



friendship force

SAN FRANCISCO BAY AREA
Changing the Way You See the World

Vol. 32 No. 4

SAN FRANCISCO BAY AREA NEWSLETTER

August/September 2015

MARTHA'S MUSINGS

By the time you read this newsletter, we will have wrapped up another successful exchange. You might wonder how I know that it was a successful exchange. That's simple! The ED/Exchange Coordinator and her entire committee have done an outstanding job. I will let Karen McCready name them individually, but let it be known that "it takes a village," and we've got a great one. Thanks to all for working together so well.

Selection of Outbound Exchange Destination for 2017

Your board has proposed a list of possible exchanges for 2017—Please choose just 3. I know it is difficult to narrow down. Please vote only if you think that you might travel with us in 2017. We will be voting at the September meeting. If you are unable to come, but still want to vote for the exchange, you may do so by email to me—. We will submit our choices to FFI and will receive our assignment. It's considered a "match" when both clubs agree.

Switzerland

Japan

Turkey

Canada

Netherlands or Belgium

International Conference in Vancouver, BC, Canada

Four of us will be attending the international conference this year. We expect to come back with new ideas to revitalize the club.

Costa Rica Exchange 2015

Sixteen of our fellow club members will serve as ambassadors to Costa Rica, visiting the Ciudad de los Flores Club in November. Prior to the exchange, we will have a private tour of the rain forest by Eco-Horizontes, a group that specializes in the rain forest and is familiar to many Friendship Force clubs. RoseMarie is looking forward to zip-lining again and I am looking forward to the colorful wildlife. The host club has mailed their itinerary and it looks exciting as well. RoseMarie visited this club earlier this year and was impressed by their generous hospitality.

Holiday Party 2015

Nancy Menz and June Harris are working on the holiday party. It will be held on December 5th at the beautiful Hotel Nikko in San Francisco, for the second time. Last year

GENERAL MEETING AND ELECTION, SEPT. 13

Hear ye, Hear ye—Announcing the annual General Meeting on Sunday, Sept. 13 at the Milpitas Library. We have a speaker from Stern's Luggage to demonstrate packing techniques. This should be a great reminder and lesson for all of us as we continue to downsize and pack less. Louise represents Stern's and has spoken to various groups. She will be bringing luggage, coupons, packing devices and great tips. Do not miss it. Note that there will be an optional opportunity to dine out after the meeting, location TBD.

We will also be discussing exchanges. How can you make a difference? What is expected on an outbound exchange? What needs to be done to put together a successful inbound exchange? Have you ever considered being an exchange director? We will tell you all you need to know. We know that we have lots of untapped leadership in this club. We are always on the look-out for both in and outbound ED's. We are currently looking for exchange directors for our inbound exchange from Sapporo, Japan and our outbound exchange to Curitiba and São Paulo, Brazil.

We will also hold our own general election of officers for the new year. The slate as approved by our board is:

President: Karen McCready

Vice President: RoseMarie Everett

Secretary: Elaina Habel

Treasurer: Judy Smith

We will also be taking nominations from the floor.

Thanks to those who served on the Nominating Committee: Karen Rice, chair; Barry Rader, and Dee Gustavson.

—Martha LeRoy, President

SAVE THE DATES FOR OUR UPCOMING FIFTH AT 5 EVENTS!

Members are enjoying our Fifth at 5 meetups! We had 14 people meet at the Elephant Bar in Cupertino on August 5th. The weather was perfect for dining and drinking out on the patio.

We will be skipping September, as the 5th falls during Labor Day Weekend, but be sure to save the 5th of the month for the rest of this year. Locations for October and November will be announced later on. And quite conveniently, December 5th is our Holiday Party in San Francisco!

—Carol Easter, Membership

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people were impressed with the beautiful ambiance and the delicious food. The proximity to Union Square and all of the holiday decorations was a real hit. Save the date—the first Saturday in December, the 5th—Time and details to be announced.

—*Martha LeRoy*, President

MEMORIES OF MY FIRST TRIP TO COSTA RICA FEBRUARY 23 TO MARCH 10, 2015

On my first trip to Costa Rica, I traveled with FF Greater Milwaukee. There were 15 of us ranging in age between 55 and 86. Eleven Ambassadors came from Wisconsin. They were delighted to get out of the cold and looked forward to the heat of Central America. Dell and Bert, a delightful married couple from Durango, Colorado, were 81 & 86 years of age.

Karen was from Henderson, Nevada and I from Fremont, California. We got along fabulously and shared our many travels with Friendship Force and our current knowledge of Costa Rica.

Many of the home hosts did not drive. Our transportation to our daily meeting place in the park was by cab, paid for by the home hosts. Taxi companies use orange color taxis at the airport and red cabs in the city. Cars are very expensive—about twice as expensive as in the US, because the cars are all imported from other countries. We met our Horizantes tour guide, Ozzie, and dedicated bus driver on March 3rd. We had a cool air-conditioned van that held 21 people, but we were only 15, so we all had ample room to spread out. It was a pleasure to have our own driver and guide, much more personal than riding in a huge tour bus with 50–65 people, with little to no individual attention.

The nickname for citizens of Costa Rica is “Ticans.” Heredia, where we are having our home stay, is called the City of Flowers. However, the name comes not from the many flowers there, but from the man who discovered the City!

Colones is their currency. The smallest bill is 1,000 Colones, worth about \$2. The largest coin is 500 Colones worth about \$1. When I gave my home host \$50, her husband brought back about 26,000 Colones.

Costa Rica is about size of West Virginia. Nicaragua, the country to the north of Costa Rica is 4x larger and very poor. Costa Rica is considered the most productive country in Central America, and the literacy rate is about 95%.

Major industries: exports of fish (Tilapia) fruit, vegetables, palm oil, and the third largest coffee exporter in the world. Clothing and shoes are very expensive in Costa Rica, about 3x the price as in US. The electrical system is the same as USA, so no need to bring adaptors for your plugs. The water, fruits, and vegetables are very safe to drink and eat and they are delicious. Rice and beans are served for every meal and are a major staple food in Costa Rica. Eggs are served very differently, too well cooked for my taste.

The houses in Costa Rica are very different than here. It was quite a culture shock for me. Bars in front of their houses from ground to above their roof, then circular barbed wire on top! I'm not sure why, because the country seemed very safe to me. The

streets are in poor repair, with many potholes, and the traffic is insane on their one-way streets. The motorists have no respect for pedestrians—they do not stop! It can be very dangerous.

The lighting in their homes seemed very dim. It was difficult to read and write by their overhead lighting. I was glad I brought my little flashlight with me. The house floor and even the garage is all tile. WiFi was widely available, especially in the lobbies of the hotels and in private homes, so I was able to get internet on my iPad in the evening. There are many dogs, and often they are noisy at night. Gas stations are all controlled by the government, so there's no competition between stations. Gas is sold by the liter as in Europe and is the same price throughout the country. The stations were open 24 hours a day. Costa Ricans make an average of \$1500 month. Residents in Costa Rica have complete medical care.

I was surprised that there was a pharmacy or two in every town. I used a pharmacy in Fortuna, where I asked for some Tylenol. I was surprised that the Costa Rican pharmacist gave me about ten pills, not a whole bottle. Many cities in Costa Rica have similar names as Northern California cities: San Rafael, Sacramento, San Francisco, San Jose, Santa Barbara to name a few.

I was tickled pink to go ziplining over the canopy trees in the rainforest. I can't wait to do it again on my second trip this November! Can you image a 72-year-old woman weighing nearly 190 pounds and ziplining? What fun it was!

The people are very friendly. We all loved our home stay in Heredia. We all cried as we said good-bye to our home hosts. Stay tuned for my second report of my Costa Rican travel with Friendship Force after I return with our club this fall. BTW, Martha has negotiated fees \$350 less than I paid! —*RoseMarie Everett*

HOW ABOUT A REDUCED PRICE TRIP TO BRAZIL IN 2016? *

We call this person an Exchange Director (ED for short)

Job Description

- Recruit 14+ members (ambassadors) to go with you.
- Reach consensus of the group for extended tour destinations.
- Contact the leaders of two Brazilian clubs—São Paulo ABC and Curitiba—to arrange dates, itinerary, and fees.
- Arrange a pre- or post-exchange tour with a travel agent.
- Collect information from ambassadors about their contact information, travel insurance, health issues, and flight itineraries.
- Follow up with ambassadors about payment of fees.
- Be an alert, compassionate, resourceful leader throughout the two weeks of home stay.
- Skills required: confident leadership, organized recordkeeping, communication mainly by email, patience, commitment to the Friendship Force philosophy of learning about each other's cultures
- Be able to participate actively in every part of the exchange, with no physical limitations.

*Our Standing Rules specify that each member of the exchange compensates the ED by paying 5% of the total individual cost of the exchange, including group commercial travel.

—Karen McCready,

ALL AMERICAN BARBEQUE

Saturday, July 25, thirty-five of us from Friendship Force joined our host, Nancy Menz, for the afternoon at her lovely clubhouse in Hayward, California.

Nancy and her crew of friends had adorned all the tables with Fourth of July decorations. How colorful the room looked with all its red, white, and blue! Many of us in attendance dressed in our USA colors for the festive afternoon.

Martha & Judy were busy in the kitchen preparing and serving the garnishes for our lunch. Martha made some delicious 'cowboy beans.' As we entered the mobile home clubhouse we got a heavenly whiff of that flavorful barbeque cooking the hamburgers and hot dogs for our lunch. We socialized and got reacquainted with some of our members. I was pleased to meet several new members, including Barbara Ross who was in the process of moving to San Jose from her home in Ohio. I learned she was the ED for the language exchange which Martha, Dee, K.C., & Karen took last September to Mexico. I enjoyed sitting next to Pete & Debbie Anderson, and Pete told me about remodeling their craftsman home in San Jose. I was sorry I didn't get a chance to visit with LaMere's from San Jose before they left. Natalie's friend, Samantha, and a potential member of Friendship Force entertained us with singing a few songs.

—RoseMarie Everett

WANT TO HELP COORDINATE

an English-learning group
from Sapporo, Japan? *
October 18-25, 2016

Job Description

- Communicate with the club leader to determine the visitors' levels of English fluency and the number of hours to be spent in English practice.
 - Set a limit of 10 ambassadors unless we are able to find more host households.
- Note: The Sapporo Club has requested separate housing for each of the ambassadors to encourage more English practice.
- Find a qualified leader for the language sessions and help seek assistants and locations for the sessions.
 - Set up a preliminary budget with the Exchange Banker and Exchange Treasurer and continue to refine the budget as needed to incorporate expenses for all group activities.
 - Hold a planning meeting to set up the week's itinerary and to appoint committee roles.
 - Determine the club fee based on the cost of the group activities and miscellaneous administrative expenses.
 - Communicate the amount of the club fee to the Sapporo Club, and be prepared to justify any amount over \$150 (our basic inbound club fee).
 - Oversee the progress of recruitment for home hosting, day hosting, and activities planning.

- Hold at least one additional planning meeting for committee members, hosts, and day hosts.

*Our club provides \$200 to compensate the Inbound Exchange Director for costs of participation in the group events during the exchange.

—Karen McCready,

IN MEMORIAM

We are sorry to learn that Kent Dewell passed away at Kaiser Hospital in Santa Clara on July 16.

Our club sends our condolences to Wendy and family.

Cards may be sent to:

Wendy Dewell

Private services were held last month.

KUDOS TO THE MAGNIFICENT 36 OF THE RECIFE INBOUND EXCHANGE!

In a separate article, you will see the list of those who served as home hosts, day hosts, exchange committee members and many other specific functions during our successful hosting of the Brazilians from Recife, São Paulo, and Rio de Janeiro. When I counted up the total number of members involved in any of the activities during the exchange, I discovered that 36 had contributed in some way. Some of them came to the Welcome or Farewell party or met us for dinner at the Wharf or just stopped by to meet the ambassadors or threw a small party for some of them, etc., etc. I want to tip my hat to these 36, over half of the total membership of our club, who did what they could to make our guests feel welcome, to experience even brief contact with their vibrant culture, to have some fun social time with other members.

Again, this is what Friendship Force is all about! Thanks for helping to change how the Brazilians see our world—for the better!

In friendship

Karen L. McCready

ED for the Recife Inbound Exchange

FFSFBA Exchange Coordinator

SADDLE RACK

Friendship Force Exchange from Recife, Brazil went to Saddle Rack Thursday evening. They were joined by the Ambassadors of *fun*: Carol Goedde and Mary Lynn Pelican.

See the Facebook post at <https://goo.gl/6FGHLe>

—Courtesy of Mary Lynn Pelican



RECIFE AT ELAINA HABEL'S PARTY

The Ambassador of *fun* photographer, Mary Lynn Pelican, has posted lots of photos for us to share!

See the Facebook post at <https://goo.gl/n67tcf>

—Courtesy of Mary Lynn Pelican

OUR FOREST TRADITION

For the first several years, we planted the tree at the dedication ceremony as the honorees watched. Each of them applied a shovelful to the tree. When we started planting the tree during cooler weather, we had to invent a way that they could help nurture the tree. One of our members reads this fairy tale while the mystical being is on her way:

A TALE FROM THE FRIENDSHIP FOREST

Once upon a time, a lady named Emma Prusch, who loved her farm home very much, decided to leave her farm to the people of San Jose. She wanted children of the future to learn what life was like before most of the fruit trees were cut down and trucks and cars roared by on the freeways. In 1994, members of Friendship Force of the San Francisco Bay Area asked for permission to plant a tree here for each group visiting them from another country. They were to choose a tree that would grow in that country as well as in San José. Thus, our Friendship Forest was born. It represents our growing friendships with new friends from abroad.

Although San Jose has a climate that is kind to trees and flowers, the rain doesn't come often in the summer and autumn, so we had to find a solution for watering these new trees. One day, we discovered Dvorak's fairytale opera, *Rusalka*, about a water sprite, a spirit from the underworld who could bring forth the water. One of our forest helpers asked *Rusalka* for help. She sent *Forestalka* [For-est-al-ka], her distant cousin. *Forestalka* sympathized with our new little trees and consented to make an annual visit to our Friendship Forest to bring forth the water. *Forestalka* appears after we have gathered with our guests around the new tree to be dedicated to them. She will bring you greetings and then ask, "Who is the leader of this delegation from afar?" She will bring forth the Magical Forest Watering Can and touch her magic wand to the watering hose. The Watering Can will continue to be filled as each of you steps forward to apply your share of the water to your special tree.

Let us all chorus together now, "Please come forth, *Forestalka*!"

Thank you for doing your part to help your little tree flourish. Please come back often to check on its progress.

OUR TREE FOR RECIFE, BRAZIL



This tree was planted a few months ago to get it established before the Brazilians' visit. The tree was chosen to represent Recife's tropical coastal locale. Below is the standard format for the commemorative statement that we give each of the visiting foreign clubs at the tree dedication.

The Friendship Force of the San Francisco Bay Area proudly dedicates this tree in honor of the visit of The Friendship Force of Recife, Brazil

August 13, 2015

at Emma Prusch Farm Park

647 S. King Road, San José, CA 95116

Syagrus romanzoffiana Queen Palm

May our friendship grow! —Karen McCready, Forester



A GRAND TIME WITH OUR NEW FRIENDS FROM BRAZIL, RECIFE, RIO DE JANEIRO, AND SÃO PAULO!

As I prepare to say "Farewell" to our Brazilian guests, I want to thank all the members who put so much time, effort, and heart into showing them a good time and getting to know them. As you will see from this Thank You list, a large proportion of our 70+ members have been involved during the week, some of them in multiple roles. I want to give a special shout out to those home hosting for the first time—Elaina Habel, Leila Van Dyke, Barbara Day, RoseMarie Everett, and Susan Olsen. I could go on for several pages about the extraordinary effort that so many gave, including a last minute request to pick up an ambassador who arrived at SFO late, a certain retired nurse who gave prescription injections to one ambassador in pain, and many more anecdotes.

President	Martha LeRoy
Exchange Treasurer	Claire Lindberg
Exchange Banker	Judy Smith
Newsletter	Dee and Dave Gustavson
Home Host	Elaina Habel
Coordinator	
Day Host	Louise Heiduk
Coordinator	
Public Transit	RoseMarie Everett
Goody Bags	Carol Easter, Kathy Bray, Judy Smith
Bus tour escorts	Carol Easter and Leila Van Dyke
Welcome Party	June Harris
Farewell Party	Leila Van Dyke and Judy Heyman
Forest plaque	Dave Gustavson
Forest Narrator	Martha LeRoy
Forest Water Sprite	Anonymous
Home Hosts	Barbara Day, Carol Easter, RoseMarie Everett, Ron and Gloria Greenwald, Elaina Habel, Martha LeRoy, Karen McCready and Barry Rader, Susan Olsen, Leila Van Dyke
Day Hosts	Olga Pekelny, June Harris, Judy Smith, Wil and Louise Heiduk, Claire Lindberg, Leila Van Dyke, Judy Pemberton, Ron Ragon, Vickie Lau, Patricia Snowden, Lea Wells, Natalie Cheng, Sara Rozzano, Mary Lynn Pelican
Small dinner hosts	Elaina Habel, Shirley Gilbert, Karen and Barry, and more
Exchange Booklet	Karen L. McCready

In addition, more than 20 members attended each of the parties—the Welcome and the Farewell.

My profound gratitude to everyone who became involved during this week of showing the Brazilians what good hosts we are!

—Karen L. McCready

(Exchange Director for the Recife Exchange, and Exchange Coordinator)

2015 FFSFBA COMMITTEES

EXECUTIVE COMMITTEE

President@ffsfba.org: Martha LeRoy

VP@ffsfba.org: Nancy Menz

Secretary@ffsfba.org: Julice Winter

Treasurer@ffsfba.org: Jim Thomas

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

Huntsville & Memphis, OutboundHM@ffsfba.org

Barry Rader

Costa Rica, OutboundCR@ffsfba.org

Martha LeRoy,

Recife, Brazil, InboundRB@ffsfba.org

Karen McCready,

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

2015 CALENDAR

August 28–31 Friendship Force World Conference, Vancouver, BC

September 13 Annual Meeting, Milpitas Library, 1 p.m.

October 4 FF Board Meeting, at the Gustavson home, 1 p.m.

October 5 Fifth at 5, TBD

November 5 Fifth at 5, TBD

Nov 9–16 Outbound to Costa Rica

December 5 Holiday Luncheon, Nikko Hotel, San Francisco

2016 CALENDAR

June Outbound Exchange to Curitiba & Sao Paulo, Brazil

October 2–5 FF World Conference in Marrakech, Morocco

mid-October Inbound Exchange from Sapporo, Japan

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

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