to each current member • Motion to accept Dawn Beck as the ED for the outbound exchange to Orlando, Florida in January • Reimburse Judy Maas \$916.25 for the FF calendars.

Mark your calendars for our next World Friendship Day on Sunday, March 7, 2010 at the Fair Oaks Community Center.

Next Board Meeting: **Sunday, October 11, 2009 at 4:00 p.m.** at the Heilman home for the Oktoberfest.

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 scottmattgm@gmail.com	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

NOVEMBER 2009 NEWSLETTER DEADLINE

The deadline for submission of articles/events is October 20th, 2009.
Please submit your articles to: Carol Christensen at carolc04@sbcglobal.net.