



friendship force

SAN FRANCISCO BAY AREA

Changing the Way You See the World

Vol. 30 No. 2

SAN FRANCISCO BAY AREA NEWSLETTER

April/May 2013

NEWS FROM THE PRESIDENT

President Don Pelland has had a busy month, (selling vacation property in Arnold, and spraining his ankle, which is fortunately much better now!), so he asked me to relay this new information to our membership.

FFI has confirmed that our requested 2014 exchanges are a match:

Our FF Club has a two-week outbound exchange to Hobart, Tasmania and Murray Bridge, Australia in March 2014. Our club will host the Biarritz, France Club in September 2014.

In addition, our club has the privilege of joining a Themed Exchange on the Gold Rush in California, and the Silver Rush in Nevada, in collaboration with the Reno, Napa, and Sacramento Clubs, sometime in June 2014. Our club will home host these guests for 4 days, before they go on to visit the next club.

It sounds like a super exciting year! In order to start organizing the exchanges, we're going to need exchange directors. To qualify to lead an outbound exchange, you must have first gained experience by leading an inbound exchange. If you're interested, contact President Don Pelland

—Dee Gustavson, co-Newsletter Editor

EXCHANGE TO CARDIFF AND NUERNBERG

As I sat down to write my newsletter articles, I was reflecting on what a vibrant and wonderful club we have. Every month has had unique and interesting activities which have added so much to the comradery of this great group.

On that note, I want to report that 16 comrades from FFSFBA and one from Washington state are preparing for our big adventure in June and July. Following our upcoming exchange with New Zealand, we will all be packing our bags and flying off to our first stop, an exchange with the Friendship Force of South Wales. Maureen Smith, president and ED of the Cardiff club, promises an exciting week. We have already been matched with hosts and many of our group have received phone calls of welcome. Now it's up close and personal.

We will be spending the 4th of July with our hosts in beautiful Bavaria. RoseMarie Knecht, our ED, has not completed the matching yet, but promises to complete the task in the next few days. Their website details many past exchanges. All of the itineraries sound exciting. I have already started my pre-exchange diet to make room for all of the wonderful food that

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NEW ZEALAND EXCHANGE

Our Spring Exchange is almost here—PLAN *now* to PARTICIPATE!

Soon-to-be friends from New Zealand are arriving one month from now, on May 17th, 2013. 18 of them! But you don't have to wait to get into the "Kiwi" experience (that's what they nickname themselves). We are having a fabulous cultural exchange on Saturday afternoon, April 27th, where you can learn more about this very interesting country and its people—see separate flyer on page 9 in this newsletter.

Their arrival happens on Friday, May 17th. Our first Group event is on Saturday—tree dedication, then the San Jose Tech Museum with an IMAX show (ever been there?), followed by dinner at the Old Spaghetti Factory where you get to meet them one-on-one. Sunday we have an optional walk, followed by a picnic and wine tour and tasting in Livermore. Monday is a day in San Francisco, including a bus tour. Space is limited due to bus size, but could include you.... Get in touch with Carol Easter if this interests you. Tuesday and Wednesday are "free" days to be determined by the home and day hosts based on what they and their ambassadors are interested in. It's not too late to volunteer to be a day host by calling Louise Heiduk, . And our finale will be a Farewell Luncheon at the Papillon Restaurant in Fremont, at a very reasonable price.

Hope to see you at one or more of these FFSFBA events! Find out what being a "Kiwi" is all about!

—Wendy Dewell, Exchange Director

MANITOBA, CANADA SEPT. 26–OCT. 2, 2013

Friendship Force Manitoba, Canada, Inbound Exchange has been confirmed. The dates are Sept. 26–Oct. 2, 2013. We want to show our neighbors to the northeast a great experience in our beautiful San Francisco Bay Area.

Would you like to work on a committee to help create fun, exciting, and memorable experiences for our Canadian Ambassadors? Let me know. We also need home and day hosts, as well as members willing to open their homes to host dinners in various communities throughout the Bay Area.

Can you contribute any souvenirs or postcards of the Bay Area for their welcome bags? Do you know someone with a business that would be willing to donate 20 recyclable bags

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Cardiff, continued from page 1, column 1

we will sample. I have to admit that more important than food, are the wonderful experiences and friendships that we will experience. The best part is that THEY don't add calories.

The fun doesn't end in Bavaria. On July 10th, we fly to Warsaw, where we begin our first-class train tour of three of the most important cities of Eastern Europe. We begin in the old-world city of Warsaw, move on to historical Krakow, and end in one of the world's most beautiful cities, Prague. Sadly, we wake from the dream, but the memories and friends that we made will be in our hearts forever.

—*Martha LeRoy*, Exchange Director

Manitoba, continued from page 1, column 2

for our exchange? They could be green in color with one side blank where our logo could go. We'll have 14–20 people coming on this exchange from Canada. Let me know if you're interested in volunteering on the exchange.

—*RoseMarie Everett*, Exchange Director,

TULIP MANIA AT PIER 39

Tulip Mania was wild! On February 23^d, twenty-five members and friends toured Pier 39 in San Francisco with the man responsible for the colorful floral displays. The chief gardener talked about the various beautiful varieties planted in wine barrel planters and in the small park spaces throughout the pier.

Over 40,000 flowering bulbs are planted between Thanksgiving and Christmas each year. This colorful display is perfect for the San Francisco climate. Tulips love the sun and hate the heat. The bright sunny chill of this past February tempted thousands of them to burst open and make Pier 39 come alive with their glory. Some of us picked up gardening hints. I personally couldn't wait to rush home and add parsley to my garden as a backdrop for my flowers.

Following the tour, Pier 39 hosted a lovely reception for our group with tea, coffee and delicious pastries.

Most of us met for lunch at Neptune's Palace, which was recommended by our event planner, RoseMarie Everett. Wow, what a glorious view! We looked out at the playful seals below, the city skyline with its bright blue sky, Alcatraz, and the Golden Gate Bridge. On the opposite side of the restaurant, the Bay Bridge was in view. RoseMarie had arranged to provide coupons for the group to share a complimentary crab cocktail for two. Most of us then ordered a seafood entree and agreed that the day was a rousing success. Thanks to RoseMarie for arranging such a perfect day!

Ironically and unfortunately, the day ended on a note of sadness. Scott and Luree Miller announced that this would be their last event with our club for awhile, because they sold their home in San Francisco, and would soon be moving to Denver. They have been such vibrant, enthusiastic, and beloved members of our club. What a huge loss for us, but we wish them well in their new home, and as they make new friends in the Denver Friendship Force Club, which they plan to join soon.

—*Martha LeRoy*

Editor's note: We will indeed miss Scott and Luree's friendliness and sense of humor, as they participated in numerous events and exchanges. We wish them well in their new environs. They gave permission to print their new address: 2001 Lincoln Street #1221, Denver CO 80202. Their email addresses remain the same, as well as their cell phone numbers, and all are on the roster. (Their cell numbers are the last 2 phone numbers listed with their name on the FF roster.)

WORLD FRIENDSHIP DAY AND THE FUTURE OF HIGHER EDUCATION

FFSFBA's annual celebration of World Friendship Day always calls up memories of the many cultures that Friendship Force has befriended. At this year's celebration—on Sunday, March 10th, at the Los Altos Library—President Don Pelland reviewed some of our club's many exchanges, past and future, and showed FFI's video about the Legacy Fund. The current goal of the fund is to establish 45 new clubs throughout the world, to spread the benefits of cultural exchange and friendship, especially in developing countries. The other major theme of the day was the future of higher education.

We had the unique opportunity to hear from Mohammad H. Qayoumi, President of San Jose State University, who spoke on "Higher Education at a Crossroads." One of the current innovations in higher education is MOOCS—Massively Open Online Courses. Besides helping to reduce costs for both the school system and students, at an average tuition of \$150 per course, the online programs can enroll more students than the traditional classroom programs. The pilot programs at SJSU will begin with a small number of students assigned to mentors to ensure success in the courses. Listening to President Qayoumi, one can have no doubt that San Jose State University is a leading academic institution in the Bay Area, graduating more students who move on to successful careers in Silicon Valley than any other university.

A native of Kabul, Afghanistan, who has also worked as financial advisor to the current Afghan leadership, President Qayoumi graciously answered questions about the state of his native land and his outlook for its future. —*Karen L. McCready*

EXTENDING OUR CULTURAL BRIDGE WITH INDONESIA

Through Friendship Force International's interaction with other international organizations, sometimes we get the opportunity to develop more international friendships right here at home. The Institute of International Education contacted our club recently to offer such an occasion. On Friday, March 29, Martha LeRoy, RoseMarie Everett, Barry Rader, and I went to San Francisco to meet with two educators from Indonesia. They had requested a meeting with some of our members for the sake of developing a relationship with our club and perhaps promoting a teacher exchange. They are in

the States for several weeks as part of the International Visitor Leadership Program, run through the State Department, which provides them with an escort to visit schools in different regions of the country.

We were welcomed into the institute's top floor office on Sutter Street. We marveled at the view from the balcony—the St. Francis Hotel elevators going up and down. Our meeting in the conference room quickly settled into a warm exchange about their culture, their educational system, and their impressions of the United States. Ms. Desi Kurniawati, as chair of a Jakarta State School's cultural affairs program, develops cross-cultural exchange and outreach programs for high school students throughout Indonesia and in the United States. Ms. Stella Prancisca is director of American Corner, which partners with the American Embassy to introduce American values, society, and culture through English learning-related programs. She oversees 38 study programs through the university. On this, her first, trip to the United States, she hopes to gain firsthand knowledge for her cultural programs. Ms. Kurniawati, on the other hand, has visited many states during several years of arranging two-way exchanges between our countries.

Some insights that we gained about Indonesia are that about ten percent of their 240 million people live below the poverty line and that their literacy level, while probably not particularly low, is difficult to measure in lightly populated areas. Among their diverse ethnic groups, spread through many islands, some cannibals remain (in Papua). Trying to interest us in organizing an eco-exchange, they described their climate as “not too humid,” under 30 degrees Celsius until July. It's all relative! English is compulsory, starting in first grade now. The structure of the Indonesian language, similar to English, makes their learning easier. Asked about the Dutch and Islamic influences on their culture, they said that Dutch law prevails in all facets of life except banking and marriage, for which Sharia law applies.

The two women's chief impressions of America are that the people are warm (like Indonesians!), that our food is mildly flavored and very healthy, that many are active in sports, and that the universities are very open. They had seen women wearing the traditional Islamic hijab, just as they do.

We exchanged some small gifts and left with the impression of two thoroughly professional, gifted, and articulate representatives of the Indonesian education system, as fluent in English as we. At least one of us wants to look into the eco-exchange programs that FFI would help to coordinate. These programs may involve releasing turtles, snorkeling on a coral reef, and planting coral and mangrove trees to rebuild reefs damaged by dynamiting for fish. This sounds like a way to attract younger members to Friendship Force. No, we would not go after July.

—Karen L. McCready



INDONESIA VISITORS

In the bridge picture above, Desi Kurniawati is on the left and Stella Prancisca is on the right. The picture below includes our RoseMarie Everett. Barry Rader, Martha LeRoy, and Karen McCready were also in the party, on March 29th.



NEW ZEALAND SCHEDULE	
Friday, May 17	Ambassadors arrive 2:45. Afternoon/evening are free to get acquainted and relax.
Saturday, May 18	San Jose/Silicon Valley-themed day: · Optional for folks who want to go early: Rose Garden · 11:30 Prusch Park: visit the Friendship Forest, light picnic lunch · 1:00 Tech Museum, SJ—group rate of \$12/person. · 5:00 Welcome Dinner at the Spaghetti Factory, San Pedro Square, SJ
Sunday, May 19	Livermore Winery day: · 11:00 Optional 2.5 mile walk from Sycamore Grove in Livermore to a pick up point at the other Wente tasting room. · 12:30 Picnic lunch at Wente Winery, 5565 Tesla Road, Livermore · 2:00 Wente Winery tour · Free evening
Monday, May 20	SF Bus tour 1:00–5:00 pm Hyatt Regency, 5 Embarcadero Center, SF
Tuesday, May 21	Free Day
Wednesday, May 22	Free day
Thursday, May 23	12:00–2:30 Farewell luncheon: Papillon Restaurant, 37296 Mission Blvd, Fremont
Friday, May 24	Ambassadors depart, 11:00 am flight

DISCOVERY TRIP TO MYANMAR (BURMA)

I couldn't believe my eyes when I scanned through the Friendship Force catalog last year and saw that the Northern Colorado club was planning a visit to Myanmar from February 16 through March 1, 2013. I immediately emailed the Exchange Director, Dot Cada, and intimated that I was really interested in the trip. On hearing this, my daughter, her husband and their daughter also wanted to join the group.

It has taken me 60 years to eventually visit Rangoon, where I was born. In 1953 my family immigrated to England, and even though I still have relatives in Burma, I never had the opportunity to visit. Burma has been under a military dictatorship for 50 years and it's only been two years since the Nobel Peace Prize winner and Democracy Leader Aung San Suu Kyi was released from house arrest. Since then it seems that the floodgates were swung wide open and foreigners have flocked there by the coach load. In Rangoon, we saw coaches filled

with French, English, German, Spanish and Italian tourists and also many Chinese and other Asian travelers.

There were 23 people in our Friendship Force group. We had an Indian doctor and his wife, a couple of ladies from Canada, a couple from Richmond, a couple of ladies from Hawaii, and the rest from Colorado and California, including four members of my family.

On this trip, I experienced first-hand Friendship Force at work. There were two women in the group that I had met before, at the International Conference in Washington, D.C. in Oct. 2010. One was Mavis Grant, originally from England and now living in Canada, and Linda Edwards, whose home I actually visited in Richmond, Virginia.

Our ED had visited Myanmar before and this was her fifth trip there. The purpose of this visit was to take the opportunity to talk again with her contacts about Friendship Force Int'l, in the hope of establishing a club there in the future. This was also a humanitarian trip, as we took medical and school supplies for the many orphanages and monasteries we visited.

Burma is the land of golden pagodas and we saw many of them in the towns and villages, where time has stood still for the past 50 years. There are many artisans there, but most of their work is still done by hand, like weaving on handlooms, lacquer-ware, silver and gold jewelry, pottery, cheroot making, etc. Rangoon, the old capital, is a bustling metropolis, and the streets are totally congested with many cars and taxis. There's a lot of new construction of apartment buildings and hotels.

We visited many interesting places on our tour. One that stands out is our day on Inle Lake. This place is so picturesque that our group must have taken hundreds of photos.

The lake is huge and is surrounded by rolling hills dotted with villages. We saw the many floating gardens on which the locals plant tomatoes and vegetables. Also the rituals of everyday life are carried out on the banks of the lake. This is the only place in the world where the fishermen row their small boats with one leg. We had a delicious lunch with a local government minister and his family. We even saw the famous Padaung (or giraffe neck women), with many brass rings to elongate their necks.

We then took a short plane ride from Mandalay to Bagan. This is a stunning archeological zone covered with thousands of pagodas from the 11th, 12th & 13th centuries. Half of the group opted for a hot air balloon ride over Bagan. What a trip! The view from above was spectacular.

Shopping at the famous Scott Market in Rangoon was great. You could get literally everything at this market and the prices were very reasonable. The dollar went a long way, as the exchange was 850 kyats to one dollar. You had a wad of money when you changed \$100. The food was also very tasty and healthy. Burmese people eat a lot of vegetables. Our whole trip was absolutely awesome. No one in the group had any complaints. We stayed in very nice Western-style hotels. Kudos goes to the tour guide in Rangoon who did such a good job of organizing the tour.

Finally, I want to mention that the Burmese are a very gracious, happy and smiling people, in spite of what they've been through. I enjoyed speaking the language again.

—Patricia Snowden



Photos from Patricia Snowden and family's Friendship Force Discovery Trip to Myanmar (Burma) in February.



New Zealand Welcome Party



Saturday, May 18

Join us to welcome the incoming group of FF ambassadors from Horowhenua, New Zealand, and also to celebrate our own FFSFBA club birthday party.

We will gather at 5 pm at the elegant Old Spaghetti Factory, 51 North San Pedro, San Jose. There is a public parking structure across the street with validated two hour free parking. The restaurant also has limited disabled parking in a small lot off Almaden behind the restaurant. However, the banquet room is on the second floor with only stairs for access (no elevator).



Picnic Lunch, Tour and Tasting at Wente Winery

Sunday, May 19



Join us as we take our New Zealand ambassadors to the beautiful Wente Vineyards in Livermore and enjoy a picnic lunch, tour and wine tasting. We will meet at 12:30 at the Wente Estate Winery picnic area and enjoy box lunches from Corner Bakery (\$10) or bring your own lunch. Assorted beverages will be provided.

We will then have a group tour of the winery at 2:00 pm. The tour lasts approximately 1 hour. We will learn about five generations of Wente Family history as we tour the historic winery, and sample the finest expression of winemaking from Livermore Valley , Cost for the tour is \$10.

We will also be organizing an optional 2.5 mile walk from Sycamore Grove in Livermore to a pick up point at the other Wente tasting room. Details of meeting time and place will be forthcoming.

The Wente Estate Winery and Tasting Room is located at 5565 Tesla Road, Livermore, CA 94550



New Zealand Farewell Luncheon

Thursday, May 23
12:00 – 2:30



Time to say goodbye and send our New Zealand ambassadors on to Portland!

Our 3-course farewell luncheon will be held at Papillon, 37296 Mission Blvd, Fremont, CA 94536. All choices are \$21.

To sign up for any or all of these wonderful events, fill out and mail the Reservation and Menu Selection Order Form included in this newsletter.

New Zealand Inbound Exchange Reservations and Menu Selections

Name(s) _____

Saturday, May 18 –Welcome Party at Spaghetti Factory—all selections include fresh baked bread, soup or a salad with balsamic vinaigrette dressing, spumoni ice cream with birthday cake and a beverage of coffee, hot tea, iced tea

The Factory Platter #3 has Sicilian Meatballs, Italian Sausage and spaghetti with rich Meat Sauce for \$18.00	#	\$
Famous Baked Lasagna with layers of noodles, Marinara Sauce, ground beef, pork and four kinds of cheese \$18.00		
Breast of Chicken Fettuccine with fresh broccoli and mushrooms covered with Alfredo Sauce \$16.00		
Chicken Parmigiana served with spaghetti Marinara \$16.00		
For the vegetarians, try Mizithra Cheese and browned butter (recommended by the manager) \$15.00		
Spinach and Cheese Ravioli in savory Marinara Sauce \$15.00		



Sunday, May 19– Box Lunch from Corner Bakery \$10 includes bakery chips, fresh seasonal fruit, and a cookie, Assorted beverages will be provided

D.C. Chicken Salad ON STEAKHOUSE RYE : All-natural roasted chicken, crisp green apples, currants, red onions, celery, mayonnaise and toasted almonds with lettuce and tomatoes	#	\$
Mom’s Roast Beef ON SOURDOUGH : Lean roast beef with cheddar cheese, green leaf lettuce and sliced plum_ tomatoes		
Poblano Fresco ON POBLANO CHEESE BREAD : Roasted red peppers, avocado, white cheddar cheese, lettuce, crisp jicama slaw and spicy chipotle lime mayo		
Mom’s Turkey ON WHOLE GRAIN HARVEST : Smoked turkey breast with Swiss cheese, green leaf lettuce and sliced_ plum tomatoes.		
Tuna Salad ON WHOLE GRAIN HARVEST : Our classic tuna salad topped with crisp cucumber slices, shredded carrots, leaf lettuce and tomatoes		



Sunday, May 19 – Wente Winery Tour \$10

Winery Tour	#	\$
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Thursday, May 23 – Farewell Luncheon at Papillon –all selections \$21 includes non-alcoholic drink, house salad, fresh seasonal vegetables and cake

Grilled Atlantic Salmon with Cranberry Reduction Sauce	#	\$
Vegetarian Pasta		
Roased Pork Tenderloin with Mashed Potatoes		



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Total \$ _____

Please make a check payable to FFSFBA and mail check and this form by May 1 to:
Nancy Menz, 29273 Nantucket Way, Hayward, CA 94544

Experience the Land of the Hobbits!



April 27, 2013

1:30 - 4:30 PM

The First United Methodist Church

Cole Hall

2950 Washington Blvd., Fremont 94539



Please join the Friendship Force of the San Francisco Bay Area as we present an afternoon of New Zealand culture and dance

- ◆ Guest speaker from the New Zealand American Association of San Francisco:
The people, the culture, the food, the wine, the sport, the place
(and the hobbits!)
- ◆ Members of ***Maori Mo Ake Tonu*** will perform traditional Maori songs & dance and introduce us to Maori culture and language



- ◆ Learn about opportunities to meet Friendship Force visitors from New Zealand in May

This **FREE** event is sponsored by Friendship Force of the San Francisco Bay Area, an organization that participates in one week home stay exchanges both at home and abroad. Our purpose is to experience countries and cultures different from ours, to promote understanding between us and cultivate friendships.



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SAN FRANCISCO BAY AREA

2013 FFSFBA COMMITTEES

EXECUTIVE COMMITTEE

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

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

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Hospitality@ffsfba.org: open
Merchandise@ffsfba.org: Carol Easter
Sunshine@ffsfba.org: Darlene Boyanich
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Website: <http://thefriendshipforce.org>

2013 CALENDAR

April 27	New Zealand Culture & Dance, 1:30–4:30, 1 st United Methodist Church, Fremont
May 17–24	Incoming Exchange from Horowhenua, New Zealand
May 18	Welcome Party for New Zealanders at Old Spaghetti Factory, 5pm
May 23	Farewell Luncheon at Papillon Restaurant, 12–2:30pm, 37296 Mission Blvd., Fremont
June 25–July 17	Outgoing Exchange to Cardiff, Wales and Nuremberg, Germany
July 28	FF Board Meeting at Ann Halligan's, Fremont
September 26–October 2	Incoming Exchange from Manitoba, Canada
November 10	FF Board Meeting at the Gustavsons', Los Altos
November 22–25	FF 2013 World Conference in New Orleans
December 7	Holiday Luncheon, 12 noon, at Michaels Shoreline Restaurant, Mountain View

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