



friendship force
 SAN FRANCISCO BAY AREA
 Changing the Way You See the World

Vol. 33 No. 2

SAN FRANCISCO BAY AREA NEWSLETTER

April/May 2016

**MY NEW ERA CONTINUES . . .
 WITH GRATITUDE**

Dear FFSFBA members and other supporters, I have many things to be thankful for this month. I can't cover all of them in this column. Stay tuned for more in the next edition.

Health

As you may have heard, I had minor surgery for stage 1 breast cancer recently. I am healing fast and waiting to begin follow up therapy in April. My gratitude for the success of my treatment falls into two categories: first to all the friends who have rallied around in a multitude of ways—from notes to phone calls to hugs at meetings to casseroles. Second is to the medical community—the researchers who have made strides since the first of my friends was diagnosed and is now a survivor of twenty years, my team of doctors and technicians at PAMF and Washington Hospital in Fremont, and the wonderful, comforting Women's Health Center at Washington West. On the one hand, it's frightening to learn how many of the women I know have been through this, but encouraging at the same time because they are years beyond the crisis and thriving.

George Anderson

When you read this, we will have celebrated George's life at a service on April 2nd. I want to make a tribute to George, especially for our upcoming Birthday Meeting, because he was a dynamic founding member who always cheered us on and brought so much spirit and wisdom to our leadership. Notably, the last time many of us saw George was when he got up at last year's Birthday Meeting in May to recount some of his earliest experiences with FFSFBA home stays, here and abroad. In spite of his hearing loss, he bounded to the front in his usual energetic manner and held us captive with the description of those events in his compelling, resonant voice. Little did most of us know that he was suffering from COPD and would be gone within six months. He will ever be missed.

Our Welcoming, Lively Club

I want to herald what I see as one of the main strengths of our club—the welcoming nature of our members and the meaningful friendships that develop so readily. In no time at all, new members are treated like old friends. This wouldn't happen if our club didn't offer a variety of worthwhile activi-

Continued on page 2, column 1 top

**ON THE OCCASION OF THE BIRTHDAY
 MEETING CELEBRATING FFSFBA'S 32 YEARS**

A cultural program on Saturday, May 21st, 11:00-1:00, Niles Discovery Church, Niles Blvd. at Nursery Avenue off of Mission Blvd., Fremont, CA:

The Journey of South Asians to Silicon Valley

A few years ago, I read in our Fremont paper, The Argus, that one-fifth of our local population is of Indian extraction. That proportion may be more or less for the Bay Area in general. For years, I had been aware of the number of doctors and people in other professions and, of course, Silicon Valley tech employees who come from "the subcontinent." When I met a woman recently who was raised in Malaysia, I began to realize how far and wide the Indian diaspora had spread across the world. Although on the surface the immigrants raised in different world regions seem to share many traditions and family values, I became interested in exploring their individual stories of why they came to America, what traditions they brought with them, and the challenges they have faced here. I have assembled a panel from a variety of backgrounds and professions. These are some of the topics they will explore.

- How their family life continues to be influenced by cultural traditions
- India's stellar institutions of higher learning that produce prime candidates for careers in Silicon Valley
- Other occupations that they have pursued in America
- Languages
- Entertainment: classical, Bollywood, and more
- Local cultural events
- The challenges of attaining visas and American citizenship
- The role of Indian leadership in Silicon Valley
- Questions and sharing of other experiences from the audience

Come prepared to ask and share and to celebrate together!
 —Karen L. McCready, President

SAPPORO, JAPAN INCOMING

We are expecting a visit from the Sapporo Friendship Force club in October. Plans are moving along for that exchange at this time. Two parties are being planned, to which all of you will be invited to meet with our visitors. Hopefully, there will be other events or opportunities to help with the

Continued on page 2, column 1 bottom

President's Column, continued from page 1, column 1

ties every month. For the organization of all those activities, I want to thank these energetic planners.

• A couple of years ago, Carol Easter and Martha LeRoy sat down and came up with a jazzy concept and a catchy name for it—"5th @ 5:00." That name instantly predicts the good times in store, a gathering you can look forward to almost every month at an attractive, comfortable venue. The Meetup format makes it easy to broadcast these events and bring in new members, and veteran members are always there to make newcomers welcome. Thanks to all those loyal supporters!

• RoseMarie Everett, in her dual role as Vice President and Activities Coordinator, has more than stepped up to the plate to arrange meeting places for our general meetings, to begin the tradition of monthly Let's Eat Out meals in ethnic restaurants, and to schedule as many plays, field trips, and other activities as we can pack into the calendar. She knows all about getting us everywhere on rapid transit, too!

• Dee Gustavson, besides co-editing our outstanding newsletter with husband Dave for these many years, is always looking for new ways to get our members together. Her latest, Guess Who's Coming to Dinner, has involved a larger percentage of our members than anything else we've done in years. The coordination of these home hosted dinners has required a great deal of effort on Dee's part. Because the guest list must be kept secret, Dee has to field all the inquiries that arise, too. Read all about it in a separate article. If you haven't experienced a GWCD yet, look for future sign ups.

Please read my separate article on the story behind the program for our May 21st meeting.

In gratitude for all the good happenings and supportive friends in my life, —Karen L. McCready, FFSFBA President

Continued from page 1, column 2

planning for meals and other outings, so there will be more communications later. If you would like to help with dinners etc., please email Martha LeRoy or K.

C. Sarr . —Louise Heiduk, ED

NOMINATING COMMITTEE FOR 2017 FFSFBA OFFICERS

These members will serve on the committee to nominate the slate of officers for 2017:

Julice Winter, June Harris, and Dee Gustavson.

The names of the nominees will be published in the August/September newsletter, and the election will take place at our September Annual Meeting. Contact one of these members if you would like to nominate anyone, including yourself, for the office of president, vice president, secretary, or treasurer.

—Karen L. McCready

THIS YEAR'S KICK OFF EVENT—WORLD FRIENDSHIP DAY, FEBRUARY 27, 2016

World Friendship Day began after the death of FFI's founder, Wayne Smith, and is held on or near March 1st, the anniversary of the founding of FFI in 1977. Our club carries on the tradition of honoring his memory with a yearly retrospective on the past year's events and a forecast of the adventures to come. Think of it as a yearly rebirth. Undoubtedly, judging from this year's program, FFSFBA is a vital organization with a wealth of activities going on.

Our World Friendship Day on Saturday, February 27th, at the Los Altos Library, proved that, with several participants reporting on travels, hosting, cultural programs, and social events. Ambassadors described their enhanced understanding of the civil rights era from home stays in Huntsville, AL and Memphis, TN in April/May and recalled adventures in Costa Rica in November 2015. Ten of our members will visit Brazil in June, with home stays in Sao Paulo and Curitiba. An energetic committee is putting together plans for a groundbreaking language immersion program for ambassadors from Sapporo, Japan in October.

Our calendar is filling up with at least one social activity every month, including Guess Who's Coming to Dinner, monthly Let's Eat Out gatherings at ethnic restaurants, group outings to little theater productions, field trips to Rosie the Riveter National Park in Richmond and Guide Dogs for the Blind in San Rafael. The Fifth @ 5:00 Meetup Group, which was started last year, is thriving with almost monthly happy-hour socials around the bay. We introduced the Cultural Book Group, featuring books about Japan, and "Where Do You Want to Go?" a group to find travel partners and choose Friendship Force locations to visit together. At future meetings, you can sign up for any or all of these offerings.

Special honored guests, the Co-Regional Field Representatives for Friendship Force International, Marty McKnew and Pat Ghiglieri, both past presidents of the Sacramento Club, gave presentations about the goals of Friendship Force and its current status. They even joined us for lunch later.

Speaking of lunch, 32 of the 40+ attending the meeting moved on down San Antonio Road to Estrellita's Mexican Restaurant for individually freshly prepared meals. The staff deserves huge accolades for preparing and serving a large variety of their delicious food. Both the food and the charming decor are inspired by the Chiapas region of Mexico, famous for its special moles (sauces) and for celebration of Dia de los Muertos, although they turn out perfectly tasty usual fare, such as burritos, too.

Thanks to all who participated. To those who couldn't be there, we're sorry you missed a great party!

—Karen L. McCready, President

WANTED: A LEADER TO ORGANIZE A HEARTY WELCOME FOR THE MEMPHIS CLUB!

We're setting the stage for a fine time with members of the Memphis, TN club for the week of March 12-18, 2017.

Their club showed several of our members a wonderful time last spring, and we're sure our club can return the favor in grand style. We already have a list of the laid back activities that they would enjoy, including a day in the redwoods, a Stanford tour, meeting the Rosies at Rosie the Riveter National Park in Richmond, the Livermore wineries, and a free day to explore the guests' special interests. All we need is a leader to get a committee going to plan the welcome and farewell parties and to map out the arrangements for all the activities. The leader, whom we call, of course, the ED (Exchange Director), will receive a stipend of \$200 to cover attendance at the events and other miscellaneous expenses. We're confident that several members will sign up to serve on the committee for a harmonious division of labor and minimum stress for everyone involved. Please contact me if you're interested in serving as the ED or just have more questions about what it entails: Yes, you can do it!

—Karen L. McCready, President

FF FUN ACTIVITIES 2016

Save the dates below for our Let's Eat Out events (LEO). There will be events in the East Bay and West Bay on alternate months. Come and join in the fun and friendship. Members and friends are welcome to attend any of these events on either side of the Bay. RoseMarie Everett is coordinating the East Bay Events, so contact her if you'd like more information. Telephone her

In the East Bay, LEO events will be combined with plays presented at the Broadway West Theatre, in Fremont. The West Bay events will be coordinated by K.C. Sarr, and will be dining out only. Email K.C.

for more information. See her article on page 4.

The plays for the East Bay events will take place at the Broadway West Theatre, 4000 Bay St., (Washington & Bay) in Fremont. Please note that the FF events are scheduled on a preview night and cost \$5 (cash) for unreserved seating. The theatre's website: <http://www.broadwaywest.org/current-season/> There's plenty of free parking behind the theatre; however, the theatre has no handicap access, so one must walk up two flights of stairs. The door opens at 7:30 p.m. and the plays start at 8 p.m. You can join the group for the dinner and/or the theatre.

On March 16, five FF members enjoyed dining out together and checked out the play, "Barefoot in the Park" by Neil Simon.

Here are the dates for Let's Eat Out dinners & play events in the East Bay:

Thursday, May 12—Dinner at Myanmar Tea Garden (Burmese Cuisine) at 41063 Fremont Blvd., Fremont. (phone 510-687-1288) and info@myanmarteaogarden.com. RoseMarie has preordered a 9-course meal, which includes Myanmar Tea Leaf Rice Salad and dessert. The dinner costs \$17.50, and you must pay in advance. Send checks (made out to FFSFBA) to Judy Smith,

The play will be "A Few Good Men" by Aaron Sorkin (a compelling drama). See the above paragraph for theatre details. The theater is just a short walk from the restaurant.

Thursday, July 14—Dinner and play in East Bay. Play: "Noises Off" by Michael Frayn (side-splitting comedy). Restaurant TBD.

Wednesday, Sept. 14—Dinner and play in East Bay. Play: "Dr. Jekyll & Mr. Hyde" (old-fashioned horror thriller). Restaurant TBD.

Thursday, Nov. 10—Dinner and play in East Bay. Play: "Miracle on 34th Street" (heart-warming holiday show). Restaurant TBD.

Other events being planned:

Saturday, Aug. 6—Tour of Guide Dog Campus in San Rafael, planned by a North Bay member—Carpools will be arranged.

11:00-12:30 Tour of the Guide Dog Campus

12:30 walk in the neighborhood for snacks or light lunch

1:30-2:30 View the graduation of the dogs to their blind-person caretaker, oftentimes very emotional.

2:30 late lunch (optional) in San Rafael

Oct. or Nov.—Rosie the Riveter Museum in Richmond.

Saturday, Dec. 3—Christmas/Holiday Luncheon, 12 noon at Massimo's Restaurant. Three choices on menu, a sit-down lovely luncheon for \$35 inclusive, pay in advance to reserve. 5200 Mowry Ave., Fremont, CA 94538

—RoseMarie Everett, Vice President



LET'S EAT OUT—WEST BAY

Friday, April 29, Let's Eat Out at Casa Lupe Mexican Restaurant at 459 Castro Street, in Mountain View, 6 p.m. (The cost will be \$20 or less.) Email address for the restaurant: casalupemv.com; tel. #: 650-965-2944. There's free parking in the back. Come and enjoy a nice dinner with your friends. Stay after the dinner to hear Salvador Vazquez playing Jalisco Mariachi Harp from 7:30-9 p.m. RSVP to RoseMarie by email:

The plan for the West Bay FFSFBA Let's Eat Out for June 2016 is to meet at EPHEMUS Mediterranean Cuisine at 185 Castro St. in Mountain View. The date is set for June 29th at 6:00 p.m.. This will be a set price dinner for \$17.00 (including tax and tip, but not drinks or desserts) with your choice of one of the following entrees:

- Lamb & Beef Gyro Plate with rice and salad
- Chicken Shish Plate with steamed veggies and rice
- Imam Bayildi (vegetarian baked eggplant stuffed with onions and peppers and served with rice)

I've eaten here once before and found it a cut above other Mediterranean restaurants in the area.

I'll be traveling in early June, so I need to have a head count by mid-May, if possible. If you are interested, please e-mail K.C. Sarr now so I can get an idea of how many people want to participate. Payment info, directions, and parking will be sent in an e-mail for those who express interest.

If you want to see the menu online for more details, go to www.ephesusrestaurant.net. —K.C. Sarr,

GUESS WHO'S COMING TO DINNER

Enthusiastic comments have been received from both hosts and guests who attended one of the dinners. There were 6 hosts altogether: 3 in East Bay, and 3 on the West Bay, with a total of 41 who participated as guests and hosts. Several mentioned that it was a great chance to have more time to talk and get better acquainted. It was also an opportunity for new members to learn more about our club, its activities, and exchange opportunities.

Let me know if you missed being a guest the first time around, but you'd still like to participate, and I'll try to place you sometime this summer. (I have 4 additional members who have offered to host.) Email me or phone to get on the guest list. And now the Let's Eat Out (LEO) dinners will also offer opportunities to get together and socialize. —Dee Gustavson, GWCD Coordinator

NEW MEMBER

Please welcome our newest member, Jan Boelke. Jan lives in Mountain View, and attended World Friendship Day as a guest of Susan Olson. She liked us so much, she joined!

—Carol Easter, Membership

ST. PATRICK'S DAY DINNER

Thirteen members and friends enjoyed dining together on March 17 at Jack's Brewing Company, in Fremont. St. Patrick's Day decorations filled the small private dining room. Corned beef and cabbage, potatoes and carrots were on the menu. Note the photos, on another page, where everyone wore something green!

—Dee Gustavson

FIFTH AT 5

Our monthly Fifth at 5 happy hour get-togethers continue to be popular. We had over 20 attendees at our February event at Aloft Hotel in Newark. For March, in spite of the pouring rain, about a dozen of us attended the annual Travel and Adventure Show in Santa Clara, which included presentations by Rick Steves, Samantha Brown, and even wine tasting! We then met over food and drink at the Hilton across the street. For April, 15 of us checked out Aloft Santa Clara. Stay tuned for the announcement of our next one, in May. —Carol Easter, Membership

GUESS WHO'S COMING TO DINNER A HOST AND GUEST'S PERSPECTIVE

Dee orchestrated this fun event. About 45 members from our club participated in these dinners. There were three hosts in the West Bay (Leila, Katharine, and Natalie) and three in the East Bay (Carol, Kathy, and RoseMarie).

I had the pleasure of attending a brunch at Katharine Kleinke's house in early February in Sunnyvale. Wil and Louise, K.C. and Saaku and myself were the guests who sat at Katharine's beautiful table and enjoyed a marvelous brunch together. I was delighted to get to know everyone better.

I volunteered to be a dinner host on March 12th. I had never done such an activity or had so many people come to my house for dinner! Dee asked me if I was comfortable with having nine people come. I reluctantly took on the challenge, although I was a bit nervous that I wouldn't be able to pull it off. I had enough dishes, but not tables or chairs, so I put out a plea for help. Karen offered 4 chairs, tablecloths, and a folding table to seat 6, and I had one that would sit 4, so that was a good start.

I used my beautiful wedding china that hadn't been used in years, plus my everyday wear. I set the table two days before and prepared 3 more tables for the drinks, desserts, and buffet table.

Dee told me beforehand that a couple was coming, one of whom was allergic to cats, so I assumed this was Karen and Barry. At 5:30 p.m. a car drove up. I opened the garage door to greet my first guest, who was 30 minutes early! Walking with a walker was June Harris, my best friend, who had gotten out of the hospital just a week earlier! I was so surprised to see her. It made my evening to have her as my secret guest!

I only guessed one person that was coming, and that was Edith, a new member, who also brought her daughter, Gina. The rest of the guests arrived, Elaina, Kathy, Olga, and Susan, each bringing their beautiful smiles to greet me, and a dish to complement my roast beef.

We all visited and enjoyed each other's company for several hours while getting better acquainted. All evening, I kept wondering why Barry and Karen hadn't shown up, but as Gina was leaving, she told me that she was allergic to cats, so the mystery was solved!

I was delighted to receive several lovely thank-you cards from guests expressing their gratitude to me for having the dinner. What a fun event! Thanks, Dee, for all your hard work coordinating it. I loved Guess Who's coming to Dinner, and I can't wait for next year!

—RoseMarie Everett

TO CELEBRATE OUR CLUB'S 32 YEARS OF PROMOTING WORLD PEACE

The Friendship Force of the San Francisco Bay Area*
invites YOU to join us for a FREE program.

The Journey of South Asians to Silicon Valley

Saturday, May 21, 2016 11:00 A.M. to 1:00 P.M.

Niles Discovery Church's Fellowship Hall

(not a church-related event)

Niles Blvd. at Nursery Avenue, Fremont, CA 94536

(Park in the large lot closest to Nursery Ave. or along Niles Blvd.)

Traditional South Asian treats, birthday cake, fruit, coffee, and tea

A panel of local South Asians will relate their experiences growing up in various regions of the world and will discuss topics vital to understanding their cultures.

Discussion Topics:

- A very brief history of India, mainly to explain its great diversity of cultures and the forces that led to its very widespread diaspora around the world
- What is your ethnic background, and what route did your family take in their migration to the U.S.?
- How does your family life continue to be influenced by cultural traditions?
- How do India's institutions of higher learning produce so many prime candidates for careers in Silicon Valley—in medicine, in engineering, and in other fields?
- How do you account for the large number of Indian leaders in Silicon Valley?
- Entertainment--classical, Bollywood, and more: What role do they play in your family's life in America?
- Describe your experience with the visa system and the path to American citizenship.
- Questions and sharing of other experiences from the audience

Drawing for a FREE one year NEW membership in Friendship Force of the San Francisco Bay Area.

*The Friendship Force of the San Francisco Bay Area, one of more than 400 chapters of Friendship Force International, promotes international friendships through home stays with club members on 5 continents. This program brings this culture to our community, inviting the public to hear these speakers' viewpoints, to share their own experiences, and to introduce our club's programs of home stays abroad, hosting of international visitors here, and many social and cultural events throughout the year.

ffsfba.org

thefriendshipforce.org

Questions?



friendship force

ST. PATRICK'S DAY DINNER, MARCH 17, 2016



RoseMarie Everett and Mary Lynn Pelican



Martha LeRoy, Judy Heyman, June Harris and Judy Smith

Photos courtesy of
Mary Lynn Pelican and
RoseMarie Everett



L to R: Gina Hudson, Sunny Hand, RoseMarie Everett, Karen
McCready, Barry Rader, Ron Boyce



In front: Sunny Hand and Mary Lynn Pelican
Standing: RoseMarie Everett and Karen McCready
Seated at far left: Martha LeRoy



President Karen McCready and husband Barry Rader, ED

2016 FFSFBA COMMITTEES

EXECUTIVE COMMITTEE

President@ffsfba.org: Karen McCready

VP@ffsfba.org: RoseMarie Everett

Secretary@ffsfba.org: Barbara Ross

Treasurer@ffsfba.org: Judy Smith

STANDING COMMITTEES

EventPlanner@ffsfba.org: open

Membership@ffsfba.org: Carol Easter

Newsletter@ffsfba.org: Dave & Dee Gustavson

Publicity@ffsfba.org: Karen McCready

Webmaster@ffsfba.org: Dan Eggerding

EXCHANGE DIRECTORS

Curitiba & Sao Paolo, Brazil, OutboundBr@ffsfba.org

Barry Rader,

Sapporo, Japan, InboundSJ@ffsfba.org

Louise Heiduk,

SUPPORT COMMITTEES

ExchangeBanker@ffsfba.org: Judy Smith

Merchandise@ffsfba.org: Carol Easter

Sunshine: Darlene Boyanich

MemberRecruitment@ffsfba.org: open

MemberWelcome@ffsfba.org: Natalie Heling

Forester@ffsfba.org: Karen McCready

2016 CALENDAR

April 29	Let's Eat Out, Casa Lupa, 459 Castro Street, Mtn View
May 2-4	Western Regional Leadership Conf., Reno (for all members)
May 7	FF Board Meeting 11-1 Iron Construction, SVale
May 12	Let's Eat Out in Fremont, 5:45 dinner, 8 play
May 21	Birthday Party, panel on Indian Culture, 11-1, Niles Discovery Church, Niles Blvd. at Nursery Ave., Frem.
June 2-25	Outbound Exchange to Curitiba & Sao Paolo, Brazil
June 29	Let's Eat Out, Ephesus Mediterranean Cuisine, 185 Castro St., Mtn View
Sept. 15-18	FF World Conference in Marrakech, Morocco
October 18-25	Inbound Exchange from Sapporo, Japan
Dec. 3	Holiday Luncheon, 12 noon, Massimo's Restaurant, 5200 Mowry Ave., Fremont
Aug 24-27 2017	FF World Conference, Manchester, England

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

Friendship Force International

260 Peachtree Street, N.W., Suite 402

Atlanta, Georgia 30303

Tel: 1-404-522-9490, 1-800-554-6715 Fax: 1-404-688-6148

Website: <http://thefriendshipforce.org>

SAN FRANCISCO BAY AREA
friendship force



THE FRIENDSHIP FORCE
Changing the Way You See the World
The Friendship Force of the San Francisco Bay Area
35408 Terra Cotta Circle, Fremont, CA 94536
Phone (510) 794-6844, Fax by pre-arrangement
<http://www.ffffba.org> info@ffffba.org