



friendship force

SAN FRANCISCO BAY AREA

Changing the Way You See the World

Vol. 32 No. 5

SAN FRANCISCO BAY AREA NEWSLETTER

October/November 2015

MARTHA'S MUSINGS

I returned from our annual international conference in Vancouver, B.C., Canada so inspired, but at the same time I felt a bit unsettled. It is so moving to be among hundreds of Friendship Force leaders from all over the world. At the opening ceremony we were treated to a magnificent concert by the Canadian Welsh Men's Choir. The Welsh are probably the best singers in the world. The high point for me was about the middle of their program when they sang "Let There Be Peace on Earth" and hundreds of Friendship Force attendees stood in unison, held hands, and joined them. Amazingly, no-one had told them that this was the Friendship Force theme song. They were amazed to watch us all rise spontaneously as one. One of the choir members stopped singing, took out a phone, and recorded the moment for posterity. I don't know if I sang or wept more. It was unbelievably moving.

It is always educational and inspirational to hear what other clubs are doing. We found out that we all have the same problems: aging membership, a general reluctance by people to step up to leadership roles, whether as club officers or exchange directors, and fewer members willing to host. Filling exchanges was another hot-button issue. As a result there is less income for the Mother-Ship in Atlanta. Without them, our little boat doesn't float. Many solutions were offered but the most important part of this solution lies with all of you. WE are Friendship Force! Anyone who has ever participated in an exchange knows the feeling of being part of something important. It is not corny to say that we, everyone of us, is a part of the world's most ambitious and successful peace process. We must support Friendship Force and we can do that in two ways; the first is financial. On your behalf, your board will be donating \$1,000.00 to the Friendship Force Legacy Fund. We hope to make further contributions. We also have forms available for personal contributions. (See page 3 for more information.)

That was the unsettling part, but as with all things transitional, I see us coming out on the other side with new ideas and renewed inspiration. There seems to be a real interest in themed exchanges. We are hosting our second themed exchange in 2016 with the English-language learning exchange as requested by our friends from Sapporo, Japan. If you would like to plan a themed exchange, step right up. We are looking for leaders. We plan to be more active, involving real "hands on" experiences. We treasure you in this global movement for

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GLOBAL TIES AND FFSFBA, OCTOBER 17

Everyone is welcome to attend the Saturday, October 17, 2015 event, 1:00–3:30 at the Niles Discovery Church,

The speaker will be Sarah Nugent, Senior Program Officer from Global Ties San Francisco, a division of the Northern California World Trade Center.

She will talk about how to connect emerging international leaders with key decision makers, schools, businesses & community members as part of the International Visitor Program and in partnership with Global Ties U.S. and the U.S. Department of State.

A discussion will ensue about how our two organizations can support each other's programs, and build our club's teams, gathering in area groups to explore activities and carpooling ideas for "team hosting" the Sapporo, Japan Exchange.

Updates on the 2016 Exchanges will be presented, and members will be given their first opportunity to sign up!

June 2–25—São Paulo, Curitiba, Iguassu Falls, and Rio de Janeiro, Brazil

October 18–25—Hosting guests from Sapporo, Japan for an "English Immersion Exchange"

The public is welcome to this FREE event. Light refreshments will be provided. For information, call Karen McCready

INTRODUCTORY MEETING FOR PROSPECTIVE AMBASSADORS TO BRAZIL

Saturday, October 17, 11:00 a.m. to 12:30 p.m., come to the McCready-Rader home,

Pick up the full itinerary, learn the requirements to sign up for the exchange, get the cost breakdown, and take an application. For more information, call .

From this meeting, head on to Niles Discovery Church, about a mile east, to attend the general meeting—1:00–3:30. (See above.) —Barry Rader, ED

JOIN US FOR "WINTER" IN BRAZIL, JUNE 2–25, 2016!

Well, O.K., not winter as we know it. The average June temperatures in Sao Paulo are a high of 71 F (22 C) and a low of 56 F (13 C). At 3,000 feet elevation, Curitiba has a mild, humid,

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

peace, and we would like your input. Together we are changing the way you see the world.

Next year under the leadership of your new board, I see us doing great new things. Karen McCready is our new president. You know what a mover and shaker she is! Not to be outdone, RoseMarie Everett will be our vice president. She is a real energetic leader. You probably don't even know our secretary. We are so thrilled to have Barbara Ross. She will bring energy and experience. She recently relocated here from Ohio. She is a past club president and has led numerous language-learning exchanges to Mexico. You all know Judy Smith—so bright and quick with the wit. It turns out that she is quick with numbers too. She is our new treasurer. I feel that I will be leaving you in good hands. It is not goodbye yet. We have work to do until I turn over the reins in January, and I know that both Karen and I will have your full support. —*Martha LeRoy, President*

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temperate climate with no dry season. Average high in Curitiba is 66 F and 50 F low. June is part of the dry season at Iguassu Falls, bringing clearer, more photogenic skies, average highs of 62 F and lows of 50 F. Slightly less water in the falls means that some areas are more accessible than when those three tributaries merge into solid curtains of chocolate brown water.

Enough of the weather report! You will want to join us on this adventure because our hosts, the Sao Paulo ABC Club and the Curitiba Club, have recommended June as the best time to visit them, before children are out for school recess in July and when they can best show off their country. Both clubs have stellar reputations for warm hospitality and fascinating activities.

The highlights of the Brazil itinerary:

A week of home hosting with the Sao Paulo ABC Club, filled with visits to historic places, museums, architecture, amazing Santos Beach, and quality time with hosts

Three days at the world's most spectacular falls, Iguassu

A week of home hosting with the Curitiba Club, experiencing day trips by bus and train to learn about their unique cultural region

Four days in Rio de Janeiro to explore all the famous highlights, including a free day to choose your own adventure

—*Karen L. McCready*

HOW TO PACK EFFICIENTLY FOR TRAVEL AND WHY TO TRAVEL WITH FRIENDSHIP FORCE

Yes, these topics were compatible and mutually relevant at the FFSFBA general meeting on Sunday, September 13, at the Milpitas Library. About 45 of us listened intently while Louise Vento (from Stern Luggage), covered a host of tricks that she has mastered in the trade. Her husband and partner were walking models for the wrinkle-proof way to pack a

suit. Of course, the luggage industry is constantly churning out new gadgets to make this part of traveling more enjoyable.

Reassured that packing doesn't have to be a chore, we launched into a discussion of what it's like to host and be hosted on Friendship Force exchanges. Martha LeRoy, June Harris, and Louise Heiduk, all seasoned hosts and exchange ambassadors, engaged in a panel discussion, describing the close interaction that makes the home hosting experience so special. They drew a verbal picture of how they create a relaxed environment that fulfills all their guests' needs without demanding too much fuss on their parts. Other experienced members commented about the many ways that the non-hosting members can support the hosts by taking charge of the guests for part of the time. Audience members were able to get answers to their concerns about staying in club members' homes abroad. The overall tone of the discussion was that any small inconveniences are overshadowed by the pleasure of getting to know the culture in a direct and authentic fashion. Following the meeting, fifteen members and friends enjoyed dining together at Giorgio's in Milpitas.—*Karen L. McCready*

MERGING LANGUAGE IMMERSION AND FUN: SHOWING OFF THE BAY AREA TO THE JAPANESE

Here's your chance to have some input about the Japanese group's visit to us in October 2016. Our guests from Sapporo have asked for an "English Immersion" theme, and I think we are more than ready for that—to provide enough scholarly structure to enhance their language learning. Some retired ESL teachers have come forward to offer advice and materials. Above all else, we will schedule plenty of time for them to practice English with us one-on-one and in small groups. We will need many members to help us with that part of the program.

Learning English can flourish in a variety of settings around the Bay Area. Where can we go, not on a bus touring San Francisco, to enjoy an experience together that will provide fuel for conversation? For example, hiking through the redwoods at Butano State Park was one of the highlights for the group from Recife, Brazil in August. We had a picnic lunch first and then went on an easy 2 mile round trip hike. Can you imagine the Japanese enjoying that same setting in October and developing some useful vocabulary and sentence structure to discuss it later? Where else should we take them?

Join us on Saturday, October 17, 2015, 1:00–3:30, at Niles Discovery Church, 36600 Niles Blvd. at Nursery Avenue, where we will take some time to develop activities to share with the Japanese in October 2016. —*Karen L. McCready*

IT'S MEMBERSHIP RENEWAL TIME AGAIN!

Look for the 2016 renewal form on page 5 in this newsletter. Return it to Carol Easter by January 31st to save \$5. And don't forget to let us know how you would like to participate in the inbound exchange from Sapporo, Japan next year.

—*Carol Easter, Membership*

AND, WE ARE OFF!

Sixteen of our fellow club members are off to Costa Rica on November 1st. We are all super excited. We begin by touring the rain forest with a private guide and naturalist hired exclusively for our group. I am looking forward to all of the colors and particularly the birds. RoseMarie can't wait to repeat her zip-line experience. She says that it was one of the highlights of her life. We'll see who is up for the hanging bridge. The hotels sound relaxing and all expenses are prepaid. Following our tour, the best part will come when we actually meet our hosts from the Ciudad de los Flores club in Heredia. It is amazing to me every time the magic happens. You meet a group of strangers, some of whom don't even share a common language, but after one week we will be tearfully taking leave of lifelong friends. A report on our adventure will appear in the next newsletter. Stay tuned! —*Martha LeRoy*, President

TA DAH!

The results are in. After tallying the votes taken at our Milpitas general meeting, I was quite surprised to see such tight numbers for our exchange in 2017. The two top vote getters were literally tied. The Netherlands and Belgium led the pack with Switzerland coming in third. We will submit these to our Atlanta Mothership and wait to see which country is a match. In and outbound exchanges for 2017 are usually announced in the Spring the year prior to the exchange. Watch for results about April. —*Martha LeRoy*, President

FIFTH AT 5 UPDATES!

We took a break in September for Labor Day Weekend. Our October Fifth at 5 get-together was held on the Fourth. We started out with 6 of us enjoying the fascinating Beyond Bollywood exhibit at the Olive Hyde Art Gallery in Fremont, ending with 7 of us at Flight Wine Bar just down the street. These small events are a wonderful way to get to know each other a little better. We will continue to move them around the Bay Area, so I hope everyone has an opportunity to join us. Stay tuned for the location of the November Fifth at 5. —*Carol Easter*, Membership

WELCOME OUR NEWEST MEMBERS

Peg Reterink lives in San Jose. She learned about our organization several years ago, and has finally joined us.

Ika and Mitch Gilbert come to us from the Sacramento club. They have settled in Alameda.

Barbara Ross recently moved to Morgan Hill from Cincinnati, OH. —*Carol Easter*, Membership

NEWS ABOUT MEMBERS

- In August, Dee Gustavson cruised Alaska's Inland Passage on the Volendam (a cruise ship of the Holland-America Line) and traveled with Vicki Martin, a FF member from Olympia, WA, whom she met on the FF Language Exchange to Jalapa, Mexico, led by Barbara Ross last November. There were 40 FF members on that cruise, so they had a chance to meet and share FF experiences prior to attending the FFI conference in Vancouver, BC, Canada.

- Barry and Karen have a new dog named Buster.

- Barbara Ross, a new member from Cincinnati, OH, recently sold her house, bought an RV, and moved to California to be nearer two of her daughters. She now lives in a woodsy setting near Morgan Hill. She has the distinction of being our furthest south member.

- Natalie Cheng sings in the Bo Ai Chorus in Cupertino. Dee Gustavson enjoyed their concert in Cupertino on October 4.

- Jan Gordon and Mary Pelland exhibited their watercolor and oil paintings at an Arts and Crafts Show in Schinn Park in Fremont on September 20, and several FF members enjoyed the show.

- RoseMarie Everett had a small dinner party the night before the September 13 meeting. Of course she spread the word about FF. She invited two of her guests to attend the meeting in Milpitas, and they did, and now they're considering joining our club!

- Karen McCready lent her assistance at an AAUW meeting recently. She mentioned the words, "Friendship Force" at her table, and one woman already knew about our club, because she was on our very first exchange to New Zealand in 1985. She's considering being a homestay for the Japan exchange in October 2016. (Let's keep planting the 'seeds' of FF! You never know when they might 'germinate!') —*Dee Gustavson*

GUESS WHO'S COMING TO DINNER

We're reviving an idea from the past, "Guess Who's Coming to Dinner," which will start in January. Here's how it will work: At the October 17th event in Fremont, you'll have a chance to sign up, either to be a host, or to be hosted at a dinner, lunch, or brunch. If you want to be a host, I'll phone you to ask your choice of dates and time of day, and how many people (6-12) you can host. The host will furnish the entree, and the attendees will bring a dish of food to share. I will then contact all the attendees to give them the date and coordinate what they'll bring. The fun part is that the host doesn't know who's coming, and the attendees only know who's hosting, but aren't told who else is coming. I'm seeking hosts in different areas such as East Bay, (Fremont and further north), North Bay, and South Bay. In case you can't attend the October 17th meeting, call me to let me know your choices.

—*Dee Gustavson*, coordinator

HIGHLIGHTS FROM 2015 FF WORLD CONFERENCE

Martha LeRoy, Karen McCready, Barry Rader, and I flew to Vancouver, Canada to attend the international conference on “Building Bridges” August 28–31. We enjoyed meeting long-time friends from previous exchanges and making new friends from all over the world. Over 500 delegates attended, representing 127 clubs from 30 countries. As we attended the various workshops on Next Gen, How to Lead, How to Keep FF Vibrant, etc., it became clear that many clubs share the same situation that we face; i.e. how do we fill our exchanges? where do we find ED’s to lead an exchange? how do we interest the younger generation to join an aging club? We need to consider promoting on social media, think outside the box, try new ideas.

The FF World Conference for 2016 will be held in Marrakech, Morocco, and the dates were changed to September 15–18. If you’re interested in going, contact me, because I’ve already booked a tour in Morocco, prior to attending the conference. The 2017 conference is planned for Manchester, England, but the dates haven’t yet been set.

Serious thoughts were presented in the Closing Plenary by Cecile Latour, outgoing chair of the Board of Trustees. She reported that FFI predicts a deficit this year, and also next year. Pleas were made for all members to donate to a fund to design a new website, and also to the Legacy Fund, which provides the necessary \$3500 to start each new club. If you didn’t have a chance to read Cecile’s speech, here’s a link to Joy’s letter

then go to [Pulling_Together.pdf](#) for Cecile’s letter.

Friendship Force will continue to provide joyous, moving experiences for us all to make life-long friends through incoming and outgoing exchanges, but only if each one of us pitches in to donate dollars to keep our beloved organization alive. Every dollar will help! You can send a check to FFI in Atlanta:

, or you can contribute online on their website: <http://thefriendshipforce.org> Another way to donate is to check the Legacy Fund box on your FFSFBA Membership Renewal Form, page 5 in this newsletter, and include your check to FFI along with your membership renewal check. Our club’s treasurer will mail those checks to FFI.

Note the challenges we were presented in Vancouver, shown in the next column: If you want to see FF continue to not just exist, but to continue GROWING, then make a decision to help, both financially and with your effort! One conference attendee suggested driving a friend to the airport, and charge a bit less than a taxi ride would cost. Donate to FFI what they pay you for the ride! If you have any questions, ideas, or concerns about how you can help, give me a call.

We ALL can make a difference!

—Dee Gustavson

WANT TO HELP COORDINATE

an English-learning group
from Sapporo, Japan? *
October 18–25, 2016

Job Description

- Communicate with the club leader to determine the visitors’ levels of English fluency and the number of hours to be spent in English practice.

- Set a limit of 10 ambassadors unless we are able to find more host households.

Note: The Sapporo Club has requested separate housing for each of the ambassadors to encourage more English practice.

- Find a qualified leader for the language sessions and help seek assistants and locations for the sessions.

- Set up a preliminary budget with the Exchange Banker and Exchange Treasurer and continue to refine the budget as needed to incorporate expenses for all group activities.

- Hold a planning meeting to set up the week’s itinerary and to appoint committee roles.

- Determine the club fee based on the cost of the group activities and miscellaneous administrative expenses.

- Communicate the amount of the club fee to the Sapporo Club, and be prepared to justify any amount over \$150 (our basic inbound club fee).

- Oversee the progress of recruitment for home hosting, day hosting, and activities planning.

- Hold at least one additional planning meeting for committee members, hosts, and day hosts.

*Our club provides \$200 to the Inbound Exchange Director to compensate for costs of participation in the group events during the exchange.

—Karen McCready,

FFI CONFERENCE CHALLENGES

It Starts with Me

I will work toward one of these goals to help ensure Friendship Force International grows into a stronger, more vibrant organization.

☐ **I will raise or personally donate \$50 for a new database and website development by December 31, 2015.**

This will allow FFI to increase our recognition worldwide.

☐ **I will create and lead a fun global special exchange in 2016–2017 and be open to new ambassadors and hosts.**

The exchange can be NextGen, humanitarian, multiclub, tandem, part home-hosted/part non-home hosted, or whatever model works best for the target group. If you have ideas, suggestions, or comments, please share them with Martha LeRoy or Karen McCready.

October/November 2015

Membership/Renewal Application



friendship force

SAN FRANCISCO
BAY AREA

The Friendship Force of the San Francisco Bay Area offers:

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

Join now and help foster world peace through friendship!

Annual membership dues for 2016 are \$ 40.00 per individual or \$ 60.00 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
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Last Name	First	Middle	Date of Birth
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Address:

Street	Apt. No.	City	State	Zip
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Telephone: Home (____) _____ Cell (____) _____

E-Mail address _____

Occupations (former if retired): _____

For the 2016 Sapporo, Japan exchange October 18-25 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 |
| <input type="checkbox"/> Brazil Outbound Exchange June 2-25 2016 | |

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 (\$40/\$60) \$ _____ (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

OFFICERS FOR 2016

These are the new officers who were voted in by the membership at the September 13 meeting in Milpitas.

President: Karen McCready

Vice-President: RoseMarie Everett

Secretary: Barbara Ross

Treasurer: Judy Smith



Three Brazilian Ambassadors whom Martha LeRoy (second from left) and Dee Gustavson (second from right) happened to meet on a street corner in Victoria, BC, Canada



Karen McCready
and Barry Rader



Allison Lindsey of FFI presenting
an award to Ann Errington of
Devon, England



Vicki Martin and Dee Gustavson on the Volendam.



Martha LeRoy and Dee Gustavson at High Tea at the Fairmont
Empress Hotel in Victoria, BC, Canada

COMING SOON...

FRIENDSHIP FORCE HOLIDAY LUNCHEON

Saturday, December 5, 2015

Hotel Nikko
Anzu Restaurant
222 Mason Street
San Francisco

11:30 reception with a no-host bar
12:30 Luncheon will be served

Menu:
Cauliflower Veloute
Baby Lettuce Salad
Butternut Squash Risotto
Flame Broiled Mary's Chicken
Assorted Miniature Desserts
Coffee and Tea

Information: Nancy Menz

Suggestion: To avoid the \$10/hour parking fee at Hotel Nikko, take BART or CalTrain, and catch a bus to Union Square. Or, if you drive, the hotel parking across the street is said to be less expensive, and there are also several other parking garages nearby.

----- Detach Here -----

Holiday Luncheon Reservation: MUST BE RECEIVED BY DECEMBER 1ST

Name(s): _____

Phone: _____

E-Mail Address: _____

\$33.00 per person (includes food and drinks as listed above, and tax and tip)

Please mail check payable to FFSFBA and the reservation form to:

Nancy Menz

2015 FFSFBA COMMITTEES

EXECUTIVE COMMITTEE

President@ffsfba.org: Martha LeRoy

VP@ffsfba.org: Nancy Menz

Secretary@ffsfba.org: Julice Winter

Treasurer@ffsfba.org: Jim Thomas

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

Brazil, OutboundBr@ffsfba.org

Barry Rader

Costa Rica, OutboundCR@ffsfba.org

Martha LeRoy,

Recife, Brazil, InboundRB@ffsfba.org

Karen McCready,

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

2015 CALENDAR

October 17

Planning Meeting for
Brazil, at Barry & Karen's,
Fremont, 11am–12:30pm

October 17

Event at Niles Discovery
Church, Fremont,
1–3:30pm

November 5

Fifth at 5, TBD

Nov 9–16

Outbound to Costa Rica

December 5

Holiday Luncheon, Nikko
Hotel, San Francisco,
11:30am

2016 CALENDAR

June 2–25

Outbound Exchange to
Curitiba & Sao Paulo,
Brazil

**September
15–18**

FF World Conference in
Marrakech, Morocco

October 18–25

Inbound Exchange from
Sapporo, Japan

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

Friendship Force International

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Website: <http://thefriendshipforce.org>

friendship force
SAN FRANCISCO BAY AREA



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