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The Friendship Force of the San Francisco Bay Area

...a force to promote peace

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SAN FRANCISCO BAY AREA NEWSLETTER

February 2004

A MESSAGE FROM THE PRESIDENT

Hi all: I want to thank you for the cards, telephone calls and good wishes that were expressed to me at the time of my recent surgery. They were appreciated very much.

There are several things being planned for this new year. We have an exchange going to Australia in the late summer. We are hosting the Western States Leadership Conference for which we will be approaching our members for help. Watch your newsletters. Nina Davidson will be coordinating this event, and I'm sure she will be contacting you. We are working on some domestic exchanges both in and out. There will be more information later. We are planning an outgoing exchange to Iowa. If you're interested in being an exchange director, contact me.

Unfortunately the China exchange has been cancelled due to insufficient interest. A big "thank-you" to Joy Hewitt for her many hours of work on this.

One area where we are desperate for help is for someone to volunteer to be our co-forester. I understand Don Dillon has some plans to develop a watering system and he will need help coordinating that effort. PLEASE contact me at president@ffsfba.org if you are willing to help.

I'm looking forward to seeing you all at our meeting on February 15 in Fremont.

—*Louise Heiduk*, President@ffsfba.org

SPECIAL EVENT—GOURMET DINING

Where: California Culinary Academy, 625 Post Street, SF

When: February 25, 2004 at 11:45 AM

Cost: \$23.00 —Three courses from a fantastic menu, includes coffee or tea.

Only 14 spaces available—Please send your check by February 15, 2004. Checks should be made out to Elizabeth Shumway.

Parking available at Civic Center Plaza Garage (two blocks from the Culinary Academy).

Things to see before or after lunch—City Hall, Asia Art Museum, and other buildings around Civic Center.

If you have anything you would like to do for Special Events, please let me know.

—*Elizabeth Shumway*

FEBRUARY 15 GENERAL MEETING

The February 15 general meeting will be held at Christ the King Lutheran Church in Fremont, 1301 Mowry Avenue. See page 3 for directions and a map.

—*Karen McReady*



Perry Williams at the Los Altos History Museum on January 30 (see story page 3). *Photo by Dave Gustavson*



Holiday Luncheon, December 7, 2003. Colleen Scott, Joy Hillman, & Elaine Hatfield. *Photo courtesy of Joy Hillman*

AUSTRALIA

Mates—HAVE YOU EVER TAKEN A CAMEL TO DINNER?? Just think about breakfast in the desert at sunrise...or champagne with dinner at sunset. Oh, but Australia is going to be so exciting—we may not want to come home. Maybe the Aussies will adopt us for a year or two!! Tentative dates (unless better pricing is obtained by changing a week or so) are July 25th thru August 14th. It will be a pricey trip due to devaluation of the dollar, and our traversing the continent, literally, of Australia (Melbourne and Perth). Maureen Jones of All Horizons Travel will present a slide show at the February 15 meeting. We should have some pricing before the meeting date.

—*Colleen Scott*, Exchange Director

REPORT ON HUMANITARIAN AID EXCHANGE TO CUBA DECEMBER 2 TO 9, 2003

After many months of recruiting, twelve persons joined the Humanitarian Aid to Cuba Exchange in December of 2003. Participants were from California (from FFSFBA were June Cademartori, Betsy Steinaecker, and Lynn Teifert), New Mexico, Iowa, Ohio, Tennessee, South Carolina, and Washington, DC.

Accommodations were at the Hotel Presidente where the group received daily breakfast and very adequate care. Bus service was provided by the Council of Churches bus with a very congenial driver, Guillermo, who transported us each day and on our trip to Pino del Rio on a day off. Also the Council provided daily lunches prepared by the ladies of the Council, and four dinners in the homes of the members. Ana Puerta, Council of Churches Director, divided us into pairs and each pair went to two different homes for the dinners.

A welcome dinner at the Hotel President, a farewell dinner at the Hotel Nacional, and a dinner/show at the Tropicana were also part of the program.

Most of the participants carried supplies in their luggage to use in the painting project: paint rollers, pans, scrapers, sand paper, and brushes. The Council provided the paint, and there was a Cuban architect/contractor available at each of the sites. (Also brought from the US were items like toothpaste, soap, toys, books, chocolate candy, and clothing.) The work was confined to two nursing homes, the Methodist Church Nursing Home and the Salvation Army Nursing Home.

The group visited the Baptist Nursing Home and delivered materials, but work there will have to be a future project.

In the Methodist Home the entry/living room, dining room, connecting hall, and two bathrooms were completed. At the Salvation Army an extensive outside wall received the bulk of the work plus the front of the building and the entry room.

An added bonus was that a real bond was formed between the painters and the inhabitants of the two homes as the painters worked daily among them and with them. On the final day there were tears of sorrow when the goodbyes were said. Photos were taken of the "before and after" views of the sites that attest to the welcome change in the appearance and ambiance of the homes. Changes in the hearts of the participants are harder to measure. —*June Nielson-Cademartori*, Exchange Director

NEW ZEALAND

One of the outstanding elements about being a member of Friendship Force is traveling with members of other clubs. My wife, Karen McCready, and I took the opportunity to go to New Zealand with the Minnesota/Twin Cities clubs and had a ball during three weeks in the fall. Springtime in New Zealand was the theme of the October 24-November 16 exchange, and we found it wherever we went in the scenic island country bordering the Tasman Sea. Beautiful floral gardens, tropical birds, amazing seascapes, and wonderful new friends surrounded us at every turn.

The Kapiti Coast Club on the North Island welcomed us warmly and whisked us off to 12 different homes. Our program was meticulously planned and orchestrated by Exchange Director Eve Olsson. Each day was a unique, joyful celebration of friendship. The activities included a hike on Kapiti Island, coach tours to the Wairarapa Valley and Wellington, a fabulous reception at the garden home of Kapiti FF president Brian Daw, and participation in a Maori ceremony at the Raukawa Marae in Otaki. In simple and elaborate ways, strong bonds of friendship were developed with new friends.

Traveling to the South Island for our second week, we were fortunate to have a sunny, bright mooring and calm seas as we made our three-hour crossing of spectacular Cook Strait and Marlborough Sound. The Nelson Club welcomed us and escorted us to their homes and communities that extended over a large geographical area along the north coast.

Kind and generous new friends did extensive driving to the beauties of their mountains and seashores, arts and gardens. One exceptional highlight was the World of Wearable Art (WOW) and Auto Museum in Nelson, combining Mardi Gras flamboyance with classic cars.

Our third week felt like a home stay, too. Coach driver Peter Higgenbottom and tour guide Jill McKenzie escorted us around the South Island, introducing us passionately, personally, and professionally to some of the highlights of this paradise that is their home. Something equally or even more beautiful appeared around every bend in the road: amazing Pancake Rocks, awesome Milford Sound, Lord of the Rings country, 45th parallel south. Rolling green pastures with horses, deer, cattle, newborn lambs greeted us at every turn. Remember, NZ has lots and lots of sheep and very few humans, 40 million sheep and only 4 million people. Gardens, snowy peaks, waterfalls from the heavens, and exotic birds filled each day.

New friends, wonderful, exciting sights, and beautiful gardens are available many times a year from the FF web site. Go and browse the exchanges going to New Zealand and you can write about *your* fantastic experiences. —*Barry Rader*

DOMESTIC EXCHANGES

We will welcome people from Iowa in June this year, but the exact dates aren't set. We would also like to have an outgoing exchange to Atlanta and are aiming for April, when the azaleas are in bloom, but haven't heard if they can accept us then.

We have no exchange directors for either yet, so if you are interested, call me.

—*Elinor Wilner*, Domestic Exchange Coordinator

REGIONAL MEETINGS

FFSFBA COORDINATOR NEWS

Because our FFSFBA Club is so scattered geographically, we are attempting to keep united by having get acquainted

gatherings in the various areas on the months when there are no regularly scheduled meetings.

Share your event with other members! Email an article and photos (if possible) to the newsletter editor, newsletter@ffsfba.org soon after your event.

—*June Cademartori*, Coordinator

REPORT ON COORDINATORS' MEETING JANUARY 21

A potluck luncheon meeting of the Coordinators of the ten Areas of the FFSFBA was held on January 21, 2004, at the home of June Cademartori. All but one of the ten areas were represented. Discussion centered around the activities in the individual areas.

A suggestion was made that the next membership list include the areas of the members. Hopefully this can be accomplished to facilitate more participation of the membership. Most of the area coordinators reported gatherings which had taken place or were to take place within the next two months.

If you would like to attend a future meeting or have ideas to share, please give me a call.

—*June Cademartori*, Captain Central Section

ACTIVITY FOR AREAS 5 AND 6

On January 30, Friendship Force members and guests from Los Altos, Los Altos Hills, Mountain View, Santa Clara, and Sunnyvale met at the Los Altos History Museum and History House for a tour by docents Liz Nyberg and Anna Weldon.

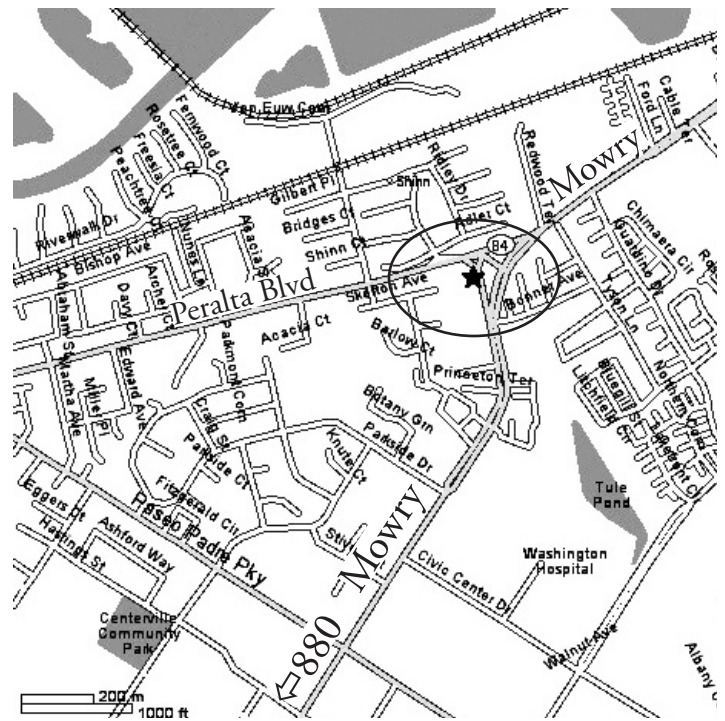
The History House was built for Mr. Smith in 1904 and occupied by him and his wife until the 70's. The City of Los Altos bought it, furnished it in the period of the Depression Era, (1930's) and opened it to the public in the early 1980's. Members saw many items which brought back childhood memories. Some were heard to remark: "That's just like the ice box we had in our home when I was growing up." "My Grandmother had Depression glass dishes like those." "My mother sewed our clothes on a treadle sewing machine, and washed clothes using a wringer washing machine." "Our family listened to 'Amos and Andy' on a radio with tubes just like that."

The current exhibit is "The Melody Lingers On: Musical Arts in Los Altos," with a grand piano as the focal point. Visitors are encouraged to play it, so Dee Gustavson played "Tiptoe Through the Tulips" while other members viewed historical artifacts depicting early musical groups and activities in Los Altos.

Upstairs, members enjoyed observing the permanent exhibits, including the train display, which depict Los Altos and its many apricot orchards in earlier years. Perry Williams donned a black hat (see page 1 photo) and demonstrated that he could still climb onto a cowboy's saddle. Not many 90 year olds are capable of that!

Following the tour, twenty members enjoyed reminiscing about the olden days at a soup supper in John and June Cademartori's home.

—*Dee Gustavson*



Directions for the February 15 General Meeting:

From 880, take Mowry Avenue eastward. Turn left on Peralta, then immediately left into the parking lot from the Peralta side of the church, across from Shinn Park.

Those coming west on Mowry, from Mission Blvd., should continue on the right branch at the Y (Peralta) and then turn left into the church parking lot.

The meeting is at the Christ the King Lutheran Church in Fremont, 1301 Mowry Avenue.

FFI WESTERN LEADERSHIP CONFERENCE COMES TO SAN FRANCISCO APRIL 2ND-4TH

Take this opportunity to learn about the nuts and bolts of Friendship Force. This conference offers a one-day working group composed of representatives of the Western US F.F. Clubs. Workshops and discussions concerning incoming and outgoing exchange policies, club activities, leadership roles, and new member involvement will be offered. This day also affords the opportunity to spend time with members of other clubs and share their ideas and experiences. All club members are invited to register to join in on Saturday for the conference, which is being held in the East Bay.

This is our club's service opportunity for FFI for 2004. As the host club, we will be providing accommodations for two nights. We need help with the following:

Hosting for Friday and Saturday nights;

Assistance on Saturday with setting up, serving lunch and snacks, and handling Advance registration;

Chairman for Potluck dinners on Saturday night;

Coordinator of donated door prizes. (We will be accepting offerings of new / unused (recycled) items to be used as door prizes.)

Please sign up to help at the February 15 meeting, or by telephoning me.

—*Nina Davidson*, Chairman

THE FRIENDSHIP FORCE
Bringing the world together since 1977
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MembershipChair@ffsfba.org
Barry Rader
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Dave & Dee Gustavson
Parliamentarian: Norm Crane

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Joy Hillman

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Australia: Colleen Scott
Iowa:

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Co-Forester: Don Dillon
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Regional Coffee Chair: June Cademartori
Special Events: Elizabeth Shumway
Sunshine: Lois Williams
Webmaster@ffsfba.org Geri Bechtle
December Holiday Luncheon
Pat & Margaret Kingery

2004 CALENDAR

February 15, 2pm	General Meeting at Christ The King Lutheran Church, 1301 Mowry Avenue, Fremont
March 28, 2pm	Board Meeting at June Cademartori's 1133 Las Flores Ct., Los Altos
May 16	General Meeting
June 6	Board Meeting
July 11	General Meeting, Prusch Park, San Jose
August 1	Board Meeting
September 12	General Meeting
October 24	Board Meeting
December 5	Holiday Luncheon

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(includes some back issues of FFI Magazine)