



The Friendship Force of Sacramento

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



Peace Through Friendship

January 2008

Calendar of Events

Jan 5	Planning meeting for Australia inbound exchange, 1:00 pm at the home of Glendena Honeick, ED. Located at 5339 Flyway Dr., Fair Oaks. RSVP to Glendena at (916) 989-2595. Details inside.
Jan 7	Last date to reserve for Lunch at Kathmandu Kitchen on Jan 13. See below.
Jan 10	Activities Planning Meeting, 1:00 pm. Located at 4066 coldwater Drive, Rocklin 95765. RSVP to Madelene English. See details inside.
Jan 13	Lunch at Kathmandu Kitchen, 12-3:00 pm. Located at 1285 Grass Valley Hwy, Auburn. RSVP to Madelene English. See details inside.
Jan 15	Board meeting, 10:00 am, hosted by Rose Phelan. Located at 1206 Stone Hearth Ln, Lincoln. All EDs are invited to attend and update the board on upcoming exchanges. Please call Rose at (916) 408-4066 if unable to attend.
Jan 22	Planning meeting for San Diego inbound exchange, 10:00 am at the home of Pat Ghiglieri, ED. Located at 6049 Creekberry Way, El Dorado Hills. RSVP to Pat at (916) 933-6312. Details inside.
Feb 10	General Meeting & Board Meeting – Presentation on Bali program, 2:30pm. 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.
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

Greetings members and fellow adventurers,

I'd like to take this moment to wish all of you a very Happy New Year and hope that 2008 is very prosperous for all. I am looking forward to an exciting year as your President. I am available by email or telephone if you need to contact me.

For those of you that did not attend the Holiday party --- you missed a fun party. Many thanks to Madelene English, our Activities Chairperson, and her Committee for doing such a great job. Look out for some of those White Elephants next year as I suspect they may be back for another visit, or rather to haunt us!

We are off and running for 2008 as we have lots of meetings planned for this month. Glendena Honeick, Madelene English and Jim Hanson have a planning meeting for the Australia exchange on January 5th. Madelene is also having an Activities meeting on January 10th to plan the activities for the year. She would like your input and some new fun ideas for the club. The Board meeting will be on January 15th, and Pat Ghiglieri is having a planning meeting on January 22nd for the San Diego exchange. For more information on these meetings please see the calendar for times and places. Come join us for all or any of these meetings.



Already we have three outbound exchanges in planning for this year --Northern India, Nepal and Romania. We have never had three outbound exchanges in one year before. This happened because the Board asked Atlanta for extra exchanges so our many new members could have opportunities to go on exchanges.

Now it's important to fill these exchanges. Each of us should seriously consider joining one or more of them -- after all, exchanges are what Friendship Force is all about. The first one is to Northern India, followed by Nepal, with an extension to Bhutan. These exchanges are set for March. Chris Smith is the exchange director for both of these.

The third exchange is a week of home hosting in Brasov, Romania followed by a week of touring by private bus. We have not yet filled our 10 slots for this exchange set for May. So check you calendars and join in on the fun. Joe Phelan is the exchange director.

Finally, I expect I'll learn where our 2009 exchange is going sometime in mid January. This will be exciting news that I'll share that with everyone as soon as we learn. Who knows... if we fill our three exchanges this year, perhaps we can get an extra one next year too.

Hope to see you at one or all of these meetings.

-- Rose Phelan

BRINGING IN THE NEW YEAR!*Saturday, January 5th, 1:00 p.m.*

Come join our first get-together of the New Year! Chris Smith, our membership chairman, will give a talk about Friendship Force inbound and outbound exchanges - plus you will hear from other members that have hosted and/or gone as an Ambassador on outbound exchanges. In August, we will be hosting 25 or more Australian Ambassadors – so what better way to start the planning than by learning from those that have “*been there – done that*”.

Hosted by: Glendena Honeick – 5339 Flyway Drive, Fair Oaks – RSVP: 916-989-2595
Co-Ed’s: Jim Hanson & Madelene English

JOIN IN THE FUN*Thursday, January 10th at 1:00 pm*

HELP PLAN ACTIVITIES FOR THE YEAR WITH MADELENE ENGLISH (ACTIVITIES CHAIR).
WE NEED YOUR INPUT FOR A FUN FILLED YEAR.

This is your opportunity to guide the club
to a successful year. Your ideas are very **important!!!**
Call Madelene English if interested to help or to plan an activity.
916-435-3662 or madie@starstream.net

Address: 4066 coldwater Drive, Rocklin 95765

Directions: Take I-80 to Hwy 65 Marysville/Lincoln. Go right on Pleasant Grove and stay to the right as Pleasant Grove becomes Park. Stay on Park until you cross Stanford Ranch. Travel about 1 mile and pass under a green golf cart bridge and a stop sign right after. You will see the Springfield sign and gate. The password is #2688. You are now on Coldwater and 4066 is on the left and past several houses.

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

NEPALESE LUNCHEON

Join us for lunch and a presentation on Dave Duncan's recent travels in Nepal

We have a great luncheon of Nepalese and Indian cuisine scheduled January 13th. Our armchair exploration of Nepal culture will be enhanced as Dave Duncan shares his slides and stories from his recent travels there. **ALL MEMBERS ARE INVITED** to join us for lunch to get a taste of things to come on our Nepal and India exchanges.

When: January 13th - 12:00 pm 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 Jan. 7th! Send your check for \$20/person to: MADELENE ENGLISH, 4066 Coldwater Drive, Rocklin, CA 95765. Phone (916) 435-3662

Directions to Kathmandu Kitchen: Take Hwy 80 W to Auburn. Take the Marysville/Grass Valley Hwy.49 exit. Turn left and go 1.6 miles on Hwy 49. You will see a Michelin Tires on right side and the Kathmandu Kitchen is on your left.

SAN DIEGO INBOUND EXCHANGE

April 21-28, 2008

Thanks to so many of you who volunteered at the December holiday party for the San Diego Inbound Exchange. I have put together a group email list and will keep each of you in the loop as plans progress. Our first meeting will be January 22nd, at my home, 10 am, 6049 Creeksberry Way, El Dorado Hills. I will then fly to San Diego in the afternoon to attend a conference and have the opportunity to visit with the ED from San Diego. I will also be hosted by the Ambassadors on Friday evening January 25th. I am looking forward to bringing them our plans. There will be another meeting in February, date yet to be determined, but I will send out an email and of course include the information in the February newsletter.

Please contact me at: 916 212-7111 or: pat.ghiglieri@sbcglobal.net

-- Pat Ghiglieri- ED San Diego

MAY EXCHANGE TO ROMANIA

May 7- May 21

Our Romanian exchange is a unique opportunity for club members to be home hosted in Romania's walled city of Brasov with its medieval old town and tiny cobbled alleys in the heart of Transylvania. This will be followed by a week of private bus touring with an English speaking guide. We will visit the Black Sea, boat the Danube's Delta, explore the world-famous Painted Monasteries in Bucovina, visit villages and meet school children. In addition, we will be taking refurbished and specially programmed computers to a school for the blind in Brasov.

The group will number 20 members with half coming from our club and the other half coming from other clubs. Already one couple is coming from New Zealand with several ladies joining from the Napa and San Francisco clubs. It's going to be a most interesting mix of people. The land package price (no air) for exchange and tour is \$1885.

There are just a few slots left so if you are interested, call me at 916-408-4066 or via email at joephelan@sbcglobal.net
-- Joe Phelan, ED

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 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's got 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!

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NAME TAGS -- We will be on the lookout for those of you that do not wear you 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!

FRIENDS IN NEPAL

Meet Bir Bahadur Tamang, Trekking Guide

Last month, we got a glimpse of life in Nepal by meeting Shiva Shrestha, the inbound ED for the Nepal exchange who works as an attorney in Kathmandu. This month, we get a little different perspective by meeting Biru, a trekking guide on the Annapurna Circuit.

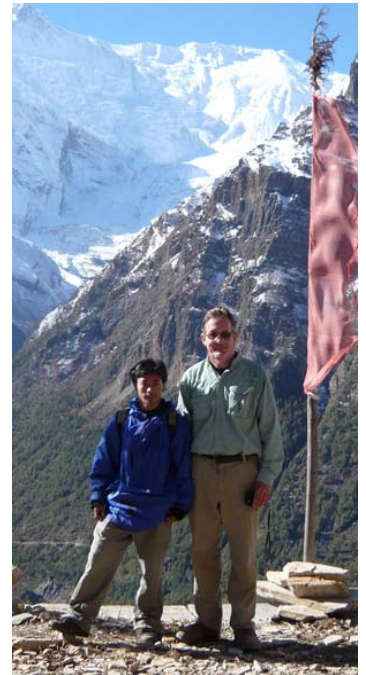
Nepal is one of the poorest countries in the world, yet rich in culture and natural beauty. Many of its 28 million people live in villages, without roads and connected by foot trails. Without the trappings of televisions and other western gadgets, most Nepalese people have been able to maintain a strong sense of community in the villages that is not as strong in the western world. Music, dancing, conversation, and festivals are important components of Nepalese lifestyle. Community maintained farms are the norm. There is very little mechanization in Nepalese agriculture. Instead plowing is done using oxen teams and other farm functions are done by hand.

The primary means of support is subsistence farming with income for purchased times derived from working as a porter or doing other manual labor. Trekking porters earn 300 Rupees per day (\$5). Porters carrying materials between villages earn about 200 Rupees per day (\$3.30). I gained a real appreciation of the strength and stamina of the Nepalese people as I watched porters carrying loads of up to 70 kg (154 lb) thru the mountains.

Bir Bahadur Tamang (Biru) was my guide on the Annapurna Circuit. Biru (age 23) is a college student in Kathmandu where he is studying business management. Biru started working for Ang Rita Expeditions about six years ago, initially working as a porter at times carrying loads of 50 kg (110 lb). His trekking experience includes Everest Basecamp, Langtang, Dhaulagiri, and Manaslu. Raised in a Tamang village east of Kathmandu, Biru moved to Kathmandu to get his high school and college education. He lives with his aunt and her four children where they share a two bedroom apartment. He supports himself working for Ang Rita as a guide, along with an assortment of other jobs in Kathmandu. Biru's apartment is furnished with three single beds with two people sleeping in each bed. The kitchen consists of a two burner propane stove sitting on a cabinet. There is no running water, bathroom, or heating. Most Nepalese people get their water from a community water pipe, when available, and bathing and dishwashing is done at this water source.

Biru is an excellent singer and hopes to someday be a famous singer in Nepal. He has been taking voice lessons for four months and expects to continue lessons for another three years, at which time he hopes to be accomplished enough to start making CDs. In addition to being an excellent singer of traditional and contemporary Nepalese songs, Biru also composes his own songs. Oftentimes when we were trekking, Biru was singing traditional songs which I thoroughly enjoyed. Biru was interested in improving his English and I was interested in learning about many aspects of Nepal, so Biru told me about his village and childhood, his life in Kathmandu, the geography of Nepal, various peoples and their customs, etc. I learned much from Biru and his companionship really enhanced my trip.

--Dave Duncan



**Biru and Dave Duncan
on the trek**

Correction from December Newsletter

Correction to the article in the December newsletter about Shiva Shrestha, our inbound ED in Nepal.

- It was described that Shiva walked from his village to Kathmandu with 50 rupees (~\$0.80) his father had given him. Shiva noted that the 50 rupees were actually from his mother, who now lives with Shiva.
- Correction to the URL for Shiva’s Save The World foundation: www.savetheworldnepal.org

FEBRUARY 07 NEWSLETTER

The deadline for submission of articles/events is **January 26th**.

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)			
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