



The Friendship Force of Sacramento

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



Peace Through Friendship

May 2008

Calendar of Events

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|----------------------------|---|
| June 4 | CANCELLATION! Planning Meeting for World Friendship Day 3-5 pm at Lynn Meyer's House is cancelled. It will be rescheduled at a later date. |
| 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 | 1:00 pm Board Meeting at Kaiser Hospital – Morse Ave, 3120 Cottage Way, Sacramento. General Meeting follows at 2:30 pm. |
| June 8 | 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. |
| June 30 | Last day to RSVP for Dinner at the Marrakech Restaurant on July 11. Email Madelene English at madie@starstream.net . |
| July 11 | 6:00 pm. Dinner at the Marrakech Moroccan Restaurant. Five course dinner and belly dancing entertainment - \$30. See details inside. |
| Sep 14 | World Friendship Day Celebration – Fair Oaks Club House |
| Exchange Dates 2008 | |
| 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 |
| Exchange Dates 2009 | |
| June | Inbound from Vogtland, Germany |
| Oct | Friendship Force International Meeting in Okinawa, Japan |
| Nov | Outbound to New Caledonia . Possibility of additional weeks in New Zealand to be determined. |



FROM THE PRESIDENT'S DESK

Happy Mayday,

We have just finished a great week with all of our friends from San Diego. This exchange was first talked about 11 years ago and has finally come to fruition. Now we can look forward to our trip to the southland to visit with them in 2009. I would like to thank Pat Ghiglieri and Lynn Meyer for the fantastic job that they did on planning this exchange. I know everyone had a great time and they certainly saw a lot of our wonderful city and the Sacramento area. We are so fortunate to live in a place with so much California history around us. Thanks Ladies for all of your time and work in this exchange. A number of other members helped out in one way or another and I would like to thank you for giving Pat and Lynn your support. It is so much easier when we have a lot of help from everyone.

It is just about time for the outbound exchange to Romania and I am busy getting things in order for our departure. We are all looking forward to meeting our new Romanian friends and sharing a week with them. After the exchange and tour, Joe and I will go on to Wolfsburg, Germany. I led an exchange to Wolfsburg in 1999 and we will now visit our hosts for the fourth time since then. They have been to our home twice and this is our third visit to their home. Friendship Force provides us with so many wonderful friendships throughout the world.

The India, Nepal and Bhutan ambassadors have agreed to share with us their adventures and memories at our next General Meeting on June 8th at 2:30 PM at the Kaiser Hospital on Morse Avenue after the Board Meeting. From what I have already heard, you will not want to miss this great presentation. They have some great stories to tell. So mark your calendars now. Watch the newsletter for more details on this event.

I have been working with Atlanta to get two additional weeks in New Zealand in addition to our exchange to New Caledonia in November 2009. We already have a couple of commitments, but I am waiting to hear from a couple more before making our choices. I hope to have this resolved before we leave for Romania. The International FFI meeting will be held in Okinawa in October 2009. So we will have lots of options available to us.

Our Australian Exchange Directors are busy working on the inbound exchange in August, so plan to join in the fun when they are here with us. The Australians are a fun group and love to have a good time. I know they have some new ideas for this exchange.

Hope you have a wonderful month and next month I'll be able to tell you about Romania.

In Friendship,

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
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

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

JUMP OFF DAY FOR ROMANIA

Eight members of our club will head out to Romania on May 5th. Taking different flights and airlines, we will rendezvous in Bucharest with the other 13 exchange ambassadors who come from different clubs, states and countries including New Zealand. After a couple of days touring Bucharest, the group will travel by bus to Brasov where we will deliver six computers to a school for the blind. We will be home hosted in Brasov for a week during which we will explore Transylvania including a visit to Dracula's Castle.

Afterwards we will tour other parts of Romania by private bus including the delta area of the Danube River where we will have a cruise and lunch on board. The tour ends back in Bucharest where the group will disband either to head back home or to go on to other places for further vacation and travel.

The eight ambassadors from our club include Jim Hanson, Madelene English, Glendena Honeick, Pat Ghiglieri, Joe and Rose Phelan, Dottie Moore and Barbara Adair –who actually lives in Hawaii most of the time. Jim, Madelene and Glendena are real troopers to be going on this exchange so soon after arriving home from India and Nepal. It should be fun!

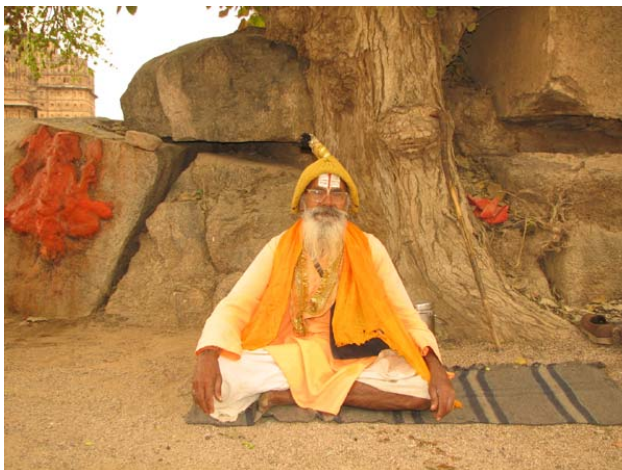
Joe Phelan
Exchange Director

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!



DIM SUM BRUNCH WAS LOTS OF FUN

Sixteen club members “dim summed” together on Sunday, April 20th. For two hours the group sampled various dumplings, buns, Chinese greens and other goodies, sipping jasmine tea and talking about the recent exchanges to Nepal and India.

Those in the group included Carol Tilley, Carol Christensen, Jim Heilman, Lynn Meyer, Norm and Jan Bessette, Joe and Rose Phelan, Glendena Honeick, Jim Hanson, Madelene English, Gwen and Glen Tilton, Scott and Kathryn Matthews and Judy Maas.

Towards the end of the meal, there was talk at one of the two tables of eight that the next epicurean outing for the club would be to a Turkish restaurant in Rocklin. Does anyone else out there have some ideas?

-- Joe Phelan



Glendena Honeick, Carol Christensen, and Carol Tilley enjoying the fare.

AMBASSADORS TO INDIA AND NEPAL

At one of our recent meetings it was noted that our membership doesn't know the names of the Ambassadors who travel on our exchanges! We haven't really made a point to get that information out. So, if you run into one of these people, ask them about their experiences. I know they all had a great time.

Dawn Beck with **Scott & Kathy Matthews** went for two weeks on the India Exchange. Scott and Kathy continued on to Thailand on their own while Dawn returned home. **Chris & Julie Smith** with **Marlene Grass** went to both the India and Nepal exchanges. Chris was the Exchange Director.

Lynn Meyer joined the group in Nepal and then went on to Bhutan for a guided tour there. **Madelene English, Jim Hanson, Glendena Honeick, Dawn & David King, Mimi Mattock,** and **George & Judy Waegell** did it all: two weeks in India, one week in Nepal and one week in Bhutan. Madelene and Jim continued on from there for a visit to Thailand! Those two are die-hard travelers!

A THANK YOU TO DINNER HOSTS

One of the popular events during an inbound exchange is the hosted dinner. All of the San Diego Ambassadors I talked to had a wonderful evening with their generous dinner hosts. Thanks to all of you who volunteered to host this event. Kudos to **Jackie Carroll and Frank Hahn, Judy and Dave Duncan, Nancy Gilbert, Marlene Grass, Lee Jones, Julie and Chris Smith, Carol Tilley, Carol Ward** and **Glendena Honeick**.

The hosts thank you, too. It was wonderful knowing that a delicious dinner was awaiting us and we didn't have to prepare it.

-- Gratefully, Marilyn Marcroft, Hosted Dinner Coordinator

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

Glendena Honeick (**ED**), **Fair Oaks**

Jim and Lorraine Haxton (**Co-ED's**)

Jim Hanson & Madelene English (**Co-ED's**), **Rocklin**

Gayle (**President**) & Jim Macready

Joe & Rose (**President**) Phelan, **Lincoln**

Fred and Kay Manthei

Bob & Monica Cates, **Lincoln**

David and Barbara Wood

Ken & Nancy Kahn, **Rocklin**

Mike Mathews

Jim and Jeen Maitland, **Rocklin**

Laurel Dixon

Judy Maas, **Roseville**

Gillian Dwyer

Herb & Margaret Winslow, **Citrus Heights**

Nev & Marilyn Berry

Arnie & Mary Garverick, **Rancho Cordova**

Helen Kwong

Marlene Grass, **Sacramento**

Felicity Sewell

Sylvia Roberts, **Sacramento**

Ray & Noela Troyahn

Ken & Linda Mellor, **Sacramento**

Kate Sloan

Carol Ward, **El Dorado Hills**

Rhys & Margaret Williams

Bob and Pat Ghiglieri, **El Dorado Hills**

TRIP TO IRONSTONE WINERY AND BIG TREES

On Thursday, April 24, our San Diego Ambassadors, and Hosts, drove from their various bases to and through the town of Murphys in California's "Gold Country." The first goal: Ironstone Winery.

Everyone (that is everybody) was amazed and delighted by the marvelous profusion of flowers (tulips, narcissus, etc.) growing in various pots and half-barrels. Later, the "guide", in his description of the winery property, said the enterprise employs ten full-time gardeners and some "part-timers" during special seasons. Amazing! This writer looks forward to seeing some of the photographs.

The "guide" provided a pleasant tour of part of the main building. This included a stop in the "music room", with its excellent organ (and computer directed recital).

The winery has a fine "deli" with agreeable sandwiches which many of the group enjoyed.

Summary: Well worth visiting; well worth visiting again.

Then, on to Big Trees with some snow still accumulated in drifts and piles here and there. Many of the group, attended by a volunteer leader, took one of the trails and visited the immediate proximity of some of the trees. One can imagine the disbelief that accompanied the first descriptions of the trees to persons who had never seen them. We can still give thanks to Theodore Roosevelt, John Muir, and others, who had the foresight and resources to acquire and care for national treasures such as our national parks and the Big Trees (State Park).

Many thanks to Pat Ghiglieri, our popular and excellent Exchange Director, for arranging this memorable event.

-- John Closs

***** BRIEF SUMMARY OF BOARD OF DIRECTORS MEETING *****

Held: April 10, 2008 at President Rose Phelan's home in Lincoln, CA

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

ED's: 2 Other members: 1

Committees:

Membership – Member list is kept updated. More business cards ordered.

Newsletter – A backup person is needed.

Publicity – Articles in newspapers will help keep the Friendship Force name in the public's eye and inform readers of our exchanges.

Activities – A new banner is available for our use. Dim Sum brunch is coming up.

World Friendship Day – Set for September 14, 2008. Point-people have been appointed to help. See article on this.

Exchange Reports:

Chris Smith reported on the India, Kathmandu and Nepal exchanges. They were good and interesting exchanges though conditions were "difficult" and a few people were ill.

Chris gave reports of both of these exchanges to the Board and Conference. There was no income or expenses to our club for either of these exchanges.

Pat Ghiglieri reports that the Inbound San Diego exchange has 22 coming.

Romania – Joe Phelan reports this is full with 20 people, and the computer parts arrived.

Sunshine Coast, Australia – This Inbound exchange is on-track.

Vogtland, Germany is coming to us in June 2009.

New Caledonia – Rose reported that we're still looking for another week to add on to this Outbound exchange.

2009 International meeting will be held in Okinawa.

Policies and Procedures

Glendena passed out the completed report to all officers. Atlanta is sending out a "How To.." manual for clubs to provide consistency for all the FF Clubs.

New Business

Domestic exchange for 2009 – Western North Carolina club has requested a 4 day Inbound exchange. Dallas, TX also requested an IB exchange and an OB for Sacramento to Dallas in 2010.

Next Board Meetings – Friday, May 2nd at 10 am and Sunday, June 8th, 1 pm.

Next General Meeting – Sunday, June 8th, 2:30 pm at the Kaiser office building.

JUNE 08 NEWSLETTER

The deadline for submission of articles/events is **May 23rd**.
 John Closs will be helping out while Judy is traveling.

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 |