



# friendship force

SAN FRANCISCO BAY AREA  
Changing the Way You See the World

Vol. 33 No. 4

SAN FRANCISCO BAY AREA NEWSLETTER

November/December 2016

## PRESIDENT'S COLUMN

Occasionally, after cleaning out my study one more time to make room for a Friendship Force visitor, I turn to Barry and say, "Is it time for us to step back and let the newer, younger members do this?" We joined FFSFBA in 2002, just in time to go on the October exchange to two clubs in Japan. We've been hosted in at least 36 homes in 18 countries since then, and could be expected to get a little jaded about the home stay experience, not to mention the "giving back" part when we prepare to host.

Yes, I may have made that jaded remark again, but by October 22, when our 15 visitors from Sapporo put on a colorful, lively, carefully rehearsed program for us, all my cynicism dropped away, and I was energized again for the give and take that defines Friendship Force. It wasn't just about the program, which took my breath away with its joyful, whimsical facts about Japan and its singing and dancing. I do, however, feel profoundly sorry for anyone who missed the bamboo dance. Try to picture 14 dancers reshaping their 56 strand bamboo mats into shapes that represented fish, boats, tori gates, bridges, and more. All of it was presented in English, carefully prepared through 5 rehearsals. I can't imagine our far flung club being able to fit in 5 rehearsals. That was just a sampling of the heart and determination that those 15 ambassadors poured into everything that they shared with us that week.

Before I acknowledge the many ways that members were involved in hosting the Sapporo group, I want to give a huge shout out to Louise Heiduk, the Exchange Director (ED) for the exchange. Louise has served FFSFBA in so many leadership positions over the years, including president. She contacted me over a year ago to volunteer for this job and then launched energetically into setting up hosting and learning clusters in convenient sites for the participants.

Fourteen host households provided room and board and, in several cases, formal instruction in English. Hosting in the West Bay were the Sarrs, the Heiduks, the Gustavsons, Katharine Kleinke, Natalie Heling, and Darlene Boyanich and Roger Riffenburgh. South Bay hosts were the Lazars and the Rices. In the Tri-Cities, guests stayed with Ann Halligan, Martha LeRoy, RoseMarie Everett, June Harris, and Karen McCready and Barry Rader. Maylou Bartlett hosted in Berkeley and traveled with her guest to Fremont on BART for the language

## FFSFBA SOCIAL EVENTS IN NOV. & DEC.

**Fri., Nov. 18—Rosie Riveter Museum**—Reserve by Nov. 14.

Meet 8:30am—at RoseMarie Everett's house to carpool to BART, 5188 Earle Street, Fremont, near Mowry exit off 880.

Or meet at 9am at the Fremont BART Station. Meet in the east lobby (facing the hills), before the fare gates. RoseMarie will be wearing a red hat.

Round trip is paid for by BART: we must meet at Fremont BART Station. Bring your Clipper Card. If you don't have one, contact RoseMarie and she'll have Samson Wong, the BART Supervisor, issue you one (if you're 65+).

We must pay for the bus: 64 & under \$4.20 round trip, Seniors (65+) \$.2. Have cash, or use Clipper Card. Drivers make NO change.

**Sat., Dec. 3—Holiday Luncheon**, at Massimo's Fine Italian Restaurant, 5200 Mowry, Fremont, 12pm–2:30pm. See page 5 for the reservation form.

—RoseMarie Everett, VP & Social Chairman, ,

## HELP, HELP, HELP! MEMPHIS IS COMING!

From March 12–19 we are hosting the Memphis Club and homes are needed. Fifteen ambassadors are coming across the nation to enjoy our company. Last year they hosted our club for a week and they did a great job. If you missed the chance to spend time with the Memphis folks then, you can make it up in March.

Please contact Dee Gustavson at to sign up to be a home host.

Day hosts, hosts to organize dinners, and other helpers are also needed for this exchange. Contact Barry at

I know you will not let these wonderful people down. Thank you,  
—Barry Rader, ED

## NEW MEMBERS!

Please welcome our newest members: Ann Freeman and Ole Krogh from Belmont, David Craven of Palo Alto, Mary and Cal Morris from Los Altos, and Kathleen Roth from Fremont.  
—Carol Easter, Membership

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

lessons. Special thanks to Olga Pekelny for making the exchange booklets that guided us through the week.

The language immersion that the Sapporo group requested was at the center of the week's itinerary. Meeting in two different locations in the West Bay and in one home in the East Bay's Tri-Cities, the ambassadors gathered for English lessons for at least 4 hours, including lunch, on four of the mornings. I'm so proud of our team of instructors and other members who supported them.

In the West Bay, Dee and Dave Gustavson and Louise and Wil Heiduk opened their homes for the lessons. K.C. Sarr coordinated all the arrangements for the West Bay, and Wil and Louise Heiduk, Dee Gustavson, K.C. Sarr, Katharine Kleinke, Wendy Lazar, Karen Rice, Natalie Heling, Darlene Boyanich, and Roger Riffenburgh provided the instruction.

Martha LeRoy was the East Bay coordinator, heading up the instructional team of Maylou Bartlett, Barbara Day, and Karen McCready, with assistance from Ann Halligan, June Harris, and RoseMarie Everett. Their lessons were at Barbara Day's and Ann Halligan's homes, and Judy Heyman provided luncheons for the East Bay group each day. Barbara Day was the mentor teacher and arranged all the materials for the East Bay group.

Although much of the activity for the week was concentrated in the language lessons, other members had the opportunity to meet and interact with the guests at the Welcome Party and the Cultural Program. June Harris arranged for the buffet luncheon at the Spin-a-Yarn Restaurant in Fremont, and coordinated with Julice Winter to cater the sandwich boxes for the Cultural Program, which was held at the First United Methodist Church's social hall in Fremont.

After the program and lunch, the group traveled down to our Friendship Forest in Prusch Park for the dedication of the tree we planted in their honor. Searching for something with symbolic value for Sapporo, we chose a fruitless mulberry, which belongs to the family of trees that the silk worms use to spin their silk. Each of the ambassadors obligingly posed for a picture of them tossing a shovelful of earth around the new tree. This healthy tree won't be small for long!

With just one free day scheduled, all of the host households scrambled to show their guests at least a few highlights of the Bay Area on their last day with us. Some went to San Francisco with guests who had not seen its famous landmarks, while others visited such sites as the Japanese American Museum in San Jose's Japantown, the Egyptian Museum in San Jose, Pt. Lobos in Carmel, Cowell Redwoods in Santa Cruz, the pumpkin patches in Half Moon Bay, and the mission in San Juan Bautista.

No, the emphasis was very deliberately NOT on tourism this time. We knew that we were embarking on a pioneering project when we agreed to provide a language immersion program for this group. Indeed, it put new demands on us, and some members were not comfortable with this particular challenge. While I understand their reluctance, I'm afraid that it

may have discouraged them from attending the group events, and that is a real shame.

As we plan for the visit of the Nagasaki Club next year, we will consider very carefully whether or not we should offer any sort of English program for them. For me, the primary goal will be to design an itinerary that will allow our members to interact with the guests as much as possible, and to learn more about their fascinating culture. At least we will have a second chance to do so with a group from Japan.

With profound gratitude to everyone who helped to make the Inbound Exchange from Sapporo a heartwarming and meaningful experience, —Karen L. McCready, President

## TALES FROM THE FOREST STATUS OF THE FOREST, FALL 2016

For the sake of new members, here is the information that we hand out at tree dedications:

What is Friendship Forest?

In 1995, the Friendship Force of the San Francisco Bay Area adopted a space in San Jose's Prusch Park to create our Friendship Forest. Since then, FFSFBA has planted a tree for each of the international clubs that we have hosted. In 2017, when all of our allotted spaces in this public park have been filled, 25 trees will remain to represent the friendships that have been developed and nurtured through all these years. This living tree is our special gift to you. We will do our best to help it thrive.

"The best time to plant a tree was 20 years ago.

The next best time is now." —Chinese Proverb

The "best time" in our climate zone is November, before the winter rains that will help the young tree extend its roots deep into the soil to provide a healthy start. Thus, we may have anticipated your visit and given this tree a few months' head start.

Come back to visit your tree often!

History of Emma Prusch Farm Park

Emma Prusch cherished her dairy farm, which originally was an 86 acre site. In her generosity she deeded the property to the City of San Jose in 1962, to be enjoyed as an agricultural based park in the center of a busy city (now the largest city in the San Francisco Bay Area). Miss Prusch specifically requested that the land keep its country feeling, preserving the quality of the Santa Clara Valley that she remembered when trees and animals were more prominent than houses, freeways, and shopping centers.

Of the original gift, eleven acres became home of the Police Activities League (P.A.L.) for youth sports, and 47 acres were dedicated in 1982 as Emma Prusch Farm Park.

Long time members of FFSFBA know that our little arboretum dedicated to international visitors has suffered through changes of park management, irrigation problems, vandalism, and lack of staff to keep the area weeded and mulched. While other areas of the park, such as the vegetable gardens, are

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Wendy Dewell and a friend with their Vietnamese Hosts, in Hue

tended by dedicated volunteers, our club depends upon the few members who are able to do the physical labor and upon the good graces of a very limited gardening staff that covers three or more parks. Several of the existing 24 trees survived all of these issues because a few FFSFBA members dragged 110 feet of hose and watered them until the City of San Jose installed underground irrigation to all of the available sites. These hardy, heroic helpers are Karen and Dave Rice, Saaku Sarr, and Karen McCready. Nancy Menz also helped with weeding.

The good news is that the gardening staff of Prusch Park, under new management, heard our concern about getting the Forest ready for the visit of the group from Sapporo and rallied to the cause. With the aid of Molly Tobias, volunteer coordinator for the City of San Jose, they weeded the area, trimmed the trees, provided and covered the area with a good commercial grade mulch. When we held the tree dedication ceremony for Sapporo on October 22, members and guests were duly impressed with the Forest's handsome appearance.

If you haven't visited the Forest lately—or ever—drop by Emma Prusch Park, just off 680/280 at South King Road in San Jose. Our Forest is at the Story Rd. entrance, but you must park in the lot off of King Road. Stroll past the big white house and continue down to the south end by the barn-like structure and the arbor. Look for our display case with the list of all the trees we have planted since 1995.

Keeping the promise that we made to the City of San Jose and to the Forest founders,

—Karen McCready



The Sapporo group and most of their hosts, at the FFSFBA tree planting in Prusch Park.

Photo courtesy of Karen McCready.

## EVER BEEN ON A “GLOBAL” EXCHANGE?

Hi! This is Wendy Dewell reporting in from Vietnam, with 17 other ambassadors from the USA, Canada, New Zealand, Australia, England, and Brazil. Touring Vietnam is fascinating, especially after the War ended 40+ years ago and most of the people hadn't been born yet. We've had two home stays of two days each. Equally interesting is talking with other Ambassadors.

—Wendy Dewell

## FIFTH AT 5

These MeetUp events continue to be popular. The previous one, at Santana Row, was difficult to find, but the food and camaraderie were great. Eight of us crowded around two small tables and welcomed two guests.

The last 5<sup>th</sup> at 5 was held at the new Enchanté Hotel in downtown Los Altos. Eleven members found their way there after the Board Meeting to sample their beer, wine, appetizers and delicious hamburgers. We enjoyed chatting about the success of the recent Sapporo exchange and trying to guess the results of the election three days later.

Watch your emails to see where the next 5<sup>th</sup> at 5 will be held.

—Dee Gustavson



## HOWDY FROM COLORADO COWBOY COUNTRY!

Hello from former members of FFSFBA who now reside in Denver! We will be co-EDs for an Autumn 2017 domestic exchange between our two clubs, and want to tell you how thrilled we are to have this future opportunity to hopefully reunite with many of our FFSFBA friends in the city we relocated to over three-and-one-half years ago—and to show you why we think Denver is as great as the San Francisco Bay Area (but a mile high rather than at sea level). Dates for the exchange are pending, but this “on-the-other-side-of-the-Continental-Divide” exchange is on the horizon...just a bit over a year from now. In absentia and still cherishing our friendships with you,

—Scott and Luree Miller

# Membership/Renewal Application



## friendship force

SAN FRANCISCO  
BAY AREA

The Friendship Force of the San Francisco Bay Area offers:

- Participation in exchange activities
- Regular planned activities
- Frequent newsletters
- Meeting wonderful and interesting people

Join now and help foster world peace through friendship!

**Annual membership dues for 2017 are \$ 50.00 per individual or \$ 75.00 per couple or family.**

Dues are payable by January 31. **(A \$5.00 discount can be taken if submitted by the due date).**

*An additional fee of \$10.00 will be added if you wish to receive a printed copy of our newsletter. Otherwise you will receive an email through our Yahoo group indicating that the newsletter is now available on line.*

Date of application/renewal: \_\_\_\_\_  
month/day/year

Members:

Last Name	First	Middle	Date of Birth

Address:

Street	Apt. No.	City	State	Zip

Telephone: Home (\_\_\_\_) \_\_\_\_\_ Cell (\_\_\_\_) \_\_\_\_\_

E-Mail address \_\_\_\_\_

Occupations (former if retired): \_\_\_\_\_

**For the 2017 Memphis exchange March 12-19 are you willing to:**

Home Host?	Yes	No	Maybe
Day Host?	Yes	No	Maybe
Potluck Host?	Yes	No	Maybe

**For the 2017 Japan exchange Late Oct/Early Nov are you willing to:**

Home Host?	Yes	No	Maybe
Day Host?	Yes	No	Maybe
Potluck Host?	Yes	No	Maybe

Please check other activities in which you might like to participate:

### Exchanges

- |   |   |
|---|---|
| <input type="checkbox"/> Exchange Director, Inbound | <input type="checkbox"/> Exchange Director, Outbound              |
| <input type="checkbox"/> Exchange Treasurer         | <input type="checkbox"/> Exchange Committee for inbound exchanges |

### Positions in FFSFBA

- |   |   |  |                                   |
|---|---|--|-----------------------------------|
| <input type="checkbox"/> Club Officer         | <input type="checkbox"/> Activities Committee | <input type="checkbox"/> Exchange Banker   | <input type="checkbox"/> Programs |
| <input type="checkbox"/> Membership Committee | <input type="checkbox"/> Publicity            | <input type="checkbox"/> Newsletter Editor | <input type="checkbox"/> Forester |
| <input type="checkbox"/> FF Merchandise       | <input type="checkbox"/> Sunshine             | <input type="checkbox"/> Webmaster         |                                   |

### Special Skills

- ☐ Computer Programmer    ☐ Foreign Language \_\_\_\_\_ ☐ \_\_\_\_\_

I have enclosed:    Annual Dues    (\$50/\$75)    \$ \_\_\_\_\_    (Don't forget your early pay \$5 discount)

Printed Newsletter (\$10)    \$ \_\_\_\_\_    (if desired to have it mailed)

Tax-Deductible Donation to FFI in Atlanta    \$ \_\_\_\_\_

☐\$25    ☐\$50    ☐\$100    ☐Other

**TOTAL**    \$ \_\_\_\_\_    (make payable to FFSFBA)

Mail your check and this completed form to:

**FFSFBA Membership**  
7868 Hazelnut Drive  
Newark, CA 94560

## Friendship Force Holiday Luncheon

Saturday, December 3, 2016 12-2:30 P.M.

Massimo's Restaurant, 5200 Mowry Ave., Fremont, CA 94538

12:00-12:45 P.M. Hyman Room—Social Time and Program

1:00 P.M. Lunch will be served—3 courses

House salad with dressing, Italian bread and butter

### Choice of entrees:

Chicken Parmigiana—Chicken breast with tomato sauce and Monterey Jack cheese

Filet of Tilapia—Pan seared with lemon butter sauce

Veal Scaloppini—Sauteed with fresh mushrooms and Marsala wine

All entrees served with a starch and vegetable

**Dessert:** Massimo's Mud Pie Coffee and Tea

### Directions to Massimo's: Using 880 freeway

Coming from the north: Take Mowry exit and go left on Mowry.

Coming from the south: Take the Mowry exit and go right on Mowry.

Both directions: At the first signal (Farwell), turn right and then left into the parking lot behind Denny's. Plenty of free parking.

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Send this form for your reservation by **November 30<sup>th</sup>. \$33 per person**, including

Number in your party: \_\_\_\_\_ Check total: \$\_\_\_\_\_ (\$33 per person)

**Print** your name(s) by the choice of entrée:

1. \_\_\_\_\_ Chicken Parmigiana

2. \_\_\_\_\_ Filet of Tilapia

3. \_\_\_\_\_ Veal Scaloppini

## KUDOS TO ALL WHO HELPED WITH SAPPORO EXCHANGE

What can I say about our exchange from Sapporo? It was a challenge from the beginning, when their club requested that we provide English lessons for them. Plus they insisted that each ambassador should be housed separately, so they wouldn't be tempted to revert to speaking Japanese. There were 15 ambassadors, so it was a bit difficult to find 15 members who would host, but we finally managed.

Martha LeRoy and K.C. Sarr divided our club into two areas, in order to help reduce driving for the English classes. Then there was the added challenge of developing a language program. Barbara Day and Wil Heiduk helped us with teaching plans and materials. From there the two groups worked out the way in which we could teach most effectively. Then it was a case of waiting until the ambassadors arrived.

On October 18 they arrived and we began to work. From the beginning we had great fun within each house where the teaching occurred. Not only did we teach English, but at the same time we developed relationships with our visitors that most of us felt went deeper than we had experienced on any previous exchanges. Need I say that all of us felt that the work and planning going into this exchange was really worthwhile. We learned as much from this experience as did our visitors.

The result of the language exchange for our visitors is that after returning home, they formed an ENGLISH CHAT CLUB in order to practice the things that they learned, and continue their progress in speaking English.

We were pleased to receive an email from one of the Ambassadors recently: "We really think your English lessons were very effective, helpful and fun!"

We believe that they gained confidence in their speaking ability, and they even surprised themselves when in discussing how to organize their English club, they ended up talking for two hours and spoke only English!

All in all it was a successful endeavor for all of us. Thanks to all who participated in the exchange!—*Louise Heiduk, ED*



Lunch at the Spin a Yarn Restaurant in Fremont

Photo courtesy of Mary Lynn Pelican

## SAPPORO INBOUND EXCHANGE WAS FUN

We had a wonderful exchange with the Japanese Friendship Force Club of Sapporo in October. This unusual exchange was based on that club's request that we concentrate on helping their club members with their English conversation. As such, we held morning classes in both the East Bay and West Bay, for four days of the exchange. In the West Bay, our guests all seemed to appreciate our work in helping them with their pronunciation, learning new English idioms, and general discussion about life in America.

I took two of the Ambassadors to the National Rodeo at the Cow Palace as a peek into this most western of traditions. They were amazed and excited to see the performances of current-day cowboys. They told us that they thought cowboys only existed in Texas prior to that evening.

One great outcome of the exchange for the Sapporo Club is that they have now formed an English "chat club" back home that is meeting regularly. (Some of their members are very strong in English conversation and can easily lead this group.) I also offered to Skype with my guest from time to time to continue the lessons we started here. I would encourage others of us to do the same thing with their ambassadors, because the technology is there to "keep the conversations going."

—*K.C. Sarr, ED*



Learning English through decorating pumpkins! Yoko Takai, hosted by Katharine Kleinke, and Kishiko Otaki, hosted by the Gustavsons, both from Sapporo, Japan

Photo courtesy of Wendy Lazar

## NEW OFFICERS FOR 2017

The Election of Officers took place at our September 25<sup>th</sup> meeting in San Jose. The new officers are:

President—Karen McCready      Vice President—K.C. Sarr  
Secretary—Barbara Ross      Treasurer—Judy Smith

These new officers will be installed at our Holiday Luncheon on December 3.

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## 2017 MEMBERSHIP RENEWAL FORMS

Yes, it's that time of year when we remind you to renew your membership for 2017. This year, I have mailed out renewal forms that have been pre-filled with your information to hopefully save you some time. If you have NOT received yours, or have misplaced it, a blank one is included in this newsletter. Dues are \$50 for single, \$75 per couple. BUT if you renew by January 31st, you can deduct \$5 from the membership fee. Please return the form with your payment, and indicate any changes or corrections. —Carol Easter, Membership

## ANNUAL MEETING

Our Annual Meeting was held on September 25<sup>th</sup> at the Akiyama Wellness Center in Japantown. It followed attendance by 13 of our members at a religious ceremony at the Buddhist Church and a lunch honoring their many members 80 years old or older, 5 of them over 100.

The results of the annual election of officers are reported separately. Our featured speaker was Professor Yasue Yanai who leads trips to Japan for SJSC students. She spoke about, and showed videos of, customs and practices in relation to homestays in Japan. This is important information for those contemplating the Japan Outbound Exchange next June.

Following her talk, three of our members gave short presentations about possible Outbound Exchange choices for 2018: Africa, Canada, and Mexico. Members present were asked to rank these options and indicate if they might be interested in going there on an exchange. People also had an opportunity to respond by email. The results of this survey will be reported to FFI by November 1<sup>st</sup> and we will be notified about their decision, probably in February.

Announcements were made regarding Exchanges in 2016 and 2017, and a list of upcoming events was distributed. Following the meeting, an informational gathering was held to discuss the Outbound Exchange to Sapporo, Japan, next June. —Barbara Ross, Secretary



Our Japanese guests taught us this dance at their Cultural Program. The hosts are in the green jackets!

Photo by Jennifer Lam

## FFSFBA OUTBOUND EXCHANGE TO SAPPORO, JAPAN, JUNE 2017

Our club will be visiting Sapporo, Japan, in June of next year. We just finished a delightful inbound exchange with this same group in October. I'm sure all who attended their lively Cultural Presentation will attest to how much fun this group is.

The exact dates for the outbound exchange have not been finalized yet, but the current plan is to leave around June 11<sup>th</sup> for a 6 day pre-exchange trip to central Japan, including Kyoto, Nara, and Hiroshima, and then fly to Sapporo to begin our one-week exchange with them. Sapporo can only host 20 of us, and we have already selected the first 20 applicants to go on this trip. We have a few on the waiting list, but it's possible that a few people will drop out before the travel date. So if you are still interested in going on this exchange, please fill out an application and send it in to K.C. Sarr, the Exchange Director. If you need an application form, or have other questions about this exchange, contact K.C. at —K.C. Sarr, ED

## IN MEMORIAM:

Robert "Bob" Worcester passed away on September 13 at Age 94. Bob and Sara Turner were active members of our FF Club for several years. They hosted a breakfast for Friendship Force members at The Forum, hosted during an inbound exchange, and also traveled to Chemnitz and Hannover, Germany with our club on an outbound exchange in 2007.

Bob served in World War II, was a Stanford graduate, and worked at Lockheed for many years. He was a faithful volunteer at El Camino Hospital, where he became known as "Milkshake Bob." He put in over 12,000 hours of volunteer service at the hospital, prior to his retirement in 2014. Bob genuinely found love in everyone he met. He will be missed by all who knew him.



Barbara Ross, on the right, with her hostess, Mariana, celebrating Día de los muertos, on a Friendship Force exchange in Xalapa, Mexico this fall.

## FF WORLD CONFERENCE IN MARRAKESH, MOROCCO

Four of our members attended the international conference in September, namely Wil and Louise Heiduk, K.C. Sarr, and Dee Gustavson. This was the first time that a Friendship Force conference had been held in Morocco. Lotfi Lamrani, local conference organizer, and his team did a marvelous job of providing numerous cultural experiences for the 180 delegates who attended from 17 countries. Entertainment included a horse and carriage ride to the souk (market place), eating delicious tagines in colorful restaurants (and having a tagine cooking class), bellydancers and demos, spice markets, lecture on argan oil, visit to a carpet shop and leather factory, and a tour in the Atlas Mountains culminating in a delicious lunch atop a mountain with a marvelous view.

We met the new CEO, Jeremi Snook, who took the stage with his discussion, "Reflect, Re-Tool, Reinvigorate, Repeat!" which outlined determined paths forward for FFI. We were all very impressed with his vision, inspiration, and enthusiasm. A variety of workshops were offered, including leadership training, strategic planning, marketing, recruiting, language challenges in exchanges, innovation in hosting, themed exchanges, and service and volunteerism/voluntourism with FFI. If you're interested in learning more about the workshop discussions and listening to the lectures, go to the FFI website: <http://thefriendshipforce.org> and click on "conferences."

FFI plans to introduce a new website soon, which hopefully will make it easier to find information, including the schedule of exchanges throughout the world.

One of the benefits of a Friendship Force conference is that it's a giant reunion. You get to reconnect with people you've met at previous conferences, people you've hosted or been hosted by, and even previous members of our club. I met Judi Reid, a former member, now in Las Vegas (she's doing well and sends greetings!). I roomed with Mary Lou Hudson, my travel buddy from St. Louis, who went to the Philippines with our club. She and I were on an exchange to Cairo in the 90's, and were hosted by Hanaa Ismail, who was at the conference, and was overjoyed to see us! Hanaa attends the conference every year, and was a winner of the Volunteer of the Year Award in 2015.

Dave and I plan to attend the next FF World Conference in Manchester, England on August 25–28, 2017. That will make at least 16 for me! (Judi Reid will probably attend, too, because she won free registration to next year's conference.) We hope you will join us there!

—Dee Gustavson

## FFI CONFERENCE IN MARRAKESH

The FFI Conference in Marrakesh, Morocco, in mid-September was a wonderful setting to meet other international club members and talk about the challenges and rewards of Friendship Force going forward. We participated in several joint sessions, where we were introduced to members of the Atlanta staff, including the new CEO, Jeremi Snook, as well

as club leaders from around the world. We also broke up into smaller discussion groups that took on topics and issues for clubs such as publicity and how to attract new, younger members, adding activities to exchanges such as those that benefit the local communities. I personally participated in several discussions with the African representatives of Friendship Force, including our Moroccan hosts, and representatives from South Africa, Uganda, and Ghana. With them, we started the conversation about how we might be able to visit each other at some point in the future.

—K.C. Sarr



Group discussing African issues at FF World Conference:

Third from left is Matthew Nidek (staff)

Fourth from left is Lotfi Lamrani, Marrakesh Conf. Coordinator

Second woman from left, behind banner, is K.C. Sarr, FFSFBA

First man on right is Jeremi Snook, FFI CEO

## MOROCCO PRE-CONFERENCE

Prior to the FFI Conference in September, Wil and I participated in the pre-tour arranged by the conference organizers. This was an unforgettable experience for two reasons: the first, being exposed to what for me had been an unknown country. I was struck by the similarities in geography to the Nevada desert, the area in which I grew up. There were times when I really felt that I could be at home.

As we continued through the familiar-feeling desert, there was an abrupt change as we reached the Sahara. Some of our group took a trip on a camel to a Berber camp to spend the night. The comment when they returned was that the trip was worth it, but they didn't need to do it again. For me, it was enough to spend the time at the Desert Inn at the edge of the desert. Wil joined a group that rode camels for half an hour to enjoy the sunset over the desert.

We then traveled through the Atlas Mountains, which had their own beauty. There we were exposed to a different culture. We were there at the time that they were celebrating a religious holiday, which was explained to us as a sheep festival in which Muslims who have means buy a sheep and slaughter it. They then share it with others who are less fortunate. While riding in the bus, we saw people carrying the sheep they had purchased on their backs,

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in their carts, or in the backs of their trucks. On one occasion, we saw men chasing a sheep that had escaped from them.

Lastly, I grew to appreciate the peaceful spirit of inclusiveness that our tour director ascribed to the attitude of the king who was much beloved by his people. —*Louise Heiduk*

## ANOTHER PRE-CONFERENCE TOUR

Several of us recently participated in the Friendship Force International Conference in Marrakesh, Morocco. Prior to the Conference, Dee Gustavson, K.C. Sarr, Barbara Day, Jennifer Lam, and Katharine Kleinke all joined a separate trip around Morocco operated by Overseas Adventure Travel.

It was a wonderful, in-depth introduction to the country that covered coastal areas along both the Atlantic and Mediterranean, mountain villages and life in the Rif, Middle and High Atlas Mountains, as well as a camping foray into the desert that included chats over tea with nomadic herders and a serene early morning camel ride among the sand dunes of the Sahara.

We ended in Marrakesh (just before the start of the FFI Conference) and were treated to a celebration of the Feast of Abraham, a major Muslim holiday in the home of our tour guide with his family. All the travelers truly enjoyed getting to know the Moroccan people with their vibrant culture and delicious food. —*K.C. Sarr*

## TRAVEL OPPORTUNITIES IN 2017

**Cruise—40<sup>th</sup> Anniversary Celebration at Sea** on the *Westerdam*, a Holland-America mid-sized ship, March 30–April 13, 2017. Join Friendship Force International CEO, Jeremi Snook, and Board Chairman, Bob Duncan, and sail from Ft. Lauderdale, FL to Rome, Italy, stopping at ports in Portugal and Spain enroute. Be part of an international delegation traveling together across the Atlantic on the same floating home for 14 days! Enjoy time with old and new friends, while experiencing Spanish and Italian culture. The price begins at \$1625, and includes cabin accommodations for 14 days, cruise, taxes, fees, and the full Friendship Force program of workshops, led by Jeremi Snook. If interested, go online at <http://thefriendshipforce.org> to get more information, or contact Laura Romero, Exchange Director

**Global Exchanges:** Anyone can participate in these. Here are a few offerings: Experience the Arts of Greater Sarasota, Sarasota, FL, Jan. 28–Feb. 4, 2017; Humanitarian Exchange to Kitui, Kenya, Feb. 15–28, 2017; Biking and Belgium in The Netherlands and Belgium, April 15–26, 2017; Discover Morocco, April 21–May 8, 2017.

Check out the Friendship Force International website: <http://thefriendshipforce.org> to find out about **exchanges with other clubs**. Contact the Exchange Director listed for more information and to check availability. It's possible to participate in another club's exchange, as long as there is space. Their club members get first priority, of course. Several of our members have traveled with other clubs. Note photos of Rose-Marie Everett, Wendy Dewell, and Barbara Ross in this issue.

Three Trips were advertised: English Teachers to Myanmar, Dec. 26–Jan. 12, 2017; Explore Northern India, Jan. 20–Feb. 9, 2017; and Sao Luis, Brazil, June 10–17, 2017. There are many more listed in the FFI catalog. —*Dee Gustavson*



RoseMarie Everett and her home-host in Madison, Wisconsin  
Rose participated with the Santa Barbara and Winnipeg  
Exchange in September.



Dan Eggerding, on the left, FFSFBA member and Web-  
master, now living in Wisconsin, at the Madison, WI,  
Farewell party. Photo by RoseMarie Everett

## 2016 FFSFBA COMMITTEES

### EXECUTIVE COMMITTEE

President@ffsfba.org: Karen McCready

VP@ffsfba.org: RoseMarie Everett

Secretary@ffsfba.org: Barbara Ross

Treasurer@ffsfba.org: Judy Smith

### STANDING COMMITTEES

EventPlanner@ffsfba.org: open

Membership@ffsfba.org: Carol Easter

Newsletter@ffsfba.org: Dave & Dee Gustavson

Publicity@ffsfba.org: Karen McCready

Webmaster@ffsfba.org: Dan Eggerding

### EXCHANGE DIRECTORS

Curitiba & Sao Paulo, Brazil, OutboundBr@ffsfba.org  
Barry Rader,  
K.C. Sarr,

Sapporo, Japan, InboundSJ@ffsfba.org  
Louise Heiduk,

### SUPPORT COMMITTEES

ExchangeBanker@ffsfba.org: Judy Smith

Merchandise@ffsfba.org: Carol Easter

Sunshine: Darlene Boyanich

MemberRecruitment@ffsfba.org: open

MemberWelcome@ffsfba.org: Natalie Heling

Forester@ffsfba.org: Karen McCready

## 2016 CALENDAR

**November 18** Field Trip to Rosie the Riveter Nat'l Park, Richmond, 9-4:30

**December 3** Holiday Luncheon, 12 noon, Massimo's Restaurant, 5200 Mowry Ave., Fremont

## 2017 CALENDAR

**January 14** FF Board Meeting, time & location TBD

**February 26** World Friendship Day, early afternoon in a library in Palo Alto

**March 12-19** Inbound Exchange from Memphis, TN

**June** Outbound Exchange to Sapporo, Japan

**August 25-28** FF World Conference, Manchester, England

**Late September-early October** Outbound Exchange to Oklahoma City & Denver

**November** Inbound Exchange from Nagasaki, Japan

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

**Friendship Force International**

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friendship force  
SAN FRANCISCO BAY AREA



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