



The Friendship Force of Sacramento

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



Peace Through Friendship

July 2008

Calendar of Events

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| July 3 | Last day to RSVP and send a check to Dawn Beck for theatre outing to see "Chorus Line" at the Magic Circle in Roseville. See details inside. |
| July 11 | 6:00 pm. Dinner at the Marrakech Moroccan Restaurant. Five course dinner and belly dancing entertainment - \$30. See details inside. |
| July 18 | 1:00 pm. Board meeting at home of Rose and Joe Phelan. Located at 1206 Stone Hearth Ln, Lincoln. All members are welcome. Please RSVP to Rose at (916) 408-4066. |
| July 20 | 2:00 pm. "Chorus Line" at Magic Circle Theatre. RSVP to Dawn Beck at (916)-771-5645. |
| Aug 23 | 3:30 pm. "Hearty Western Welcome" Dinner Party to welcome Australian ambassadors. Held at home of Marlene Grass 8421 Hastings Ct., Sacramento. |
| Aug 29 | 5:00 pm Cocktails/6:00 pm Dinner. "Wild West Farewell" Dinner Party for Australian Exchange at Cattlemens. |
| Sep 14 | 1:00-3:00 pm. World Friendship Day Celebration – Fair Oaks Club House, 7997 California Ave., Fair Oaks |
| Exchange Dates 2008 | |
| August 23-30 | Inbound from Sunshine Coast, Australia . ED: Glendena Honeick, Co-EDs: Madelene English and Jim Hanson |
| Exchange Dates 2009 | |
| June | Inbound from Vogtland, Germany |
| Oct | Friendship Force International Meeting in Okinawa, Japan |
| Nov | Outbound to Noumea, New Caledonia; South Taranaki (North Island), New Zealand; and Christchurch (South Island), New Zealand, |



FROM THE PRESIDENT'S DESK

Happy 4th of July,

The year seems to be slipping by, but it has been a busy one for many of us.

Please check out the new website for FFI-Atlanta. On June 16th, Atlanta launched a new website with lots of new happenings in FFI. You can check it out at www.thefriendshipforce.org. Let me know what you think of it. It has given FF a new look with a new logo and motto. I think our new Motto is great...
“CHANGING THE WAY YOU SEE THE WORLD”

The Board and General meeting were on June 8th and again I would like to thank Chris Smith and his Ambassadors for a great program on their exchange to India and Nepal. It was a very interesting adventure for all.

I have been communicating with the clubs for both our inbound and outbound exchanges in 2009. I discovered that New Caledonia can only host 14 persons on the exchange as they are a newer and smaller club. I have asked them if it would be possible (if we have more than 14 ambassadors) to put some in a hotel, but still have them join the exchange activities during the week. I'm waiting for their reply. Different options will be investigated for this exchange (New Caledonia plus both of New Zealand's two islands) as the board will have to decide the basis for selecting the 14 ambassadors. Don't forget the Exchange Director has a guaranteed place, so give that some thought.

We also need an Exchange Director for the inbound Germany exchange and for our outbound exchange to San Diego.

At the next Board meeting, the Board will discuss an increase in our current annual dues which are really most reasonable. The concern is the recent increase in gasoline costs, food costs and renting facilities making it harder and harder for the club to stay within budget – we get \$75 per visiting ambassador. An even larger concern is the increased cost for members who host -- so we are looking for ways to reimburse hosting members for some of their costs as well, especially when there is a lot of driving required. If you have any suggestions on this matter, we would love to have your input. I have been in the club for 13 years and to my knowledge there has never been a dues increase while other costs have risen around us tremendously.

And please, when you receive a newsletter, jot our activities into your calendar immediately so you won't forget and miss something. We have lots of fun things coming up during the next several months -- Marrakech dinner, Magic Circle Theater, Australian Exchange and World Friendship Day. **COME JOIN IN THE FUN!!!!**

The next board meeting will be on July 18th at 1 PM at my home. We welcome any of the members to join us at these meetings.

Rose Phelan
President

It's Finally Here!!

MARRAKECH MOROCCAN RESTAURANT

1833 Fulton Ave. Sacramento

MARK YOUR CALENDARS FOR A FUN FILLED EVENING OF WONDERFUL FOOD ALONG WITH A MOROCCAN AMBIANCE, WITH COMFORTABLE CUSHIONS ON IMPORTED RUGS AND BRIGHTLY PAINTED WALLS

WE WILL EAT AND BE ENTERTAINED WITH BELLY DANCING

FRIDAY NIGHT JULY 11TH AT 6:00 pm
5 COURSE DINNER INCLUDING TAX AND TIP IS \$30.00

THIS WILL BE AN EVENING THAT YOU WILL ENJOY AND REMEMBER.

AS RESERVATIONS ARE LIMITED PLEASE
RSVP BY E-MAIL NO LATER THAN JUNE 30TH
916-435-3662
E-MAIL: MADIE@STARSTREAM .NET

THEATRE OUTING TO "CHORUS LINE"

MAGIC CIRCLE THEATRE
SUNDAY, JULY 20 - 2:00 PM

"Chorus Line" has always been an outstanding show and the Magic Circle Theatre on Vernon Street in Roseville has done some excellent musicals this year. Tickets are \$20.00 each for seniors. Please mail a check to Dawn Beck, 7368 Acorn Glen Loop, Roseville 95747 by July 3, 2008. Last year after the play we went to the Back Forty in Roseville, near Hwy 80. The restaurant offers senior meals and barbeque. Contact Dawn at (916)-771-5645.

HELP WANTED!!

Your Membership Committee needs you. One of the things we have found is that when NEW members are welcomed and encouraged to participate they become active, long time members. I need your help. As Membership Chair I would like 1) members who would be willing to work on a "new member" committee and 2) someone who would work as a co-chair with the idea that some day they would take over the Membership Committee. I have been doing this for a number of years and I don't want to quit completely, but I need some help, please!

- Give me a call or email: Chris Smith (916) 930-0922 or TheFriendshipForce@sbcglobal.net



WORLD FRIENDSHIP DAY
Sunday, September 14 – 1:00 to 3:00 PM.



Fair Oaks Community Clubhouse
7997 California Ave., Fair Oaks

**CRAFTS (for sale), GREAT ENTERTAINMENT,
FREE FOOD, EXCHANGE OPPORTUNITIES, RENEWED FRIENDSHIPS**

Members are encouraged to contact the following to offer assistance before or during the event:

Joe Phelan, Publicity: 408-4066
Glendena Honeick, Decorating: 989-2595
Entertainment, Barbara Beland: 530-886-8600
Table set up, Judy Waegell: 423-1771
Food/drinks, Judy Maas: 772-7764
Donation items, Bob Ghiglieri: 933-6312
Welcome/sign in, Pat Longest: 331-3183

We need volunteers to contact Judy Waegell judy@waegell.org to designate a country which they have visited, who are willing to organize memorabilia the day of the event, as well as other members who can bring in their own items to add to the table. Set up will begin at 11:00 for those decorating. Members are also encouraged to call Bob Ghiglieri pat.ghiglieri@sbcglobal.net for donated dinners to favorite restaurants, theatres, shops, etc, where they may have a particular contact to get a donation. (a letter is available upon request with our tax ID number).

ALL members are asked to plan on making cookies, and to contact Judy Maas Jemaas@aol.com to let her know of your cookie selection-or possibly a fruit or cheese tray. We hope to hear from all who can attend, so that we can minimize the calls to the membership.

Publicity flyers will be made available as soon as our entertainment commitments are firmed up, so that we can include all the information.

Many of you have already offered help in general, and will be contacted in August to firm up your commitment. Thanks!!

For general questions, suggestions or clarification, please feel free to contact me at any time at 987-2426. There is no admission charge and there will be drawings for opportunities to win some great prizes. This is going to be a super celebration of The Sacramento Friendship Force club's 20th birthday so bring your friends, family, potential members and have a most enjoyable afternoon of music, friendship and international camaraderie.

Lynn Meyer, Chairman, World Friendship Day 2008



THE SUNSHINE COAST EXCHANGE
August 23rd – 30th
1849 Gold Country Theme
22 Ambassadors – 14 Hosts

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|-----------|-----------|--|
| Friday | 22 | Ambassadors arrive in San Francisco, staying overnight |
| Saturday | 23 | Sacramento bus drives to SF and brings them back to Sacramento for a backyard – “HEARTY WESTERN WELCOME” Dinner Party 3:30 p.m. - home of Marlene Grass – 8421 Hastings Ct., Sacramento |
| Sunday | 24 | Free Day – in evening (<i>Progressive</i> dinners with neighborhood friends) |
| Monday | 25 | All day Lake Tahoe bus excursion – up I-80 – back US 50 Lunch: Ghiglieri’s cabin Evening Cocktails: Mellor’s cabin |
| Tuesday | 26 | Old Folsom Day – Saki tour, lunch at Yagers, shopping, Mayoral reception |
| Wednesday | 27 | Sacramento Capital and Railroad Museum tours – afternoon open Evening: Dinners hosted by members for the Ambassadors & Hosts |
| Thursday | 28 | Calaveras Big Trees, Murphys, Ironstone Winery |
| Friday | 29 | Free Day – evening “WILD WEST FAREWELL” Dinner Party 5:00 p.m. Cocktail Hour 6:00 p.m. Dinner (? p.m.) Entertainment. Cattlemans, 2000 Taylor Road, Roseville |
| Saturday | 30 | 11:55 a.m. – Ambassadors fly to Oregon for their 2 nd Exchange – then to Montana for their 3 rd Exchange! |

Additional information with more details will be forthcoming to all members. As many already know, you haven’t had fun until you have spent time with the Aussies! So - get out your jeans and dust off those boots – have you ever done the Kangaroo Stomp??

Come and join us as we romp through our great western history!

☺☺ We WILL be calling on you ☺☺
Glendena - 989-2595 or Jim & Madelene – 435-3662

WORLD FRIENDSHIP DAY PUBLICITY

Two or three more people are needed to assist Tom Flynn, Jim Hanson and myself in getting the word out concerning our club's biggest event, World Friendship Day. This will not take a lot of time and nor will there be a lot of meetings. In particular, we are looking for members who live in central and south Sacramento, and El Dorado Hills. So, if you can spare a few hours, please contact me at joephelan@sbcglobal.net or by phone at 916-408-4066. Please contact me now as we need to get started on this project.

-- Thanks. Joe Phelan

THINKING BACK TO ROMANIA

The highlight of any exchange always seems to be the people we meet who host us...learning about their families, how they live, what they eat and drink, their culture and, of course, their friendship. And that was true with our exchange to Romania. Everyone loved their week in Brasov.

Our understanding of Romania was enriched further in the week subsequent to home hosting by a week's private bus tour. One day, our guide stopped the bus on the edge of the road in a village -- think houses built along a two lane road. A woman came out of a traditional country home and they started to talk. Soon the lady invited all twenty of us to come in and see the inside of her house complete with a bed still not made. Then it was out to the back to see her cow and animals.

Later two other ladies invited us into their homes. It was most interesting to see the colorful handmade quilts, blankets and pillows. Bowls of eggs and fresh cheese sat on a porch floor next to two buckets of new milk and a freezer. A husband sat watching a church service on TV. We had several pairs of reading glasses which we gave them and their neighbors which delighted them. It was a most interesting peek into rural living after our week in a big city like Brasov.

We also visited Romania's famous, UNESCO designated, painted monasteries. And later we visited a large convent where nuns were weaving wall hangings and shawls and such --some of which the group purchased. We also gave reading glasses to several very old nuns. One asked that we re-take her photo as she was now able to see herself on the digital camera readout.

And, as with any exchange, there is the usual flood of memories that will last for years.

-- Joe Phelan



One of the Nuns with her new glasses

OUR ROMANIAN “FAREWELL” DINNER

by Glendena Honeick

The origin of Brasov as a medieval town has been lost in the dark times, but it is now known as “Little Prague” or as some told us, “Little Paris”. Our host city of Brasov is surrounded with a halo of mountains, called the Carpathians. The evening of our Farewell Dinner, we left the bustling city and to our pleasant surprise continued curving up into their lush green mountains covered with magnificent pine trees. We passed rustic farm scenes with horse and carts still working in the early evening twilight, small farmyards with old fashioned conical haystacks nestled in their green pocket meadows and colorful chickens and farm animals gathering in for the night. Only then did we learn our destination was outside the mountain village of Poiana, the top ski resort of Romania.

As we turned off the main road before entering the village of Poiana, to our left was a flock of sheep with the watchful eye of their shepherd. A little girl was standing near him with her hand in his as their sheep grazed the meadow in the soft glow of the setting sun. Driving up the lane, we soon understood as we found we were entering a working sheep farm with their famous restaurant to the right, called Stana Turistica or The Shepherds Hut.

Opening the large wooden door, we were awestruck by a realistic corner of forest life inside. Three huge stuffed wolves just within the entrance were devouring a sheep barely visible in a floor of pine needles. As we went through the next set of double doors covered with sheepskins, we literally walked into a forest! Fresh cut pine branches covered the floors and larger ones formed a tree canopy around and above. The air was heavy with the pungent scent of fresh cut pine. Wooded tree blocks covered with sheepskins, were seats placed around wooden tables set with crystal and silver. Continuing deeper into the interior forest, we entered a very large candle-lit room with hundreds of skins- sheep, wolves, bear and boar - covering the walls and ceilings. Among the skins hung dried cobs of corn, dried red peppers, herbs, antique lanterns, guns and numerous old farm items. We were seated on planks covered with soft sheep-skins as the courses of hearty Romanian food began. Beside the ambience and the delicious food, a lively three-piece Romanian band entertained us as our courses were ending.



Lifelike Wolves Greeted Us Near the Door



A Beautiful Place for a Wonderful Celebration!

Speeches were made by all hosts and ambassadors, tears were shed and hugs were shared. Our new skit of FRIENDSHIP which used all twenty of our group, was warmly received. Their ED, in turn, cleverly replied back to us using the same letters. We learned a Romanian proverb: “We don’t live for eating, we eat for living”. They do know how to live and they know how to give their hearts to others. It was truly a magical night. As we drove back down the mountain and could see the twinkling lights of Brasov below, we knew we had once again formed a Friendship bond that would last forever.

A MESSAGE FROM NEPAL

Our host and Exchange Director in Kathmandu was Shiva Shrestha. He is a kind, intelligent man working hard to help the people of Nepal through his Save The World foundation. Below is a report from Shiva on how they used the donation from our club.

Dear Chris,

Thanks a lot for your report and feedback which gives me some energy. This week I was very busy in the villages with save the World programs. With your donation we have given -

1. Computer one for Thousey village community to use by the credit and co-operative organization run by local people. This is very need to keep all the data and records of their finance. The village is 8 hours drive from Kathmandu. The computer price of Nepali Rs. 17500. (US\$277). People are very happy with our support.
2. Water tank for clean water storage to drink for the local community of Shanti Tole Sudhar Samittee, Kapan , The tank is of 1500 ltrs. Now local community collect the clean drinking water in the tank and distribute to the local community. I think you know that we Nepalese are very rich in the water resources but we are facing the load shedding and pure drinking water. The cost for Water storage Tank 1500 ltrs- NRS. (US \$238). Local people were very happy when Save the World provided the tank.
3. Support for the school to make door and window for two rooms in Sirung village of Lamjung district. This is 260 km from Kathmandu where people have to walk 6 hours to reach the bus station .I have visited this village .The village is very nice and people are very hospitable can see beautiful mountains and people are indigenous. Last year Save the World supported Nepali Rs.30,000 (US\$476) for 4 windows and 4 doors. People are very happy getting another support.
4. Handwriting copy of 1500 piece which we ordered to make, this is to distribute for the needy students of rural community children of the school. So the parents doesn't have to buy which lightened their load. The cost for the copies Nepali RS.15500 (US \$ 248). Some parents can not provide copies so children does not like to go in School. This is very problem in the rural community as the parents does not have enough money to buy the things.

Income or donation from the FF-members of Sacramento , California , USA - US \$ 1000.00

Expenses

Computer-US \$ 277.00

Water tank -US \$ 238.00

Door and Window-US \$ 238.00

Hand writing copies- US \$ 248

Total-US \$ 1001.00

(US \$ 1 = Nepali Rs.63)

We Save the World members thanks a lot for your co-operation and understanding. We appreciate of your feelings.

Sincerely,
Shiva Shrestha

HUMANITARIAN VISIT TO BUJUMBURA, BURUNDI

May 30- June 16, 2008

George and I embarked on a Friendship Force exchange with 12 other ambassadors from 7 other states to assist our Burundian hosts in setting up an English Language School. While many of the ambassadors had teaching backgrounds, others were able to lend a hand in other areas. George spent several hours each morning in a medical clinic with a medical student, both learning and teaching.

Those of us working at the school spent the mornings working with Burundian teachers, already teaching English in their schools. They wanted new teaching methods to assist them with a fixed curriculum, so it was challenging to offer suggestions, especially since many of the teachers had classes of 60 students with few text books, paper or pencils. They mostly used a blackboard as their teaching tool, with very little opportunity for active participation from the students. After lunch with our host families, we returned to the school and taught students for about 2 hours. These were frequently homeless teenagers, who have had English at their regular school, but are trying to improve it with additional classes. They were a delightful group to work with and we all hope that this program will help them to get better jobs in the future.

Since the school had changed to a different building just prior to our arriving, there remains much work to do over the summer, but a good start was made by many of the Friendship Force volunteers to establish the library with many donated materials. The English Language School project is being lead by our host, Gedeon, with support from other Friendship Force members and the local community.

There isn't enough space to relate all of the wonderful experiences we enjoyed with our host families, (6 children at home in our family), and the amazing resilience of the people who continue to live in a country recovering from the horrors of genocide. The American Ambassador to Burundi learned of our

visit and we were all invited to her home to share our experiences. With her knowledge of this project, we hope there will be more support of the school through the embassy.

Following our week in Burundi, our hosts had planned a tour in Rwanda, so we embarked on a bus adventure that took us through small villages, along beautiful lakes, past terraced fields with crops of tea, coffee and bananas. We frequently averaged about 5 mph. as we drove on rutted dirt roads that are water conduits in the rainy season. Among the high points en route to Rwanda, was lunch with our Burundian ED's 75 year old mother in her small house in Gitega, Burundi. The neighborhood came out to peer at the bus load of muzungu (white people) as we walked to her home for a delicious lunch, after which, George played soccer with the neighborhood children in her front yard.

Our last two days were spent in Kigali, the capitol of Rwanda, where the famed movie, "Hotel Rwanda" took place. It is hard to imagine the sad history of terror and genocide in this country and the progress that has been made over the last 13 years. While walking through their genocide museum and memorial to honor their dead, close to 1 million, it is hard to make sense of their conflict. I do believe that their "Never again" message will prevail.

Lynn Meyer

***** Brief Summary of Board of Directors Meeting *****

Held: June 8 10, 2008 at Kaiser/Morse building, Sacramento, CA

Board of Directors: 7 of 10 present for a quorum.

ED's: 3 Other members: 4

Committee's:

Membership – Chris reported there are three new members of our club.

Newsletter – John Closs is working on the newsletter with Judy Duncan.

Publicity – Joe reported he is forming a committee to handle the publicity for World Friendship Day.

Activities – Madelene is taking reservations for the Moroccan dinner on July 11th.

Dawn Beck is planning an outing to the Magic Circle Theatre in Roseville for Sunday, July 20th at 2 pm.

Exchange Reports:

- Romania: Outbound, May 7 – 21, 2008: Joe Phelan, ED, reported that the week in Brasov was exceptionally good and that the whole tour was enjoyed by all. The highlight was delivering the computers to the school for the blind.

- Sunshine Coast, Australia: Inbound, August 23 - 30, 2008: Glendena ED, Jim and Madelene Co-ED's. Glendena reported that everything is on target. There was a good turnout at the June 6 planning meeting at Glendena's. Planned so far are trips to Lake Tahoe, the capitol, Calaveras Big Trees, a sake factory and two full free days. All members are asked to take part in the hosting. There is a Gold Rush theme for this exchange.

- New Caledonia and New Zealand: Outbound 2009. An ED is needed for this trip to Noumea, New Caledonia and two weeks in New Zealand. One week is set for Christchurch on the south island of NZ, the other week will be in South Taranaki, on the north island of NZ. Noumea has asked that we have a limit of 14 ambassadors or 7 couples as this is a small club.
- Vogtland, Germany: Inbound June 2009. This exchange also needs an ED.
- Dallas, Texas: possible Inbound for spring 2009. This exchange is still tentative.

New Business

- Rose reported that FF International has adopted a new logo which is “Changing The Way You See The World”. There is a DVD which explains all the changes being made. We will watch this DVD at our next board meeting. Other changes are also being made to the Friendship Force organization.
- Jim Hanson led a discussion on giving gas money to hosts who drive for the IB trips since the price of gas has risen to \$5.00 a gallon. The ED has a choice of how the designated money is spent and may give some to the drivers if the budget permits. One way to make more money to help support these trips is to raise dues. This will be decided later.
- NEXT BOARD MEETING: will be held **Friday, July 18th at 1 pm** at President Rose’s.

AUG 08 NEWSLETTER

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

Please Send Submissions to

Judy Duncan, (530) 823 7019, jduncan@duncanimaging.com

AND

John Closs, (916) 984-9452 lobofroto@yahoo.com

Board Members

(Phone #s are 916 area unless otherwise noted)

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| 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 |