

Sacramento Friendship Force Members:

Judy Duncan our newsletter editor had a death in her family. This is an abbreviated version at this time.

PRESIDENT'S MESSAGE AND NEWS LETTER MARCH 2008

Dear Members,

WOW!! I can't believe where the month of February has gone.

Our speaker, Mellissa Withers, at our February meeting gave us a very informative presentation of her living and working on the island of Bali in Indonesia. She spent about a year and a half there developing better nutrition in small, remote villages with pregnant women and young mothers. Things were most austere and two of the friends she made there died because medical care is almost non-existent. She has been able to improve conditions in that area and hopefully that will improve the lives of everyone living in those areas. They have asked her to return for more work, but she is busy now finishing her doctorate at UCLA. It's possible she will be able to return in the near future.

The board meeting went well and there is a brief report in this newsletter. Thanks to Madelene for the wonderful refreshments and making everything so colorful with our Valentine decorations.

Our Sushi School day was fun and we all had a lot of sushi to eat for lunch and went home with our doggie bags.

George Meyer has been working with Mel Peterson our new webmaster for the website. It should all be updated by the time this newsletter reaches you. Don't forget to look at it for up and coming events in the future and please give it to others that might be interested in our club. It is FriendshipForceSacramento.com

This is probably the busiest year our club has had in many years. We have three outbound exchanges, India, Nepal and Romania and all of them have been filled which is great for our club. And, we have the two inbounds from San Diego and Australia –and of course, our big affair in September, Friendship Force Day.

Next year is firming up we quickly and we look forward to our exchange to New Caledonia and Germany plus we've accepted an inbound from Dallas, Texas in the spring. Seems a busy club is a happy club...at least it sure seems that way.

I hope that all of you have had a chance to see our display this month at the Fair Oaks Library. Let's give a big thanks to Jan Bessette and Glendena Honeick for putting it all together. It was very nice and good to have our club in the spotlight for a month. A Photo is attached.

I would like to give our ambassadors that are headed to India, Nepal, Bhutan and other exotic lands a farewell. We hope that they have a great time and a safe journey. It will be fun for all and since I am not going on this exchange, I will be awaiting all of their stories when they return home. We are planning a program so that we can all learn about these exciting places. We will announce that date when it is available.

There are several of us that are headed to San Diego for the Western Regional Conference and although is not very exotic, it will be fun to meet old friends and new ones. I have been asked to be a speaker to tell everyone about the turnaround of our club in Sacramento. Pat Ghiglieri, Joe and I will be leaders in a couple of discussions group. Lynn Meyer is also planning to attend the conference. We will all share with you next month what great things we will learn in the south.

Have a great March. Rose Phelan

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. More detailed directions will be in next month's newsletter and provided to those who are coming by email as well.

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." And that's pretty descriptive --and 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.

Many in the club have had dim sum before at club brunches before but very likely this will be a new and interesting experience for others.

It's always been a fun experience with lots of interaction and good times. Please contact Joe Phelan at 408-4066 or better at joephelan@sbcglobal.net if you plan to attend. I need the number of those attending to make reservations.

Joe Phelan

Welcome New Member

Mimi Mattock told our newest member, Carol Ward, about the Friendship Force. Carol is a retired teacher who lives in El dorado Hills. She enjoys reading, cards, scrap booking skiing and walking. Carol speaks a little French. Please give her a big "Bonjour" when you see her at one of the functions.

Sushi School For three hours on February 20th, Nancy Gilbert, Lynn Meyer, Madelene English, Dawn Beck, Rose and Joe Phelan learned how to make and roll sushi from Mary Pockrus, our instructor. No instructions were needed, however, for

the eating of same and a lot of it was eaten for lunch along with Japanese green tea. Jim Hanson showed up just in time to help out with the lunch part of the event.. Everyone got to take some sushi home along with a bamboo mat for rolling and some of the herbs and spices used in seasoning sushi.

**EXCITING PREPARATIONS ARE UNDERWAY FOR
THE SUNSHINE COAST – AUSTRALIA INBOUND EXCHANGE
AUGUST 23, 2008!!!**

If you didn't attend the planning session at Glendena's home, Wednesday, February 27th – YOU MISSED A GREAT MEETING! Twenty five members brought a **multitude of ideas** to the table. Lots of planning is still ongoing; however, with several members going on the India-Nepal exchange we will be unable to meet in March. With this exchange we would like to involve EVERY member. In some capacity – “you” - yes, “you” - can make a contribution to this great “down under” exchange! G'day – we'll be call'in on 'ya!

SAN DIEGO EXCHANGE NEEDS DINNER HOSTS

Marilyn Marcroft is working on arranging dinners for Friday, April 25th for our San Diego guests. She could use a few more hosting sites. If you have a new recipe you would like to try on some unsuspecting guests, this is your opportunity. Call Marilyn at 916-933-1799 or Email, marpmar@aol.com.