



# The Friendship Force of the San Francisco Bay Area

...You can make a difference!

...a force to promote peace

Vol. 25 No. 4

SAN FRANCISCO BAY AREA NEWSLETTER

August/September 2008

## “SEEING THE FOREST”—AND BEYOND

Dear Friends,  
We celebrated our beloved Friendship Forest in grand style at our July 13 picnic in Prusch Park. Our venerable Foresters—Mary Alice van Doorn, Howard Craven, and Don Dillon—reviewed the labor and lore of establishing this meaningful tradition and nurturing it for thirteen years. More recently, Ivan Heling, Steve Smallwood, and Wil Heiduk helped to complete the structural additions and will rearrange a few tree ID posts. By the time we honor our next guests with a tree planting—July 2009 for our Chemnitz, Germany ambassadors—all the amenities will be in place for a leafy retreat that all may enjoy for many years to come.

Yes, especially for us tree lovers, the Friendship Forest is such a gratifying, tangible symbol of what Friendship Force stands for. Yet, after all this fuss over those trees, you may wonder, what next? I don't have a specific answer yet, but here are some items on my wish list:

1. Develop and implement a humanitarian project for our visit to the Cape of Good Hope, South Africa, in October 2009—something to which all of our members and their communities may contribute through donations of goods, such as books.
2. Network with likeminded organizations, such as Returned Peace Corps Volunteers and Sister City Commissions, to recruit members and hosts for incoming exchanges and to provide programs on common interests.
3. Through such networking, consider hosting more incoming exchanges, boosting our club's vitality and providing more appeal to prospective members.

I hope that all of you have had as enjoyable a summer as Barry and I have. The highlights for us included some outstanding stage plays—from professional Bay Area drama to a delightful 42<sup>nd</sup> Street by our local youth theater group. Tops for me was my McCready family reunion in the Sierra, with 41 attendees from three generations of cousins—all bright and beautiful to me, of course.

Last but not least, Barry and I are excited to join 23 other ambassadors from FFSFBA and the Reno-Tahoe club for 23 days in Canada, returning on September 20.

I hope to see all of you at our Annual Meeting in San Rafael on Sunday, September 28.

In friendship, —Karen McCready, President

## 2009 EXCHANGES LAUNCHED WITH NEW EXCHANGE DIRECTORS

At the June board meeting, the board of directors approved the appointment of the following: In April, Gail Boyd and Lori English will lead 20 of our ambassadors to Texas—first to the Fiesta in San Antonio and then on to “Big D-Dallas” for another five-day stay. Katharine Kleinke and Karen Rice, both veterans of last fall's exchange to Germany, will welcome our friends from Chemnitz, Germany, in July. With no volunteers coming forth to lead our exchange to the Cape of Good Hope, South Africa, in October, President Karen McCready will make the arrangements for our one-week stay there and then on to a photo safari.

Sign ups: The roster is almost full for the Texas Exchange. Katharine and Karen will be asking for committee volunteers for the Chemnitz Exchange. Karen McCready has started a list for those requesting more information about the Cape of Good Hope Exchange. To sign up for any of these exchanges, contact the following, or come to the September 28 Annual Meeting in San Rafael.

Texas Exchange: Gail Boyd or Lori English

Chemnitz, Germany Incoming Committee: Katharine Kleinke or Karen Rice

Cape of Good Hope, South Africa Exchange: Karen McCready

## ANNUAL MEETING AND ELECTION

September 28, 2008, 2pm

Contempo-Marin Mobile Park Clubhouse

San Rafael, Marin County

See page 3 for map and directions.

Many of our members in the past two years have traveled to different countries within Africa, a continent in which we are planning an exchange, to South Africa, in October 2009. You're invited to come at 1:30 to meet and greet our guest speakers Ron Greenwald, member of FFSFBA and Habitat for Humanity, and Gabrielle Moore-Gordon, native Zimbabwean and internationally known multi-layered watercolorist. Ron and Gabrielle will transport us to the countries of Botswana, Namibia, Zambia, and Zimbabwe by presenting the experience of a Habitat for Humanity construction site in Botswana, the conflicts and economic struggles of the countries surrounding Zimbabwe, and an artist's reflection of the

country's people through her art work. If members wish to share their stories of African travels, please advise Gail Boyd at the beginning of the meeting.

—*Gail Boyd and Dee Gustavson*, Program Committee

### NOMINATIONS

The Nominating Committee this year consisted of Bernice Batchelder, Faye Butler and Don Pelland. They have proposed the following slate of officers for 2009:

President	Karen McCready
Vice President	Gail Boyd
Secretary	Steve Smallwood
Treasurer	Ivan Heling

All of these, except Gail Boyd, are incumbents and all are willing to serve. The election will take place at the September General Meeting. Other nominations may be presented from the floor at that meeting; however, nominees must have agreed to serve in the office before the nomination is presented.

—*Don Pelland*

### TRAINING FOR FUTURE EXCHANGE DIRECTORS WELL ATTENDED

Hosting fourteen prospective (some of them experienced) Exchange Directors for future exchanges was gratifying and enjoyable for Barry Rader and Karen McCready. Katharine Kleinke, Joy Hillman, Darlene Boyanich, Natalie Heling, Gail Boyd, Lori English, Wil and Louise Heiduk, Bill Crowe, Lois and Steve Smallwood, Luree and Scott Miller, and Geri Bechtle spent a couple of hours viewing the new ED training DVD and discussing the mechanics and communication issues of arranging exchanges, both outbound and incoming. We followed up with a tasty potluck and lots of fun conversation.

We are confident that these fourteen trainers and trainees will form a strong, resourceful cadre for many exchanges to come. Besides knowledgeable EDs, we need informed committee members and ambassadors to assure the success of any exchanges, and these fourteen will provide just that.

—*Karen L. McCready*, President

### AREA 2 POT LUCK

Area 2 is planning a pot luck on Saturday, August 23, 2008 at 12 noon at Melody & Mike Spradlin's home.

—*June Cademartori*, Area 2 co-chair

### A NEW WAY TO LOOK AT THE BAY

Wednesday, October 15th—Join the North Bay Group for a day of Maritime meandering in Sausalito. We will meet at the Bay Model at 10 am. Contact Alyce Zahorsky, if you have questions.

Walking onto the deck of the Model provides a view of the bay that no restaurant window or harbor tour can provide. Nearly 350 square miles of bay, land, rivers, ocean, islands, and wetlands have been packed into a two-acre space that mimics

the ebb and flow of actual tides. History buffs will enjoy the interactive exhibit at the Model that depicts Sausalito's days as a shipbuilding center during World War II.

Directions: Take the Sausalito exit off Hwy 101. You will be on Bridgeway. At Harbor Drive turn toward the water, then make an immediate right onto Marinship Way. Follow the signs to the Bay Model and free parking lot.

Second stop: Tour of the Spaulding Wooden Boat Center (foot of Gate 5 Road).

Entering this living "cathedral of wooden boats" is like stepping back in time. It's difficult to find any other woodworking that is more creative.

Third stop: Lunch with a water view at Paradise Bay Restaurant, 1200 Bridgeway.

Final stop: Visit the floating artist studio of Gabrielle Moore-Gordon.

Reservations limited to 15 persons. To confirm your space, send your \$10 check to Gail Boyd.

### AREA GROUP 3'S DAY AT AT&T PARK

It was a perfect day at AT&T Park—warm and sparkling with sunshine. Bay Area Group 3 gathered at BART to venture out for a fun day in San Francisco on Wednesday, August 13.

From the Embarcadero BART we hopped on the Metro and headed for our AT&T tour. What a place it is, even when there is no game to watch. It was built during a California economic boom, so it was designed with luxury and convenience in mind. Our tour guide took us everywhere, into all the nooks and crannies. This included the Club Room, the press room, the suites, the halls with the fabulous murals of all the baseball heroes, and even the private restroom which is never used by the public.

Our guide then led us out onto the ballpark field. We felt rather small but privileged to be standing on the playing field and sitting in the Giants dugout. Looking up at all the empty seats, we could imagine the crowd cheering for its team. The huge Coke bottle slide and mitt caught our eye. The views of the city, the Bay and its bridge, and the boats out in the splash area were inspiring. We noticed that the design chosen for the park sheltered the fans from the chilly sea breeze. There were 15 of us, including members and guests. At the end of the tour, our guide sang his beautiful version of "Take Me Out To The Ballgame," after which we all yelled "Play Ball!"

We admired the sculpture and landscaping outside the entrance as we all headed for Delancey Street Cafe for lunch.

The outing was planned by the Crowes and attended by the Pellands, the Kingerys, the Fortmeiers, Karen and Barry, and Jan Gordon. Guests included Chris and Mary Ann Salzman, the Rogoffs, and the Radacks. The outing was a great way to get acquainted while exploring a new site. Plan to join us on the next outing.

—*Jan Gordon*

Note: In case your group wants to enjoy the AT&T tour, they are offered on non-game days and cost \$8 for seniors. Reservations are recommended.



One of the many lovely murals the FFSFBA SF/North Bay Area Group saw on the San Francisco Mission District Mural Walk.

Photo: Barry Rader



The FFSFBA group that took the San Francisco Mission District Mural Walk.

Photo: Karen McCready



FFSFBAers tour the AT&T Ballpark.

Photo: Pat Fortmeier

## ANNUAL MEETING SEPTEMBER 28, 2008, 2PM

Our Annual Meeting and Election will be held September 28, 2008, at 2pm (socialize at 1:30pm), at Contempo-Marin Mobile Park recreational facility (clubhouse), in San Rafael (north of the Golden Gate Bridge).

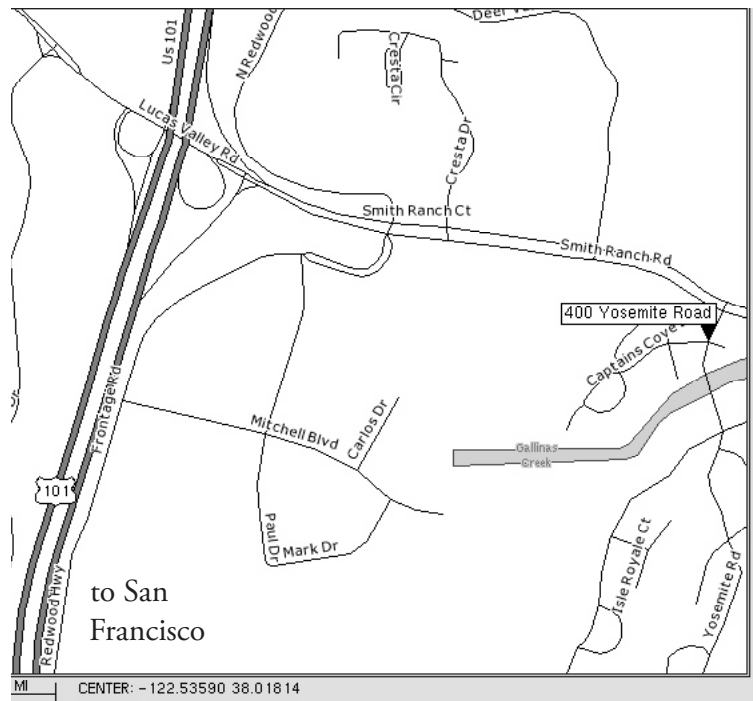
Directions for the September 28<sup>th</sup> Annual Meeting:  
 Contempo-Marin Mobile Park Clubhouse  
 400 Yosemite Rd.  
 San Rafael, CA

From the East Bay, take I-880 N toward Oakland, until it turns into I-580W at the Richmond-San Rafael Bridge. Stay straight to go onto 101 N: then see below for \*\* Smith Ranch Rd.

From the South Bay, take I-280 N toward San Francisco, Hwy-1 N toward 19th Avenue/Golden Gate Bridge, merge onto 101 N via the exit (on the left) toward Golden Gate Bridge. Once over the bridge, stay on 101 N: then see below for \*\* Smith Ranch Rd.

An alternate route from the South Bay would be 101 N to Golden Gate Bridge, continue on 101 N: then see below for \*\* Smith Ranch Rd.

\*\* When you reach San Rafael, take the Smith Ranch Rd. exit toward Lucas Valley Rd., stay to the right to take the Smith Ranch Rd. ramp. Stay straight to go onto Smith Ranch Rd. (in effect you've turned right exiting the freeway), then turn right onto Yosemite Rd. Continue until you come to Contempo-Marin Mobile Park at 400 Yosemite Rd. Watch for signs to the Clubhouse, and look for green balloons. Do not use Mapquest directions! If in doubt, please call Gail Boyd.



MI CENTER: -122.53590 38.01814  
 Maps On Us (R)  
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This new barn-like structure provides shade near the Friendship Forest.  
Photo: Dave Gustavson



Saaku Saar, husband of Kathy Craven, former FFSFBA member and daughter of members Howard and Lucile Craven, explains his African drum before demonstrating it.  
Photo: Ivan Heling

### FRIENDSHIP FOREST SONG

(to the tune of "O Christmas Tree"/O Tannenbaum")

O Friendship Trees,  
O Friendship Trees,  
Just look at what you started:  
From far and near our guests have come,  
And left (before we parted)  
A tree to show how much we care,  
To stand for them,  
When they're not there.  
O Friendship Trees,  
O Friendship Trees,  
Just look at what you started.

O Foresters,  
O Foresters,  
Just look at what you started:  
From far and near our guests have come  
To make new friends and have some fun.  
And as they part you plant a tree  
To help us all recall their spree.  
O Foresters,  
O Foresters,  
Just look at what you started.

And may they all grow, as strong and as true,  
as the friendship we all feel for you.

—Don Dillon and Karen McCready



This new arbor forms a pleasant entry way to the Friendship Forest. The two new benches were donated in long-time member Polly Burke's memory.  
Photo: Dave Gustavson



San Jose Councilman Pete Constant and his public relations expert welcomed us to Prusch Park.  
Photo: Ivan Heling

## AREA COORDINATORS MEETING

The area coordinators met on August 6 and shared ideas for activities. They have some interesting plans which they will share with you soon. We also discussed some interesting ideas about forming smaller groups with Area 2 and Area 3. Your area leaders will discuss these ideas with you at your next meeting.

—*Louise Heiduk*, Area Group Coordinator

## 2009 OUTBOUND EXCHANGE TO TEXAS, APRIL 19<sup>TH</sup>–30<sup>TH</sup>

The Lone Star State of Texas has invited the FFSFBA Club to visit two of their cities in Spring 2009. Have you been to Dallas or San Antonio? This is your opportunity to get some first-hand history on the Alamo, San Antonio City Walk, Arabian Horse Ranch, cattle drive, rodeo, and the Texas Cowboys & Girls! In contrast to all this is the Kennedy Museum and Nasher Sculpture Center, and many more events and gatherings with our hosts.

Contact Lori English or Gail Boyd, Co-Exchange Directors.

## INCOMING EXCHANGE JULY, 2009, FROM CHEMNITZ, GERMANY

Next July we will have the pleasure of hosting our friends from Germany. A signup sheet will be available at the meeting on Sept. 28. Our first organizational meeting will be held in January, 2009. The time and place will be announced at the Holiday Luncheon. Please volunteer to help even if you did not go to Germany. We found this club to be very warm and filled with the Friendship Force spirit. You don't want to miss out on meeting them.

—*Katharine Kleinke*, Exchange Director

## SF MISSION DISTRICT MURAL WALK

The SF/North Bay Area group was guided through the heart of the SF Mission District murals by Henry Sultan, a buoyant, feisty, fun and proud gentleman of 70. As a muralist and historian of the district's murals, Henry gave an in-depth description and/or story behind many of the bold and brilliant masterpieces. Our tour began at 24th & Mission Street across from BART at McDonald's. "The Children's Mural," a masterpiece, covers the entire restaurant's outer walls and was created entirely by local children. Then just around the corner in the parking lot, we viewed several murals representing the challenges/obstacles currently facing Hispanic people today.

After several blocks and many outstanding murals, we reached the Cesar Chavez Elementary School's murals, "The Silent Language of the Soul." These murals depict the alphabet in Spanish, English, and the "Sign" language of the deaf across the entire front of the school's entrance. Murals in the back of the school portray Cesar Chavez, a labor leader for the farm

workers and civil rights, and Martin Luther King, Jr., another influential figure of civil rights, who was boldly painted next to African wildlife. As the tour ended, many members visited the Precita Eyes Arts and Visitor Center before lunching at the El Nuevo Frutilandia Restaurant.

Lunch attendees: Luree & Scott Miller, Gail Boyd, Joy Hillman, Karen McCready, Barry Rader, Alyce Zahorsky, Katharine Kleinke, Ann Hayward, Ron & Gloria Greenwald, Elizabeth Shumway, Darlene Boyanich, and Roger Riffenburgh. They expressed their day's experience as enlightened by the illustrations and the interesting presentation of progressive ideas through this media, the Murals of SF Mission District. These murals are a definite must-see for future exchanges, both domestic and foreign, in small groups.

—*Gail Boyd*, Area Chairperson

—*Luree and Scott Miller*, Event Organizers

## FRIENDSHIP FORCE PICNIC

Prusch Park was again the site of our club's annual picnic on July 13. Fifty-five members and guests brought tasty food to share over lively conversations about exchanges and travel. This year's picnic featured a special tribute to the thirteen-year history of our Friendship Forest in Prusch Park. President Karen McCready, acting as mistress of ceremonies, introduced the Forest theme for the day and later led us in a special song that she and Don Dillon, Sr. had composed to honor the Foresters and the significance of the Forest.

San Jose Councilman Pete Constant welcomed people, and Gina Aning, Parks Facility Supervisor, gave a history of Prusch Park. Foresters Howard Craven, Don Dillon, and Mary Alice van Doorn provided a history of our Friendship Forest.

Saaku Sarr entertained us by describing how his drum was made and demonstrating how it is used, at the same time enlightening us about the culture of his native country of Senegal, in West Africa. Saaku is married to Kathy Craven, daughter of Howard and Lucile Craven.

Following the program in the hall, we all paraded to the Friendship Forest to plant a Weeping Cherry tree to commemorate the growth and renewal of this Friendship Forest and the international friendships that the trees represent. Two benches were donated in Polly Burke's memory.

In closing, the group viewed the 14 trees of the forest while joining hands to sing "Let There be Peace on Earth."

—*Dee Gustavson & Karen McCready*

## MEMBERSHIP

If you'd like to join our club, call our Membership Chair, Mary Pelland for information about the pro-rated membership fee for the remainder of the year.

## 2008 FFSFBA COMMITTEES EXECUTIVE COMMITTEE

President@ffsfba.org: Karen McCready  
 VP@ffsfba.org: Dee Gustavson  
 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

No. Moreton, Australia—June 14–20, *InboundA*@ffsfba.org  
 Louise Heiduk  
 Greater Hamilton & Winnipeg, Canada—8/29–9/20,  
*OutboundC*@ffsfba.org Barry Rader

### SUPPORT COMMITTEES

ExchangeBanker@ffsfba.org: Don Pelland  
 Merchandise@ffsfba.org: Barry Rader  
 Forester@ffsfba.org: Don Dillon  
 Karen Mitchell  
 Forest records: Mary Alice vanDoorn  
 Program@ffsfba.org: Dee Gustavson  
 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**  
 233 Peachtree Street, Suite 2250  
 Atlanta, Georgia 30303

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

## 2008 CALENDAR

**Aug. 29–Sept. 20** Exchange to Greater Hamilton,  
 Ontario, & Winnipeg,  
 Manitoba, & Maritimes  
 extension

**Sun., Sept. 28** Annual Meeting, Election  
 Contempo Marin, San Rafael  
 1:30 Socialize, 2 p.m.  
 Program

**Oct. 2–5** FFI International Conference,  
 Gold Coast, Australia

**Sun., Nov. 2**  
 (note change) Board of Directors Meeting,  
 Louise Heiduk's home

**Sun., Dec. 14** Holiday Luncheon at  
 Michaels at Shoreline,  
 Mountain View

**2009 Dates** (Tentative)

**April 2009** Outbound Exchange to  
 San Antonio & Dallas, Texas

**July 2009** Incoming Exchange from  
 Chemnitz, Germany

**October 2009** Outbound Exchange to  
 South Africa



**THE FRIENDSHIP FORCE**  
 Bringing the world together since 1977  
 The Friendship Force of the San Francisco Bay Area  
 35408 Terra Corta Circle, Fremont, CA 94536  
 Phone (510) 794-6844, <http://www.ffsfba.org>  
[info@ffsfba.org](mailto:info@ffsfba.org) Fax by pre-arrangement