



# friendship force

SAN FRANCISCO BAY AREA  
Changing the Way You See the World

Vol. 31 No. 3

SAN FRANCISCO BAY AREA NEWSLETTER

May/June 2014

## MARTHA'S MUSINGS

Spring at last! The proverbial harbinger of new beginnings and new growth. What an appropriate metaphor for our club! The energy is palpable.

So many enthusiastic new members were part of the 30<sup>th</sup> birthday celebration and new member reception. What a great group of people planned this event. Some of them were seasoned Friendship Force veterans, while others were green and new! We had the lovely meeting room at Century 21 Real Estate in Fremont, free of charge, thanks to Judy Smith. Our new event planner, Donna Wilson, jumped right in, gracing the occasion with her professional event planning experience. Carol Easter, our terrific techie and membership chair, was able to walk our new members through accessing the online yahoo group. She also showed us all how to use the World of Friends catalog and book either themed exchanges or join in travel with other FF clubs. Both old and new members were able to glean more than a little bit from her presentation. Karen McCready, our mistress of ceremonies, and always the mistress of detail, provided wonderful graphics and creative hand-outs. You were all fabulous! A nod of thanks to Linda Jasany and Vickie Lau who provided cookies. It was a real joint effort. We ended the event with songs of Happy Birthday FFSFBA and Let There Be Peace On Earth.

We have so many exciting events coming up. It's a great time to be a member of FFSFBA. Can you believe, after months of planning, we are finally presenting our very first themed exchange to an international group of ambassadors? No, I take that terminology back. Don Pelland pointed out that this time "WE" are the ambassadors, representing and presenting our exciting and very unique history to the world community. We couldn't be prouder! The United States, California, and The Bay Area are on the world stage. In addition to Don Pelland and RoseMarie Everett, we have had a cast of "thousands" helping us make this special event happen. It has been a ton of really hard work but those two are ground breakers, just like the original 49ers. We must not forget to thank Louise Heiduk, our home host coordinator. The bottom line is that no exchange could happen without hosts. No one is better than Louise at twisting arms and getting the beds that she needs.

Some very exciting news! We have landed a most interesting domestic exchange for the Spring of 2015. We had been a bit disappointed, having to wait until November of 2015 for our next

Continued on page 2, column 1 top

## How Gold & Silver Built the West

### FFSFBA Incoming Exchange



friendship force  
INTERNATIONAL

**June 10 - 28  
2014**

See pages 8 and 9 for the itinerary and activity sign-up sheet.

### GOLD RUSH CITY TOUR APRIL 26<sup>TH</sup>, 2014

Gold Rush City is an area of San Francisco adjacent to the financial district, and survived the 1906 earthquake and fire. It also is the area of Yerba Buena Cove, the original San Francisco port where all the sailing ships arrived for the Gold Rush. The water came up to present day Montgomery Street. The first American flag was raised in Portsmouth Square, a block up the "coast" of Yerba Buena Cove. Mr. Bradner described the landmarks, pointed out historical facts and shared some stories from the Gold Rush Days. He will be our featured speaker at the Orientation Meeting on June 11<sup>th</sup> at the SF Public Library. He did an excellent job as a tour guide. The 19 participants included many new members, all of whom enjoyed the walk and tour.

After the walk, we headed down toward Mission Street and found a place to sit down, relax and have a bite to eat.

Continued on page 2, column 1 middle

President's Column, continued from page 1, column 1  
outbound exchange. Considering that our only outbound exchange for 2014 happened in February, we were faced with a gap of almost 19 months between opportunities to travel together as FFSFBA. Lo and behold, thanks to the efforts of our exchange coordinator, Karen McCready, Huntsville, Alabama accepted our request for a domestic exchange and is, in fact, interested in coming to us in 2016. We will certainly want to add to the week in Huntsville. Barry Rader has been appointed ED, and wants to arrange a back-to-back exchange, possibly with Birmingham. But the possibilities are limitless. There is so much to see and do in the Southeast. Stay tuned! We'll keep you posted.

Check out the list of activities coming up for the summer months. I hope that you are able to join in some of the events planned for the "Gold Rush Exchange." I plan to take in many of them. The world is coming to our front door, and I am looking forward to not only responding to the doorbell, but holding the door wide open. I hope to see many of you at the Welcome Party in Mountain View at Michael's Shoreline. Let's give our visitors a great impression with a real FFSFBA welcome.  
—*Martha LeRoy*, President

Continued from page 1, column 2

Afterward we toured the California Historical Society Museum for a guided tour of the Juana Briones exhibit. Although there were no pictures of Juana and few artifacts of her personal belongings, the exhibit nicely showed the era in which she lived and her contributions to the golden days of the Gold Rush. She was a remarkable woman, especially for her time.

—*Don Pelland*

## CULTURAL MEETING BASQUE FOOD AND CULTURE

In anticipation of the arrival of FF Biarritz, France in September, we will have a cultural presentation and a meal on Saturday, August 16<sup>th</sup> at the Basque Cultural Center, 599 Railroad Avenue, South San Francisco, CA 94080. Save the date. Details will follow. —*Karen Rice*, Biarritz Incoming ED

## JUNE NIELSON-CADEMARTORI'S 90<sup>TH</sup> BIRTHDAY OPEN HOUSE

When: Saturday, May 31 from 1:30 to 4:30 p.m.

Where: The Terraces at Los Altos (formerly Pilgrim Haven) Fellowship Hall, 373 Pine Lane, Los Altos

Square dancing from 2 to 3 with Keith Ferguson calling.

Everyone welcome. No gifts, please. Piñata @ 3:15 p.m.

## FF SINGS

Every year when inbound exchanges come to visit, we invariably sing at the Welcome and Farewell Parties. Usually we sing "Let There Be Peace On Earth" and various folk songs.



San Francisco City Guide, Randy Bradner, leads a group of 19 FFSFBA members on the Gold Rush City Tour



If you enjoy singing, regardless of your ability, you are invited to a folk song practice.

It will be Friday, June 6<sup>th</sup> at 3 pm, at Dee Gustavson's,

If you get lost and need directions, call Dee .  
Hope to see you there.

—*Karen Rice*

## FF BIARRITZ PLANNING COMMITTEE MEETING

Bonjour FFSFBA members, I am the ED for 27 ambassadors from Biarritz, France who will arrive in September, 2014 to spend a week with us. They treated us royally when we visited them in 2011, and we would like to reciprocate.

Since our last committee meeting, there have been many changes to the schedule of activities, which I would like to share with you and get your input. I still need some volunteers to help.

We meet Sunday, May 25, 2014 from 1:00 to 3:00 pm, at Karen McCready's,

Please let me know if you are able to attend, so I will know how many to prepare for. RSVP to Karen Rice at krenrice@hotmail.com or by phone

I hope you can join us.

—*Karen Rice*, Biarritz ED





### REMEMBER THIS GROUP OF FF FRIENDS?

They are all members of the North Moreton Friendship Force club in Brisbane, Australia. FFSFBA hosted them in 2008. Scott and Luree Miller, now members of the Denver FF club as well as ongoing (but absent) members of FFSFBA, had the privilege of joining them for a picnic in their neck of the woods in April—Jollys Point overlooking the Great Dividing Range, serenaded by a chorus of bellbirds in the subtropical gum trees of Boombana.

We had just finished a 3-week, 3-club (Melbourne, Mt. Gambier, Adelaide) FFI global wine tour exchange with other members of the Denver club, as well as members of the Dallas, New Jersey, Lübeck (Germany), and Adelaide (Australia) clubs. It was now time to reconnect with friends made when we first joined Friendship Force in 2008, and that meant reuniting with members of the North Moreton club, our first international friendships developed through FF and nurtured these past 6 years.

We stayed with Allan and Olive Roff (in the green shirts in the photo) for a week of memorable times, lots of laughter, several samplings of Allan's home brews, and even some serious chats about life. Everyone in the photo said to say hello to everyone at FFSFBA. Their memories of that 2008 exchange remain vivid for them. That is really what Friendship Force is all about, isn't it?... creating enduring friendships with perfect strangers from different lands and cultures. —Luree Miller

### FFSFBA WELCOMED NEW MEMBERS AT OUR 30<sup>TH</sup> BIRTHDAY PARTY!

Friendship Force of the San Francisco Bay Area, more commonly called "FFSFBA," felt an infusion of youthful enthusiasm on Saturday, May 3<sup>rd</sup>, when many of our newest members answered the special invitation to celebrate our club's 30<sup>th</sup> birthday. The total attendance was 33. Half of those attending have joined within the past five years, and several of them are active members serving in leadership positions and/or involved in inbound and outbound exchanges. For example, chief organizer of the event was Donna Wilson, who offered to help plan events even before she and her husband Ron offi-

cially joined. Carol Easter, our membership chair, took on that position within a year of joining. Carol presented part of the program, explaining how to connect with our FFSFBA yahoo group and how to navigate our club and international websites. Other indispensable helpers at this event were relatively new members Judy Smith, who arranged her office's venue for us, and Linda Jasany, June Harris, and Vickie Lau.

With orientation to Friendship Force's unique travel program and values as our goal, we digested historical and organizational information and then broke into groups to distill all of that into an "elevator speech." Karen McCready implored the groups to take into consideration what makes Friendship Force different from other travel groups and to incorporate its primary goals. A key question was "What did former FFI President George Brown mean when he said that "Friendship Force is the BEST kind of travel club?" The five groups' answers to that assignment will be covered in the next newsletter. All members are encouraged to craft their own brief message that they can express with energy and sincerity.

Of course, Friendship Force is mainly about travel and hosting. A major topic of the day was our two inbound exchanges. Don Pelland, ED for the Gold Rush Exchange from June 10–15, covered the events and handed out an order form for those wanting to participate. ED Karen Rice reported on the itinerary and unfilled tasks for the group coming from Biarritz, France from September 15–22. (More from both of them in separate articles in this edition.)

Like every organization, Friendship Force has its own lexicon of lingo. Karen had to pause early in her presentation to refer to the list of FF buzzwords. Hopefully, everyone in the room went away with an understanding of the following:

**exchange:** a sharing of one's culture with one's host or guest during a Friendship Force home stay

**ambassador:** a term generally used for those who are visiting, although hosts might feel the obligation to represent their country well, too

**home host:** provides a bed, breakfast daily, ensures transportation to all events, and participates in as many of the week's events as possible

**day host:** escorts one or more visitors to a group event or to a place of special interest during a free day, perhaps giving the home host time off

**Exchange Director (ED):** each exchange, inbound or outbound, requires someone to organize it and to coordinate with the counterpart ED from the visiting or hosting club; main duties involve travel arrangements, recruiting and chairing a committee, drawing up a budget. Both inbound and outbound EDs receive modest compensation.

The Friendship Force style of hosting, whether on an outbound or inbound exchange, takes some explanation. Personal testimonials, even just a few out of the countless individual versions within our own members' experiences, seem to provide the clearest and most vivid explanation. Pat Macholl, member for only a couple of years and already our club treasurer, de-

Continued on page 4

Continued from page 3, column 2

scribed her first outbound exchange to Bergen, Norway last August. Pat explained that she stayed in the home of a widow and her son and daughter-in-law and that the hostess gave up her bed for her. On this global exchange involving ambassadors from several clubs, Pat made friends with a series of roommates from Tasmania, Cape Town, and Livermore.

Martha LeRoy, Louise Heiduk, and Karen McCready comprised an informal panel about home hosting experiences. Louise, a veteran of countless hostings, usually for two or three guests, said that she gives her guests a tour of the house, showing the majority of the rooms that are open to them, and pointing out the few closed doors that help preserve a modicum of privacy for her and Wil. Martha described the enduring friendships that have evolved from her three hosting experiences and the instant rapport that allows her and her guests to kick off their shoes and enjoy a light snack and a glass of wine at the end of a busy day. Karen explained how, after a few years of being on the receiving end of generous hosting, she and Barry figured out how to rearrange one of their studies to accommodate either two singles or a couple on trundle beds. All three recounted how their guests quickly became part of the household routine, helping to set up breakfast and not making any difficult demands.

This fact-filled and energetic meeting closed with a revised version of “Let There Be Peace on Earth,” with everyone joining in a circle with clasped hands, and “Happy Birthday to Us” in celebration of our 30<sup>th</sup> birthday. Thanks to everyone who organized, brought cookies, all the presenters, and all the attendees, this event was a harbinger of bigger and better things to come for good old, yet forever new, FFSFBA.

—Karen L. McCready

## **DOWN UNDER— THE OTHER SIDE OF THE WORLD —A LONG LONG FLIGHT!**

**T**his is Australia—but it’s much much more! It’s common to hear a friendly “Good Morning Mate!” after only one night in your cozy bed carefully prepared by your Australian Host. That’s the way it was in both Hobart, Tasmania and Murray Bridge where we recently spent 3 weeks on an outbound exchange in Australia.

In Tasmania, the highlight for me was cuddling a koala and wombat and “carefully” petting a Tasmanian devil, not to mention feeding numerous wallabies and kangaroos. I also met a young man who tried without much success to teach me to play a didgeridoo. Now for some of the details.

Arriving in Sydney early in the morning, we checked into our hotel. My FF room mate, GeeGee, was excited and wanted to immediately start our Hop-on-hop-off double decker bus tour around Sydney.

As tired as I was, I didn’t want to miss out on anything so I agreed and away we went—sitting on top of the world, on the upper deck of course! GeeGee being a friendly sort had no

trouble starting conversations with many friendly locals and tourists as we traveled along viewing the many interesting sites Sydney has to offer. What a beautiful city! We enjoyed a snack and leisurely walk through the botanical Gardens. GeeGee wet her feet at Bonde Beach, where she always wanted to go. There were so many beautiful hill top homes—we saw it all! We even heard wedding bells from the cathedral. A delightful day of Hop-On-Hop-Off.

This short excursion prepared us for the next day’s Bay Cruise where we enjoyed seeing the sites from a different perspective. We even had tea and goodies on board! After beautiful Sydney we boarded a train and were off to Hobart, Tasmania. We had a home visit with a delightful host. My host loved gardening and we enjoyed good conversation while sitting in her garden behind the house.

The Tasmanian Museum had an interesting exhibit on the aborigine artifacts and history. It is thought that the aborigines left Africa and migrated across Asia before arriving by boat to Australia. We learned that most of their culture was sadly wiped out by various Europeans in the 19<sup>th</sup> century. General Arthur was especially determined to crush all the aborigine tribes. Their art is amazing, and fortunately much has been saved.

Australia has an interesting history. The first settlers were convicts sent by Great Britain and even a few from the US and Canada. Their crimes were varied, but most often small, petty crimes were the reason for exportation. It was difficult living in Europe during that time, so some people thought Australia was a good alternative. My host said her great grandmother stole her Aunt’s shawl intentionally so she could sail to Australia! She took me to the Female Factory to see historical actors who portrayed the typical lifestyle of the European woman who arrived by boat. It was a difficult life. They were taken by wealthy men to begin a lifetime of hard work as maids and servants in the houses of the rich. Some who became pregnant were forced to leave their babies. The male criminals who had skills fared better and eventually some did very well in the new country. Fortunately my host’s great grandmother survived the ordeal, married and started a new generation on the Australian continent.

After a wonderful experience in Hobart, we traveled by train to Murray Bridge, a rich farming community that has recently been hit by a large population increase. Residential homes are being built on surrounding farmland, making it difficult for farmers to expand their business. We visited a lettuce farm that had amazing technology to pick and process their lettuce, and hired many migrant workers at an amazing \$19.00 an hour. We also toured a large sheep farm. In addition to population expansion, drought has also been a problem.

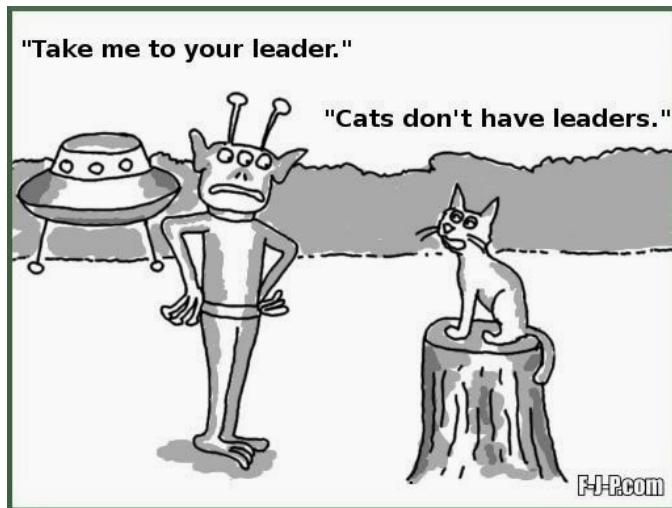
We were also received at the mayor’s office—we felt like dignitaries! Alan Fisher, a fellow FF traveler, is a talented musician and serenaded us with music on the piano at the reception and also several times during the trip. He and his wife joined us from Hawaii. We also had ambassadors from Atlanta, West Virginia, Vancouver, London, and even Australia, who joined us on this trip and enriched our experiences.

Continued on page 5  
May/June 2014

Continued from page 4

Murray Bridge, along the river, is a very picturesque rural area. My hosts in Murray Bridge were delightful. They had many birds of all colors in their yard which joyfully sang for us every morning—who needs an alarm clock? I enjoyed my stay with them, and all the things they did for me. I brought home many fond memories.

Go for it—join us on our next exchange! —Jan Gordon



But people do, especially in Friendship Force. Read on to see what leadership is like for an Exchange Director (ED).

### WHAT IS AN ED, AND WHY SHOULD YOU APPLY TO BE ONE?

**ED**, two of the most important letters in the Friendship Force vocabulary, are short for “Exchange Director.” The word exchange, used so often in our FF discussions, refers to the exchange of cultures that we experience whenever we host a group or are hosted. Exchanges are typically a week with one club. Often, we visit more than one club, each for a week, especially if we are traveling far. For example, the group that went to Australia in February visited the Hobart, Tasmania Club for a week and then spent a week with the Murray Bridge Club near Adelaide, South Australia. Between those two home hosted weeks, they traveled to Melbourne and Sydney.

Two kinds of EDs exist within every club—inbound and outbound. Both are very responsible leadership positions. Each role has its own special challenges. The common denominator is becoming familiar with the tasks involved in each of the jobs—the forms to fill out, the budget elements, the publicity, the recruiting of committee members, assembling a group to travel, the frequent contact with the ED counterpart. Both inbound and outbound EDs serve on the Board of Directors for FFSFBA from the time they are appointed until all the business of the exchange is completed. Beyond this common ground, the two roles diverge. Because of the increased responsibility of leading a group abroad, we require that someone serve as an inbound ED before taking on an outbound exchange. Also, an outbound ED must have participated in at

least one outbound as an ambassador in order to understand the home stay experience and dealing with another culture.

If you have attended any of the events during an exchange week (inbound exchange) here at home, you know that someone has taken the lead to organize and oversee that event and everything else involved in that busy week. You may have sensed, also, that the person in charge had recruited a group of members who started meeting several months before the visitors came and helped create the itinerary for the week. That leader did not have to go it alone but could depend upon these committee members to carry out their individual tasks with just a bit of coaching and support.

With our Exchange Coordinator as mentor, the ED composed a budget that covered all the group events of the exchange, such as meals and entrance fees, and all the administrative costs, such as printing and photos. The ED sent the itinerary to the visiting ED and explained any of the costs that exceeded our base club fee of \$150. As soon as the visiting ED submitted all the ambassadors’ data, the host ED conveyed that to the host coordinator to match up the visitors with hosts. The host ED continued to oversee the completion of arrangements for all the group events. During the exchange week, the ED attended as many of the group events as possible and may have hosted, also. At the conclusion of the exchange, the ED compiled all the receipts, handed them over to the Exchange Treasurer, and wrapped up the finances as soon as possible.

If you have participated in an outbound exchange to another country or US city, you observed firsthand the person who started making arrangements with the host club as much as a year or more in advance. Together, the two EDs worked out the specific dates for the exchange, began discussing the activities of the exchange week, and settled upon the number of visitors that the host club could accommodate. As soon as possible, the host ED would have provided our club’s ED with a description of the types of activities and how physically demanding they might be.

Typically, our club’s ED researches options for extended travel, just as the ED for Australia did. Even before advertising the exchange, our ED worked with our Exchange Coordinator to create a budget. With the basic details of the exchange assured, the outbound ED started recruiting local ambassadors. The ED would place articles in our newsletter and make announcements at general meetings. The ED would make applications available and would start screening the applicants for ability to meet the demands of the activities laid out by the host ED. After identifying the qualified local ambassadors, the ED holds a meeting with them and brings that group to consensus on where they will travel beyond the home stay(s). The ED is required to deal with licensed travel agents to arrange the group travel. If the exchange doesn’t fill from our club members, the ED may decide to ask FFI to post a feature in their monthly “World of Friends Catalog,” which most members receive online. The ED would work with an FFI staff member to compose a compelling description of the exchange. Each ambassador must submit a copy of a passport, proof of travel insurance, and the flight itinerary to the ED. When all of the

Continued on page 6  
Page 5

information is in from the ambassadors, the ED matches everyone with a roommate and then submits their vital data to the host ED to be matched with hosts. The ED must assure that every ambassador pays the FFI fee, our club fee, the host club fee, and the travel company costs. The ambassadors meet a few times before traveling, working out transport details, studying the host culture, getting acquainted with roommates, dealing with foreign currency exchange rates, and possibly creating a skit to entertain the hosts.

Neither of these ED jobs is as overwhelming as it may sound. Consider that we generally have a year or more to arrange everything and that we have a cohesive club with many experienced members and many new members ready to pitch in and help. If you apply to be an Exchange Director, be assured that you are an important part of making any exchange meaningful and fun. Exchanges are what Friendship Force is all about!

—Karen L. McCready, FFSFBA Exchange Coordinator

### OUR FIRST GAME NIGHT— AND MORE TO COME

We launched our Game Nights on Saturday, March 15<sup>th</sup>, 7:00 pm, at Dee and Dave Gustavson's home in Los Altos. Their recreation room is the perfect site for a group activity, with adequate space to set up several smaller tables to play games of our individual choices. The 16 of us warmed up with "Team Trivia" and soon found out that we can't let the history and current culture buffs, Martha LeRoy and Barry Rader, be on the same team again. Then four small groups convened in separate areas to play Scrabble, Yahtzee, Upwords, and Quidler. The Gustavson had a huge selection of games, and some of the gamers brought their own favorites. We snacked on the goodies that everyone brought, got better acquainted, and had an altogether good time, and everyone was home by about 9:30.

How about the next "Game" event? We're thinking of doing the next one on a Saturday or Sunday afternoon, perhaps in another part of the Bay Area. Call or email your suggestions of possible dates, times, and locations to me

. Also, we'd like to find someone to coordinate all of the future Game events. —Karen L. McCready

### NEW! VISIT HUNTSVILLE NEXT MAY!

This lovely city in our Southeast has invited us to visit May 1–8, 2015. We expect to plan at least a two week trip, hoping to add on another week with another club in that region, such as Memphis, Asheville, etc. It should be the prime time, weatherwise, to enjoy all that they have to offer, including Huntsville's astronaut training center. The FFSFBA board appointed Barry Rader, past president of FFSFBA, past West Coast Regional Field Rep for FFI, and leader of many exchanges, to serve as Exchange Director for this outbound. He's already been in touch with the Huntsville Club president.

Stay tuned for more details.

Note: Unless they travel with another club, this will be our new members' first opportunity to experience an outbound ex-

change and to dip their feet into the Friendship Force home stay program. Our club policy is to reserve 4 spaces in an exchange for new members that have never been on an exchange.

—Karen L. McCready, FFSFBA Exchange Coordinator

### FF MALAYSIA TRIP MARCH 31–APRIL 15, 2014

A trip to Malaysia was not at the top of my list of places to go, but when the opportunity to join the Friendship Force Discovery Trip came along, I decided it would be a chance to see a very different part of the world. And I was not disappointed!

Many things impressed me. One was the heat! It was often in the 90's, with high humidity. But that discomfort became increasingly unimportant as we visited the many remarkable temples and mosques, the beautiful botanical gardens, lovely countryside, magnificent skyscrapers, and historical buildings. It was quite an experience to see so many women covered from head to toe, some very elegantly, in such hot weather. Being awakened in the morning by the Islamic call to prayer is a memory that will stay with me for a long time.

The people you see and meet are usually what make a trip memorable. The mixing of cultures, ethnicities and religions that we witnessed in both Malaysia and Singapore was so enriching. There was minimal honking of car horns on the streets and highways, and this hinted to me that although these are up and coming nations, there was not the frenetic, aggressive quality that can sometimes exist.

The leader of the fledgling Kuala Lumpur club, Ayu, was a delight. And despite the small size of the club, we were treated royally. It was inspiring to hear Ayu express to prospective Kuala Lumpur members what Friendship Force meant to her. We all shared our experiences as well, reminding ourselves that it is the personal touch that makes Friendship Force travel so meaningful.

—Natalie Heling

Editors' note: Four members of our club experienced this exciting FF Discovery Trip: Natalie, Louise and Wil Heiduk, and Dee Gustavson. Our capable, experienced ED was Laurie Ann Scott of Lincoln, NE. There were 16 travelers in all, from Nebraska, Texas, Florida, Mississippi, Wisconsin, and Ohio. After our 5 days in Kuala Lumpur, we toured the northern part of Malaysia by bus, visiting orchards, tea plantations, the Cameron Highlands, and Penang, before flying to Singapore for 3 days. Wil and Louise left for Thailand at this point.

### CALLING ALL FUTURE EXCHANGE DIRECTORS!

A previous article attempted to capture in a nutshell what it means to lead an inbound or outbound exchange. If you're interested, or at least curious enough to learn more, please attend this training session.

Saturday, June 21, 2014, 10:30 am, at the McCready-Rader home,

We will provide an egg main dish, coffee, and tea, and ask you to RSVP with what you'd like to bring—fruit, bread, or beverage,



## WANTED

### **Exchange Director for Inbound Exchange from Nuernberg-Bavaria, Germany,**

**March 2015:** previous experience on an inbound exchange committee preferred.

### **Exchange Director for Outbound Exchange to Ciudad de las Flores, Costa Rica, November 2015:**

previous experience as Inbound ED required; fluency in Spanish preferred.

**Compensation:** *Both positions receive compensation for their basic expenses during the exchange.*

**All applicants must attend the ED training on June 21<sup>st</sup> at Karen McCready's house.**

**Contact:** Karen McCready, Exchange

## CALIFORNIA YOUTH SYMPHONY CONCERT

On March 23, eleven FF members and friends enjoyed spending the afternoon listening to the California Youth Symphony play classical music in the Jackson Theater at Fremont's Ohlone College. Those impressive young musicians were able to produce such mature sounds! The program featured Adrian Lin, an excellent marimbist, who played Concerto for Marimba by Creston. Gershwin's Porgy and Bess medley was familiar to most and was everyone's favorite. Concert goers were Martha LeRoy, Ann Halligan and granddaughter, June Harris and friend, Karen Rice, RoseMarie Everett, Terry McInnes, Yuki Frugaletti, Dave and Dee Gustavson.

Following the concert, eight members of the group enjoyed getting better acquainted while dining together at the Elephant Bar in Fremont.

—Dee Gustavson

## FRIENDSHIP FORCE TAIWAN TOUR

My recent first Friendship Force Exchange was definitely a cultural immersion trip. It was fun and educational to learn about Taiwanese people, culture, cuisine, and scenery. Its charm combined the old and the new, and the extraordinary warmth and hospitality of the Taiwanese were overwhelmingly impressive!

The FF clubs and host families in Kaohsiung and Hsinchu were passionate and eager to show us around their cities. In Kaohsiung, we visited Chung Cheng Armed Forces Preparatory School, where we had the experience of interacting with the students in the classroom; City Hall; a day trip to Kenting National Park and Eluanbi Park; the famous Buddha Memorial Center and other local landmarks. My host family was gracious, and arranged for an Ambassador from India and me to attend a night wedding banquet of 800 guests.

The FF Club in Hsinchu, the second hosting city, was formed less than a year ago. They did a wonderful job entertaining and letting us discover this charming city and people. They showed us Hsinchu Science Park, (Taiwan's Silicon Valley), which has been a bridge linking Taiwan industry to the world. We visited city facilities, meeting with local government officials, touring the Glass Museum and doing fun things, like making our own meatball lunch. We had a one-day tour of Taipei to visit the famous Palace Museum and rode the fastest elevator in the world in the Taipei 101 Building, saw the spectacular glittery Taipei city night view. We were presented a farewell party with live performances of music and dancing.

Their hospitality was amazing!

I find it helps to have an open mind and flexibility to get the most from these rewarding and enriching experiences. I am especially thankful to my friend Erin, a member of the Taipei Friendship Force, and my Exchange Director Ted Powell and his lovely wife Rita from Oregon's Mid-Williamette Valley. Their effort and efficiency have made this Ambassador Tour my once-in-a-lifetime learning/sharing experience. —Josie Lim

P.S. If you would like to have a similar experience, look on the FFI website for:

Exchange #11911, Tucson Club visiting Taichung & Kaohsiung in Taiwan. Includes a 4-day pre-tour in Taipei from 10/21-10/24

Exchange #11777, Adelaide Club includes Bangkok & Taipei



The couple on the left are my home hosts, Dr. James & Mrs. Caroline Chen. Next to them are the day hosts Susan & Andy and their son. I am the second from the right, standing next to another Ambassador, Dr. Pardeshi from India. The picture was taken at the farewell party given by the Kaohsiung Friendship Force in Taiwan.

# Gold Rush Exchange Itinerary

*June 10 - June 15 2014*

June 10      Tuesday

4:00 - 7:00    Welcome Reception at Michael's Restaurant

June 11      Wednesday

9:30 - 11:30   Orientation meeting at San Francisco Public Library

Randy Bradner, SF City Guide will speak

12:30 - 1:00   Tour Visitor's Center of Maritime National Historical Park

1:15 - 2:30    Lunch (provided) near Fisherman's Wharf

2:45 - 3:30    Hyde Street Pier

4:00 - 5:30    Bay Cruise (under both bridges)

6:00           Cable car to Powell and Market

dinner OYO in SF or with hosts \*

June 12      Thursday

10:00          meet in San Francisco

11:30 - 1:30   Chinatown City Guide Walking Tour

1:45 - 3:00    lunch (provided) in Chinatown at Hong Kong Clay Pot

3:30           tour Ferry Bldg and waterfront

5:00           dinner OYO in SF or with hosts \*

June 13      Friday

10:00          meet at Ardenwood Park, Fremont

10:30 - 12:00   tour of Patterson House

12:00 - 1:00   lunch provided

1:00 - 4:00    talks by ranger on farming in area; talk by local historian

4:00 - 5:00    possible tour of Ohlone Village at Coyote Hills (if available)

5:00 - 7:00    pot lucks in Fremont area

June 14      Saturday

10:00          meet in San Francisco

10:00 - 11:00   tour Palace Hotel, Crocker Bank

11:30 - 1:30   Gold Rush City Guide Walking Tour

1:45           lunch in San Francisco OYO

rest of the afternoon is unscheduled

dinner OYO in SF or with hosts \*

\* opportunities for ambassadors to bring hosts to dinner

June 15      Sunday

10:00 approximately   ambassadors brought to SFO for transfer to Petaluma

will be met at SFO by representative of Napa-Sonoma FF club



**Sign Up for  
Gold Rush Exchange Activities**

Name of FFSFBA Member(s) \_\_\_\_\_

Date	Activity	location	time	cost	Amount Enclosed
6M10	Welcome Party	Michael's Restaurant, Mt View	4:00 - 7:00	\$25	
				number	
	Menu Choices: London Broil, mushroom sauce				
	Breast of Chicken, Portobello				
	Crab & Shrimp Cannelloni				
	Grilled Vegetable Brochette, with wild rice				
6M11	Orientation Meeting	SF Public Library	9:00 - noon	none	
	tour visitor's center, Maritime Natl Park	near Fisherman's Wharf	12:30 - 1:00	none	
	lunch	Pompei's Grotto	1:15 - 3:00	\$22	
				number	
	Menu Choices: Shrimp Louie				
	Fillet of Sole (may be gluten free)				
	Chicken Picatta				
	Pasta Angelina Vegetarian				
	continue tour of Natl Maritime Park	Hyde St Pier	2:45 - 3:30	none	
	Bay Cruise	Red & White pier 43	4:00 - 5:30	\$30	
	cable car ride	to Powell and Market	6:00	\$6	paid on car
6M12	Chinatown walking tour	Starts at Portsmouth Square	11:30 - 1:30	\$10	
	lunch in Chinatown (set menu)	Hong Kong Clay Pot	1:45 - 3:00	\$17	
	tours along waterfront	Ferry Building	3:30 - 5:00	none	
6M13	Patterson House in Ardenwood	Ardenwood Park, Fremont	10:30 - noon	\$5	paid at gate
	Lunch (sandwich choices to follow)	Ardenwood Park, Fremont	noon - 1:00	\$10	
	tour and speeches	Ardenwood Park, Fremont	1:00 - 5:00	none	
	Pot Lucks	Fremont Area	5:30 - 7:30	none	
6M14	tour of Palace Hotel & Crocker Bank	San Francisco, Montgomery St	10:00 - 11:00	none	
	Gold Rush City - City Guides walk	starts at Transamerica Building	11:30 - 1:30	\$10	
	unscheduled rest of day				
6M15	transfer to SFO	drive ambassadors to SFO	10:00 - 11:00	none	
				Total Enclosed	

Make check out to FFSFBA

Send Check ASAP to

Don Pelland

(must be received by June 3, 2014)

## 2014 FFSFBA COMMITTEES

### EXECUTIVE COMMITTEE

President@ffsfba.org: Martha LeRoy

VP@ffsfba.org: Nancy Menz

Secretary@ffsfba.org: Julice Winter

Treasurer@ffsfba.org: Pat Macholl

### STANDING COMMITTEES

EventPlanner@ffsfba.org: open

Membership@ffsfba.org: Carol Easter

Newsletter@ffsfba.org: Dave & Dee Gustavson

Publicity@ffsfba.org: open

Webmaster@ffsfba.org: Dan Eggerding

### EXCHANGE DIRECTORS

Australia, OutboundA@ffsfba.org

Wendy Dewell

Themed (Gold/Silver Rush), InboundTRX@ffsfba.org

RoseMarie Everett

Don Pelland

Biarritz France, InboundBF@ffsfba.org

Karen Rice

### SUPPORT COMMITTEES

ExchangeBanker@ffsfba.org: Wendy Dewell

Hospitality@ffsfba.org: open

Merchandise@ffsfba.org: Carol Easter

Sunshine@ffsfba.org: Darlene Boyanich

MemberRecruitment@ffsfba.org: open

MemberWelcome@ffsfba.org: Natalie Heling

Forester@ffsfba.org: Karen McCready 5

## 2014 CALENDAR

**May 25**

Planning Meeting for Biarritz,  
1–3pm, McCready-Rader  
home, Fremont

**May 31**

June's 90<sup>th</sup> BD party 1:30–4:30  
The Terraces, Los Altos

**June 6**

Singing Rehearsal, 3pm, at  
the Gustavsons', Los Altos

**June 10–15**

Joint Inbound Exchange,  
Gold and Silver Rush,  
5 days in Bay Area

**June 21**

Training for EDs, 10:30am,  
McCready-Rader home,  
Fremont

**July 20**

FFSFBA/Servas Joint BBQ  
Potluck, 3–5pm, 3538  
Lewis Rd., Palo Alto

**August 16**

Cultural meeting and meal  
for Biarritz incoming,  
Basque Cultural Center,  
599 Railroad Ave, South SF

**Sept. 15–22**

Inbound Exchange, from  
Biarritz, France

**October 14–16**

Friendship Force World  
Conference, Auckland, NZ

**December 6**

Holiday Luncheon, Loc TBD

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

**Friendship Force International**

127 Peachtree Street, N.E., Suite 501  
Atlanta, Georgia 30303

Tel: 1-404-522-9490, 1-800-554-6715 Fax: 1-404-688-6148

Website: <http://thefriendshipforce.org>

friendship force  
SAN FRANCISCO BAY AREA



The Friendship Force of the San Francisco Bay Area

**Changing the Way You See the World**

THE FRIENDSHIP FORCE

Phone ( Fax by pre-arrangement  
<http://www.fffba.org> info@fffba.org