



# friendship force

SAN FRANCISCO BAY AREA  
Changing the Way You See the World

Vol. 27 No. 1

SAN FRANCISCO BAY AREA NEWSLETTER

February/March 2010

## PRESIDENT'S COLUMN

Back in 2003 my wife Lois and I happened to run into Wil Heiduk while the three of us were tutoring at the Immigrant Resettlement and Cultural Center (IRCC) in San Jose. We had met Wil and his wife Louise years ago. They told us about their involvement in Friendship Force and invited us to sign up with the Portland, Oregon club that was going to Russia that fall. What was particularly inviting about that trip was that we got to teach English in two different Russian schools, one in Moscow and one in Novgorod. It was our first experience with Friendship Force. On that trip we formed a close friendship, which has continued over the past seven years, with our hosts Albina and Sasha Maksimov from the Novgorod club. That trip was a wonderful introduction to Friendship Force.

I think that anyone who likes international travel finds that meeting people on a very personal level, living for a time in their homes, and talking to them in depth about their culture, education, and family, are experiences that are tremendously rewarding. We have all played the role of the ordinary tourist who moves from museum to hotel and then more of the same. A photo album of a Friendship Force trip records a journey not only of beautiful and historic places, but presents a picture of people who have shared with us their culture, ideas, and hopes for the future.

In 2009 many of us participated with the inbound exchanges from Germany and Australia. Herb and Kumi Clough graciously opened their home once again for the welcome parties, and others assisted with day hosting and dinners. One of the strengths of our club has been the willingness of our members to be hosts in a number of different capacities. That includes the area group leaders who have reached out to members and organized tours and social get togethers. Dee and Dave Gustavson hosted a brunch at their home in Los Altos on January 23 for Area 2. All of us had a great time meeting new people and catching up with others we had not seen for a while. In addition Lois Smallwood, who is the Exchange Director for the incoming Alajuela exchange, has a number of volunteers who have stepped forward to help make this exchange a success. That spirit of involvement can make 2010 a successful one no matter what endeavor we take on.

Our two outbound exchanges in 2009, one to San Antonio and Dallas and the other to South Africa, were exceptional

experiences. We heard from the South African ambassadors at the Holiday Luncheon. South Africa has a rich history and a recent past that included the apartheid period. History books can give you the facts, but nothing compares with talking first hand with people who have lived through those experiences themselves.

This September our club will be traveling to southern Mexico as ambassadors to Tuxtla-Gutierrez, a city of a little over one million people located in the state of Chiapas. Our club will also visit Mexico City and Oaxaca as part of this trip. Our ambassadors will be led by Gloria and Ron Greenwald, both of whom speak Spanish, have traveled extensively in Mexico, and have worked with Habitat for Humanity. A number of our members have expressed a strong interest in going on this exchange, which promises to be an exciting trip.

World Friendship Day is coming up on February 27, and will be held at the First Methodist Church in Fremont. The program for this event is in the capable hands of Karen McCready and Barry Rader.

And on behalf of the club I also want to thank Karen for her outstanding leadership these past two years. As we all know she took on some formidable responsibilities, and the club was the beneficiary of all of her hard work.

Our Board of Directors met on Sunday, January 24. It was gratifying to me that several members who have served on board positions in the past agreed to continue. I know their extensive experience and willingness to help out in various capacities will serve the club well in 2010. From talking to other members at the recent brunch and over the phone, I feel certain that there is a sense of excitement for the programs and exchanges that we will participate in this year. As president for 2010, I am looking forward to this coming year with a great deal of hope and enthusiasm.

—Stephen Smallwood, President

## PLANNING FOR 2011

The year 2011 is only a short year away, and it's not too soon to start planning for it. Friendship Force International in Atlanta, Georgia, recently notified us that we have been assigned an outbound exchange to Biarritz, France for May of 2011. Biarritz is located in southern France not too far from Spain. Our incoming exchange, possibly in July, will be coming from Indonesia led by the Malang club, which is located on the island of Java. Both of these exchanges are again op-

portunities for us to broaden our experiences, to make new friends, and to further the cause of peace and understanding that is the center of the Friendship Force mission.

—Stephen Smallwood, President

## PROFILES OF OUR EXECUTIVE OFFICERS

### STEPHEN SMALLWOOD, PRESIDENT 2010

Our new president this year is Steve Smallwood, a long-time resident of Sunnyvale, who hails originally from Detroit, Michigan. Steve has been a member of FFSFBA since 2003. That year he and his wife Lois got reacquainted with some old friends, Louise and Wil Heiduk, who invited them to join Friendship Force. That same year they went on their first FF trip to Russia and participated in a program in which FF members got to teach English in Russian schools. This was an exciting experience for them particularly since both are retired teachers. Steve had also been trying to learn Russian for several years, so was able to practice speaking with their hosts, and sometimes they actually understood what he was saying. In the years following, Steve and Lois went to South American and New Zealand on FF trips, and have hosted ambassadors from Australia. For the past two years Steve has been secretary of FFSFBA and Lois has been Activities Chair. Their family includes three grown daughters and three grandchildren and one more on the way. Steve's good hobbies include playing chess, practicing the piano, and reading history books. He is also addicted to watching Netflix films, and football and baseball games, which may not be so good.

### BARRY RADER, VICE PRESIDENT 2010

My wife and I have been members of the club since 2002. I retired in the same year from 40 years of teaching and administrating in public and private education. I spent most of those years in San Leandro, but also spent time in San Francisco and Copenhagen, Denmark. My specialties were History, Government, Psychology and Economics. I was an assistant principal at the middle school and high school, and principal at the continuation school level.

During my time in FFSFBA I have been an active Board member, sitting in positions of president, membership chair, and others. I was ED for an exchange to Canada and I will lead an FFI trip to China. I have also led inbound exchanges.

Each exchange is great in its own way, and for that reason I can not choose my favorite trip. My first trip with FFSFBA was to Japan and that opened my eyes to how great an effect this style of travel can have on a person. Friends, friends, culture, friends and sightseeing on exchanges are like no other experience a person can have traveling.

My wife, Karen McCready, has joined me in these fantastic adventures and is a leader in our club. We have had nine years of exciting visits around the world and the U.S. Before Karen, I was married to Nata, who died in 1993. I have a son, Andy,

who attends Chico State and earns his living selling ads to GOOGLE on his educational web pages. Look up chem4kids.com and have fun.

This year, as V.P., I am in charge of programming and filling in where Steve wants to use me. Go, FFI!!

### KAREN MCCREADY, SECRETARY 2010

You met my husband, Barry Rader, in a previous biography, so I will fill in the blanks about me. I was born and raised in the Central Valley and came to the Bay Area in 1962 to finish my English B. A. and teaching credential at San Francisco State. Hired to teach high school English in Fremont in 1965, I settled into the fast growing town and taught at the same school for 36 years, retiring in 2001. Along the way, I earned a Master's in Special Education at Holy Names College. Barry and I married a week after I retired and continued redecorating our almost new house in the Niles District of Fremont. Luckily for us, I learned about Friendship Force in the fall of 2001, and we've been deeply involved ever since.

My jobs on FFSFBA's board have ranged from activities coordinator to program director to secretary to VP, president for two terms, and then back to being secretary again. One of the main roles Barry and I serve is to promote membership through the Speakers' Bureau, taking our PowerPoint show on the road whenever a group of any size beckons. We call our program "25 Homes in 12 Countries: Seven Years of Travel with Friendship Force." Of course, we have to alter the numbers in the title frequently to reflect our recent travels. I have served as Exchange Director for two inbound exchanges and two outbounds—to the Philippines in 2006 and to Cape Town last fall. I will accompany Barry and several ambassadors from around the world to China in April.

Besides Friendship Force, one of my passions is horticulture/landscape design. I redesigned and replanted our property and have facilitated the renovation of our homeowner association's 84 properties. Another passion is literacy tutoring, for which I volunteer two nights a week at Hayward Library's Literacy Plus program.

I have no children of my own, but have been blessed with a niece and nephew, three grand nephews, and Barry's son, Andy. Our lives are very full with our variety of interests, family, and friends, and we wouldn't want to change much of anything.

### SCOTT MILLER, TREASURER 2010

Luree and I have always enjoyed travel. We have particularly found international travel fascinating as we see other cultures and learn about both their world, and the World, through their eyes. We recently traveled to Cape Town, which was our first experience as ambassadors with Friendship Force. Private travel has included home stays in Taegu, Korea; Canberra, Australia; London; Trier and a small village near Weiden in Germany; and a small village southwest of Bangkok. We always look for opportunities to explore the by-ways and meet the people and confront the culture. My work also took me



Karen McCready in Provence.

Photo by Barry Rader

to Moscow in what was then called the Former Soviet Union (FSU) several times in the 1990's, where I had a lot of contact with Russians in their homes and in other local casual contexts.

Luree is a retired RN whose career included travel medicine. My career has been in finance and accounting. I am currently the Foundation Financial Officer for the UCSF Foundation, which holds and invests about \$750 million on behalf of the University of California, San Francisco.



Scott Miller, Karen McCready, Stephen Smallwood, and Barry Rader

### AREA ONE

All members living in Area #1 are invited to meet at the newest San Francisco museum, The Walt Disney Family Museum, in the Presidio on Saturday, March 6. We are meeting at 10:30 a.m. There will be an optional lunch together at the small Wolfgang Puck museum cafe afterward. For questions, or to let us know you will be there, call Luree Miller.

—Luree Miller

### OUR HOLIDAY PARTY

On Sunday, December 13, Friendship Force of the San Francisco Bay Area held its Holiday Luncheon at Michael's Restaurant in Mountain View. Over fifty of our members were there.



Barry Rader

We had a great meal and had a chance to see a wide-ranging slide show of the South African exchange that took place in September. The slides, with Dave Gustavson at the controls, included photos of the hosts whom our ambassadors met during their week in Cape Town. There were also pictures of the numerous animals our ambassadors saw in Chobe Park in Botswana and Kruger National Park in South Africa.

After the meal Karen McCready introduced our guests, thanked the outgoing officers, and presented each of them with a gift. Don Pelland then inducted the officers for 2010—Steve Smallwood, President, Barry Rader, Vice-President, Karen McCready, Secretary, and Scott Miller, Treasurer.

Several of the ambassadors from the South African exchange related some of their experiences on the exchange. Many of their stories related to the period of apartheid that had been a major part of South African experience until recently.

The afternoon ended with the traditional songfest of Christmas carols led by Mary Lynn Pelican, accompanied by Dee Gustavson on the accordion, and the singing of "Let There Be Peace on Earth, and Let It Begin With Me."

A big thank you to everyone who worked so hard to make this Holiday Luncheon a success.

### E. B. E. O. ON FEBRUARY 8 IN FREMONT

What's that, you say? For the New Year, Area Group 3, East Bay, is launching its bi-monthly "East Bay Eats Out." About a dozen East Bay members, plus two imports—one from each of the other two area groups—will gather at Cici's Italian Ristorante on Niles Blvd. in quaint downtown Niles. Also, a Fremont couple, not yet members, are coming to hear more about FFI. Meeting on a Monday, when most of the Niles shops are closed, we will be able to focus on food and conversation. A major topic is making preparations for World Friendship Day, February 27, when East Bay members will host the set up, clean up, and food for our annual celebration. The Area Rep position is open for our group, but we will take turns planning our next outings, striving to spread the locations around the many cities represented by our group. —Karen L. McCready

## 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

### WORLD FRIENDSHIP DAY 2010—FEATURING "FROM INDIA TO AMERICA"

The last newsletter forecast a program on several of our trading partners. You may have concluded, however, that a program covering Mexico, India, China, and Russia could have gone on for days. Your program coordinator decided the same and has lined up an engaging, dynamic speaker to share her experiences and insights on the transition from her birthplace in India to her home in Fremont. Here, watching her grandchildren grow up, she observes the unique challenges and accomplishments of each of the three generations of her family now living in America.

East Bay members, please note: your board members have sent out invitations to every East Bay mayor we could think of, hoping they will attend this meeting in their vicinity and carry information about FFI to their constituents. We encourage you to contact any of your local leaders, as well as other acquaintances who might be interested in joining us on February 27.

### AREA LEADERS' MEETING

The area leaders will meet this month to discuss plans for the year. If you have any suggestions, please contact: North Bay: Gail Boyd or Luree Miller; South Bay: Joy Hewett or Natalie Heling; East Bay: Karen McCready.

### SOUTH BAY AREA BRUNCH

On January 23, thirty-one members of the South Bay met for brunch at the home of Dee and Dave Gustavson. We enjoyed good food and good company. Steve Smallwood

spoke about coming events with our Friendship Force group and then we discussed ideas for future gatherings and planned the outlines of an event to be held at The Forum for our next meeting.

### FFSFBA EXCHANGE SEPT 9 - 24, 2010 MEXICAN INDEPENDENCE BICENTENNIAL CELEBRATION

Mexico is preparing for big celebrations! We are very lucky to be invited to be hosted by the Tuxtla-Gutierrez club, which is in the southern state of Chiapas.

Sept 9-13: Mexico DF. We will stay at Holiday Inn right on the Zocolo, the historic center of Mexico City, which will be the center of activities for this celebration. It is close to the Cathedral, the Aztec ruins of the Templo Mayor, walking distance to the magnificent art deco building Palacio de Bellas Artes, the Ballet Folklorico, the Museo de arte popular, and much more. We'll visit Coyoacan, a 16th century village, formerly the home of Cortez, and now famous for the homes of Frida Kahlo and Diego Rivera. Our stay also includes a visit to the Archeological Museum.

Sept 13-19: Tuxtla, where our Amigo hosts have a busy schedule for us, including visits to San Cristobal de las Casas, San Juan Chamula, Canyon de Sumidero, and especially sharing with family celebrations and fireworks for "16 de Sep."

Sept 19-24: Oaxaca, a jewel of Mexico. We'll visit the archeological sites of Monte Alban and Mitla, villages known for their textiles, pottery and crafts, a huge Saturday market, and, of course, we'll eat some of the wonderful Oaxacan food.

We are planning an exciting yet manageable schedule, but remember that there will be some walking, and the altitude of Mexico City is above 7,000 feet. If the exchange is oversubscribed, we will use the club's rules about a lottery.

Because of the Bicentennial Celebration season we will need to confirm hotel and airline reservations early. We hope to get a very good group rate from Mexicana Airlines from San Francisco, Mexico City, Tuxtla-Gutierrez, Oaxaca, San Francisco, but we must act soon. Contact Ron by February 15 if you wish to go on this exchange. The first meeting will be held following the World Friendship Day meeting on February 27. Further details and application forms will be provided at that time.

The price of the exchange, including airfare, will be approximately \$ 1,800.

Ron and Gloria Greenwald

### IN MEMORIAM

We were saddened recently by the passing of Jack Butler, Harry Edwards, and Lois Williams.

The Friendship Force of the San Francisco Bay Area presents

# World Friendship Day 2010

Saturday, February 27, 2010

1:00 to 3:30 p. m.

First United Methodist Church

2950 Washington Blvd., Fremont, CA 94530

(Washington Blvd. exit off 680; stay right)

Celebrating 33 years of promoting friendship and cultural understanding throughout the world, **Friendship Force International** began in 1977 when President Jimmy Carter announced it from the White House. It has grown to more than 375 chapters in 60 countries, offering unique opportunities for home stays with club members and hosting of international visitors in our own homes.

1:00-1:30 Sign in, enjoy an array of treats, and learn about FFSFBA's rich history of international cultural exchanges.

1:30-2:15 Welcome and announcements of upcoming events.

2:15-3:00 Speaker: Jayshree Merchant, Administrative Director, Department of Pathology & Clinical Laboratory Medicine, Children's Hospital & Research Center at Oakland

“From India to America: The Immigrant Experience”

Mrs. Merchant, also a published poet in her native dialect, will describe the special challenges and accomplishments of each of the three generations of her family now living in America.

3:00 “Let There Be Peace on Earth and Let It Begin with Me”

**International food**

**Sharing of travel stories**

**You are encouraged to wear festive international clothing if you like.**

*Guests are welcome. No admission charge*



## ALAJUELA, COSTA RICA INCOMING EXCHANGE

Happy New Year! Although the incoming exchange from Costa Rica is still about 6 months into the future, we already have an active subcommittee working on planning activities for them. The dates will be June 20 to 27, and we're expecting 20 ambassadors.

I'd like to do as much as possible via email to avoid lots of meetings, but we will have at least one face-to-face meeting, probably in February, and perhaps another closer to their arrival, in order to be sure all hosts know what the expectations are for hosting and to acquire some cultural information about the ambassadors.

We need one or two people to be responsible for planning the welcome brunch/party and one or two others to be responsible for planning the farewell party which will coincide with our annual picnic at Prusch Park in San Jose. We also need someone to be responsible for coordinating the neighborhood

pot luck dinners. Please let me know if you can take on one of these--none is really very difficult.

We will have more information about our ambassadors soon. So stay tuned....—*Lois Smallwood*, Exchange Director

### WE NEED PUBLICITY HELP TO GROW OUR CLUB

Our club, like many other organizations these days, has been losing members. To survive, we need to inspire new (and younger) members to join. That requires publicity, as well as lots of word of mouth promotion of FFSFBA. Please contact Arnie Becker if you would like to assist him or have ideas about publicity. Bring a sample of your local newspaper to the next meeting to give to Arnie.

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## Calling All East Bay FFSFBA Members! World Friendship Day Alert!

We are the official host group for our annual World Friendship Day meeting on Saturday, February 27, in Fremont. In keeping with our tradition of having the area groups take turns helping at the general meetings, please volunteer for one or more of the following:

- Bring a generous sized platter of small sandwiches or other finger food to the meeting by 12:45.
- Arrive at 12:15 to help set up chairs and tables for the meeting.
- Serve as a greeter, especially for guests and new members.
- Distribute materials for the mixer activity and answer questions about it.
- Bring a pound of Indian sweets, or enough for about a dozen small portions, from an area restaurant or bakery. We can recommend some in the Fremont area. Please deliver these by 12:45.
- Help to clean up and put chairs and tables away at the end of the meeting.

Call Karen or email her to sign up for your favorite post. There's a job here for everyone! Many thanks in advance!



## 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  
Publicity@ffsfba.org: Arnold Becker

### EXCHANGE DIRECTORS

Tuxtla-Gutierrez, Mexico, OutboundM@ffsfba.org  
Ron & Gloria Greenwald  
Alajuela, Costa Rica, InboundCR@ffsfba.org  
Lois Smallwood

### SUPPORT COMMITTEES

ExchangeBanker@ffsfba.org: Don Pelland  
Merchandise@ffsfba.org: Barry Rader  
Forester@ffsfba.org: Don Dillon  
Karen Rice  
Forest records: Mary Alice vanDoorn  
Program@ffsfba.org: Barry Rader  
Area Group Coordinator  
Regional@ffsfba.org: Louise Heiduk  
Sunshine@ffsfba.org: Darlene Boyanich  
Webmaster@ffsfba.org: Eoin O'Donoghue

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

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

## 2010 CALENDAR

- Sat., Feb. 27** World Friendship Day, First United Methodist Church, Fremont 1:00–3:30pm
- May ??** FFSFBA Birthday Party, date and place TBD
- 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
- September ??** Annual Meeting, date and place TBD
- October 15–18** Friendship Force International Conference in Wash., D.C.

## 2011 CALENDAR

- February** Friendship Force International Conference in Auckland, New Zealand