



friendship force

SAN FRANCISCO BAY AREA
Changing the Way You See the World

Vol. 27 No. 2

SAN FRANCISCO BAY AREA NEWSLETTER

April/May 2010

PRESIDENT'S COLUMN

It's pretty easy to get depressed about the human condition. All you have to do is watch the 11 o'clock evening news. Many times I find myself shutting off the TV after a few minutes of viewing the usual litany of war, crime, and natural disasters. Granted there are a few "good news" stories now and then, but by and large, the state of society reflected on a late evening newscast is pretty dispiriting.

On the other hand, take a close look at what Friendship Force is doing. Let me give you a couple of examples.

At our last board meeting Karen McCready gave me a small poster about The Friendship Force Legacy Fund. The Legacy Fund has accomplished a great deal since it was established in 2004. Through the year 2008 twenty-five new Friendship Force clubs have been established in places like Azerbaijan, Indonesia, Romania, Tanzania, and Turkey. The fund has also helped to support new technological help for all of our clubs, assisted with more than fifty leadership training workshops, and supported initiatives with the Muslim world through the Pilgrimage Project. For 2009–2011 the priorities are to establish new clubs in thirteen countries including Albania, Ireland, Jordan and Uzbekistan, to work on youth exchange opportunities, and to expand regional volunteer leadership opportunities.

I admit that I wasn't fully aware of what the Legacy Fund was doing for Friendship Force. If you would like to find out more about it and learn how to contribute to it, look at <http://www.friendshipforce.org/legacy.aspx>

The Legacy Fund honors Wayne Smith, the founder of Friendship Force. It was his idea that "personal friendship can change the world." Again I admit that I didn't know very much about Wayne Smith either until fairly recently. In 2007 four of us from our club took a Friendship Force trip to New Zealand and had a great time staying with hosts in Christchurch and Dunedin. That particular trip was an FFI sponsored "tramping" exchange that introduced us to a Christchurch club member named Allan Williams, an 82 year old New Zealander who could walk the legs off people twenty years his junior. The ED on that trip was Wilma Gray of the Atlanta club, who gave us some of the history of Friendship Force and of Wayne Smith.

Wayne Smith, who died in 2004, was an amazing individual. As most of us know he founded Friendship Force with the help

of Jimmy and Rosalyn Carter back in 1977. Before that he had been a missionary in Brazil. Even before starting Friendship Force he had the idea of promoting friendship through home stays. In 1973 he took 200 residents of the state of Georgia to Brazil and arranged for 200 Brazilians to stay in homes in Georgia. As late as 2003, even though suffering from a debilitating disease, he took a delegation to Jordan where he had arranged home stays with Iraqi families who were living in that country during the first years of the recent war in Iraq. Earlier in 1990 Friendship Force became the first group to organize home stays in the Soviet Union when 300 Americans visited Atlanta's sister city Tbilisi which was then part of Soviet Georgia.

Wayne Smith said, "What we fear most is the unknown." When we learn from people in other countries, and they in turn learn from us, according to Smith, "Then maybe we can begin to stop being afraid of one another and begin building bridges of friendship." If you want to learn more about Wayne Smith, visit the website below.

http://www.friendshipforcedallas.org/obituary_wayne_smith.htm

I don't imagine I will stop watching the late evening news, but it is good to keep everything in perspective. What the Legacy Fund is doing and what Wayne Smith accomplished during his lifetime are inspiring. We should be proud that we are part of an organization that is trying to bring about real change in the world. Maybe Friendship Force should have its own evening news broadcast. —Steve Smallwood

EXPERIENCE BIARRITZ, FRANCE IN 2011

Biarritz, France is the destination for the outgoing exchange in May of 2011. Vikings back in the 9th century settled this city, only 11 miles from the Spanish border. At one point it was a whaling town, but in more recent times it has become a resort where the ocean waters supposedly are helpful in curing a variety of ailments. It has also been a gathering place for various royal families, and is famous for its casino life. It boasts the Asiatica Museum, the Museum of the Sea with 24 aquariums, and is a center for surfing. The Basque game of pelota is also very popular there.

Our club is looking for an Exchange Director for this exciting exchange and members who would like to serve on the exchange committee. If you are interested in being part of the trip and/or assisting with the exchange, please contact Steve Smallwood.

LOOKING FOR EXCHANGE DIRECTOR FOR INCOMING DALLAS EXCHANGE IN 2011

The FFSFBA Board of Directors approved a request from the Friendship Force of Dallas to join our club in an incoming exchange either in late July or early August. We are looking for an Exchange Director to help coordinate this incoming exchange. If you are interested in this position or in assisting with the exchange, please contact Steve Smallwood.

OUR FRIENDSHIP FORCE CLUB CELEBRATES ITS 26TH BIRTHDAY

To provide a sampling of what Friendship Force is all about, the May 16th meeting at the Los Altos Library will feature a program about members' recent travels, review the hosting and traveling opportunities for 2010 and 2011, and present a silent auction for humanitarian fundraising.

Since the inception of their chapter in 1984, the Bay Area members of Friendship Force have participated in more than 40 outbound cultural exchanges, involving home stays with members on five continents. On Sunday, May 16, members will share experiences from two recent exchanges: to China and to Cornwall, England.

The China program is the tenth Friendship Force-sponsored program to follow a similar itinerary, covering all the favorite sites—Shanghai, Xi'an, the Great Wall, the Yangtze, Beijing—plus four days of close interaction with residents of Nanjing. Barry Rader and Karen McCready will show the highlights of China that they shared with members from Australia, South Africa, Houston, Carson City, and the Bay Area.

Dee and Dave Gustavson, Los Altos residents, will recount their homestay experience in England. The Gustavsons flew to London, where they linked up with 20 FF Club members mostly from Manitoba, Canada. They all boarded a bus to begin the week-long exchange to Truro, Cornwall. They enjoyed the hospitality of hosts who own a B&B in Falmouth, on the southern coast of England.

The public is invited to attend this quarterly meeting and to consider how such traveling and hosting experiences might enrich their lives. Besides the enthralling travel experiences shown in the program, details of upcoming visitors and outbound trips will be available. The club is preparing to welcome guests from Costa Rica in June and will travel to Mexico in September. The lucky 20 eligible for the Mexico trip will enjoy the extraordinarily festive activities surrounding the bicentennial of Mexican independence in Mexico City and Oaxaca and a week of home stay with club members in Tuxtla-Gutierrez.

Besides these opportunities to enjoy home hospitality, both on the giving and receiving end, the club is formulating plans to visit Biarritz (in the Basque region of France) and to host a group from Indonesia in 2011. With more than 375 chapters worldwide, Friendship Force International offers hundreds of opportunities each year to enjoy home hospitality abroad and to get involved with hosting experiences here.

On behalf of the entire club, the member ambassadors to Mexico will present a donation to a worthy cause in the Tuxtla-Gutierrez community. To support that effort, members and guests will be able to preview the silent auction items at this meeting.

Everyone is welcome to join in the celebration of 26 years devoted to travel that makes a difference in our lives, broadening our circle of friends around the world. Birthday cake will commemorate the occasion.

Sunday, May 16, 2010

2:00–4:00 p.m.

Los Altos Public Library (see map and directions on page 5)
13 South San Antonio Road, Los Altos

Questions? Call the Gustavsons or the Smallwoods.

YOUR LUCKY DAY

The exchange to Tuxtla-Gutierrez is leaving in September for Mexico and would love to take a significant amount of money to make a charitable contribution to the community. So far, our members will be able to select from dinners at the Rader's, the Gustavson's, the Greenwald's, a B & B night in SF at the Miller's, tickets to the Aurora Singers, visit Filoli Gardens, have your geology examined, have training in either your digital camera or computer, have picnic lunch at a winery in Cupertino and more. These items will be on display for purchase at the May 16th birthday meeting.

If you want to donate a service, dinner, or other items, to help the people of Mexico, contact me.

—Barry Rader

SO MUCH MORE THAN A TRAVEL CLUB. . . .

We invite you to enjoy members' stories and photos of the friends made during their weeklong stays in international homes:

24 Homes in 12 Countries:

A Photo Journey through 7 Years of Travel with Friendship Force
Saturday, April 10, 2010

1:30–2:30 p.m.

Fremont Main Library, Conference Room A
2400 Stevenson Blvd., Fremont

No charge.

Call Karen McCready about future meetings in the East Bay.

WORLD FRIENDSHIP DAY 2010—A FINE KICK OFF TO A NEW YEAR FOR FFSFBA

Always much anticipated, our annual World Friendship Day celebration on Saturday, February 27th, succeeded on all counts in spite of slick highways and traffic accidents that held up some of our members. A total of 53, at least 12 of them guests, found our meeting place at Fremont's First United Methodist Church.

Steve Smallwood, presiding at his first general meeting, did himself proud with introductory remarks about the meaning

of Friendship Force, likening our promoting of international friendships to the fellowship inspired at the Olympics. Steve introduced the guests, most of them brought by club members. Then he introduced the Board of Directors for 2010 and called upon each exchange director to talk about the upcoming exchanges—the inbound from Alajuela, Costa Rica, and the outbounds to China and Mexico. Area group coordinators announced events to occur before the next general meeting, to be held in May.

Addressing the theme of World Friendship Day, our keynote speaker, Jayshree Merchant, told about a life in transition from India to America. She explained why she and her husband left good jobs and a comfortable lifestyle in India, with two young children, to take a chance on the promises of America.

Prefacing her talk with homage to Lord Ganesha, Hindu god of all things good, Ms. Merchant gave thanks for all the promises that have been fulfilled here and also acknowledged the personal hardships and cultural differences that everyone in the family has had to face. Thirty-one years later, she can assess the opportunities they have had: to pursue multiple degrees (including two master's degrees from Temple University for her and a college education for both children), to establish a successful business for her husband, a CPA, and to gain respect in her field of clinical pathology.

She credits American medicine with saving her husband's life after a near-fatal hit and run accident. With many humorous asides, she described herself as a somewhat headstrong young woman who went back to India after beginning a pharmaceutical clerkship in America. Fearing that more education would make her unmarriageable, her father demanded that she interview five suitors, insisting that she choose one. She found her match with the man who would allow her to express her independent self and did not disapprove of the time she had spent in America. In fact, she said, "My husband had never been to the USA and was the main proponent to try and resettle in a new world for better opportunities."

All these years later, they can bask in the joys of living within walking distance of their daughter and son-in-law and the two grandchildren. At the height of a distinguished career, the modest Ms. Merchant is Director of the Department of Pathology and Laboratory Medicine at Children's Hospital and Research Center, Oakland. Her quote from Thoreau carried the essence of her message: "Happiness is not in having what you want but wanting what you have." Dave Gustavson's picture captures the joyous bearing of this accomplished yet humble woman.

Activities coordinator Lois Smallwood and her loyal helpers, especially Natalie Heling and Darlene Boyanich, prepared the beverages and arranged the refreshments. East Bay members provided finger foods, many with an Indian theme. As we snacked on these goodies, we participated in a type of "Who Am I?" game that challenged us to guess the name of the outbound exchange that was attached to our backs. Thus we learned about some of the 40 plus exchanges, covering five



continents, where FFSFBA members have experienced home hospitality during our chapter's 26 year history.

Our customary singing of "Let There Be Peace on Earth and Let it Begin with Me" had even more meaning than usual, as we reflected on Jayshree Merchant's inspiring success story and looked around at the many guests we had met that day. Thanks to all the members who brought friends to share this experience.

—Karen L. McCready, FFSFBA Secretary

SACRAMENTO WORLD FRIENDSHIP DAY

Steve and Lois Smallwood and Wil and Louise Heiduk attended the World Friendship Day Celebration in Sacramento, followed by a pizza party with the event planners. Besides enjoying the fellowship with our colleagues from Sacramento, we were able to glean several new ideas that we plan to develop for our club.

—Louise Heiduk

JOHN CADEMARTORI

John Cademartori passed away on March 13, 2010 at age 86. He grew up in North Beach and served in the army in World War II. John attended UC Berkeley on the GI bill and earned his Bachelor of Science degree in Engineering in 1950. He was a founding parent of the Jean Weingarten Peninsula Oral School for the Deaf (JWPOSD) in Redwood City.

When John retired, he took up square dancing and joined the Beaus and Bows Square Dance Club. It was there that he met and later married his second wife, June. He became a member of Friendship Force, and with June hosted guests from many parts of the world and in turn were hosted here and abroad.

(Continued on next page)

John and June moved to Pilgrim Haven Retirement Community almost four years ago. After his stroke, he was able to spend his last three months in the Health Center there, where he enjoyed daily visits from his family and friends.

John is survived by his wife June; his daughters Ramona and Celeste and his grandsons Daniel and Gregory. Family and friends are invited to attend a memorial service on Friday, April 9 at 2:30 pm at St. William's Church, 611 South El Monte Avenue, Los Altos. There will also be a memorial service at Pilgrim Haven Retirement Community, 373 Pine Lane, Los Altos, on Saturday, April 10 at 2:30 pm. In lieu of flowers, donations may be made to St. William's, or to JWPOSD, 3518 Jefferson Avenue, Redwood City, CA 94062.

AREA COORDINATORS MEET

The area coordinators met on March 4 to discuss plans for the remainder of the year. They have some interesting ideas. The area leaders for North Bay are Gale Boyd and Luree Miller; for South Bay, Joy Hewett and Natalie Heling; for East Bay, Karen McCready. Contact them if you have additional suggestions. The North Bay Group visited the Disney Museum on March 18. On April 3, the East Bay Group visited the Lawrence Livermore National Lab. The South Bay Group is having brunch at The Forum on April 10.

—*Louise Heiduk*, Regional Coordinator

AREA #1 DISCOVERS A DISNEY LEGACY

Walt Disney told us "If you can dream it, you can do it." Okay, he didn't personally tell us. But when Area #1 visited the new Walt Disney Family Museum in San Francisco's Presidio on Saturday, March 6th, we learned just how far his dream took him—and therefore, the world. Not only did we learn more about Walt Disney, animation art, and the creative transformation of a barrack into a museum, but we also enjoyed our friendship with each other over a simple lunch at Wolfgang Puck's museum cafe and the sharing of a beautiful sunny San Francisco day. And we agree that no one has seen the Golden Gate Bridge until they have seen it from the spectacular glass wall at this museum. It was an inspirational, informative, energizing, and memorable outing for our group—Ron and Gloria Greenwald, Gail Boyd, Joy Hillman, Elizabeth Shumway, Dee Stuever, Diane Schaefer (Dee's friend from Walnut Creek), and Scott and Luree Miller.

—*Lurie Miller*, Area 1 Coordinator

AREA 2 BRUNCH AT THE FORUM

On Saturday, April 10th, Area 2 members and guests will gather at 10:30 at The Forum, 23500 Cristo Rey Dr., in Cupertino for a casual brunch. We will socialize and watch a slide show presented by Ivan Heling of a recent Friendship Force trip to Chile and the Galapagos Islands.

You are encouraged to invite friends and prospective members. Attendees will be asked to contribute \$5 to cover the brunch cost. Members from other area groups are welcome. Please RSVP by April 6th to Natalie Heling.

—*Natalie Heling & Joy Hewett*, Co-coordinators for Area 2

LIVERMORE LORE FROM AREA GROUP 3: SCIENCE AND WINE ARE AN INTOXICATING COMBINATION

On Saturday, April 3, we trekked out to Lawrence Livermore National Laboratory (LLNL) for a little science edification before we indulged ourselves with wine and lunch at Wentle Vineyards. These scholars and oenophiles were Julie Winter, who researched and made the arrangements for us; Martha LeRoy; Rita and Dick Hammer; Mary and Don Pelland; Steve Cooper and Mary Alice vanDoorn; Mary Ann and Don Dillon; Gayle Howell and her friend Gerald; Jan Gordon; Carolyn Linnard; Margaret Tracy; George and Harriet Anderson; Barry Rader and Karen McCready.

The volunteer docent at LLNL, hale and hearty Nick Williams, met us promptly and kept us in rapt attention for the next hour and a half. His enthralling, information-packed orientation covered such facts as 6,500 employees (fourth largest employer in Alameda County); 1,400 PhD's among them; the opening date of 1952, motivated by the Soviet's H-bomb wake up call; the use of seismology for non-proliferation treaty verification; home of the world's fastest supercomputer, and on and on.

After the guided tour through the Discovery Center, Nick escorted us to the fifth grade classroom, where he performed his favorite experiments to illustrate some fundamentals of science. Aided by several of our group, he demonstrated that "Science is explainable magic." Among their amazing feats: Mary Pelland helped Nick make "Elephant Toothpaste," and Martha LeRoy was able to raise more than 50 pounds of lead merely by blowing through a straw. Maybe they can do a special program for our next general meeting? Otherwise, you'll have to go see for yourself.

We piled back into our carpools and headed up hill and down dale, past several small wineries tucked into the spring green hills, and found Wentle Vineyards' Grill. The gracious hostesses tugged enough tables together to seat all nineteen of us, and we enjoyed a wide variety of food from their lunch menu.

This, our second Area Group 3 outing of the year, left us wanting more. That is, we brainstormed proposals to visit FDR's yacht, the Potomac, sometime soon and to look into the "Rosie the Riveter" tour, a National Park Service site in Richmond.

—*Karen McCready*

Mexican Independence Bicentennial Celebration!



Destination: Tuxtla-Gutierrez, Mexico

Date: September 9-24, 2010

Contact Information: Ron and Gloria Greenwald



Club/Exchange: Your home hospitality experience is provided by the Friendship Force of Tuxtla-Gutierrez, Mexico

Highlights:

- A rare opportunity to celebrate this major holiday in three distinctive southern Mexico cities
- 4 days at the Zocolo, the historic center of Mexico City
- Home stay in Tuxtla-Gutierrez, with family celebrations and visits to surrounding villages of Chiapas State
- 4 days in Oaxaca, a jewel of Mexico, famed for its crafts and its food
- Visits to archeological sites of Monte Alban and Mitla
- Moderate autumn temperatures

Description:

Mexico is preparing for one of the biggest celebrations in its history, and Mexico really knows how to celebrate! Your Spanish-speaking EDs will provide a bilingual experience throughout the trip. The fall season brings moderate temperatures, too.

Before the exchange, spend 4 days in Mexico DF, staying at the center of activities for the celebration, the Zocolo. Be within walking distance of the Cathedral, the Aztec ruins of the Templo Mayor, the Ballet Folklorico, and much more. We'll visit the homes of Frida Kahlo and Diego Rivera and the world class Archeological Museum.

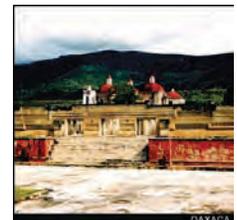
The major highlight will be the 7-day exchange in the homes of our Tuxtla-Gutierrez hosts.

We will celebrate with them "16 de Septiembre," the momentous commemoration of 200 years of independence, and the 100th anniversary of their revolution. We will experience family celebrations and fireworks. Beyond the city, they will take us to San Cristobal de las Casas, San Juan Chamula, Canyon de Sumidero.

In Oaxaca, we will visit the archeological sites of Monte Alban and Mitla and explore villages known for their crafts. Of course, we'll sample plenty of the wonderful Oaxacan food. Home base will be a classically restored small hotel.

In Mexico DF and Oaxaca, we have arranged daily "comidas," the midday main meal, in charming, authentic restaurants.

Estimated Price: \$2,800* including roundtrip airfare from San Francisco and the intra-Mexico flights. Land price only: TBA *The price will be reduced if enough reserve soon to qualify for a group rate.



FFSFBA SPEAKERS' BUREAU

"Have Program; Will Travel"



Do you belong to a club, religious institution, or another group that would enjoy hearing about our special way of seeing the world and making new international friends? Or could you gather two or more friends in your home or at a coffee shop for an informal presentation about our traveling and hosting opportunities? Our program, "25 Homes in 12 Countries: 8 Years of Travel with Friendship Force," illustrates our personal experiences in a 20 minute PowerPoint presentation. The underlying message is that FFI is "Changing the Way You See the World," which it certainly has done for us.

Contact Barry Rader & Karen McCready.

COSTA RICAN INCOMING EXCHANGE

Thanks to many hours of work by Luree Miller and her activities' committee, we have a full week of activities scheduled for our exchange. The ambassadors are arriving on Sunday, June 20th, and we'll have the Welcome Party, which will be lunch, at Herb and Kumi Clough's house in Atherton. On Tuesday and Wednesday the ambassadors will be taking a tour of San Francisco, including an optional walking tour on Wednesday. Thursday they will tour two wineries in Livermore and have lunch there, including, for the adventure-some, playing bocce ball. On Friday, Carol Stevens will lead an optional tour of Stanford. Saturday we'll have the farewell party, annual picnic, and tree planting at Prusch Park. The ambassadors will leave by bus on Sunday for a week with the Reno-Tahoe Friendship Force group. Our members, hosting or not, are invited to all of these activities. We hope you will join us for some or all of the activities, because the exchanges are an integral part of Friendship Force.

Home hosts include the Spradlins, Helings, Smallwoods, Wilners, Greenwalds, Stevens, Janis Maury, Gail Boyd, Martha LeRoy, and Jan Gordon.

We could use a back-up home host and also more day hosts as well as pot luck hosts. If you can do any of these, please call Lois Smallwood.

—Lois Smallwood

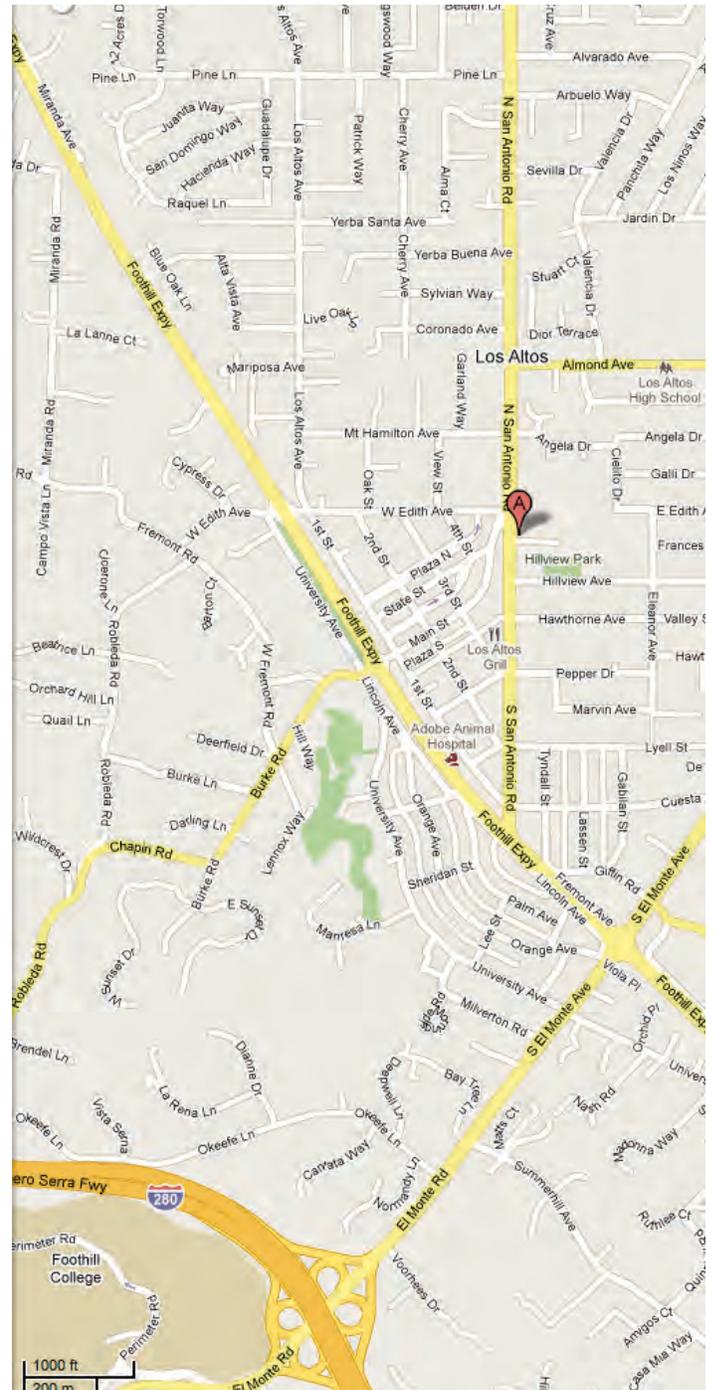
DIRECTIONS TO FIND OUR CLUB BIRTHDAY PARTY ON MAY 16

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..



2010 FFSFBA COMMITTEES

EXECUTIVE COMMITTEE

President@ffsfba.org: Stephen Smallwood
VP@ffsfba.org: Barry Rader
Secretary@ffsfba.org: Karen McCready
Treasurer@ffsfba.org: Scott Miller

STANDING COMMITTEES

Activities@ffsfba.org: Lois Smallwood
Membership@ffsfba.org: Mary Pelland
Newsletter@ffsfba.org: Dave & Dee Gustavson
Parliamentarian@ffsfba.org: Karen McCready
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Lois Smallwood

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Karen Rice
Forest records: Mary Alice vanDoorn
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FFSFBA website: <http://www.ffsfba.org>

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Website: <http://www.thefriendshipforce.org>

2010 CALENDAR

- May 16** FFSFBA Birthday Party,
2pm at the Los Altos
Library
- May 23** FFSFBA Board meeting,
2:30pm at the Stevens'
- June 20-27** Inbound Exchange from
Alajuela, Costa Rica
- June 26** Annual Picnic and Farewell
Party for Costa Rica,
Prusch Park, San Jose
- September 9-24** Outbound Exchange to
Tuxtla-Gutierrez, Mexico
- October 3** Annual Meeting,
Lunch at Basque Cultural
Center, So. San Francisco
- October 15-18** Friendship Force International
Conference in Wash., D.C.
(with optional homestay)

2011 CALENDAR

- February 4-6** Friendship Force
International Conference
in Auckland, New Zealand
(with optional homestay)
- May** Outbound Exchange to
Biarritz France
- July or August** Incoming Domestic Exchange
from Dallas, TX