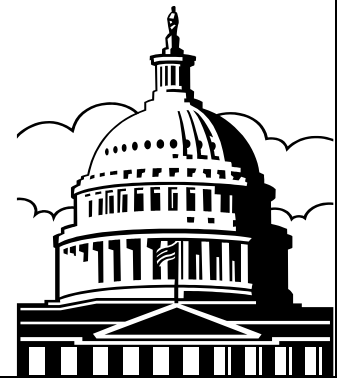




The Friendship Force of Sacramento

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



Peace Through Friendship

June 2008

calendar of Events

June 6	10:00 am. Planning meeting for Australia Inbound at Glendena Honeick's home, 5339 Flyway Dr., Fair Oaks. RSVP to Glendena at (916)-989-2595 after June 1 st
June 8 (note: last month's date was incorrect)	2:30 pm. General Meeting – Presentation on recent exchanges to India, Nepal, and Bhutan. Held at Kaiser Hospital – Morse Ave, 3120 Cottage Way, Sacramento. Note: This is across the street from the main hospital. Board Meeting at 1:00pm prior to General Meeting.
June 30	Last day to RSVP for Dinner at the Marrakech Restaurant on July 11. Email Madelene English at <i>madie@starstream.net</i> .
July 11	6:00 pm. Dinner at the Marrakech Moroccan Restaurant. Five course dinner and belly dancing entertainment - \$30. See details inside.
July 20	Theater Dawn is planning
Sep 14	World Friendship Day Celebration – Fair Oaks Club House: 1 PM to 3 PM
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, Christchurch, and South Taranak, New Zealand .



FROM THE PRESIDENT'S DESK

Greetings to all,

Our exchange to Romania went extremely well but at the moment, I'm fighting jet lag as Joe and I have been home less than 24 hours.

The Brasov club is small and new but they still planned a wonderful week for us. The highlight of the week was delivering the six computers to the school for the blind. They took us on a tour of the school and we met some of the children. The TV cameras were there and our visit got a two page spread in the local paper – owned and edited by their president with whom Joe and I stayed. I also loved the visit to Dracula's castle and the private lunch we had afterwards at a nearby peasant home.

The week's tour that followed the exchange was a real treat because the Romanian landscape is spectacular and the painted monasteries unbelievable. Fortunately, the prediction in Brasov that we would all gain eight kilos before we left for home did not come true...but at times it seemed that it would with all that they fed us. And, a special thanks to Joe for his excellent work as exchange director.

Now for next year. While I was away, Atlanta confirmed our exchange for 2009. As previously mentioned, our inbound exchange will be from Vogtland, Germany in the spring. Our outbound will be in the autumn to Noumea, New Caledonia with two additional weeks in New Zealand. One week will be on the South Island with Christchurch and the second with South Taranaki Bay on the North Island.

So, 2009 will be a busy and fun year for sure. Now, we need to find exchange directors for the two exchanges. So please think about being one as it is not only fun but also a wonderful way to be involved in your club activities.

Have you marked your calendar for June 8th? This is the date of the Board and General meetings that will take place at the Kaiser Hospital-Morse Ave. The ambassadors that traveled to India, Nepal and Bhutan will present a program on their travels and experiences. So join us for both meetings or just the General meeting. We would love to see you. More details are in this newsletter.

Have a great month.

Rose Phelan

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
FIVE-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

CHECK OUT THE Restaurant's WEBSITE.
www.marrakechrestaurent.com/menu.htm

INDIA-NEPAL EXCHANGE PRESENTATION

June 8, 2:30 pm

Kaiser Hospital – Morse Ave, 3120 Cottage Way, Sacramento
(Across the street from the main hospital.)

At our general meeting on June 8th our intrepid travelers to India, Nepal, and Bhutan will share their experiences. If we can get the equipment set up, we will have a slide show presentation. If we can't get the slides, our Ambassadors will still share with you some of their stories on this wonderful trip. This was a true cultural exchange. We learned how to tie a turban or wear a sari; we participated in Hindu ceremonies and experienced the warm friendship of our new India and Nepali friends. I'm sure you will find the stories and photos of our trip fascinating. See you there!

SMALL WORLD DEPARTMENT:

Last Wednesday, May 21st, we were in the Bucharest, Rumania airport on our way home after two weeks cruising the Danube, when who should we run into, but Rose and Joe Phelan. We had little time to talk because they were boarding their flight to Frankfort. They were happy and in good health and said their humanitarian exchange had gone well. On our flight to Munich we found Laura Jane Colder, from Western Michigan FF, who had traveled with us to Japan,

TRAVEL TIP DEPARTMENT:

If anyone is planning a trip to Europe or elsewhere out of the US and would like to carry a working cell phone, check with Verizon. They have a rental plan that costs \$9.95. That covers the shipping costs and return. You program the phone when it arrives (with their help) transferring your service to the new phone. When the phone is in use the minutes are \$1.29. We found it very helpful--even received a Mother's Day call from a daughter. Several members of our travel group used it for emergencies. Reception was very clear and calling the US was a snap. This program covers a 21 day period. This is a new offer, since 1/1/08 and the Verizon stores don't seem to be informed. Calling Verizon is more effective.

Marilyn and Dick Marcroft

AUSTRALIA EXCHANGE – August 23rd – August 30th

CALLING ALL HOSTS – DAY HOSTS – DINNER HOSTS – PARTY PLANNERS – DECORATORS -
GOOD COOKS – NOT SO GOOD COOKS - CLEAN UP EXPERTS – ACTORS – GOOD SINGERS –
NOT SO GOOD SINGERS - MUSICIANS – WILD WEST COWPOKES – GAMBLERS and ALL OTHER
GOOD CLUB MEMBERS

Don't forget the planning session for our Australian Ambassadors coming in August.

LET'S FILL THE HOUSE WITH MEMBERS AND GOOD IDEAS FOR OUR

1849 GOLD RUSH THEME!!!

Friday, June 6th, 10:00 a.m. – bring a sack lunch – drinks furnished
Glendena Honeick – 5339 Flyway Drive, Fair Oaks

Call: 916-989-2595

A SPECIAL THANK YOU TO ALL

To EVERYONE who participated in the San Diego In Bound Exchange:

I did not want to leave for Rumania before sending this out to each of you. This of course includes each and everyone of you who hosted, day hosted, arranged for a day, did the dinner hosting, attended the Welcome Dinner, or Farewell Dinner, helped with set up and clean up at each, shopped, cooked (my husband, Bob and several other members), and just did what needed to be done to make our Ambassadors from San Diego feel honored to be in the Sacramento Region and meet and get to know members of our fabulous club.

As many of you know, this was my first time being an ED and of course I needed guidance from many, many people. My Co-Ed, Lynn Meyer in particular was a HUGE help in this endeavor. Many of you know how often she contacted you to make certain all was ready for the Ambassadors. Thank you Lynn, I couldn't have done it without you. You may not be aware, but Lynn and George also agreed to take 3rd Ambassador 2 days before they all arrived!

A special, special thank you to Louise and John Closs, who were so very flexible in saying they would host, then being cancelled out of hosting because their Ambassador we learned was injured in an automobile accident, and then agreeing to dinner host, then agreeing to take a different ambassador because one of our hosts was ill, and still dinner hosting! And John helped with the BBQing at Farewell. Thank you is not enough!

A very special thank you to Marilyn Marcroft who called many of you to set up dinner hosting. She even had to do more calling one week before they arrived. The San Diego Ambassadors were very pleased with not only their dinner hosting assignments, but also that so many of you also spontaneously invited some others over to dinner, dessert, or just to see your home and visit.

Some of you felt the week was too filled, with not enough time just to visit, meet our families and just rest. Believe it or not, the San Diego folks didn't want to rest, or at least that is what they told me more than once as I visited with them before the exchange. We didn't and they left here satisfied, I believe.

For those of you who this was the very first time you hosted, or participate in an exchange, it isn't always so activity filled, but since they all ready knew our culture, what we looked like, how we dressed, what language we spoke and over all had almost the same stores we have, then shopping, and getting to know one another was not as extensive or time consuming as other exchanges. They wanted to see what Northern California had to offer and we were able to provide them with as much as we could fit into a week!

Now it is time to enjoy a trip to another club, Romania and all another culture has to offer. The eight of us attending this exchange look forward to sharing our experiences with each of you at one of our general membership meetings. We are taking six computers, and all the equipment that goes with them, to a School for Blind students in Romania. What an experience that will be!

Enjoy your down time, thank you again and again for everything each of you did to make San Diego In Bound a memorable experience for everyone.

Pat Ghiglieri

"Travel is fatal to prejudice, bigotry, and narrow-mindedness."

Mark Twain

AUSTRALIA EXCHANGE

August 23rd – August 30th

Several of the ambassadors in Australia have expressed a desire to stay with their friends from previous exchanges. We have now completed the matching of Hosts and Ambassadors. A BIG THANK YOU goes to many of our new members that will join in this Australian hosting experience. Several of us will be on the Romanian Exchange during the month of May, but in the meantime, **all members** need to consider Day hosting and/or being a Dinner host. **If you are not hosting, please review this list and VOLUNTEER for the greater Sacramento areas that will best suit you.** We need EVERY member contributing to this exciting exchange. Another planning session will be held **Friday, June 6th – 10:00 a.m.** at Glendena's home. Bring a sack lunch along with *plenty of ideas*. MARK YOUR CALENDAR – to give Glendena a call (916-989-2595) after June 1st to let her know you will be joining everyone on June 6th – 5339 Flyway Drive, Fair Oaks.

Heather (**ED**) and Peter Haythorpe
Jim and Lorraine Haxton (**Co-ED's**)
Gayle (**President**) & Jim Macready

Fred and Kay Manthei
David and Barbara Wood

Mike Mathews

Laurel Dixon

Gillian Dwyer

Nev & Marilyn Berry

Helen Kwong

Felicity Sewell

Ray & Noela Troyahn

Kate Sloan

Rhys & Margaret Williams

Glendena Honeick (**ED**), **Fair Oaks**
Jim Hanson & Madelene English (**Co-ED's**), **Rocklin**
Joe & Rose (**President**) Phelan, **Lincoln**

Bob & Monica Cates, **Lincoln**
Ken & Nancy Kahn

Rocklin

Jim and Jeen Maitland

Rocklin

Judy Maas

Roseville

Herb & Margaret Winslow

Citrus Heights

Arnie & Mary Garverick

Rancho Cordova

Marlene Grass

Sacramento

Sylvia Roberts

Sacramento

Ken & Linda Mellor

Sacramento

Carol Ward

El Dorado Hills

Bob and Pat Ghiglieri

El Dorado Hills

CHORUS LINE

SUNDAY, JULY 20

MAGIC CIRCLE THEATRE

2:00 PM

"Chorus Line" has always been an outstanding show and the Magic Circle 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.

SERIOUS AUTO ACCIDENT IN SAN DIEGO

Helen Gagliardi, from San Diego Friendship Force, was unable to visit Folsom due to a serious auto accident. Her daughter, Bonnie LeFlore, wrote an e-mail to Friendship Force stating that her mother is doing very well and may be coming home within a week. She also asked that we convey this message, "please give my best and many thanks to all of Mom's dear Friendship Force friends. She greatly appreciates all of the cards, prayers, calls, e-mails, etc."

Louise Closs

WELCOME NEW MEMBERS

Karen Smith from El Dorado Hills has joined our group. Karen is a part time interior designer. She enjoys music, art, golf, etc. etc. etc! Sounds like a fun lady! **Kevin & Diane Nowlan** from Folsom were introduced to us by **Lynn & George Meyer**. Kevin is retired and Diane is a Travel Agent Manager. They both enjoy golf (maybe we need to set up a golf tournament?). Kevin is into genealogy and gardening while Diane enjoys Quilting and music as well. Welcome to all of you. We hope to see you at the meeting on June 8th!

WORLD FRIENDSHIP DAY PLANNING MEETING

Thanks to all of you who have come forward to help plan our celebration on Sunday, September 14 at the Fair Oaks Community Center from 1-3. We have several planners already at work on Entertainment, Publicity, Food/drinks, Welcoming, Decorating and Fund Raising donations. There is need for a point person to organize the various tables that we will set up to display memorabilia from our various exchanges. There will be many helpers available to get this job done, so let me know if you are willing to get this organized. Please e-mail me if you plan to bring favorite memorabilia so that we can have an idea of our table needs. I will be on an exchange to Bujumbura, Burundi from May 27-June 16, so feel free to e-mail me any thoughts in the meantime so that I can have lots of food for thought when I return.

Please let me know if you plan to attend the next planning meeting on Thursday, June 19 at 9:30 at my house 9040 Windcove Ct, Fair Oaks. I will welcome your thoughts and contributions as we make another great Friendship Force memory come alive. It is also the Sacramento Friendship Force Club's 20th anniversary, so we look forward to a fabulous party!

Lynn Meyer, Chairman World Friendship Day 2008 [lgarrettmeyer@earthlink.net]

ROMANIAN EXCHANGE

Our two weeks in Romania were full of many surprises --perhaps because none of us in the group of 20 really knew just what to expect.

As a country, there are parts of Romania that look like the Dolomites of Italy or perhaps mountains in Switzerland. There are parts that look like the Alpine areas of France. And there are parts that are green with new wheat and barley growing as far as the eye can see.

The exchange week in Brasov was highlighted by our group delivering six computers to the school for the blind. We were able to tour the school but could not take photos of the children. Our week was like living in medieval history...citadels, fortified castles, old cities and Dracula's castle. There were many reminders of more recent times as well --the devastating impact of Communism on this eastern European country struggling to recover since the overthrow of the dictator Ceausescu in 1989. Our hosts were generous and friendly --and most brewed their own wine and the Romanian version of "white lightning" -- palinka.

Our donation of computers was covered both on TV and in the press -- our exchange received two full pages in color in Brasov's second largest daily newspaper --not incidentally owned by the President of the Brasov club.



Here is a photo of Joe Phelan, Madelene English, Glendena Honeick and Rose Phelan presenting a computer to the director of the school for the blind in Brasov

JULY '08 NEWSLETTER

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

Please Send Submissions to

Judy Duncan, (530) 823 7019,

jduncan@duncanimaging.com

AND

John Closs, (916) 984-9452

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

[Editor's note: *For those of us concerned with orthography, we note two separate spellings: Rumania and Romania. In embarrassment your editor fled to his local, home-based Webster's to find both versions acceptable. In fact, Roumania is also OK.]*