



# The Friendship Force of the San Francisco Bay Area

...You can make a difference!

...a force to promote peace

Vol. 26 No. 2

SAN FRANCISCO BAY AREA NEWSLETTER

April/May 2009

## PRESIDENT'S COLUMN

A Friendship Force Exchange is . . .

- a group of club members visiting members in another country or U. S. city:  
For example, led by Gail B. and Lori English, ambassadors will depart on April 19 for 5 days in San Antonio during their Fiesta, followed by 5 days in Dallas;  
On September 25, I will lead our group of 13 to Southern Africa, with pre- and post-tours at game parks, highlighted by a week home stay with the Cape of Good Hope club in Cape Town, South Africa.
- club members participating in other chapters' or all-FFI exchanges, such as the one Barry and I just experienced in Ireland with members from several U. S. clubs, one Canada club, and a couple from the Netherlands. (See Barry's article.)
- our club members hosting members of other clubs—Central Coast Australia from May 28 to June 4 and Chemnitz, Germany from July 7-14;
- our members providing hosting in a variety of ways: serving on the planning committee; calling members to arrange potlucks, carpool, day hosting, etc.; getting to know our visitors by participating in group events, day hosting, giving a potluck, helping to organize parties or field trips, carpooling; and, of course, welcoming guests into our homes and caring for them from airport pick up until departure.

If you are not already involved in one or both of these incoming exchanges in one or more ways, I urge you to call one of the EDs. Call Katharine Kleinke if you can help with the Chemnitz Exchange, July 7-14. If you are available during the Central Australia Exchange, May 28-June 4, please give me a call. Many jobs, large and small remain to be assigned. For the Australia Exchange, I need help with food purchase and set up for the welcome party and organization of carpool, potlucks, and day hosting. Every little bit helps!

- Finally, a Friendship Force Exchange is everyone in the club getting the chance to meet people from another culture, sharing the best of ourselves with them.  
I hope to see every one of you at least once during these exchanges. Don't miss out on the fun!—Karen L. McCready

## SILENT AUCTION FOR HUMANITARIAN PROJECT IN CAPE TOWN, SOUTH AFRICA



When our club's 13 ambassadors arrive in Cape Town in October, they hope to present at least one computer to a needy school in that area. Thus, we can leave a lasting legacy besides the lifelong friends that we are sure to make during our home stay with their club members.

At our Birthday Meeting on Saturday, May 16, we will be offering several goods and services for our members.

Here is a sampling of what you can bid on that day.

- online research in genealogy, ancestry, long-lost friends, etc.;
- training in the use of digital cameras and digital photography;
- a home-cooked Swiss Raclette (cheese) dinner for two to four people in the donor's home;
- a singalong (50's music or Christmas carols) in your or the donor's home for up to 20 people with your choice of piano or accordion accompaniment, and light refreshments;
- Macintosh computer assistance;
- a weekend at a hilltop home in Marin, including bed and breakfast, dinner at a creperie, day trip to the wine country;
- two guest passes to the Contemporary Jewish Museum in San Francisco;

It's not too late to offer a donation, particularly a donation of services rather than goods. Then we enjoy the bonus of fellowship among club members. Besides, most of us don't need more things. Suggestions: a special home cooked meal for 2 to 4 people (your house or theirs); a small planting or landscaping project; computer assistance; use of a membership card to a museum or other attraction; a night or weekend at a vacation site; taking photographs for a family event, etc.

Contact Karen McCready.

Please bring your checkbook so that we can collect at the meeting. Of course, we won't turn down a donation if you simply want to donate to the cause without winning an item.

Checks only, please, made out to FFSFBA.

## KAREN AND BARRY GO TO IRELAND

Why, you ask, do they go in the middle of winter to one of the rainiest places in the world? Friendship Force is starting a club in Dublin again and they were sending members to give it the right kind of send-off. Karen and I left home on March 9<sup>th</sup> for a fun filled three day exploration before we joined the FF group for a tour of south, central and north Ireland. Our hotel was about ¾ of a mile from the hub of activities in downtown Dublin. The area is called the Docklands and it is being redeveloped by the EU and private investors. We had a long walk to Grafton Street and Temple Bar, but we were up for it and our weight was kept down after drinking Guinness. We also saw a play at the Gate Theater by Tom Stoppard. We ate at one of the best restaurants in Dublin and stuck our foot in all the tourist shops looking for St. Patrick's Day junk.

We met the group near the airport and off we went looking at 12<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup> and 15<sup>th</sup> century castles. (Castles are now off our to-do list along with caves.) Karen kissed the Blarney Stone, but that smooch wasn't necessary for me. We spent St. Patrick's Day in Killarney watching the parade and drinking, you guessed it, Guinness. Then off to Galway, Donegal and finally a home stay at the Causeway Coast with Valerie. All very pleasant, and do you know what? It didn't rain for the seventeen days we spent in Ireland.

After all of this great time meeting our fellow ambassadors from all across the U.S., Canada, and the Netherlands, we were back in Dublin at the hotel where we started. The next day we had a tour of Dublin and then went to "The Mansion," the residence of the Lord Mayor of Dublin, for a reception to honor us and possibly launch the new club. What a treat: tea and cookies with the vice lord mayor, her secretary, and the head of tourism. They loved the concept of FF so much that the new club can hold its meetings at no charge at the residence for the duration. In other words, "We came, we saw, and we conquered."

Karen didn't find her roots, but she learned where to look next, Scotland. We both had an excellent time getting to know Ireland and, better yet, our ambassadors from the US and abroad.

—Barry Rader

## NOMINATING COMMITTEE FOR 2010

The time is once again upon us to find the best officers to carry on the tradition of excellence on the executive board. Only Gail as vice president may run again for her position; all the others are termed out. Many thanks to Karen, Ivan and Steve for all their hard work during the past two years and to Gail for her year as VP/Program Director. The task of finding replacements for next year has fallen to Barry Rader, Mary Pelland, and Natalie Heling, your nominating committee for 2010. You may get a phone call from them asking you to step up and help keep our organization moving in a positive direction, or you can call any of them to volunteer or suggest someone for the executive positions.

FFSFBA and Friendship Force International are heading in the right direction and only YOU can help keep them on course.

## WORLD FRIENDSHIP DAY

On Saturday, February 21, FFSFBA hosted World Friendship Day at the Los Altos Library. Over fifty members of our club attended, and several guests were introduced. To emphasize the importance of friendships that club members have made during the last several years, our president Karen McCready asked those present to relate memorable experiences that they have had as ambassadors or as hosts for visiting clubs. Those stories included friendships made in Canada, Russia, New Zealand, Brazil, and other countries, and also those made through domestic exchanges.

The guest speaker for this event was Antonio Ruiz Camacho, who is currently a Knight Fellow at Stanford University. Mr. Camacho is a native of Mexico and has had extensive experience with the Latin American immigrant community. He covered a number of topics related to current immigration issues emphasizing the variety of problems that immigrants, both documented and undocumented, face in the United States. At the end of the presentation he answered a number of questions from the audience.

The afternoon ended with the singing of "Let There Be Peace on Earth, and Let It Begin with Me."

—Steve Smallwood

## EMAIL GROUP FOR FFSFBA

If you are not in the Yahoo group "FFSFBA" to receive the emails we send to our active membership, you should join it!

The easiest way is to send any email (subject and body can be empty or whatever you like) to:

FFSFBA-subscribe@groups.yahoo.com

from the email address to which you want the emails sent.

You will almost immediately receive an email from Yahoo asking you to confirm that you really want to join. You must reply to that email (or use their web interface) in order to subscribe to the list. You need not be a Yahoo member, though there are some advantages to joining (free), such as access to the archives of the list's past messages.

—David Gustavson

## SEPTEMBER'S MEETING

On Saturday, September 19, 2009, the FFSFBA will meet at San Francisco's Main Public Library. The speaker will be Dr. Chris Andrews, Director of Steinhardt Aquarium, Chief of Public Programs. The social hour will start at 1:30, the meeting will begin at 2:00, and end at 4:00 pm.

## SAN ANTONIO AND DALLAS OUTBOUND EXCHANGE

April 19–30, 2009

A number of our members (plus Lorne & Angela Hill from Ontario, Canada) left April 19 on the Texas exchange.

They look forward to attending the Battle of Flowers Parade in San Antonio and a traditional rodeo in Dallas. They will return home on April 30. —Lori English & Gail B., EDs

## CHEMNITZ INCOMING EXCHANGE JULY 7-14, 2009.

We are expecting 7 of our friends from Chemnitz. Hosts have been assigned and a tentative schedule has been set. Parties are in the planning stage. It has been a bit difficult keeping two exchanges straight which are so close in time. So, I won't confuse you now with the details. The complete schedule will be available closer to the date they arrive. We will also have a meeting for hosts, probably after the Australia Exchange leaves. Please call or email me if you have any questions, suggestions or willingness to volunteer.

—Katharine Kleinke, ED



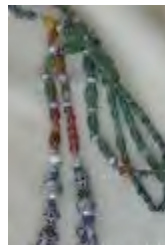
Taken at the Capitol of Northern Ireland Courtesy of Barry Rader

## PROGRAM FOR THE MAY 16 GENERAL MEETING: FEATURING MEMBERS OF THE AFGHAN COALITION

Along with the celebration of our chapter's 25<sup>th</sup> birthday, we will be welcoming guests from Fremont's Afghan Coalition. Their director, Rona Popal, has been honored by numerous local, state, and national governmental bodies for her dedication to helping Afghan refugees adjust to life in the Bay Area for more than twenty years. She will tell us about her remarkable journey from her homeland to the establishment of this organization in which she administers more than a dozen community groups and nonprofits. As described on their website:

"Located in the Fremont Family Resource Center, the Afghan Coalition is a 501(c)(3) nonprofit community-based umbrella organization seeking to empower Afghans living in Northern California by building self-sufficiency, developing youth leadership, and promoting unity. We host and co-present community events with our local partners, and we provide cultural counseling and advocate for the health needs of our community. Our goal is to encourage inter-community dialogue to explore common problems and develop community wide solutions."

Members of the Afghan Coalition's Jewelry Making Program will accompany Ms. Popal to show us just one of the many programs the Coalition has established to help the immigrant women become more self-sufficient. They will demonstrate their beading and other jewelry-making skills and display some of their finished products.



### ATTENTION, AUSTRALIA EXCHANGE HOSTS AND OTHER EXCHANGE COMMITTEE MEMBERS:

Please stay after the May 16 Birthday Meeting for a short meeting to pick up exchange booklets and to work out final details about carpools, potlucks, photos, etc.

### Save this Date



## Saturday, July 11<sup>th</sup>

This is the date for our annual picnic at Prusch Park in San Jose. It will also be the good-bye party for our Chemnitz ambassadors. Details will be forthcoming.

Celebrate with us—  
The Friendship Force of the San Francisco Bay Area's  
Twenty-fifth Birthday!

**1984**



**2009**

Saturday, May 16, 2009  
12:00 noon at The First United Methodist Church of Fremont's  
Cole Hall, 2950 Washington Blvd., Fremont

*Directions: Take the Washington Blvd. exit off 680. Turn right and proceed less than a mile. At junction with Olive Ave., turn left into church parking lot. Cole Hall is at the back of the church property.*

Program

12:00-12:45: "Finger Food" Refreshments and Silent Auction\*  
(\*See article: "Silent Auction for Humanitarian Project in South Africa.")

12:45: Introduce guests and make announcements.

1:00: Recognize past presidents and review a bit of club history.

1:15: Announce winners of Silent Auction items.

1:30: Introduce our speaker, Rona Popal, director of Fremont's Afghan Coalition, who will describe their programs and present some participants from their Jewelry Making Program.

2:15: Serve the birthday cake and sing "Let There Be Peace on Earth."  
(Brief meeting of Australia Exchange hosts and committee immediately after)

East Bay members: email Bill and Martha Crowe, if you can bring a plate of finger food for this meeting. Suggestions: small sandwiches, veggies, roll-ups, squares.  
A disposable serving plate would be appreciated.

Schedule for Inbound Exchange from Central Coast Australia—May 28-June 4, 2009

*Where in the world is Central Coast Australia?*

Here are the opportunities to meet our guests and find out.



*Note: All group events except the Farewell Dinner have been reserved in advance. Because space is limited for the Farewell Dinner, home hosts, day hosts, and other members participating in the exchange will have priority on those reservations.*

**Contacts:** For carpools—Barry Rader  
For event information—Karen McCready  
Van pick up for SF Tour: for the East Bay, Barry Rader;  
for South Bay, Ivan Heling

**Thursday, May 28:**

11:00 Ambassadors to be picked up at their hotels in San Francisco: Contact Barry Rader to arrange a carpool.

12:00 Welcome Party at Herb and Kumi Clough's home.

**Friday, May 29:** Free day to spend time with home hosts.

**Saturday, May 30:** Van tour of San Francisco, chauffeured and narrated by members. **Optional potluck night**

**Sunday, May 31:**

3:30 Gates open at Memorial Stadium in San Jose for Baseball and BBQ (early dinner) when the San Jose Giants play the Stockton Ports. Meet Karen McCready at the entrance by 4:00 to pick up tickets.

5:00 Game begins. **Day hosts may want to escort the ambassadors to the game.**

**Monday, June 1:** Another free day to spend with home hosts or **day hosts.**

(Continued on next page—this space intentionally left blank so you can tear off the form on the back without losing info!)

**Tuesday, June 2:**

9:00 AM: Depart for Henry Cowell State Park and Roaring Camp Railroad in the Santa Cruz Mountains. Contact Barry if you want to carpool.

11:00 AM: Board the steam train for 1 ¼ hour ride through the redwoods. Buy or pack a lunch.

2:30 PM: Tree planting at Prusch Park, 647 S. King Road, San Jose on the way home from the train ride  
Light refreshments. **Optional potluck night**

**Wednesday, June 3:** Time with home hosts or **day hosts**



5:00 PM: Farewell Dinner at Salang Pass Afghan Restaurant,  
37462 Fremont Blvd., Fremont 94536

“Salang” is the favorite Afghan restaurant in the largest Afghan community outside of Afghanistan. We will sample several of their specialties, served family style, in this unique ethnic environment while their friendly staff shares information about their native culture.

Directions: Off 880, take Thornton exit east to Fremont Blvd. Turn right and go two blocks—over the railroad. Cross Peralta and look for Salang on left side, across from Center Theater. To park in back, continue to Parish Avenue, turn left, left again into parking lot, park at the far end, and enter through the back door. Send the reservation form and check to Karen by May 25.

**Thursday, June 4:** Drop off guests at the SF Airport by 7 AM for their 9 AM flight to Oklahoma City.



Reservation for Central Australia Exchange Farewell Dinner  
Salang Pass Afghan Restaurant,  
37462 Fremont Blvd., Fremont 94536      Wednesday, June 3

Name(s) \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

\_\_\_\_\_ meals x \$20= \$ \_\_\_\_\_

Enclose check payable to FFSFBA and send to Karen McCready.

**Deadline: May 25**

**A Welcome Brunch  
For the Chemnitz Ambassadors**



**Wednesday, July 8<sup>th</sup>  
10:30 to 12:00**

**at the Clough's home**

Beverages, baked goods, sliced meat, cheese and fruit salad will be provided. The cost will be \$5 per person for our members and their guests. There will be no charge for the Chemnitz ambassadors. Sign up by completing the form below, and mail to  
Natalie Heling

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Name(s) \_\_\_\_\_ email \_\_\_\_\_

Tel. # \_\_\_\_\_

Number of persons attending (not including Chemnitz ambassadors) \_\_\_\_\_

Enclosed is my check for \$\_\_\_\_\_ made out to FFSFBA.

Reservation deadline is July 1<sup>st</sup>

## 2009 FFSFBA COMMITTEES EXECUTIVE COMMITTEE

President@ffsfba.org: Karen McCready  
VP@ffsfba.org: Gail B.  
Secretary@ffsfba.org: Stephen Smallwood  
Treasurer@ffsfba.org: Ivan Heling

### STANDING COMMITTEES

Activities@ffsfba.org: Lois Smallwood  
Natalie Heling  
Membership@ffsfba.org: Mary Pelland  
Newsletter@ffsfba.org: Dave & Dee Gustavson  
Parliamentarian@ffsfba.org: Barry Rader  
Publicity@ffsfba.org:

### EXCHANGE DIRECTORS

Central Coast, Australia—May 28–June 4, *InboundA*@ffsfba.org  
Karen McCready  
Chemnitz, Germany—July 7–14,  
*InboundC*@ffsfba.org Katharine Kleinke  
South Africa—May 28–June 4, *OutboundSA*@ffsfba.org  
Karen McCready

### SUPPORT COMMITTEES

ExchangeBanker@ffsfba.org: Don Pelland  
Merchandise@ffsfba.org: Barry Rader  
Forester@ffsfba.org: Don Dillon  
Karen Rice  
Forest records: Mary Alice vanDoorn  
Program@ffsfba.org: Gail Boyd  
Area Group Coordinator  
Regional@ffsfba.org: Louise Heiduk  
Sunshine@ffsfba.org: Darlene Boyanich  
Webmaster@ffsfba.org: Geri Bechtle

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

**Friendship Force International**  
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Tel: 1-404-522-9490, 1-800-554-6715 Fax: 1-404-688-6148  
Website: <http://www.thefriendshipforce.org>

## 2009 CALENDAR

April 19–30	Outbound Exchanges to San Antonio & Dallas, Texas
May 4–6	Western Region Leadership Conference, Reno
Sat., May 16	Birthday Meeting, First United Methodist Church, Fremont
May 28–June 4	Incoming Exchange from Australia's Central Coast
Sat., June 20	Board of Directors Meeting
July 7–14	Incoming Exchange from Chemnitz, Germany
Sat., July 11	Annual Picnic, Prusch Park Farewell to Chemnitz
Sun., Aug. 16	Board of Directors Meeting
Sat. Sept. 19	Annual Meeting, Election
Sept. 25– Oct. 13	Outbound Exchange to South Africa
Sun., Nov. 1	Board of Directors Meeting
Nov. 19–22	Friendship Force International Conference in Okinawa
Sun., Dec. 13	Holiday Luncheon, Michaels at Shoreline, Mountain View