



# friendship force

SAN FRANCISCO BAY AREA  
Changing the Way You See the World

Vol. 28 No. 1

SAN FRANCISCO BAY AREA NEWSLETTER

February/March 2011

## PRESIDENT'S COLUMN

Our Friendship Force of the San Francisco Bay Area board met January 23<sup>d</sup> to go over plans for the upcoming year. As reported elsewhere in the Newsletter most of the board members who served in 2010 have agreed to continue to serve, and I appreciate it that several new board members have stepped forward to serve also.

2011 looks like an exciting one for our club. In July, twenty-one ambassadors from Malang, Indonesia will arrive and stay with us for a week after visiting the Vancouver, Canada club. In October, the Dallas, Texas club will pay us a visit also. Our club traveled to Dallas and San Antonio in 2009. In May our international exchange will take 20 ambassadors to Biarritz, France for a home stay and to other cities in France and northern Spain.

On February 26<sup>th</sup>, we will have our annual World Friendship Day celebration at the First Methodist Church in Fremont. Our speaker, Sahar Ghazi, will discuss what is currently taking place in Pakistan, and a couple from Dresden, Germany will play a classical work by Chopin. If you feel like dressing up in an international costume that day, feel free to do so.

Later in August we are hoping to have a brief two or three day exchange with the Napa/Sonoma club. We are still making arrangements for that exchange, and more details will be forthcoming.

For those of you who might be interested in attending the Western Regional Leadership Conference that will be held in Bakersfield from March 25-27, contact Barry Rader. Also the next Friendship Force International Conference will be held in Hamburg, Germany from August 26-30. See the FFI website (<http://www.friendshipforce.org/>) for more information.

Finally, our Annual Meeting is scheduled for October 1, which will coincide with our Welcome Party for the Dallas club, and our Holiday Luncheon will be held at Michael's Shoreline Restaurant in Mountain View on December 10.

A few days ago Karen McCready handed me a couple folders that included details about the history of our club. My wife Lois and I joined in 2003, and we were not fully aware of the long history of exchanges that so many of our club members from past years took part in. Included in this history was a printout from the years 1983-1996 listing the names of our members during those years and detailing how each of them participated in the exchanges and board activities during those years. Many of you who were members during those years are listed. Your participation and leadership roles are to be com-

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## WORLD FRIENDSHIP DAY CELEBRATION

Join us to celebrate World Friendship Day on Saturday, February 26 in commemoration of the international organization's 34th anniversary. The featured speaker will be Sahar Ghazi, a journalist recently returned from Pakistan, who is currently a Knight Fellow at Stanford University. Ms. Ghazi's topic will be "Perceptions vs. Reality of Pakistan." The program will also include musicians Johannes and Anna-Maria Brödel, a violin and cello duo from Dresden, Germany.

We hope that everyone will make the effort to attend this free event from 12 noon to 3 p.m. and bring a guest or two to introduce them to the Friendship Force organization. Light refreshments will be served.

See you on February 26 at noon at the First United Methodist Church at 2950 Washington Blvd. in Fremont. (Take Washington Blvd. exit off #680; stay right.)

Please see the flyer on page 4, for more details about the event.  
—Dee Gustavson

## MINI-REUNION ON FEBRUARY 13 WITH CANADIAN FRIENDS

On Saturday, February 13, a few of us who traveled to Canada in 2008 will be dining with five members from Greater Hamilton-Burlington, Ontario. We've booked a table at Franciscan Crab Restaurant on Fisherman's Wharf for 6:00 p.m. We'd like to invite everyone to join us as we welcome our former hosts to the City and exchange Friendship Force stories. The Pier 43 1/2 venue is lovely, with tall windows looking out on the Bay and Alcatraz. Call Karen and Barry at 510-794-6844 or email [kmccready60@yahoo.com](mailto:kmccready60@yahoo.com) to join the group.  
—Karen McCready

## AREA 2 TEA FEBRUARY 12<sup>TH</sup>

Area 2 is planning an afternoon tea on Saturday afternoon, February 12 from 2:30 to 4:00. The location is the clubhouse at Darlene and Roger's, 1010 Bryant, Sunnyvale. RSVP to Joy Hewett, 650-968-1432. Please bring your favorite tea cup and a small plate of your favorite cookies to share.

—June Cademartori

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mended. (And if you have forgotten exactly what you did in those years, email me at [steve5wood@earthlink.net](mailto:steve5wood@earthlink.net) or call me at 408-247-8510, and I will be happy to go over this historical record with you.)

We want to carry on that very fine tradition that the early members of this club participated in so enthusiastically. Every one of us on the board hopes that all of our members, both the "old timers" who joined a few years back and those who are brand new to Friendship Force will take the opportunity to participate in the activities planned for this upcoming year.

Last year was a very successful year, and many people stepped forward to help in a number of ways to lead exchanges, plan programs, host ambassadors, and plan meetings. Everyone who has participated, whether in a small way or in a larger role, has helped to further the spirit of those who founded this club and were its early members and ambassadors. If we can continue that same kind of participation and enthusiasm in the months and years ahead, our club will be even stronger and more successful.

#### FFSFBA BOARD FOR 2011

I am pleased to report that most of the board members from last year have agreed to continue to serve for another year. There have been a few changes. Darlene Boyanich is now our Vice President. Barry Rader, who served in that capacity last year is now the Western Regional Director for Friendship Force International. Dee Gustavson has agreed to serve as Secretary. Both Karen and Barry will continue to serve on the board as the Outgoing Exchange Directors for the exchange to Biarritz, France, and Karen will also serve as Parliamentarian.

Dan Eggerding is our new Webmaster and takes over from Eoin O'Donoghue. Our thanks to Eoin for his work and ideas about reformatting our webpage. Martha LeRoy is the Incoming Exchange Director for the Malang, Indonesia exchange that takes place in July, and Luree Miller and Gail Boyd have agreed to serve as the Incoming Exchange Directors for the Dallas exchange in October.

Scott Miller continues his work as Treasurer, Mary Pelland is our Membership Chair, Lois Smallwood is in charge of Activities, and Louise Heiduk heads the Area Groups. Don Pelland continues to serve as our Exchange Banker, and Dee and Dave Gustavson will continue to publish the Newsletter. My thanks to all who have agreed to serve in these positions.

—*Steve Smallwood*

#### HOLIDAY LUNCHEON, DECEMBER 4

On December 4, our Friendship Force club held its annual Holiday Luncheon at Michael's Shoreline Restaurant in Mountain View. Sixty-two members attended and enjoyed salmon, crepes, chicken, and pot roast dinners. Several guests and new members were introduced. The ambassadors who visited Tuxtla-Gutierrez, Mexico in September presented

a slide show and shared their homestay experiences with those attending the luncheon. Those ambassadors were Dee and Dave Gustavson, Wil and Louise Heiduk, and Gloria and Ron Greenwald, who were also the exchange directors for that trip. Rounding out the afternoon, Mary Lynn Pelican, accompanied by Dee Gustavson on the accordion, led us in the singing of traditional Christmas carols.

#### NEW MEMBER, LYNNE LITHGOW

Lynne Lithgow is very happy to be joining Friendship Force. Her interest in cross-cultural and international understanding began when she was in junior high school and had the opportunity to be an exchange student in Pachuca, Mexico. This experience gave Lynne an appreciation for the people of Mexico and began a life-long interest in people and languages of other countries.

Lynne was born in San Francisco and raised in Daly City and Millbrae. She left the Bay Area to attend college in Santa Barbara, and earned her B.A. in English (with minors in French and Social Science) from Westmont College, and later an M.A. in French from U.C. Santa Barbara. Lynne returned to the Bay Area to begin her career at Castilleja School in Palo Alto where she taught U.S. History. She then returned to San Francisco to teach at Bridgemont High School where she was one of the founding faculty members of the new Christian school and taught in a variety of disciplines.

In 1984 Lynne had the opportunity to go to France to study and work with Youth with a Mission. She lived in a small town in the country and got to know people from France, Switzerland, and Africa. (Later, Lynne used her summer breaks to go to Mexico and Spain to study Spanish and to participate in a short-term mission trip to Spain.)

Lynne returned from France to begin her career in the public school system. She has taught French, Spanish, English, and U.S. History in several school districts in Contra Costa County: Antioch Unified, John Swett Unified, Martinez Unified, and San Ramon Valley Unified. She has recently retired from full time teaching and is substitute teaching and tutoring.

Lynne lives in Martinez with her sister and small dog. She enjoys traveling, gardening, cooking, theatre, hiking, and meeting people from other countries. She looks forward to meeting the other members of our club.

#### NEW MEMBER, CAROL EASTER

Carol was born in Massachusetts, and moved to Pleasanton in 1969. She now lives in Newark, and recently retired after working 30 years as a computer programmer. She has a 21-year-old daughter, Allison, who is her frequent travel partner. In recent years, they've been to London, Paris, Rome, Venice and Florence. Last year's trip was a Mediterranean cruise where they enjoyed seeing parts of Italy, Greece, Turkey and Egypt. Carol is heading to the Netherlands and Belgium in April. Obviously, she loves to travel, and she's looking forward to getting to know the Friendship Force group, and participating in some of their travels.

## NEW MEMBER, DIANE CIRA

**D**iane is another of our new members who is originally from Massachusetts, but has been in California since 1974. She is a widow with two grown children and three grandchildren, who are 6, 4, and one month old.

Before Diane retired, she was a self-employed Industrial Facility Designer. When hi-tech companies changed product lines, her company redesigned the work place and all associated systems to accommodate the manufacture of the new products.

Reading and various crafts are her hobbies, but her number one hobby is traveling. She has traveled to places such as South America, India, and Vietnam.

## NEW MEMBER, EDITH SOMMER

**E**dith was born in Chicago, graduated from the Univ. of Illinois, and came to Palo Alto in 1949 where her husband worked for NASA for 35 years. She has three sons, 4 grandkids and is now widowed.

Edith is a goldsmith, making one-of-a-kind pieces of jewelry in precious metals, and sells her work in galleries and museum shops. She teaches jewelry making for the Palo Alto Art Center. She sews art-to-wear clothing and is active in various arts organizations, both local and national. She volunteers at many local theater venues and works for Servas, an international peace organization (an NGO with the UN) as an interviewer and trainer of interviewers on the national and international level. Edith's travels have taken her to Europe, Middle East, Africa, South America, Scandinavia, Russia, Australia and New Zealand. Her home is open to travelers from both Servas and the Sister City programs of Palo Alto, so she's a very experienced host. She has no web site, but she can be found on <http://www.galleryhouse2.com>. Click on Artist Directory and then on her name, Edith Sommer, under Jewelry.

## WESTERN REGION 2011 LEADERSHIP CONFERENCE

**F**or new or veteran members who would like to join the discussion about how to keep our club vital, the March 26 Western Region 2011 Leadership Conference in Bakersfield will be a wonderful forum for that. Presidents will be meeting the day before. The one day conference on Saturday, March 26, will include all three meals, snacks, and materials for \$85 per person. You will need to make your own hotel reservations. The Marriott Hotel offered a special rate only for those who registered by January 24.

The Kern County Club, the host for the conference, is an energetic club, including current FFI board member Sandra Larson, who will be speaking at the conference. Workshops will cover such key concerns as publicity, recruitment, Exchange Director training, and more.

To register for the conference, contact Merry McCalley, [mcmerry2005@gmail.com](mailto:mcmerry2005@gmail.com) or 661-301-9127.

## OUTBOUND EXCHANGE FOR 2012

**F**riendship Force International notified us last week that our outbound exchange for 2012 will be to New Plymouth and Wellington, New Zealand. This exchange will tentatively take place in February. Both New Plymouth and Wellington are located in the North Island. If you have not been to New Zealand, this would be a great opportunity to see this beautiful country.

—Steve Smallwood

## OUR CAPE TOWN FRIENDS ARE COMING!

**I** could hardly believe it when FFI confirmed our inbound exchange assignment for 2012: our dear friends from the Cape of Good Hope Club, which twelve of us visited in Cape Town, South Africa in 2009, will be visiting our club and Charlottesville, VA.

Rhona, my counterpart ED in Cape Town when I led our group, checked in via Facebook to see how I felt about it. You can imagine my gleeful response! FFSFBA members, you're in for a treat!

—Karen L. McCready

## HERE COMES DALLAS!

**P**lease save the dates from Saturday, October 1<sup>st</sup>, through Friday, October 7<sup>th</sup>, to help in welcoming and hosting our next incoming domestic exchange—from Dallas, Texas. More details will be forthcoming in the near future about how you might help with committees, provide hosting homes, or participate in planned activities that highlight our club and our wonderful Bay Area for those ambassadors. In the meantime, for any questions, or if you're willing to offer a helping hand in the preparations, please contact one of the co-Exchange Directors: Gail Boyd ([gailmax\\_2000@yahoo.com](mailto:gailmax_2000@yahoo.com) or 415-459-5148) or Luree Miller ([lureemiller@mac.com](mailto:lureemiller@mac.com) or 415-921-3770).



Karen McCready and President Steve Smallwood, planting a Coffee Berry tree to commemorate the Alajuela, Costa Rica exchange in June 2010.





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

## **Please Join us in celebrating World Friendship Day\***

**Saturday, February 26, 2011  
12:00 to 3:00**

**First United Methodist Church  
2950 Washington Blvd.  
Fremont, CA 94539  
(Take Washington Blvd. exit off I-680, keep right.)**



### **Featured Speaker**

**Sahar Ghazi,  
Knight Fellow at Stanford University,  
“Current Affairs in Pakistan.”**

### **Featured Musicians**

**Johannes and Anna Maria Broedel, violin and cello duo from Dresden, Germany**

**International Costume if you wish**

**Light Refreshments will be provided**

**Admission Free**

\*World Friendship Day commemorates the 34<sup>th</sup> anniversary of Friendship Force International, established to promote global understanding through international friendships. Under the motto “Changing the way you see the world,” club members travel to other countries and U.S. cities, to be hosted by other Friendship Force members.

## JAVA JOY!!!

After months of negotiating, a date has been set, ambassadors have been named, and preparations are underway for our exchange with the Friendship Force of Malang, Indonesia. We are very enthusiastic about welcoming them into our homes and our hearts this coming July. They will be arriving on July 12<sup>th</sup> from Vancouver, Canada following a one-week stay with the Metro Vancouver club. Jet lag should thankfully not be an issue, as we are planning a busy week for them. The festivities begin with a gala welcome party at the lovely home of the Cloughs in Atherton. We are planning tours of San Francisco, travel to the Monterey coast and Carmel, feasting at potlucks and conclude with a special farewell party combined with our general meeting at Prusch Park. It is rumored to involve musical entertainment and even line dancing.

As you are aware, parties are fun but they involve a great deal of behind-the-scenes work. This is your chance to get involved and find out how Friendship Force really works and get to know the other club members in small groups planning these events. Last year I was a new member and jumped right into the planning process, and I also home-hosted a lovely couple from Costa Rica. What a wonderful experience! I really felt that I got to know the other club members better and became life-time friends with my Costa Rican ambassadors. We still need help, and I especially encourage new members to get involved. I am most grateful to the planners from our Sunday brainstorming session: Karen McCready, June Cadematori, Don and Mary Pelland, Geri Bechtle, Wendy Dewell, Karen Rice, Elinor and Bruce Wilner, Judy Smith, and Julice Winter. Louise Heiduk has volunteered to be exchange treasurer.

—*Martha LeRoy*, Exchange Director

## MEETING WITH MEMBERS OF THE BRUSSELS-PAJOT CLUB

On the evening of January 17, six members of our club met with six members of the Brussels-Pajot, Belgium Friendship Force Club at the Hyatt-Regency Hotel in San Francisco. Martin Cobbaert, the leader of their group, had contacted our club in the fall of 2010 and indicated that a small contingent of their club would be passing through San Francisco on their way to visit a Friendship Force club in Kauai, Hawaii. Their stay in San Francisco was very brief, only four days which included two travel days. Fortunately, language was a not a problem since not only were they bilingual in French and Flemish, the two official languages of Belgium, but they spoke English as well. We had a pleasant evening learning about Belgian culture, family life, and politics while sharing drinks and appetizers in the upscale atrium of the Hyatt. The members of our club who attended were Luree and Scott Miller, Lynne Lithgow, Natalie Heling, and Lois and Steve Smallwood.

—*Steve Smallwood*

## EXCHANGE WITH THE NAPA/SONOMA FRIENDSHIP FORCE CLUB

We are trying to arrange a short outbound domestic exchange with the Napa/Sonoma club. This exchange would probably take place midweek either from August 16-18 or from August 23-25. Members from our club could stay one or two nights depending on their own schedule. The Napa club has suggested taking us on a “Mystery Tour” on one of the days while we’re there. If you are interested in participating in this local exchange, please email Steve Smallwood at [steveswood@earthlink.net](mailto:steveswood@earthlink.net) or call him at 408-247-8510.



## PHOTOS OF A BELGIAN ENCOUNTER

Above is Steve Smallwood, our president, with Martin Cobbaert, the past president of the Belgian club. Steve and Martin were instrumental in coordinating this evening’s opportunity to meet. Below is a photo of the entire group—the members of the Brussels-Pajot club and members of FFSFBA (Steve and Lois Smallwood, Natalie Heling, Scott and Luree Miller, and new member Lynne Lithgow). We met for drinks on Monday, January 17<sup>th</sup>, at the Hyatt Regency on the Embarcadero in San Francisco. It was a terrific opportunity to make some wonderful, enthusiastic, energetic, and very interesting new friends.



## 2010 FFSFBA COMMITTEES EXECUTIVE COMMITTEE

President@ffsfba.org: Stephen Smallwood 408-247-8510  
 VP@ffsfba.org: Darlene Boyanich 408-749-1897  
 Secretary@ffsfba.org: Dee Gustavson 650-961-3539  
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 Membership@ffsfba.org: Mary Pelland 510-657-9169  
 Newsletter@ffsfba.org: Dave & Dee Gustavson 650-961-0305  
 Parliamentarian@ffsfba.org: Karen McCready 510-794-6844  
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 Martha LeRoy 510-793-3676  
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 Website: <http://www.thefriendshipforce.org>

## 2011 CALENDAR

**February 26** World Friendship Day  
 12-3 pm  
 First United Methodist  
 Church, 2950 Washington  
 Blvd., Fremont

**March 20** Board Meeting, 2 pm  
 Darlene's Club House  
 All members welcome

**March 25-27** Leadership Conference,  
 Bakersfield

**May 1** FF Birthday Party  
 Los Altos Library

**May 12-June 2** Outbound Exchange to  
 Biarritz, France

**June 11** Board Meeting

**July 12-18** Incoming Indonesia Exchange

**July 17** Annual Picnic, Prusch Park

**August 14** Board Meeting

**Mid-August** Outbound Napa/Sonoma  
 Domestic Exchange

**August 26-30** FFI International Conference,  
 Hamburg, Germany

**October 1-7** Incoming Dallas Exchange

**October 1** Annual Meeting  
 Messiah Lutheran Church,  
 Redwood City

**December 10** Holiday Luncheon at  
 Michael's Shoreline  
 Restaurant, Mountain View

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