



friendship force

SAN FRANCISCO BAY AREA
Changing the Way You See the World

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SAN FRANCISCO BAY AREA NEWSLETTER

April/May 2012

FFSFBA MARCH EVENT FEATURED AMBASSADOR JAMES SHINN

James Shinn, and his wife Patricia, spoke on March 10 to some 40 members and guests of the Friendship Force of the San Francisco Bay Area chapter at Scott's Restaurant in Jack London Square in Oakland.

"The United States is still a beacon to the world, albeit a fractured beacon," said former career Foreign Service Officer James Shinn, whose career spanned nearly 40 years in consulates, embassies, and other diplomatic posts in Pakistan, Japan, Okinawa, France, Italy, and Switzerland.

"Since the United States was at its height as a world leader in the mid-1960s, several factors have caused the world's attitude toward America to decline including corporate globalization, decline in military power, a shift in demographics, and environmental issues.

"By the 1990s, after the collapse of the Soviet Union, fundamentalist Islamist terrorists began attacking American interests. In 2001, with the attack on the World Trade Center, the world experienced a complete sea change in attitude toward America.

"Corporate globalization and its changes in our economic structure revealed the weaknesses of America's economic structure. Militarily, we are not as strong as we were in 1965. Meanwhile, shifts in our population have led to increasingly wide divisions between liberals and conservatives in our country, making achieving consensus on foreign and other political issues increasingly difficult.

"Moreover, our poor educational system has left most Americans ignorant of foreign languages and of the world in general."

In spite of this, he noted, "America is still the country to which most people want to immigrate."

They both spoke about how Americans should represent themselves and our country during their travels overseas.

"Be moderate with our attitudes of openness and generosity," Mrs. Shinn said. "Many people you encounter abroad are more reserved than Americans, and can be offended by too much openness. Too much generosity can impress a heavy debt on other people."

Mrs. Shinn, who served alongside her husband in his diplomatic posts, noted that while traveling abroad, "There is no need to apologize for America. We are an open and generous people, warm and kind-hearted.

"Don't underestimate the importance of what you do in Friendship Force," she said.

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LET'S WELCOME "THE RAINBOW NATION"

At the end of apartheid, Archbishop Desmond Tutu de-
scribed South Africa as the Rainbow Nation—a whole world within one country. June 19th through 26th will be our golden chance to find out more about this multifaceted land and its people when 19 ambassadors from the Cape of Good Hope club in Cape Town visit us. Much of the itinerary planning for their visit is done, but we still have a particular need for more day hosts and party helpers. So if you have wanted to be part of this South African exchange but have procrastinated (don't we all at times?), now is the time to let us know you are onboard. You can also learn more about South Africa at our club's May 12th birthday celebration when the program will emphasize South African culture and history. And please join us at our next (and final) planning committee meeting on Sunday, June 3rd, at 2 p.m. at Don and Mary Pelland's home. Bring your enthusiasm, ideas, and questions. Notify Karen McCready or Luree Miller, co-Exchange Directors, to volunteer, attend the June meeting, or for further information.

—Luree Miller, co-ED



Scott Miller and Karen McCready are on the lookout for the South Africans who will be here shortly.

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Friendship Force, with its chapters around the world, brings people together with home stays and tours. Recently, the San Francisco Bay Area chapter hosted visitors from Indonesia and will host a group from South Africa this summer. Meanwhile, San Francisco chapter members recently visited their counterparts in New Zealand.

—Terry McInnes



Pat and James Shinn, speakers at our March 10 meeting.

WORLD FRIENDSHIP DAY FEBRUARY 11, 2012: DESCRIBING THE EXCHANGE EXPERIENCE

As the theme suggested, the aim of this year's World Friendship Day was to show the "heart" of our organization, capturing the experiences of hosting and being hosted the Friendship Force way. Upon entering Cole Hall at Fremont's First United Methodist Church, attendees received a "quiz" from the friendly greeters, along with instructions to circulate among club members and to peruse the numerous displays of 2011-2012 exchanges, both inbound and outbound. The more than 50 participants joined in lively conversations about our club's 27 years of traveling and hosting. A dozen posters and assorted artifacts represented last year's outbound exchanges to Thailand, Iceland, Israel, and France and the inbound from Indonesia and Dallas. The 2011 and 2012 World Conferences in Hamburg, Germany and Hiroshima, Japan were featured, also. Of course, the only official FFSFBA exchange among the aforementioned outbound exchanges was that to Biarritz, France in May 2011. The others included in the display were attended by at least two or more of our members. For example, Diane Cira and Lee Wurlitzer learned about a "discover" exchange going to Thailand and joined up for their first outbound experience. In total, the displays demonstrated just a few of the many opportunities available through Friendship Force if one checks the postings on the international website.

The most successful quiz takers received small rewards for doing their "homework" at the exchange displays. Martha LeRoy was the lucky winner of the "Circle of Friends" candle

display. She was eligible as one of those who wore an international costume for the event.

During the program portion, Karen McCready interviewed members about these recent exchange experiences. Diane and Lee, both new members, vividly recounted the exquisite ceremonies and warm reception that they experienced in Thailand. Luree and Scott Miller also described how they were made comfortable during their first home stay experience—Cape Town, South Africa in 2009—and what insights they gained during open and candid conversations with their host.

Experienced home hosts Martha LeRoy, Edith Sommer, Louise Heiduk, and Don and Mary Pelland explained what has made hosting such a valued experience for them. Discussing the basic amenities they provide, their favorite places to show their guests, how they work out the finances, and more, they made it clear that the pleasure is theirs.



Dee Gustavson wearing an outfit from Thailand, at World Friendship Day.

Diane Cira is in background.

Barry Rader and Karen McCready spoke up for the joys of day hosting and the ways that members can accompany guests, either individually or as part of a group event. Day hosting was their primary way of getting acquainted with visitors the first couple of years they belonged. The additional networking as day hosts has even led to their traveling with other clubs. Having been home hosts a few times, too, they can vouch for the importance of sharing the guests with other members while getting a break to take care of domestic tasks themselves.

Hopefully, the World Friendship Day participants went away with a deeper understanding of the meaningful impact that our organization can have for those who immerse themselves in these experiences of the heart—both as hosts and as guests.

—Karen L. McCready



Teen volunteers from Fremont served us at our February 11 meeting.

PRESIDENT'S MESSAGE

WOW! What a year 2012 has been so far. When I accepted the nomination for President of FFSFBA, I understood the awesome responsibility, time and effort it would require. I was also determined not to let all the work fall on my shoulders. And it certainly has not. I have enjoyed the terrific support of an involved Board of Directors and members-at-large volunteering for exchange activities and committees. Thank you to all. Everyone needs to be involved in our efforts and is invited to participate.

Our January event of the Iceland presentation by the Gustavsons was well attended and received. In February, Karen McCready organized an excellent World Friendship Day program celebrating FFI's 35th birthday. The focus of the meeting was the role of hosting in Friendship Force activities. In March, James and Patricia Shinn spoke to us at Scott's restaurant at Jack London Square in Oakland about representing America abroad and what is happening in the world today from his perspective as a former US Ambassador. Thank you Martha LeRoy and Karen McCready. Some say it was the best event ever. I agree.

Also in February, Barry Rader led an outgoing exchange to New Zealand. Reports are that it was a very successful exchange and I'm looking forward to hearing the reports on it.

Right now, Karen McCready and Luree Miller are preparing for the incoming exchange from South Africa. FFSFBA went to South Africa in 2009 so this is a return visit. That exchange will occur in June from the 19th to the 25th, so stay tuned for all the activities.

We have heard from FFI regarding our exchanges for 2013. FFI has approved an outgoing exchange for us to Wales in the United Kingdom AND Bavaria in Germany. Also two incoming exchanges have been approved: one from Horowhenua, New Zealand and one from Manitoba, Canada. These exchanges have been tentatively scheduled for June for our outgoing exchange and May and October for the incoming exchanges. But we need to wait for final confirmation from FFI before plans are begun. So 2013 should be a very busy year.

The names mentioned in the above paragraphs do not begin to identify all the efforts others have made. I couldn't possibly name them all. Thanks again to everyone who contributed to the above efforts. Let's keep it going!

—Don Pelland, President



Karen McCready and her hostess Janet Goble on a bridge near New Plymouth, New Zealand



Mt. Taranaki (Mt. Egmont) near New Plymouth, New Zealand

SUCCESSFUL EXCHANGE TO NEW ZEALAND

Returning from three wonderful weeks in New Zealand are Wendy and Kent Dewell, Janet Gordon, Dee and Dave Gustavson, Natalie Heling, Katharine Kleinke, Karen McCready, Barry Rader, Karen and Dave Rice and Patricia Snowden, from our club. Other Ambassadors on the trip were Peter Landecker, Lenore Snodey, and Anna Doublier from the Los Angeles club, Allan and Karen Toren from the Ottawa club, and Ron and Polly Toth from the Salt Lake club. We all had a memorable time in Auckland, Rotorua, Wellington and New Plymouth.

New friendships were cemented with home stays in the urban setting of Wellington and the rural community of New Plymouth. We all experienced amazing museums, kiwi encounters, Maori interactions, sheep herding, and cow milking.

Have you seen 600 cows milked in one hour by one man or woman? Well, those on the exchange did.

We saw amazing vistas of mountains, lush green bush, vast valleys, and long, white beaches. We learned how to shear a sheep, drive heifers from one part of the pasture to another, and do the Haka. We did all this while enjoying the friendship of our Kiwi hosts. Many long lasting associations were made, and I am sure we will see some of our hosts coming to join us in 2013, along with the nearby club members from Horowhenua.

—Barry Rader

BEST EVENT EVER

"The best event ever!" was a comment heard at our March gathering at Jack London Square. All of the stars converged to give us an extraordinary day on the San Francisco Bay, or to be more specific, the Oakland Estuary. The view from our private dining room couldn't have been better. Sailboats bobbed about in their moorings, beautiful blue skies and a view of the San Francisco Skyline were only part of the "best day ever." Scotts' reputation for good food and service was upheld as most of us enjoyed salmon or chicken piccata. Following our meal we were treated to a presentation on "Representing America Abroad" by James Shinn, veteran of the foreign service, and his lovely wife, Patricia. We were fascinated by the history and anecdotes, most of which were so personal to Friendship Force "Ambassadors". They definitely left us wanting to hear and know more. The consensus was that we would like to invite them back to speak on another topic. The enthusiasm was electric and we hope to continue with unique and special events each month. We will try to keep the excitement going and encourage you, if you have not done so, to invite your friends and neighbors to join us.

A recent event was our celebration of Earth Day with a tour of the "greenest building" in America. The tech training center for Ohlone College, a community college in Fremont, was a fascinating and informative tour. Following the tour we went out for lunch at a nearby Vietnamese restaurant. In May we will gather at the Los Altos Library for a presentation on South African culture, in preparation for our incoming exchange from Cape Town South Africa, which will be the focus of our June activities. We will follow up with further information on all of our exciting programs as we get closer to the events.

—*Martha LeRoy*, Event Planner

OHLONE COLLEGE GREEN CAMPUS TOUR

Here are some comments from the 20 attendees at our Earth Day event on April 13, organized by our Event Planner Martha LeRoy. We were given a wonderful tour by a person who knew the place inside and out.

"I was really impressed with the hands on labs, especially for nursing. Surprised to see the bunsen burners!"

"Wonderful to know how my taxes are being so well used by our top-notch college."

"Very informative tour, interesting to see how college has changed."

"Absolutely, totally worth the drive from San Francisco in the rain! Hallelujah to the planners and Gale, our guide!"

"Fantastic tour, led by someone who really knew the place inside out, top to bottom!"

"Interesting, informative, fascinating! Very impressive."

"Impressed with the state of art nursing program."

"I enjoyed seeing the campus and the new approaches and technology that are being used."

BIRTHDAY MEETING MAY 12

At this year's birthday meeting on May 12, we are honored to welcome Ambassador James D. Rosenthal. Mr. Rosenthal spent most of his 34-year foreign service career in Asia and Africa and in the Bureau of East Asian and Pacific Affairs at the State Department. He will be drawing upon his experience in Africa when he speaks to us about "South Africa Since Apartheid." Our former "ambassadors" to Cape of Good Hope, South Africa in 2009, Luree and Scott Miller, will add their insights gained from the home stay with a mixed race woman in Cape Town.

The breadth of Ambassador Rosenthal's international service is difficult to summarize. Some highlights are U.S. delegate to the Vietnam peace talks in Paris, Ambassador to Guinea, teacher of political science and international relations at the U.S. Military Academy at West Point, to name very few. Born and raised in San Francisco, he returned in 1990 and served as Executive Director of the Commonwealth Club of California from 1990-96.

He received a BA in International Relations from Stanford University in 1954.

Following the meeting, the board members will host the speaker and his wife for dinner at Chef Chu's in Los Altos (corner of San Antonio Rd. and El Camino, tel. 650-948-2696). If you wish to join the group, email Dee or phone her

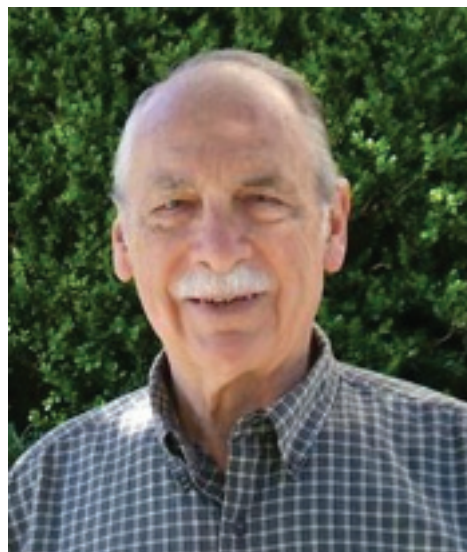
, and she'll add your name to the group reservation. To see Chef Chu's menu choices and prices, check out their website (chefchu.com). Other nearby restaurants include:

Los Altos Grill, 233-3rd St., Los Altos, 650-948-3524

Armadillo Willy's, 1031 N. San Antonio Rd., Los Altos, 650-948-4659 (about a block west of Chef Chu's)

Marie Callender's, 4710 El Camino, Los Altos, 650-941-6989 (south of San Antonio Rd.)

Country Gourmet, 2098 W. El Camino, Mt. View, 650-962-1700 (south of San Antonio Rd.) —*Karen L. McCready*



Ambassador James D. Rosenthal
(Photo from nationalgeographicexpeditions.com)

WENDY DEWELL, NEW EXCHANGE BANKER

Wendy's love of numbers goes back quite a ways. She was voted Treasurer while at El Cerrito High School. She graduated with a BA from UCLA Summa Cum Laude in Mathematics. Next she got her Masters from Stanford in an engineering field called "Operations Research," which she claims is 'just' an applied math field.

She worked for IBM for 32 years as an engineer and manager in the disk drive industry. One of her many assignments was as the Finance Manager for the Worldwide Disk business.

After retiring in 2005, she started playing bridge competitively, and has obtained the level of a Bronze Life Master, with over 500 Master points. She loves teaching bridge now, and this past summer attained the top teaching level as a Master Teacher.

She and her husband Kent have been members of Friendship Force SFBA for only 2 years. They have been home hosts when the Indonesians came, day hosts for the Dallas exchange, have gone on a "discovery trip" to Israel, and went to New Zealand with FFSFBA this February. Wendy says she looks forward to becoming more involved with our club by becoming the Exchange Banker.

FFSFBA NOMINATING COMMITTEE NEEDED

It is that time of year when the call goes out for volunteers to serve on the Nominating Committee for the Executive Committee for 2013. Names are to be submitted to the Board at our next meeting. Generally there are three members selected for this purpose. The Executive Committee consists of the President, Vice-President, Secretary and Treasurer.

Our Standing Rules state: "The Board should begin soliciting members for the Nominating Committee at the beginning of the year via email and newsletter articles, trying to draw from as broad a spectrum of the club as possible. All members except members of the Executive Committee (elected officers) shall be eligible to serve."

If you are interested in serving or would like to suggest someone, then email Don Pellan.

Thank you for your consideration.

—Don Pellan, President FFSFBA



Exchange Director Barry Rader presenting a Proclamation from Fremont to Harry Duynhoven, mayor of New Plymouth, NZ



Dorothy Anderson, of New Plymouth, NZ, hosted our Margaret Tracy 27 years ago!



Dancing the night away at the Farewell Party in Wellington, NZ.

Speaker: Ambassador James D. Rosenthal
“South Africa Since Apartheid”

FFSFBA’s Annual Birthday Meeting

Saturday, May 12, 2012

4:30–6:30 pm

Los Altos Library

13 S. San Antonio Road, Los Altos, CA 94022

Information: Dee



Our Ambassadors on tour in Rotorua, NZ.



Our man practices defending our club in the Maori way.

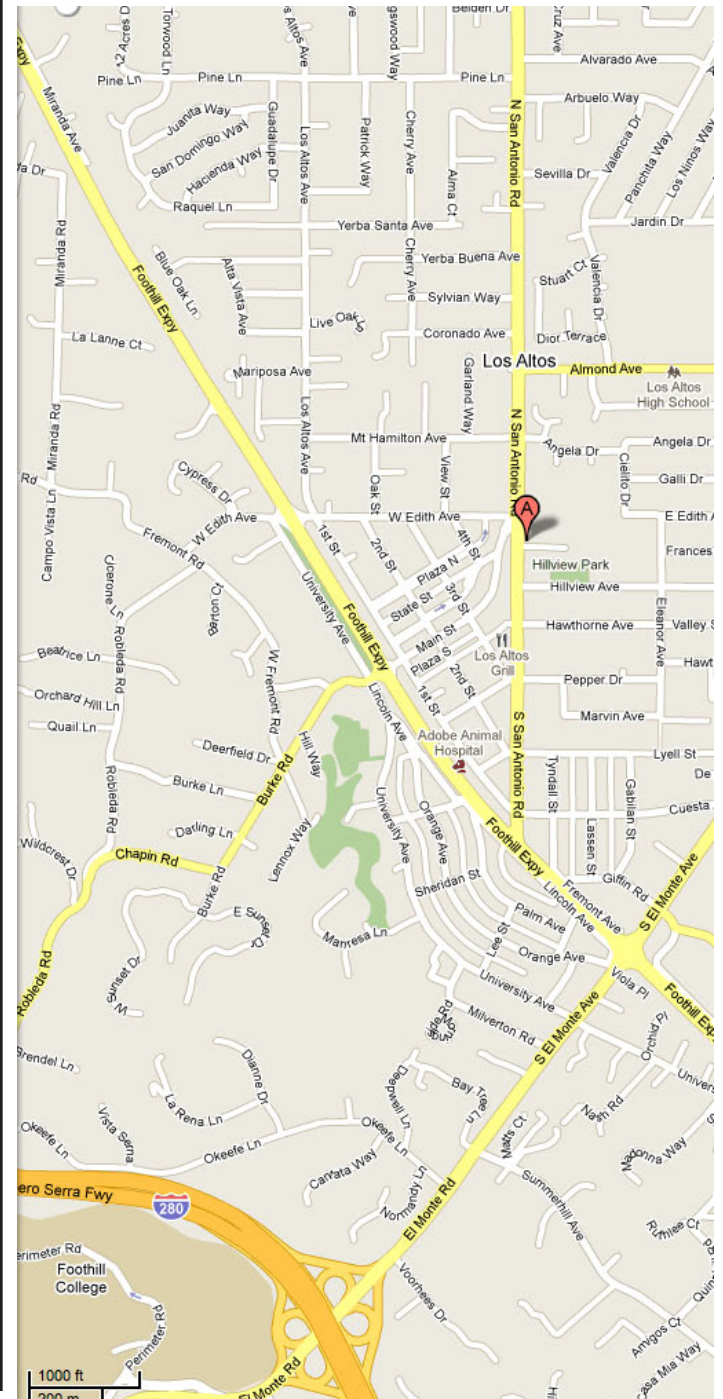
DIRECTIONS TO OUR MAY 12 PARTY

The address of the Los Altos Library for your GPS is 13 S San Antonio Rd., Los Altos, 94024.

From northern 880: Take the Dumbarton Bridge, then 101 south, exit on San Antonio Rd going west 1 mile past 82 (El Camino Real), then turn left into the Los Altos Library complex, shortly after the police station and intersection (traffic light) at Edith Ave. Park in any lot. Enter the library and go left to the Community Meeting Room, not into the library proper.

From 880 via Milpitas: take 237 toward Mt. View, exit onto 101 north, exit on San Antonio Road west and proceed as above.

From 280: exit at El Monte Ave. east toward Los Altos and the Bay. After 1/2 mile turn left on Foothill Expressway, take the next right onto San Antonio Road. Pass Hillview Ave., then turn right into the library complex and proceed as above.



Are you ready to party with our friends from Cape Town?

Please join us for one or both festive events when we show our guests a Bay Area welcome and then send them off for more California adventures.



Wednesday, June 20, 5:00 pm ☐ Welcome Party at The Spaghetti Factory, 2107 Broadway, Redwood City

Located in the heart of Redwood City's beautifully restored downtown, this new restaurant's banquet room will hold the entire club! We have a choice of 3 entrees. All dinners include a green salad, bread, beverage (coffee, tea, or milk)*, entre, and a scoop of spumoni ice cream. **Other beverages must be paid for separately that night.* **Ample parking in nearby garage and on the street.**

Chicken Marsala with mushrooms in Marsala Wine Sauce, served alongside Spaghetti with Mizithra Cheese and Browned Butter

Baked Lasagna with Marinara Sauce, ground beef and pork, and 4 kinds of cheese
or **Spinach Ravioli (vegetarian)**

Sunday, June 24, 5:00-7:00 pm ☐ Farewell Party ☐ Cole Hall at The First United Methodist Church, 2950 Washington Blvd., Fremont 94539



Be prepared for a musical evening with a **California theme**: dancing to karaoke music, Western line dance lessons, and a singalong with Dee Gustavson on the piano. **The Western meal will be catered by Texas Roadhouse**, featuring all their tasty specialties: Caesar salad, ribs, chicken, beans, buttery cinnamon rolls plus desserts. Coffee, tea, and soft drinks included.

MAIL YOUR RESERVATION BY JUNE 15!

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Name(s) _____ Phone _____

Wednesday, June 20 ☐ Welcome Party at the Spaghetti Factory in Redwood City

Indicate how many of each entre choice:

Lasagna _____ Chicken Marsala _____ Vegetarian Ravioli _____

Total number _____ x \$15= \$ _____

Sunday, June 24 ☐ Farewell Party in Fremont

Texas Roadhouse catered meal, including beverages _____ x \$10= \$ _____
(number)

Total for both events= \$ _____

Please make a check *payable to* ☐ FFSFBA, ☐ and mail this form (by June 15) for both events, to Nancy Menz

2012 FFSFBA COMMITTEES

EXECUTIVE COMMITTEE

President@ffsfba.org: Don Pelland
VP@ffsfba.org: Martha LeRoy
Secretary@ffsfba.org: Ann Halligan
Treasurer@ffsfba.org: Nancy Menz 5

STANDING COMMITTEES

EventPlanner@ffsfba.org: Martha LeRoy
Membership@ffsfba.org: Louise Heiduk
Newsletter@ffsfba.org: Dave & Dee Gustavson
Publicity@ffsfba.org: Karen McCready
Webmaster@ffsfba.org: Dan Eggerding

EXCHANGE DIRECTORS

New Zealand, OutboundNZ@ffsfba.org
Barry Rader
South Africa, InboundSA@ffsfba.org
Karen McCready
Luree Miller

SUPPORT COMMITTEES

ExchangeBanker@ffsfba.org: Wendy Dewell
Hospitality@ffsfba.org: RoseMarie McInnes
Merchandise@ffsfba.org: Wendy Dewell
Sunshine@ffsfba.org: Darlene Boyanich
MemberRecruitment@ffsfba.org: Diane Cira
MemberWelcome@ffsfba.org: Natalie Heling
Forester@ffsfba.org: Taija Aquirre

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

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2012 CALENDAR

April 20–22	West Coast Presidents' Conf.
May 5	Board Meeting at the Heiduks' home in Sunnyvale
May 12	FFSFBA Birthday Meeting Los Altos Library, 4:30– 6:30pm
June 19–26	Incoming Exchange from Cape Town, South Africa
July 15	Social—American culture
August 26	Board Meeting
September 15	Annual Meeting
October 14	Social—Japanese culture
October 21	Board Meeting
October 30– November 3	FFI Conference, Hiroshima, Japan
November 10	Social
December 1	Holiday luncheon at Michaels Shoreline Rest., Mtn. View

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