



friendship force

SAN FRANCISCO BAY AREA
Changing the Way You See the World

Vol. 34 No. 2

SAN FRANCISCO BAY AREA NEWSLETTER

April/May 2017

THE TIMES THEY ARE A CHANGIN'

Bob Dylan earned a Nobel Prize for such lyrics. Friendship Force, responding to the changing times, introduced some new vocabulary for us recently, and I applaud them for working hard to keep our organization fresh and relevant. Have you, like me, ever wrestled with the term “exchange” when you’re attempting to explain our hosting weeks? It started with those reciprocal visits in the early years, and we’ve tried to explain it by saying that we do indeed exchange information about our respective cultures. Along comes the new term, “journey.” Now we get to reflect on the deeper meaning of a journey, as opposed to a mere trip. Was the FFI board thinking in terms of the classic odyssey, i. e., a life changing experience in which the journey is more important than the destination? Like everything we embark upon in our lives, it’s what you make of it that matters.

If “journey” is in and “exchange” is out, what do we call those who lead these trips? We may continue to use the terms “inbound” and “outbound,” but the new titles are more definitive: “Host Coordinator” for those who organize the inbound visits and “Ambassador Coordinator” for those who lead the outbound group.

Another significant change is the new slogan. Since Barry and I joined in 2002, FFI has evolved through three slogans. “A world of friends is a world of peace” was counterpoint to the Cold War climate of the 70’s. Post-millennium, “Changing the way you see the world” was meant to reflect how we continue to benefit from these interactions with other cultures around the world. Perhaps we needed a more specific description of what happens when we spend several hours with our hosts and guests: “Experience Different Views. Discover Common Ground.” For me, this new slogan captures what has developed during our conversations with hosts around the world, even from our own country.

FFI also announced that Rick Steves, acclaimed travel advisor, is listing FFI, along with four other organizations that promote educational, locally-based travel experiences, in the upcoming second edition to his popular book, *Travel As a Political Act*, set to be published in early 2018. Yes, Friendship Force is beginning to get the attention it deserves.

Come and bring friends to our 33rd birthday celebration on May 7, 1–3pm at the Los Altos Library. See the flyer on page 5.

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WOULD YOU LIKE TO BE A JOURNEY COORDINATOR?

On Feb. 14, three interested members participated in a leadership training session led by Louise Heiduk and Martha LeRoy. KC Sarr, RoseMarie Everett and Elaina Habel were all enthusiastic.

In fact, we put KC and RoseMarie right to work. RoseMarie is leading the domestic exchange to Oklahoma City and Denver. KC is leading the journey to Sapporo, Japan to visit our old friends.

Have you ever thought about becoming a journey coordinator? The club is still looking for an inbound journey coordinator for Nagasaki and an outbound coordinator for Nairobi, Kenya in 2018. We need YOU! If our club is going to grow and thrive we must encourage participation from our newer members. We are planning another training session soon. Please let Louise, Martha or the board members know if you would like to be part of the next session. The sessions are fun and it is interesting to learn about the workings of our exciting and unique organization.

—Martha LeRoy

CELEBRATE OUR CLUB’S 33RD BIRTHDAY ON MAY 7!

Join us on Sunday, May 7, in the Orchard Room at the Los Altos Library to hear featured Japanese panelists, Saori Wada and Harumi Fujii, discuss “Culture and Life in Modern Japan.” Twenty-one members of our club are eager to absorb information about Japan before visiting Sapporo in June.

The public is welcome to this FREE event. We hope to see you at 13 S. San Antonio Road in Los Altos. Please bring your friends to introduce them to Friendship Force, and to help us celebrate our ‘birthday.’ To learn some of the club’s history, take a look at our club’s scrapbooks, to be displayed that day.

Our club was formed by Gerry Earnest in April of 1984, assisted by Melanie Dickenson. The first incoming exchange was from Korea in August of that year. Although the club was new, they managed to find enough hosts. The welcome party was held at the International Center at Stanford and Mayor Dianne Feinstein was the guest speaker! Dave and I joined the club in November, 1984. The following year, in 1985, forty members of our club traveled together to be hosted by a Friendship Force Club in New Plymouth, New Zealand. Dave

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President's Column, continued from page 1, column 1

Please check my other articles in this edition that bring you up to date on the visit of Nagasaki Club in November and announce our club's journeys for 2018.

Hoping you're enjoying all the blessings of this season—rain, sun, and the wildflowers now decking our hills,

—Karen McCready, FFSFBA President

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and I enjoyed our stay on a dairy farm, owned by Les and Betty Chainey. We are still in touch with them. In fact, we visited them three years ago, when our club had its second exchange to New Plymouth in the north island. We also enjoyed a second week in Wellington on that exchange.

Please join us on May 7th!

—Dee Gustavson, Co-Newsletter Editor

EVALUATION OF THE MEMPHIS JOURNEY TO FFSFBA BY THE AMBASSADORS AND HOSTS

I had the pleasure of being the Host Coordinator (Exchange Director) for the Memphis Journey to our club. I could tell how great the ambassadors were, how terrific the activities were, how everybody had a great time, but I won't. I'll let the evaluations from the ambassadors and hosts speak for themselves. The optional answers for each question were:

Awful Bad Average Good Great.

- | | |
|--|---------------------------|
| 1. Tour of Stanford and Welcome Lunch. | Average 2 Good 7 Great 12 |
| 2. San Francisco Bay Cruise. | Good 1 Great 13 |
| 3. Free Days with Hosts. | Good 3 Great 14 |
| 4. BART Experience and visit to Rosie the Riveter Museum. | Good 3 Great 15 |
| 5. Wine tasting and tour of Concannon and Darcie Kent vineyards. | Good 4 Great 10 |
| 6. Farewell Dinner. | Average 3 Good 3 Great 11 |
- The last question was for the Hosts:
7. Level of communication from the leadership, for example: meetings, emails, booklet and speaking.

Good 4 Great 5

Another question had to do with level of comfort with the hosting experience:

All the ambassadors were very happy with their hosts.

The most important question was, "What was your favorite experience?" Here are the responses: Rosie the Riveter Museum, Host home, free days with host, DeYoung Flower Show (Bouquets to Art), visiting Carmel, Bay Cruise, pot luck dinner, talking with my hosts, entertainment at Farewell Dinner, and everything was great.

I want to thank all the members who made this Journey a positive experience for the ambassadors and hosts. Karen McCready, Olga Pekelny, Rosie Everett, Judy Smith, Julice Winter, Ann Haligan, June Harris, Dee Gustavson, Martha LeRoy, Wil and Louise Heiduk, K.C. and Saaku Sarr, Wendy Dewell, and Leila Van Dyke.

—Barry Rader, Host Coordinator

SAPPORO OUTBOUND EXCHANGE

On June 17th, 21 ambassadors from the San Francisco Bay Area Club will visit the Sapporo Club in Hokkaido, Japan for a one-week exchange. Many of those going on the exchange will first take a one-week pre-tour of central Japan to visit Osaka, Kyoto, Nara, and Hiroshima. The Sapporo Club visited us last October for a one-week language exchange. We all thoroughly enjoyed our guests on that occasion and look forward to renewing those friendships in June. —K.C. Sarr, Journey Leader

LET'S EAT OUT (LEO)

We started our fun Let's Eat Out (LEO) gatherings January 26 with Darlene Boyanich and Roger Riffenburgh hosting at Dish Dash Restaurant in Sunnyvale. Darlene and Roger have eaten at this restaurant numerous times and have always enjoyed it. We had great conversation with 12 FF people while enjoying Middle Eastern food. Darlene commented that she has always had delicious meals here. Everyone chimed in to agree with her that their food was scrumptious!

February 16, Barbara Ross hosted a dinner in Santa Clara at Dusita Thai Cuisine. All of us enjoyed the Thai cuisine and the beautiful dishes in which the food was served. Nine of us gathered for a delicious dinner. The atmosphere was inviting, with all the Thai special touches and colorful table settings. Even our waiter was dressed in rich, gold, ethnic clothing. I had a great seafood entree that was not only delicious, but the serving was ample to share with others.

March 30th, Kathy Bray was our hostess in the East Bay. We came together at Casa Robles for dinner in Fremont. Eight FF members enjoyed the cuisine from South of the Border. We welcomed our newest member, Glenn Fountain.

We discussed our club's outbound domestic travel to Oklahoma City and Denver this fall where we'll be hosted, and shared our current travel plans.

Our next LEO is in West Bay for dinner at Chelokababi Restaurant on **April 20** at 6pm, "Persian Delicacy at its Finest," 1236 S. Wolfe Road, Sunnyvale. Katharine Kleinke will be hostess. Please RSVP to Katharine by April 18, so she can save a special space for you.

On **May 10**, we are traveling to East Bay, where Natalie Cheng will host our LUNCH at 11:30am, at New Young Kang, 40900 Fremont Blvd., Fremont. This restaurant has great food at a reasonable price. Cash only.

June Nielson-Cadamartori will host LUNCH in the West Bay on **June 28**, at 11:30am at Frankie, Johnnie, & Luigi Too! Restaurant in Mountain View at 939 W. El Camino Real.

That's it for the next six months. Mark your calendars and save the dates. —RoseMarie Everett, Social Chairman

THE 2018 NOMINATING COMMITTEE

The nominating committee for the year 2018 consists of Louise Heiduk (), Karen Rice () and Barry Rader (). If you want to run for president, vice-president, secretary, treasurer, or want to nominate someone, call one of the members above.

THE NAGASAKI CULTURE COMES TO US IN NOVEMBER

Those involved in the recent week of hosting Memphis still are savoring the good times with them. Before you know it, we will have the opportunity to show off our beloved Bay Area to another group.

Yes, in less than 7 months, from November 6th to 13th, 18 members of the Nagasaki Club will be visiting us. Their group will include 7 couples and 4 singles. That probably means we will be seeking at least 9 homes to host them. While we thoroughly enjoyed hosting the group from Sapporo last fall, Nagasaki's week with us will be quite different. Because they haven't requested a language immersion, we will be working out an itinerary with a variety of Bay Area experiences. As with the Memphis group who visited in March, we will schedule Welcome and Farewell parties and 3 or 4 additional group events. Having two unscheduled days to be worked out between hosts and guests has become such a popular feature of these visits that we are likely to offer those again. We will work out all of the details soon at a planning session.

Yes, we will need hosts, but all of these positions are open, too:

Day hosts—to escort one or two guests for a group event or for part of an unscheduled day

Potluck hosts—to provide the location and the entree for one or two ambassadors and their hosts, including other members and friends if you like

Host coordinator—to contact members who will be able to accommodate one or two guests

Potluck coordinator—to contact dinner hosts in the areas where the ambassadors are staying.

Day coordinators (3 or 4)—to research and coordinate the activities for one day of the visit (e.g., a Stanford tour and the Welcome Party)

Journey booklet editor—using the standard template, assemble the contact information for the hosts and guests and the essential details for the week's events

Entertainment committee—create a program for the Welcome or Farewell Party, such as American songs, a skit, or instrumental music

Which of those descriptions strikes your fancy?

Stay tuned for announcement of a meeting to roll out the welcome mat for Nagasaki!

—Karen McCready, Acting Coordinator

CELEBRATING 40 YEARS OF FRIENDSHIP FORCE!

Actually, FFI is 40 years young, as they continue to prove with their new terms for all the core principles that have stood the test of time. The cornerstone of our celebration on February 26th was the introduction of these new terms. [See the President's Column for a discussion of the new terms.] The bright and shiny new Mitchell Park Library in Palo Alto was a

particularly fitting place to present these changes. I'm not sure how many attended, as guests continued to drift in, some of them lured by the sound of Saaku Sarr's drum at the library entrance. I estimate that around 50 were there. As so often happens at FFSFBA's meetings, everyone in the room was engaged in lively conversations, before and after the formal meeting, all members making a special effort to greet newcomers. K.C. Sarr and Martha LeRoy rolled out the new terms and tagline from FFI. At the same time, they re-introduced the Friendship Force Pledge. The FFI board encourages the clubs to harken back to this statement that encapsulates the central purpose of our organization:

"As a member of the Friendship Force, I recognize that I can make a difference. I recognize that I have a mission. That mission is to be a friend to the people of the world. As I embark upon this adventure, I know that others will be watching me. I know that through my example to my fellow citizens and the people of other countries, the cause of friendship and peace can be furthered."

Our FFSFBA board heartily supports this reminder of our purpose and invites members to take a couple of minutes to acknowledge it with us, either vocally or silently, at every general meeting.

Thanks to K.C. Sarr and Martha LeRoy for arranging the venue and the program for this 40th celebration.

—Karen L. McCready

AND NEXT YEAR'S DESTINATION IS . . .

Nairobi, Kenya! We asked for Africa, and FFI is giving us the opportunity to experience Kenya in January or February 2018! Is this on your bucket list, too? I heard from the Nairobi Club's president almost within hours of receiving the news of this assignment. Theresa couldn't be more warm and cordial, expressing concern about the floods in our state, and making me feel thoroughly welcome.

Having gone through elaborate preparations for two extended safari trips when our club went to South Africa in 2009, I was relieved and grateful when Theresa volunteered that their club usually makes safari arrangements for visitors and at a reduced rate we can't find in America. She explained that they like to schedule the safari as a glorious wind up to our time in Kenya, planning the week in their homes first, then seeing us off on the safari, and bidding us farewell for our journey home at the airport. They offered us the choice of a date in the first quarter of the year.

We are likely to go in late January or early February to avoid the heavy rains of March. So start making your plans for this rare assignment! If you want to be on the list for more information about a planning meeting, please contact me soon:

—Karen L. McCready

WHERE IS MEDICINE HAT?

First clue: not in a pharmacy. Pardon the bad pun! Second clue: it's in Canada. It's in one of the less-traveled provinces—Alberta. Our club members won't be traveling to Medicine Hat in 2018, but they will be coming to us, probably in September, to be included in our Annual Meeting. They will be visiting the Southern Oregon Club before they come to us. We know that we can count on good weather in September, so it's a fine time to show off our area. With this hosting journey a year and a half away, this is just an early FYI to get familiar with their location.

—Karen L. McCready

RICK STEVES RECOMMENDS FRIENDSHIP FORCE

The FFI website,

<http://friendshipforce.org/rick-steves-recommends-friendship-force/> says:

"Well-known American travel author and expert, Rick Steves, wrote a blog post on March 15 listing organizations he recommends that provide educational tours and experiences to travelers—and Friendship Force made his short list!"

As Rick writes in his blog:

<http://blog.ricksteves.com/blog/reality-travel-companies/>

"After taking several trips with organizations offering 'educational' or 'reality' tours, I've learned that getting the most out of a trip to a complicated corner of our world is easier with a guide and in the care of an organization that's well-connected locally... The new edition of my *Travel as a Political Act* book will contain a list of organizations offering educational tour experiences to the broader traveling public. Please check out my list and let me know if you have any experience with these groups, or if there are others you'd recommend. Thank you!"

According to his post, we will be listed along with other organizations promoting educational, locally-based travel experiences in the upcoming second edition to his popular book, set to be published in early 2018.

The FFI website also says that Rick captured the heart of our organization and mission, describing us as follows:

"Friendship Force International, a nonprofit organization, focuses on person-to-person exchanges, with locals welcoming travelers into their homes and introducing their visitors to their cultures. In each destination, a 'Friendship Force' club led by volunteers offers homestays and social activities, giving visitors the chance to get intimately acquainted with their hosts. Each one- to three-week program includes cultural experiences, such as learning to make traditional lavash bread in Armenia, visiting historic Brazilian fishing villages, or tobogganing on sand hills in Australia's Hunter Valley."



Being greeted by the Bakersfield Friendship Force, for the Global theme journey "the Wild West," with Ambassadors from 3 countries (USA, Canada, and U.K.)

Twenty took on the challenge of seeing a glimpse of the past, dating as far back as the 1880's.

We traveled to Tucson, Arizona, then Bakersfield, then to our last stop, Sacramento. RoseMarie Everett (far right, in yellow sweater) was the only Ambassador from California.

RIDE THE TRAIN, AUGUST 6TH

The Social Director of Friendship Force SFBA is planning a special day for you, with help from our newest member Glenn Fountain. Plan to spend Sunday, August 6th, 2017 in Sunol & Niles with us!

We will catch the historical Niles Canyon Railroad in Sunol and ramble down tracks 6 1/2 miles to Niles in the midst of mountains, streams, trees and wilderness. It may include lunch on the train or dinner at the Biker Bar, a few silent film flicks of yesteryear, and ice cream at the parlor on the corner. Plans aren't finalized yet, but save the date, stay tuned, and read all the details in the next newsletter.

—RoseMarie Everett, Activities Director

WEST BAY'S LET'S EAT OUT, APRIL 20

Our next Let's Eat Out will be Thursday, April 20, 6 pm at Chelokababi Restaurant "Persian Delicacy at its Finest" at 1236 S. Wolfe Road, Sunnyvale, 408 737 1222. The restaurant is at the southeast corner of Wolfe and El Camino behind the gas station. Coming from North turn left onto Wolfe and right into the parking lot just beyond the gas station. From south turn right onto Wolfe and then into the parking lot. Please call me by Tuesday, April 18, so I can make reservations. —Katharine Kleinke,



friendship force
SAN FRANCISCO BAY AREA



The Friendship Force:

Experience Different Views, Discover Common Ground

The mission of the Friendship Force is to build friendships with people around the world through homestay or hosting exchanges. More than 16,000 people in 63 countries have already subscribed to the idea that we can build a more peaceful world by getting to know people in other countries, share our homes and meals with them, and view their cultures through their eyes. Friendship Force members are ordinary people, just like you, who travel or host in the name of global friendship.

COME CELEBRATE OUR 33RD BIRTHDAY

Featured Panelists: Saori Wada and Harumi Fujii

“Culture and Life in Modern Japan”

The public is welcome to this FREE event.

Sunday, May 7th 2017

1:00 – 3:00 PM in the Orchard Room

Los Altos Library

13 S. San Antonio Road, Los Altos

Light Refreshments will be served.

ffsfba.org

friendshipforce.org

Questions? Call

FIFTH AT 5

We had a nice turnout on March 5th at Horatio's in the San Leandro Marina. Beautiful views of the bay!

A smaller group gathered at the Courtyard by Marriott in Los Altos in April, and included a very nice couple from Turkey who were staying with Dee and Dave. The Courtyard has a great lounge area. If you missed out, don't worry; I expect we will be returning to both places! So as not to conflict with Cinco de Mayo plans and crowds, we will skip meeting in May. Watch your email for the June location!

—Carol Easter, Membership

NEW MEMBERS

Please welcome our newest members! Marla Deutsch of Campbell, Glenn Fountain of Fremont, and Edith Miranda's daughter Gina Hudson of Union City recently joined. Look for them at upcoming events and say HI!

—Carol Easter, Membership

OKLAHOMA CITY & DENVER JOURNEY

You are invited to join us on our "Great American Journeys." We have Purple Mountains Majesty and Fruited Plains. What could be more American? It's going to be a great trip, so come along and join us. The flights are short and reasonable, we all speak the same language and guess what? We use the same currency, too!

Oklahoma City & Denver Friendship Force folks are real excited to see us. The planning for this trip started more than a year ago, so you know they are going to show us the best they can. Experience western hospitality at its best in these two great cities: Oklahoma City (Sept. 24–30) & Denver (Oct. 1–7) this fall in 2017.

Just think, you can experience the best of the real Heartland of USA, Oklahoma. Lace up your walking shoes, and get ready to see the sights of downtown Oklahoma City. One of the suggested itinerary for a day of hoofing-it downtown is seeing the famous Native American & Cowboy Western Heritage Museum. Native Americans & cowboys are very much a part of Oklahoma culture. We'll also see the bronze statues along the river edge and have lunch in the Myraid Gardens Pavilion, all before our Welcome dinner.

In Denver, we'll be greeted by a FF member wearing a lack trappers hat, a multicolored vest, and a big smile. Late afternoon we'll have our Welcome dinner. The next day we'll have Banjo Billy tour of Denver, a city you won't soon forget! We'll have lunch at Buckhorn Exchange the oldest (& one of the most colorful) Denver restaurants. Optional tours one afternoon include a tour of the Capitol Building or of the Atmospheric Research Center.

There are only a few more places left, so if you're interested, call me for an application form, and send a \$100 deposit to Jennifer Lam by May 1. Make your check out to FFSFBA, and indicate on the check whether you choose Oklahoma City, Denver, or both cities.

—RoseMarie Everett, Ambassador Coordinator,





Memphis farewell party



Memphis farewell party



Elvis sings to us at Memphis farewell party.



Memphis farewell party



With Memphis at Rosie the Riveter Museum in Richmond



Our own Saaku Sarr performs for Memphis farewell.
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2017 FFSFBA COMMITTEES

EXECUTIVE COMMITTEE

President@ffsfba.org: Karen McCready

VP@ffsfba.org: K.C. Sarr

Secretary@ffsfba.org: Barbara Ross

Treasurer@ffsfba.org: Judy Smith

STANDING COMMITTEES

ActivitiesCoordinator@ffsfba.org: Rose Marie Everett

Membership@ffsfba.org: Carol Easter

Newsletter@ffsfba.org: Dave & Dee Gustavson

Publicity@ffsfba.org: Karen McCready

Webmaster@ffsfba.org: Dan Eggerding

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Rose Marie Everett,

Sapporo, Japan, OutboundSJ@ffsfba.org
K.C. Sarr,

SUPPORT COMMITTEES

ExchangeBanker@ffsfba.org: Judy Smith

Merchandise@ffsfba.org: Carol Easter

Sunshine: Darlene Boyanich

MemberRecruitment@ffsfba.org: open

MemberWelcome@ffsfba.org: open

Forester@ffsfba.org: Karen McCready

2017 CALENDAR

April 20

Let's Eat Out: Chelokababi
Restaurant, Sunnyvale, 6pm

May 7

FFSFBA Birthday Party, 1-3pm
Los Altos Library, 13 S. San
Antonio Rd., Los Altos

May 10

Let's Eat Out: New Young Kang
Restaurant, Fremont, 11:30am

June 3

FF Board Meeting, 11am,
K.C. Sarr's home, Palo Alto

June 11-24

Outbound Exchange to Sapporo,
Japan

June 28

Let's Eat Out: Lunch at 11:30am,
Frankie, Johnny, & Luigi's Too

July 15

Annual BBQ at Carol Easter's,
Newark

August 13

FF Board Meeting, TBD

August 24-28

FF World Conference, Manchester,
England

September 17

Annual Meeting, TBD

**September 24-
October 7**

Outbound Exchange to Oklahoma
City & Denver

October 15

FF Board Meeting, TBD

**November
6-13**

Inbound Exchange from Nagasaki,
Japan

November 19

FF Board Meeting, TBD

December 9

Holiday Luncheon, Michael's at
Shoreline, Mountain View

FFSFBA website: <http://ffsfba.org>

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Website: <http://friendshipforce.org>

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