



The Friendship Force of Sacramento

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



Peace Through Friendship

April 2008

Calendar of Events

Apr 6	Planning Meeting for World Friendship Day, 3-5 pm. Hosted by Lynn Meyer, 9040 Windcove Ct., Fair Oaks. RSVP at 916-987-2426.
Apr 7	Board Meeting, 10:00 am. Hosted by Rose Phelan, 1206 Stone Hearth Ln, Lincoln. RSVP at 916-408-4066.
Apr 13	Planning Meeting for San Diego inbound, 2 pm. Hosted by Pat Ghiglieri, 6049 Creeksberry Way, El Dorado Hills. Important for each host family to attend. RSVP at 916-933-6312, or pat.ghiglieri@sbcglobal.net .
Apr 20	Dim Sum Brunch, 11:00 am. Holiday Villa Restaurant. RSVP to Joe Phelan - 916-408-4066, or joephelan@sbcglobal.net . Details inside.
Apr 21	San Diego Inbound Welcome Dinner, 7:00 pm. Roseville Sun City. Details via calling committee.
Apr 27	San Diego Inbound Farewell Dinner, 5:30 pm. Four Seasons Home Owners Association Lodge, El Dorado Hills. Details via calling committee.
Sep 14	World Friendship Day Celebration – Fair Oaks Club House
Exchange Dates 2008	
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,

For those of you not online, we did not have an official newsletter in March. We sent out some necessary information informally online since our newsletter editor, Judy Duncan was out of town due to the death of her father. This newsletter has a lot of information in it, SO PLEASE READ ALL OF IT.

Our members who have been on the exchanges to India, Nepal and Bhutan should be returning home about now. We have had a few emails from them and it sounds like it has been a wonderful adventure. Can't wait to hear all of their stories. We will have them give a presentation at a future general meeting.

Six club members attended the Western Regional Conference in San Diego. They were Lynn Meyer, Pat Ghiglieri, Joe and Rose Phelan, and Charles and Maureen Takacs. It was a great conference and San Diego did a fantastic job on it --our thanks to the members in San Diego who helped with the conference. We got lots of ideas on new fun events for our club, such as area dinner parties, ice cream socials where anyone attending makes a donation to the Legacy Fund, cookbook auctions, etc.



I have asked others who attended the conference to give some of their thoughts on the conference this year and I hope that we will have an even greater attendance at the 2009 conference in Reno, Nevada. They are a great way to meet members from other clubs and share ideas and thoughts.

George Brown, Friendship Force International's president, spoke at the closing dinner. He was pleased to announce that FFI is getting exchange assignment information out to clubs much sooner giving us all much more time to plan and organize exchanges. He also shared new things to come out of Atlanta in the future including a new website that will be on line in about 6 weeks. It will be much more advanced with direct links to clubs with more information available to prospective members and easier to use than the current system. FFI is also putting together a Leadership Tool Kit with How-to Sections. This will be guidelines for clubs to use in our day to day club management. It should be available by this October. It will be similar to the Exchange Manual we received last year.

He told the group there are currently about 7000 members in Friendship Force worldwide with 350 clubs in 55 different countries. FFI is working to establish new clubs in countries such as Slovenia, Finland and Slovakia. They are also working on the development of new programs to increase the number of clubs and members in the future. The World Pilgrimage Project is beginning to take place, information which I had received from Atlanta and forwarded to you. FFI is planning more

humanitarian exchanges and teacher to teacher exchanges so teachers in other countries can learn from our teachers here. These new and expanded projects will be funded by the Legacy Fund. Our club usually makes a donation to the Legacy Fund each year, but if anyone is interested in making a donation on their own that can be done by contacting FFI in Atlanta.

In San Diego, we met several of the ambassadors that will be arriving in Sacramento on April 21st for a one week home stay with our club. They are most eager to meet all of you and we have a great week planned for them. I hope that you will all be able to meet them by participating in this exchange. We have lots of activities this month so join in and have some fun with your club members.

Rose Phelan
President

DIM SUM BRUNCH IN APRIL

Everyone is invited to a Dim Sum brunch at 11 AM on Sunday, April 20th at the Holiday Villa Restaurant located near the "intersection" of Florin and Highway I-5. The cost for this "all you can eat" event is \$10 per person.

DIRECTIONS: Finding the Holiday Villa Restaurant at 7007 South Land Park Dr. is easy. Take I-5 to Florin Road and get off going towards Highway 99 (those of us coming from the North will cross over the freeway.) The next street is South Land Park Dr. Turn left and go about 100 yards and you can't miss it –it will be on the right hand side.

Now, if you are coming via Highway 99, get off at Florin and drive towards I-5 till you are almost to the freeway. Look for South Land Park Dr. and turn right...you are almost there!

DIM SUM? So what is dim sum? Well the dictionary would say "a traditional Chinese cuisine in which small portions of a variety of foods, including an assortment of steamed or fried dumplings, are served in succession." That's pretty descriptive. People sit at tables of eight and carts with steamer baskets of food are wheeled by the tables and people can take what they like...there are many things to choose from. You just select what looks good to you. It's all very social.

RESERVATIONS Be sure to call me at 916-408-4066 or email me at joephelan@sbcglobal.net if you are coming so that I can reserve the correct number of tables. I encourage everyone to join us for this interesting brunch. The club has done this in past years and it has always been a fun and very popular event.

Hope to see you there,
Joe Phelan

SAN DIEGO INBOUND

April 21st - 28th, 2008

Can you believe it? After months of planning, our San Diego Ambassadors will be here in just three weeks time! Many of you are hosting, and have been assigned your Ambassador and have been in communication with them. Several others of you are taking on the responsibility of planning one of our days as we expose our Ambassadors to all the Sacramento region has to offer. Others of you have offered to day host; in other words, to take the Ambassadors to the day functions, because the host cannot for that particular day. And last but not least, some of you have offered your homes for a dinner to meet other Friendship Force members and provide a dinner for one or two hosts and Ambassadors. Thank you to all of you for your involvement and assistance. It is greatly appreciated.

We now have the Welcome Dinner just around the corner, April 21st, at Roseville Sun City. Our calling committee will be up and “running” shortly to request you bring a dish for the meal. Both our traditional Welcome and Farewell dinners this year will be potlucks, with the meat provided by the committee. Both are being held at different locations than in the past. We look forward to having you with us, and hope you will say “Yes. What can I bring?”, when you receive that call from the calling committee. The Farewell Dinner will be in El Dorado Hills, at the new Four Seasons Lodge within Four Seasons, Home Owners Association. The San Diego Club has been so very gracious to us as six of us traveled down to the Western Regional Conference, so we want to show them our hospitality as well. Please contact me with any suggestions or concerns. A meeting of all involved is planned at my home, April 13th at 2 o’clock. We will finalize all the plans at that time.

Pat Ghiglieri
San Diego ED
(916) 212-7111

CELEBRATION PLANNING

Join us to help plan the World Friendship Day Celebration and the 20th Anniversary of the founding of the Sacramento Club. This event will take place on Sunday afternoon, Sept 14 at the Fair Oaks Club House. Helpers will be needed to coordinate room set up, table displays, food, entertainment, prizes, donations, publicity, greeting guests and more! Come and enjoy the fun of working on a great event and meeting other Friendship Force adventurers.

Place: 9040 Windcove Ct
Time 3:00-5:00 pm
Date: Sunday, April 6
RSVP to Lynn Meyer (916) 987-2426

DISCOVER NORTHERN INDIA TOUR

We're back from the exchanges and had a great time. Although this was not a home-stay trip, we did get some time to visit with Indian families in Delhi and Jaipur. They are wonderful people and are interested in setting up some home hosting in the future.

This was a fantastic trip. The contrasts are what struck me the most. Beautiful buildings like the Taj Mahal and the fort at Jaipur contrasted with mud huts; kind, generous hosts and pushing, shouting trinket vendors; beautiful fields of wheat and other crops next to polluted, trash strewn rivers; the calm compassion of Buddhism and the violence of the Hindu sacrifices. Our air-conditioned bus drove through a kaleidoscope of color and activity, stopping to take photos of the snake charmer, water buffalo and temples.



FFI Sacramento at the Taj Mahal!

Hopefully we can set up a photo presentation one day soon. I know you would all enjoy seeing a slice of Northern India.

-- Chris Smith

NEPAL EXCHANGE

Wow! The people of Nepal are wonderful. They have very little to offer, but give it freely. Most of the host families gave up their own beds for our Ambassadors. They don't have hot water, but they have warm hearts.



We receive a warm welcome to Nepal

We were greeted at the airport and taken to a hotel for a welcome party, where we met our host families. Some lived in Kathmandu and others were as much as one hour away in the rural villages. This area is surrounded by small farms. The next day we got to know our host families and their neighborhood.

The following day started with a visit to a Hindu temple where we saw sacrifices of goats and chickens. We visited a school where the Save the World Foundation had built some classrooms. Next we saw the Buddhist “monkey temple” at Swayambhu. The day ended with a hike through the crowded streets of ancient Durbar Square, just as the rain started.

Days 4 and 5 continued with a tour of the beautiful old city, Bhaktapur, famous for its wood carvings, then up the hills for an overnight stay in Nagarkot. This is a lovely mountainous area where we hoped to get a view of the Himalayas. Unfortunately it was pretty hazy, so we couldn't see much, but we did enjoy a small hike in the mountains at sunrise. Returning to Kathmandu we stopped at Pashpatinath where we witnessed the ritual bathing of the dead and the cremation ceremonies. Next was a visit to the Buddhist temple at Boudha Nath where the stupas have those great eyes looking in all four directions. We finished the day with a long, bumpy ride across the valley to a couple of schools Save the World has been helping. At one we hiked cross country, up the hill to see where they built a water faucet for the school. At another school, volunteers had built a large fence to keep the children from falling down the steep hillside. We also met a student that was getting a scholarship from Save the World.



Students at the Sangla School

Friday was a holiday, the festival of Holi. There are different stories about which Hindu gods are celebrated, but it is basically a spring time festival of fun. People throw colored powder (mostly red) on each other and have water balloon fights. It's a dangerous day to walk the streets if you want to stay dry, but lots of fun if you join in the celebration. I was soaking from head to foot and my face entirely red before noon.

Saturday was another free day to share with our host families. We finished with a nice farewell party where we all were presented with small gifts including hats and scarves. Our club presented \$1,000 to the Save the World foundation to use for their education and humanitarian projects. We were able to raise this money through the India and Nepal exchange fees so it didn't come out of the club's normal budget or member fees. Shiva said he will keep us informed as to how it is used. One example: they hired a school teacher for one year for \$600. Some of these schools have 40 to 50 children per classroom!

This was not an “easy” exchange but it was well worth the trouble. We all have learned so much about Nepal and the wonderful people who live there.

-- Chris Smith

ROMANIA EXCHANGE

The exchange to Romania is ready to go. The exchange is now filled. We have twenty ambassadors leaving early in May for a week's home hosting in Brasov plus a week of touring different parts of that country. We are taking six specially programmed computers to deliver to a school for the blind in Brasov for which our club graciously donated \$300 - an amount being matched by the ambassadors on the exchange. What a great sign of support from all of you.

We have quite a mix of FF clubs represented on this exchange. There are seven from our club plus two from Wellington, New Zealand; three from Michigan; two from Napa-Sonoma; two from San Francisco; two from Los Angeles; one from New York (who belongs to the Richmond, VA club) and one from Hawaii --our own Barbara Adair who has "dual FF membership."

Anyway, with our departure about a month away, everything seems in good order. The excitement builds!

-- Joe Phelan

LIFT THE CHILDREN - HOME HOSTING OPPORTUNITY

We have a dynamic organization in Sacramento dedicated to improving the lives of children in desperate circumstances, called Lift the Children. This organization has, for the past 10 years, worked in Romania to help raise awareness of the problem in that country, and to assist in supporting and strengthening local resources to identify and help abandoned children and those at risk of abuse and living in poverty. This organization is now extending its assistance to other countries with similar problems, and will be hosting 10 child welfare professionals from Russia between April 24-May 15. During their stay, these professionals will be attending educational seminars, making site visits, and learning about prevention and support services. They will be busy all day and on the weekends, and their personal expenses will be covered. A pre-visit information session will be provided for host families. If you or a friend or neighbor would like more information on hosting, or in helping with this worthwhile exchange please contact Katie Smith, Deputy Director of Lift the Children at 916-244-1964. They will need to know by early April to make plans.

IMPRESSIONS FROM THE REGIONAL FF CONFERENCE IN SAN DIEGO

Rose asked me to write something for the newsletter about my impressions of the conference in San Diego. Looking back, two things really stand out in my mind --the speakers and how well the conference was planned.

SPEAKERS: The keynote speaker was Reverend William Headley, the very recently appointed dean of the Joan Kroc School of Peace Studies at the University of San Diego. He came with much experience, having spent more than 25 years of his life working in difficult and war torn places around

the world. He talked about our FF Pledge "to be a friend to the people of the world" and how difficult but how important doing that can be adding "Peace-building is not a spectator sport."

Father was impressed how as FF ambassadors we experience first hand "table and bed, children and lives" as they really are, and what a unique learning experience this is. But he challenged that visiting and learning of other people's lives, and becoming friends with them, is just not enough. He stressed that each of us must take back home what we have learned and share our insights with those who do not do what we do; with those who do not visit other countries the way we do. His point was that the more we know about other people, the harder it is to minimize or exclude them or to be at war with them.

Rose's presentation about our club and how our club almost doubled in size last year made me proud, as it would have made you. She explained about our National Friendship Festival in Fair Oaks and various steps taken by our Board in "getting serious about FF." She spoke of Glendena Honeick's inspiration, Lynn Meyer's leadership and the hard work of so many members. Rose made the point that a busy club is a happy club, and that the Board had obtained extra exchanges to India and Romania with that in mind.

There were two other speakers: Laurie Ann Scott from the Lincoln, NE club and George Brown, our President from Atlanta. Both spoke of future programs and approaches that Atlanta has in mind.

CONFERENCE PLANNING: The San Diego club did themselves proud with the conference. They home hosted more than 50 participants, and the facilities for the meeting were first class and comfortable. The program of workshops and speakers was well designed and came off without a problem. The Mexican buffet at lunch and the fish or beef filet at dinner were first class as well. And for those who came early or stayed an extra day, there were planned outings to the Zoo, to the famous Midway aircraft carrier and/or to museums or other places for which San Diego is so well known.

The other members from our club who attended were Lynn Meyer, Charles and Maureen Takacs and Patricia Ghiglieri.

Oh yes...the San Diego club is looking forward to their exchange to Sacramento in April.
-- Joe Phelan

WESTERN REGIONAL CONFERENCE IN SAN DIEGO

March 10-12th, 2008

As a fairly new member to Friendship Force, I was intrigued by the up coming conference in San Diego. Our President, Rose Phelan, and Past President, Lynn Meyer, have encouraged all of us to consider attending several times in the newsletters. Because I was the ED for the Inbound San Diego hosting, I felt it would provide me with a unique opportunity to meet not only the Ambassadors coming to us, but to observe how a Regional Conference worked. I was not disappointed. Lynn and I were roommates, assigned to a Host family in San Diego. We were greeted by Walt Butcher in the airport, as he immediately recognized us wearing our green Friendship Force badges. We spotted his badge too, just below the sign he held high welcoming us to San Diego! His wonderful wife, Linda,

was driving the car, waiting for us. We immediately began talking and were “old” friends within just a very few minutes.

We were assigned to our rooms at their home, had lunch and then prepared to head to the Welcome dinner. We met approximately 90 other conference attendees that evening. The next day was spent at a hotel, learning about what was happening with all the other clubs who were in attendance, including of course Rose presenting how Sacramento had increased our membership almost by double because of our last years Friendship Force Day, Open House in Fair Oaks, last March. Everyone was very impressed! In the afternoon we broke up into smaller groups and discussed how to make the experience within Friendship Force even better than it all ready is. I was actually assigned a subgroup to facilitate. My area was how to deal with concerns and problems clubs have had with either Inbound or Outbound exchanges. Many suggestions were brought to the table and then reported to the entire group later in the afternoon. That evening, we had the unique opportunity to meet and hear the future of Friendship Force as described by our National President, George Brown, who flew in for the occasion.

Wednesday was a “fun” day, touring San Diego. I chose the new Peace and Justice Center at the University of San Diego which I hoped would also provide me with the opportunity to say hello to one of my granddaughters attending college there. I was not disappointed. Carly met several of the conference folks, including the Butchers, who with their gracious manner invited her to visit them anytime she wished! We also chose to visit the Midway aircraft carrier ship, which was fascinating. Eventually it was time to head to the airport and back home. We later learned several flights of Southwest had been cancelled, which we were unaware of, and when we arrived home, there was a message on our cell phone voice mail that the Butchers were willing to return to the airport and pick us up until there was a flight available! The next conference will be in the Reno Area, and I would encourage as many of you interested in knowing more about Friendship Force International, to attend. What a wonderful way to learn our mission and to meet people practicing it everyday of their lives.
-- Pat Ghiglieri

MAY 08 NEWSLETTER

The deadline for submission of articles/events is **May 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