



The Friendship Force of Sacramento

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



Peace Through Friendship

February 2008

Calendar of Events

Feb 10	General Meeting & Board Meeting – Presentation on Bali program, 2:30 pm. Held at Kaiser Hospital - Morse Ave, 3120 Cottage Way, Sacramento. Note: This is across the street from the main hospital. Board Meeting prior to this at 1:00pm. All members are welcome to attend.
Feb 20	Sushi Cooking School, 10:00 am. Hosted by Rose and Joe Phelan. See details inside. RSVP to Joe at (916) 408-4066 or email at joephelan@sbcglobal.net .
Feb 27	Australian Inbound Planning Session, 1:00 pm – Hosted by Glendena Honeick, 5339 Flyway Dr., Fair Oaks. RSVP to Glendena at 916-989-2595 or Jim Hanson/Madelene English at (916)-435-3662.
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

Dear Members,

Just having finished up the first month of being President, I think we have a great group of members. It has been a very busy month with lots of planning for the coming year.

The most exciting news was hearing from Atlanta that our 2009 outbound exchange will be to Noumea, New Caledonia and our inbound will be from Vogtland, Germany. The board accepted both offers, but asked me to see if Atlanta will give us two additional weeks of home hosting on the outbound. I'm checking with them now to see if we can tack on visits to Australia and/or New Zealand since they are also located in that part of the world.

Madelene English and her committee planned a wonderful lunch at the Katmandu Restaurant in Auburn and should be commended for it. The food and company were both great and a new adventure into Nepalese cuisine for me. After lunch, David Duncan gave a great slide presentation of his trekking adventure to Nepal this past fall. It looks like it was a fascinating experience and we are so glad that he shared it with all of us. Thanks to both of them for a fun afternoon.

The planning meeting for Australia's Sunshine Coast club visit here in August went well. Along with this meeting we included an orientation for new members that people said they liked a lot. We had a great turn out especially considering it was on a rainy afternoon. Special thanks to Glendena and Chris for their interesting and useful presentations.

Madelene's Activity Committee also met and developed an excellent plan for this year's club activities. Thanks to the dozen or so members who helped her! During the coming year she will need more help with some of the events. Please call her now if you can help out. It's a great way for newer members to get acquainted and become active in the club.

We also had another planning meeting for our friends from the San Diego club who will be arriving in April. We do need some more hosts and also volunteers for some of the other activities planned for the

week. You can see more information on these activities in Pat Ghiglieri's article below. I would like to encourage any new members to do some day hosting if you are not yet ready to home host for a week. Day hosting is a great way to jump in and meet new friends.



Your board members hard at work!

We have also started on our new Policy and Procedure Manual and had a great meeting getting things completed. Thanks to Glendena Honeick for doing all of the typing and editing for it. We do have some details yet to be worked out before it is ready for the membership.

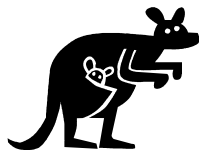
Don't forget our next Board Meeting on February 10th at 1 PM and the special program to follow at 2:30 PM. Board Meetings are open for all members and we like your input.

Our special program for the February meeting features Mellissa Withers who is coming all the way from Los Angeles to speak with us. She will tell us of her unique experiences living in Bali, Indonesia and of working in small villages with young mothers and their babies. You won't want to miss this opportunity to learn about Indonesia. Hope to see you there.

There is no board meeting in March since our outbound to India and Nepal will be gone and some of us will be attending the Western Regional Conference in San Diego. If anyone is interested in attending the conference March 10, 11 and 12 please contact me for details. The Romania exchange has one opening if anyone is still interested.

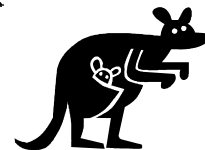
DON'T FORGET TO READ YOUR NEWSLETTER FOR MORE DETAILS ON THESE AND OTHER EVENTS.

Rose Phelan



AUSTRALIAN INBOUND EXCHANGE

Saturday, August 23rd to Saturday, August 30th.



22 Australian ambassadors (Couples-8 and Singles-1 man, 5 women)
will arrive in Sacramento by bus from San Francisco,
Saturday afternoon around 3:00 p.m. August 23rd.

The central location for host pick-ups will be established later.

CIRCLE YOUR CALENDARS!!

SATURDAY – August 23rd – Welcome Dinner – open to all members

FRIDAY – August 29th – Farewell Dinner – open to all members
(locations will be established later)

PLANNING SESSION: February 27th – 1:00 p.m. – home of Glendena Honeick
We still NEED additional hosts, co-hosts and helpers.

To EACH MEMBER – this is a great opportunity to enjoy the real meaning of “Friendship Force”. You will love the Aussie’s warm and friendly greeting of - “*G'day howyergoinmateoright!*”! ☺☺

**** CALL ****

Glendena Honeick, ED – 989-2595 - Jim Hanson & Madelene English, Co-ED's – 435-3662

SAN DIEGO INBOUND EXCHANGE

Monday, April 21st to Monday, April 28th

Greetings everyone. I had the unique opportunity to meet with 17 of the 21 Ambassadors who will be coming to our Club in April, last week. I was in San Diego for a conference and met the ED, Judy Anderson and the other members of the Club coming up to Sacramento. I was able to present to them a tentative agenda, visit, take some pictures of them so the hosts will recognize them at the airport, and overall had a great time in one of their homes. I am including our tentative agenda for the week in hopes some of you will come forward and help host an activity, or just help out where you can. We still need some help on both the Welcome and Farewell Dinners. Please contact me if you can help: (916) 212-7111 or (916) 933-6312. --Pat Ghiglieri

April 21 – April 28, 2008

- Monday - April 21** 1:45 pm –Latest time any host will need to pick up Ambassadors @ Sacramento International Airport. Those who are driving will be given directions directly to their hosts' homes
- Monday - April 21,** 7:00 pm – Welcome Dinner – Location – Sun City, Roseville – Pot luck.
- Tuesday - April 22** 10:00 - Sutter's Fort
11:30- Capitol Tour and lunch
3:00 - Governor's Mansion
- Wednesday – April 23** 10:30 – Ironstone Winery, Murphy's
2:00 - Calaveras Big Trees State Park
- Thursday – April 24th** - Optional Day- Free Day with Hosts or tour of Gold Country area, Auburn, Grass Valley and Auburn Areas (All Ambassadors want to do this trip.)
- Friday - April 25th** 10:00 11:30 – Tour Leland Stanford Home/Museum
12:00 – 1:45 lunch
2:00 -3:30 The Railroad Museum tour
6:00 - 6:30 – Host and Ambassadors invited to other members for dinner
- Saturday – April 26th** 11:00 Donner Museum,
12:30 Lunch at Ghiglieri home/Tahoe Donner
2:30 – Drive around Lake Tahoe, weather permitting
- Sunday – April 27th** Free Day (Golfing anyone?) until
5:30 pm. Farewell Dinner – The Lodge, Four Seasons - Potluck
- Monday – April 28th** Hosts drive Ambassadors to Airport

ROMANIA OUTBOUND EXCHANGE

May 9th to May 15th

ONLY ONE SLOT LEFT FOR ROMANIA! If you have been thinking about going to Romania with the club in May, you need to act fast. Our host city, Brasov, can only handle 20 ambassadors and there are already 19 ambassadors confirmed for the exchange -- so there is only one slot left.

The cost is \$1850 for a male ambassador, willing to have a roommate. The cost for a female ambassador is \$2325 because you will have to pay a single supplement fee. This is the land package cost and does not include international air fare.

Please give me a call at 916-408-4066 if you are interested. We would be happy to have you along. It should be an interesting mix of people. One couple is coming from the club in Wellington, New Zealand. We have seven members from our club along with two from Los Angeles, three from Michigan, two from San Francisco and two from Napa.

-- Joe Phelan



WELCOME NEW MEMBERS

Welcome to our newest member, **Debora Soukup**. Debora heard about our group through a newspaper article. She and her two daughters, Amelia (10) and Natalie (7), live in East Sacramento. Debora is a Psychotherapist. She enjoys traveling, movies and reading. Debora speaks German and French. Give her a kiss on both cheeks when you see her... or is it one cheek? Anyway, please welcome her to the Friendship Force.

SUSHI SCHOOL IN LINCOLN

If you would like to learn to make sushi, then this may be for you.

On February 20th from 10 AM to perhaps 2 PM, a Japanese friend of ours has agreed to teach up to ten of us how to make sushi. The "campus" for Sushi school will be the Phelan's kitchen in our home in Lincoln.

This will be a hands-on "Sushi Lab" kind of thing with everyone making sushi logs and then we will eat them for lunch. Everyone will get one of those bamboo devices used for rolling sushi to take home. And all the ingredients will be provided. It's too early as I write this to know what the costs will be --but not more than \$10 each. It should be a lot of fun.

So, if you are interested, please call me at 916-408-4066 or email me at joephelan@sbcglobal.net. It's first come, first serve so I hope you make the list.

FUN AFTERNOON AT KATHMANDU KITCHEN



Good food, fellowship, and entertainment
at the Kathmandu Kitchen

Thirty-eight members gathered at the Kathmandu Kitchen Restaurant in Auburn and enjoyed a delicious buffet of Nepalese foods. It was so good and enjoyed by all.

We enjoyed a wonderful presentation by Dave Duncan of his recent trip to Nepal. His pictures were breathtaking and all of us that are going to India/Nepal & Bhutan can't wait for March to get here. Dave experienced an unbelievable trekking trip and covered 160 miles. Dave, many thanks for sharing your trip with all of us.

FRIENDSHIP FORCE ON DISPLAY!

The Fair Oaks Library has a display case featuring Friendship Force for the month of February. Please stop by and view it and encourage your friends to check it out too. Glendena Honeick and Jan Bessette put this great display together. Thanks Glendena and Jan!

WESTERN REGIONAL LEADERSHIP CONFERENCE

Dear Friendship Force Members:

On March 10, 11, and 12 of 2008, the **San Diego Friendship Force Club** will be sponsoring the Western Regional Leadership Conference. It will be an exciting event with one of the main speakers being William Headley, dean of the new Peace and Justice Center at the University of San Diego.

We anticipate home hosting all out of town visitors for 3 nights. Please tell all your members to mark your calendars now for this important meeting.

Thank you for your support of this future event.

-- Chuck and Julie Bras, Co-Chairs

MARK YOUR CALENDAR FOR BALI!

When: February 10, 2008 at 2:30 pm

Where: Kaiser, 3120 Cottage Way, Sacramento

If you would like to hear about some fascinating work being done in small villages near Bali, Indonesia with young mothers and mothers to be, come to our General meeting on February 10th. The meeting will be held at Kaiser Hospital – Morse Ave, 3120 Cottage Way, Sacramento. This is located across the street from the main hospital with convenient parking in front of it.

The speaker will be Melissa Withers, a UCLA PhD candidate in international public health. Melissa is originally from Carmichael, but now lives in Los Angeles and spends much of her time in Indonesia. The focus of her work is improving infant development and nutrition. She has some very interesting first hand stories to tell.

Prior to her presentation, there will be a Board meeting starting at 1PM. Everyone is more than welcome to attend this meeting. Please come and find out what the Board is all about.

BEWARE!**BEWARE!****BEWARE!**

NAME TAGS -- We will be on the lookout for those of you that do not wear your name tags to the meetings. Everyone has one and we want to see them on you. We started at the Christmas party and collected \$3.00.

**The fine for no nametag is \$1.00. It's your choice...
WEAR THE NAME TAG OR BRING A DOLLAR!**

CLUB MERCHANDISE FOR SALE

Hey, all you wonderful members, now is the time to step up and cheer for our club by purchasing our club merchandise. We have flag and club pins, golf shirts, writing pens, towels, aprons, plus a book on the FF history, all at LOW prices.

PRICES:

Club pins	\$2.00	Hand towels, Poppy and Grape	\$3.00
Flag pins	\$1.00	History of FF, book	\$5.00
Club pens	\$1.00	Aprons	\$10.00
Golf shirts	\$20.00		

All of the above are with the club logo. They make great gifts to the exchanges.

The golf shirts are either green or white be sure to include your size.

Call Jim Hanson, 916-435-3662, or e-mail: hanson12@comcastnet for orders or more information, or just come to the next general meeting on Feb. 10th where the merchandise will be available for purchase.

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

Held: January 15, 2008 at the Rose Phelan residence in Lincoln, CA

Elected Officers: (voting rights)

President: Rose Phelan	<u>x</u>	Vice President: Jim Hanson	<u>x</u>
Secretary: Barbara Beland	<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>a</u>
Publicity: Joe Phelan	<u>x</u>	Past President – Lynn Meyer	<u>x</u>

Other member attending: Kathryn Matthews

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: ED: Glendena Honeick	<u>x</u>

Reports:

Attendance: A quorum was in attendance. The January board meeting continued.

Treasury report: Approval was given to open a new CD. Approval was given for advance payment for World Friendship Day expenses; our FF International member fees to be paid; our lunch bill for the Kathmandu restaurant; and to reserve a clubhouse for the IB San Diego party.

Activities: Madelene has many activities planned including World Friendship Day, the annual Oktoberfest party and Christmas party. More volunteers are needed to help with these events.

Communications: Jan Bessette will set up a FF display at the Fair Oaks library

Fund-Raising: Jim Hanson reported that various crafts and opportunities have netted almost \$500 with many items yet for sale.

Membership: Chris reported there are currently 106 members in our club. The roster has been updated.

Newsletter: No report.

Publicity: Joe Phelan has agreed to take this job.

Sunshine: Shirlee Deter has recently had surgery. Shirley, we wish you a speedy recovery.

*****Exchanges*****

India, Nepal and Bhutan Outbound: Chris has 18 signed up for the Nepal trip. There are 19 signed up for India, 6 spaces available. Bhutan has 10 people signed up.

San Diego I/B: Pat Ghiglieri reported there are 21 or 23 coming.

Romania O/B: Joe Phelan has 19 signed up. They will deliver computers to a school for the blind.

Sunshine Coast, Australia I/B: Glendena said 22 are coming.

A motion was made that ED's of our club-sponsored exchanges must bring a preliminary budget to be approved by the Board not later than 60 days prior to the exchange.

Discussions:

The Policies and Procedures committee is working on their report.

Sister Cities Council of Sacramento – Lynn will attend the next meeting.

MARCH 07 NEWSLETTER

The deadline for submission of articles/events is **February 23rd**.

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 , Rose Phelan roseph@sbcglobal.net	408-4066	Membership , Chris Smith thefriendshipforce@sbcglobal.net	930-0922
Vice-President , Jim Hanson hanson12@comcast.net	435-3662	Activities , Madelene English hanson12@comcast.net	435-3662
Secretary , Barbara Beland jazzgal@saber.net	(530)-886-8600	Past President , Lynn Meyer lgarrettmeyer@earthlink.net	987-2426
Treasurer , Scott Matthews ScottMattGB@att.net	791-1626	Publicity , Joe Phelan joephelan@sbcglobal.net	408-4066
Communications , Jan Bessette janorm3@comcast.net	989-3555	Newsletter , Judy Duncan jduncan@duncanimaging.com	(530)-823-7019