



friendship force

SAN FRANCISCO BAY AREA

Changing the Way You See the World

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SAN FRANCISCO BAY AREA NEWSLETTER

September/October 2011

PRESIDENT'S MESSAGE

On the evening of July 18, our club said good-bye to our most recent guests, the seventeen ambassadors from Malang, Indonesia. It was an exciting week, packed full of activities. Thanks to all the home hosts, day hosts, pot luck organizers, Welcome and Farewell Party planners, and many others who put in a tremendous amount of effort. And a special word of thanks to Martha LeRoy, the Exchange Director for our club. She and her committee worked tirelessly to make this a successful exchange.

From August 23–25 sixteen of our club members participated in a “mini-exchange” by traveling north to visit the Napa/Sonoma club. With the exception of two of our ambassadors, all of us stayed for two nights with our hosts and spent Wednesday visiting the Luther Burbank home and gardens in Santa Rosa, having a picnic near the Warm Springs Dam, and visiting wineries and local shops in Healdsburg and Geyserville. Some time in the future we hope to return the favor and host members of their club.

On October 1, the Friendship Force club of Dallas, Texas will arrive and stay until October 7. Luree Miller and Gail Boyd are the co-Exchange Directors. We will meet the Dallas club on October 1 at Messiah Lutheran Church in Redwood City. This meeting will also serve as our Annual Meeting for the election of officers and the selection of the country we wish to visit in 2013. More details on those last two items are described in other parts of this newsletter.

From time to time, members of our club have discussed how to increase our outreach to similarly minded groups. Some of you now, or in the past, may have been associated with Sister City clubs. Many years ago our family was part of Santa Clara Sister Cities and two of our children participated in their student exchange programs to Izumo, Japan in the late 1980s and early 1990s. Having students from Japan stay with us for a couple of weeks helped our family get interested in foreign travel and “people to people” exchanges. The same type of experience happened with a house exchange to Germany in 1992, and when hosting two Russian scientists as the Soviet Union was disbanding. A couple of months ago I was invited to make a presentation about Friendship Force to a small group of local Servas members at Edith Sommer’s home. (Edith is a member of our club and has also been a member of Servas for many years.) Servas promotes the idea of brief stays of one or two nights at individual homes as people travel to various parts of the world. Like Friendship Force, its mem-

President’s Column continued on Page 2

LET’S WELCOME THE DALLAS CLUB ON OCTOBER 1ST!

To all FFSFBA members! Please join us in welcoming 20 ambassadors from the Dallas club as they begin an exciting exchange with our club! We want to put on a rip-roaring reception that shows them, from the start, what a hospitable and welcoming club we are, including entertainment, food, and the start of new friendships from our very own country!

Saturday, October 1st, at 5 p.m.

Messiah Lutheran Church—1835 Valota Road, Redwood City (please use MapQuest or your GPS to get directions to this location).

Pizza My Heart will cater the dinner. There will also be a live performance by “Seniors in Show Biz,” directed and choreographed by Kathy Schmidt.

We request a \$10 donation per club member, host, or guest (ambassadors are prepaid) to help cover the cost of the meal (pizza, salad, brownies, and beverage).

IMPORTANT!—Please RSVP by Friday, September 30th, to Gail Boyd ().

We really need to know how many pizzas to order.

Make checks payable to “FFSFBA,” and mail them to:

Gail Boyd

Please send the following information along with your check:

Member’s Name _____

Reservations for _____ x \$10.00 = _____

IMPORTANT DALLAS EXCHANGE MEETING!

If you are either an assigned home host or day host, or interested in helping with day hosting while the Dallas club is here from October 1st through October 7th, please join us on September 26th at 11 a.m. at Don and Mary Pelland’s home () for a

meeting to address questions, provide itinerary details, and explain responsibilities and expectations. Please RSVP so we will know how many to expect at this very important final meeting before the exchange: Gail Boyd () or Luree Miller ()

President's Column, continued from Page 1

bers are located all over the world. There are numerous other groups, like Rotary, the Lions Club, Kiwanis, many church organizations, and others, that have international outreach programs, all trying to achieve international understanding. We have a natural affinity with many of these groups, and whenever we have the chance we should encourage their members to look into Friendship Force programs and trips.

Is there one way to best achieve international understanding and decrease the conflicts that the global society seems to face over and over again? If all the leaders of the world were members of Friendship Force, would that solve the world's problems? Well, probably not. It would have been difficult to imagine George W. Bush and Sadaam Hussein living in each other's homes for a week. But the motivating idea behind Friendship Force and the other groups mentioned above is that when enough ordinary people learn about the culture of an unfamiliar society—and I think our experience with the Indonesian ambassadors might fall into that category—then we, and they, are less likely to adopt unyielding positions with regard to foreign policy and to avoid taking on prejudiced ideas that cloud our judgment. Our exchanges don't solve the world's problems, but they are steps in the right direction. One has to believe that there are good ripple effects as relationships are established between hosts and ambassadors every year.

And speaking of exchanges, here is the latest from FFI from its recent Communique. A total of 1875 FF ambassadors participated in 101 exchanges during the first half of 2011 even though there were 11 cancellations of exchanges scheduled for Japan, due to the earthquake and the tsunami.

See you October 1 at the Dallas Welcome Party and Annual Meeting.
—Steve Smallwood, President

NEW MEMBER BIO FOR MAGGIE MCDERMOTT

My name is Maggie. I am 71 years old. I retired as a Public Health Nurse last year. I came from Ireland in 1964 and graduated from high school and college here in America.

I love travel and now I joined a Quilting class. I used to knit a lot but am unable anymore due to poor eyesight. I love all kinds of sports on TV. I just got a computer and am going to learn how to deal with it.
—Maggie McDermott

NEW MEMBERS: THE FRAGAS

Hi, we are the Fragas. Joseph is a retired real estate broker who spends his time on the computer or managing/fixing our rentals. I worked for many years as an R.N. with Kaiser, but for the last ten years I have been teaching Public and Community Health in the nursing program at Cal State East Bay.

Because we like to travel, (I more than Joe), we thought the Friendship Force would be a good fit for us. We read about it in the Tri City Voice and Karen's enthusiastic call-back to us resulted in us signing up.

We recently bought a duplex, in South Lake Tahoe, that required a total remodel, almost a total teardown, so all our

travel for a year has been to Tahoe. I am not complaining, but the winter was a real bear. Must get an all wheel drive car!

Regarding hobbies, Joe is a whiz at the computer, speaks fluent Portuguese, and can fix anything. I like to read, travel and paint. I was the illustrator for the children's book published by the city of Fremont's Pen Pal project. I look forward to meeting all of you soon.
—Marty Fraga



ANNUAL MEETING AT THE WELCOME PARTY, OCTOBER 1

Along with the Welcome Party for the Dallas Friendship Force Club on October 1, which begins at 5 p.m., we will also hold our Annual Meeting for the election of officers and the selection of a country to visit for our 2013 Outbound Exchange.

SELECTION OF THE OUTBOUND EXCHANGE FOR 2013

Listed below are the countries that we can visit in 2013. Please look over this list and bring your 1st, 2nd, and 3rd choices to the Annual Meeting on October 1 at Messiah Lutheran Church in Redwood City. Please choose countries to which you would consider being an ambassador in 2013 if that country were selected for us by FFI. If you know now that you will not be traveling on an outbound exchange in 2013, please do not vote.

High Availability

ANY—Anywhere is great!

ASI—Anywhere in Asia

LAM—Anywhere in Latin America

SPA—Anywhere in South Pacific

AUS—Australia

BRA—Brazil

BUR—Burundi

COL—Colombia

GHA—Ghana

INA—Indonesia

NEP—Nepal

NZL—New Zealand

USA—United States mainland

Average Availability

EUR—Anywhere in Europe
MEA—Anywhere in the Africa/Mid East
CAN—Canada
ENG—England
GER—Germany
IND—India
ISR—Israel
JPN—Japan
KOR—Korea
MEX—Mexico
MOR—Morocco
NCD—New Caledonia
RUS—Russia
TAI—Taiwan
TAN—Tanzania
UKR—Ukraine

Limited Availability

ALB—Albania
ARG—Argentina
AUT—Austria
BEL—Belgium
CHL—Chile
COS—Costa Rica
CYP—Cyprus
CZE—Czech Republic
EGY—Egypt
FRA—France
HUN—Hungary
NED—Netherlands
NIR—Northern Ireland
PER—Peru
ROM—Romania
SVK—Slovakia
SAF—South Africa
SWE—Sweden
SWI—Switzerland
THA—Thailand
TUR—Turkey
WAL—Wales
HAW—United States, Hawaii

Specialized Programs

CHN—China
VIE—Vietnam

ANNUAL HOLIDAY LUNCHEON DECEMBER 10

Mark your calendars now for the annual Friendship Force Holiday Luncheon on December 10 at Michael's Shoreline Restaurant in Mountain View. More information will be coming in November. Hope to see you there for this fun and festive event.

—Lois Smallwood

OFF TO NEW ZEALAND

In the middle of February, in the heart of our winter, FFSFBA is off to New Zealand in the summer. A three week spectacular tour of the North Island, including Auckland, Rotorua, Wellington, Wanganui and New Plymouth. Two exciting home stays in New Plymouth and Wellington are the highlights of the exchange.

There are still a few openings for the exchange, which starts on February 15th and returns on March 6th. The cost of the exchange will be about \$4000 for the air, tour and home stays. If you have air miles available, the cost will be reduced by about \$1500, depending on the air line.

If you haven't been on an exchange lately, or never, this will be a good way to start. The folks speak our language, the terrain will be easy to handle, and the natives are friendly.

If you want more details, call Barry Rader

NOMINATING COMMITTEE REPORT

The nominating committee is offering a slate of officers for 2012 after an extensive and thoughtful search.

President:	Don Pelland
Vice-President:	Martha LeRoy
Treasurer:	Nancy Menz
Secretary:	Ann Halligan

Thanks to Geri Bechtle, Lois Smallwood, and Chairman Barry Rader, for serving on the nominating committee.

Election of club officers for next year will occur at the club's annual meeting on October 1. At that meeting, the nominees selected by the nominating committee will be introduced. Nominations can also be made "from the floor;" any individual member at the meeting may nominate someone for an officer position as long as the nominee has agreed to be nominated.

PREPARING TO WELCOME OUR SOUTH AFRICAN FRIENDS IN JUNE 2012

Even as we anticipate the inbound Dallas Exchange for next month and the outbound to New Zealand in February, we need to begin planning for the arrival of our friends from the Cape of Good Hope Club in June 2012. On August 31, ten of us met at the McCready-Rader home in Fremont to accept roles on the planning committee and to brainstorm the activities we would like to offer them. Mary and Don Pelland, Louise Heiduk, Martha LeRoy, Darlene Boyanich, Katharine Kleinke, Roger Riffenburgh, Sara Rozzano, and Co-EDs Luree Miller and Karen McCready tentatively chose three basic group activities—Welcome and Farewell Parties and a tour of the Intel Museum. These will be supplemented with optional activities for the free days and various suggestions for touring San Francisco individually or in small groups.

Sign ups for all the various hosting roles—home hosting, day hosting, and potluck hosting—and for other committee positions will begin at the October 1 general meeting in Redwood City. If you would like to volunteer before that, please contact Luree Miller, or Karen McCready.



The Napa/Sonoma Exchange, August 2011

THE NAPA/SONOMA EXCHANGE— BRIEF BUT A BIG SUCCESS

From August 23–25, sixteen members of our club traveled to the Santa Rosa, Napa, and Sonoma area to be hosted by members of the Napa/Sonoma Friendship Force Club. After spending Tuesday evening with our hosts, we met Wednesday morning in front of the famous Church Made From One Tree in Juilliard Park in Santa Rosa. Merle Hayes, the ED for the Napa/Sonoma club, gave us some of the history of the church and then led us a few blocks to the Luther Burbank Home and Gardens. We had an excellent tour learning about the life and work of Luther Burbank, the famous botanist and horticulturist.

Next we traveled to the Warm Springs Dam for a wonderful picnic. Once again Merle gave us some of the history of that area including the development of the all important wine industry. After that our hosts took us to various spots including the Francis Ford Coppola Winery and Museum, the Kendall Jackson Gardens, and shops in Geyserville and Healdsburg. Our ambassadors also spent Wednesday evenings with their hosts and left for home on Thursday morning.

It was a brief exchange but it introduced us to new friends and provided a wonderful time in a beautiful area of northern California. We hope to return the favor in the future and invite the Napa/Sonoma club to visit us also.

Participating in the exchange were Louise and Wil Heiduk, Karen McCready, Barry Rader, Steve and Lois Smallwood, Darlene Boyanich, Roger Riffenburgh, Patricia Snowden, George Peters, Natalie Heling, Janis Maurry, Elizabeth Shumway, Joy Hillman, Ann Halligan, and RoseMarie Everett.

—Steve Smallwood, President and ED

RECENT AND FUTURE ACTIVITIES OF AREA 3, AKA “THE GREATER EAST BAY GROUP”

Who doesn't like to go out for breakfast? This has proved to be true for members living in the East Bay, sometimes joined by members from the other side, too. Our “almost weekly” gatherings have usually been on Friday mornings, but we've tried Saturday, too, hoping to draw some of our working members. We are open to suggestions of other activities, maybe even a monthly “Let's Eat Out” that moves to various parts of the Bay.

Other possibilities are bocce ball, petanque (pronounced “pay tonk,” the French version of bocce or boules), disc or frisbee golf, Dixieland jazz at a Fremont pizza parlor, and Wednesday night Western dance lessons at the Saddle Rack in Fremont. Let Karen McCready know what sounds good and she'll try to set it up:

KATHY LINDLEY

We regret to inform you that Kathy Lindley passed away July 30. She and Jack were long-time members of our club and went on several exchanges. Services were held August 5 at Centerville Presbyterian Church in Fremont.

FAYE A. BUTLER

After a few months of failing health, long time FFSFBA member and resident of Fremont, Faye Butler died peacefully on July 29. At the service at St. Joseph Church in Fremont on August 6, Faye's five children, their spouses, eleven grandchildren, and eight great-grandchildren celebrated her extraordinary life, which began on August 7, 1929. Her obituary acknowledged her dedication to nonviolent causes, especially “Pax Christi, an international Catholic peace organization committed to the study and practice of nonviolence, sponsoring many peace and justice activities. She worked tirelessly for the abolition of the death penalty and visited Stephen on death row for over ten years. In 2007, Faye received the Oakland Diocesan Deacon Cross Award for efforts to eliminate many social injustices.”

PIZZA AND JAZZ, TUESDAY, SEPTEMBER 20

Come on out, Area 3 group and all other interested members, to enjoy Fremont's best pizza and preview a youth jazz band on September 20:

6:30 pm (music starts at 7:00.)

Bronco Billy's Pizza

Blacow Rd. at Grimmer Blvd., one block north of Irvington High School. (Note that this is the Irvington location. They have four.)

We can order pizza as a group or individually. We'll plan to pass the tip jar for the band.

Call Karen and Barry for more information:
See you, we hope!



The ED's: Martha LeRoy and Jean Sumargo of Malang, Indonesia, July 2011.

INDONESIA EXCHANGE A GREAT SUCCESS

Thanks to all of the members of our wonderful club for making the exchange with Malang, Indonesia, such a success. We had incredible turnout and enthusiasm.

I especially want to thank the home hosts: Gail Howell, Wil and Louise Heiduk, Jan Gordon, Patricia Snowden, Mike and Melody Spradlin, Scott and Luree Miller, Geri Bechtle, Edith Sommer, Burt and Margie Liebert, Natalie Heling, Bruce and Elinor Wilner, Kent and Wendy Dewel. Your hospitality was unequalled. I am sure that you created an indelible impression and a lifetime memory for our ambassadors. Each and every host went out of his/her way to make our ambassadors feel at home.

We were off to a great start with the unique welcome party at the home of the Cloughs. They provided such a wonderful ambience, as always, and though the airline delayed us, our hosts and planners came through with a real Bay Area welcome. The planners, Karen Rice, Geri Bechtle and Wendy Dewel, greeted us with clam chowder in bread bowls and a festive greeting. So many other members helped out, I am concerned that I

might forget someone. We owe a debt of gratitude to Darlene Boyanich, Kay Crawford, Nancy Menz, and Karen McCready. Barry Rader was, once again, photographer extraordinaire!

We had such a fabulous week. Part of the success of this exchange goes to RoseMarie Everett, our professional Bay Area guide. She organized the San Francisco days and went to great efforts to ensure that the schedule would be "on time." She checked and re-checked the schedule, going to San Francisco multiple times prior to the exchange to ensure that the schedule was perfect. We owe her a debt of gratitude and are so proud to have her as a member of our club.

The farewell party gave our ambassadors an all American send-off. The red, white and blue was everywhere at this fabulous event, perfectly planned by Nancy Menz. The Golden Follies delighted us with a patriotic review. It was a real "feel-good" event. Thanks also to Allison Wright, Karen McCready and a host of others who made the event so special.

We had some incredible involvement in this exchange. A large percentage of our members participated and made a difference in the lives of our Indonesian ambassadors, and I am confident that they returned with warm feelings toward our Bay Area club, and Americans all. —Martha LeRoy, ED

LETTER FROM MALANG

Date: Thursday, July 28, 2011

Dear Oresh & Donna, ED & my Host in FF Vancouver,

Dear Martha, ED FF San Francisco,

Dear Burt & Margie, my Host in FF San Francisco,

After a long journey and very tiring, thanks to God we finally arrived back home safely. I, and also on behalf of all FF Malang ambassadors, would like to extend our gratitude and sincere thanks to both ED's, all Host Families, and the committee members, for their hospitality and good cooperation during our stay with you. We all enjoyed the exchange and have many pleasant memories. We hope that someday you also visit our homeland, Malang, so that we can extend our brotherhood and fortify our bridge of friendship.

Once again thank you for all you have done for us, may God Bless Us All.

In friendship,

Yati P.



Bruce Wilner, Greg & Mimin Soeprapto of Malang, Indonesia, and Elinor Wilner, July 2011.

FRIENDSHIP FORCE INTERNATIONAL 2011 WORLD CONFERENCE

Dave and I were attendees at the 34th World Conference, which was held in Hamburg, Germany, August 26–30. It was exciting to meet over 300 delegates from all over the world, members and leaders of Friendship Force clubs.

President George Brown presented us with the numbers: This year there are 364 clubs in 57 countries on 6 continents (23 countries were represented in Hamburg). Each year there are about 750 exchange directors who lead 5,000 ambassadors in visiting 18,200 hosts and members in various parts of the world. This leads to 37,500 new friendships annually, which means an average of 100 new friendships a day.

George admonished delegates to read the online World of Friends Catalog, which will guarantee to get us off the usual travel trails. He encouraged us to think of new ideas and techniques to expand our club. Consider themed exchanges such as biking, hiking, flowers, wine lovers, jazz, etc. which bring people together at new levels of interest. He listed two of the newest ones, which were very popular and successful: a grandparent-grandchild exchange, and another exchange linked up with Semester at Sea, which visited the Panama Canal, followed by homesteading in Costa Rica.

Please feel free to contact me if you'd like to hear more details about the conference. I'd be happy to share new ideas and techniques that were discussed in workshops. You can also visit FFI's website in a week or two (<http://theFriendshipForce.org>) to review the workshops that were presented at the conference.

Start saving your pennies now so you can attend the next World Conference, scheduled to take place in Hiroshima, Japan in October 2012. I URGE you to go. I *guarantee* that you will have a fantastic time! This is at least my 10th FF Conference, and every one of them has been inspiring! Everyone is so friendly and eager to meet people and make new friends.

—Dee Gustavson



Dee reunited with her former host, Hanaa Ismail from Cairo, Egypt. Dee joined the St. Louis Club on an exchange to Egypt in 2001, traveling with her friend Mary Lou Hudson.



Left to right: Dee Gustavson, FFI President George Brown, and Dave Gustavson

DISCOVER ICELAND FRIENDSHIP FORCE TRIP

Dee and I joined a group of 25 Friendship Force members from the U.S. and Canada to visit Iceland, led by Cinda Clark, a member of the Northern Colorado FF Club, and a former regional representative.

We each made our separate ways to Reykjavik, Iceland's capitol. Dee and I went a couple of days early, especially to tour the new Harpa Music Center, and attend a concert there. The Harpa is striking in appearance, mimicing the basalt crystal columns that are so common and typical of Iceland, but also incorporating amazing technology. Its four performance halls are so isolated from one another and from the outside that they can have concurrent events of very different kinds without any interference. They also have adjustable color effects in the walls, and tunable sound characteristics by means of invisible felt absorbers that can be adjusted inside the walls, or by moveable panels that are reflective on one side and absorptive on the other. They can mix unamplified events and hard rock events without problems. It is very impressive technology, excellent architecture. This is likely to become well known internationally as one of the top places to perform.

Our bus and guide took us on a 12-day tour in a big circle around the island, visiting small villages, many museums, several horse farms, shark drying sheds, many glaciers, icebergs, mountains, fjords, lava flows, volcanoes (they have 40 active ones, including the one which went off last year and prevented us from going on a FF exchange to Cornwall, England), sheep, dairy farms, black sandy beaches, geysers. We also experienced firsthand the geo-thermal waters at Lake Mývatn and the famed spa, the Blue Lagoon, an hour outside of Reykjavik.

It was exciting to meet all new people on the tour—and these were the most-traveled group of people we'd ever met. Half of them had lived abroad at least once, and all were or had been leaders in their FF clubs. One night a dozen of us got together to share and discuss ideas and techniques that work (and don't work!) in each of our clubs.

This being a discovery trip, we were unable to stay in homes, because there are no FF clubs in Iceland. However, we met



Dave and Dee Gustavson at Jökulsárlón (Glacier Lagoon) in Iceland, August 2011. (Note icebergs in the background.)

with six individuals in Akureyri one night to share our friendliness and present the FF story to them. A Lutheran minister was among them. The next day he invited us to tour his church and explained the history of the area.

Another evening we dined with the Rotary Club in Reykjavik. We provided part of the program by showing a Friendship Force video that explained the purpose of our organization, how exchanges work and turn into friendships. We hope that the seeds we planted on these two occasions will sprout into a Friendship Force Club sometime in the future.

Most of the group went home at this point, but Dee and I flew on to Greenland. We spent 3 days and 2 nights in Ilulisaat, a small village on the west coast. Each day we took boat tours to small fishing villages to observe how they live without cars (no roads are needed!). We saw one or two off-road vehicles, but they use dogs and snowmobiles in the winter to get around on land or ice. They depend on boats to bring them supplies. They live on rock, so can't grow much. And it's cold in the long winter!

We'd agree that Iceland should be called Greenland (more than half of the country is green grass and agricultural land, at least around the perimeter, though the interior is comprised of a lot of ice and glaciers), and Greenland should be called Iceland, because very little of it is green (only the southwest part has agriculture) and it has a lot of glaciers, ice, and rock. Greenland has old rock, some of the oldest rocks on earth, while Iceland has young rock, some of the youngest rocks on earth!

We were surprised to learn that Iceland has no evidence of habitation before about 900 AD, when the Norse settled there, while Greenland has had several waves of inhabitants going back many thousands of years. Evidently during ice ages, an ice bridge to the north and west made access feasible. About half of today's Greenlanders are Inuit.

Following our Greenland visit, we flew back to Iceland to catch a plane to Hamburg, Germany where we attended the 34th FFI world Conference.

—Dave Gustavson



Dave and Dee Gustavson, posing as Icelandic fishermen in a maritime museum in Stykkishólmur, Iceland. Note that the mittens have two thumbs, because the thumb wears out first! And, it doesn't matter which one goes on which hand. Dave's hat is over 300 years old!

2011 FFSFBA COMMITTEES

EXECUTIVE COMMITTEE

President@ffsfba.org: Stephen Smallwood
 VP@ffsfba.org: Darlene Boyanich
 Secretary@ffsfba.org: Dee Gustavson
 Treasurer@ffsfba.org: Scott Miller

STANDING COMMITTEES

Activities@ffsfba.org: Lois Smallwood
 Membership@ffsfba.org: Mary Pelland
 Newsletter@ffsfba.org: Dave & Dee Gustavson
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2011 CALENDAR

October 1–7	Incoming Dallas Exchange
October 1	Annual Meeting Messiah Lutheran Church, 1835 Valota Rd., Redwood City, 5 pm
October 29	FFSFBA Board Meeting, 2 pm at Pellands' home, Fremont
December 10	Holiday Luncheon at Michael's Shoreline Restaurant, Mountain View

2012 CALENDAR

February 15– March 6	Outbound Exchange to New Zealand (New Plymouth and Wellington)
June	Incoming Exchange from Cape Town, South Africa
October	FFI Conference, Hiroshima, Japan

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THE FRIENDSHIP FORCE
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 The Friendship Force of the San Francisco Bay Area