



...You can make a difference!

The Friendship Force of the San Francisco Bay Area

...a force to promote peace

Vol. 25 No. 1

SAN FRANCISCO BAY AREA NEWSLETTER

January/February 2008

A TURNING POINT

It was the best of years; it was the worst of years. Not terribly original, but 2007 gave me plenty to ponder. It just happened to be the year I turned 65, a benchmark age in our culture, having little to do with the losses in our family. Within a six month period, we lost my brother, my only sibling; my aunt, the last of my parents' generation in my family; my best friends' son and only child in Iraq; Barry's sister-in-law; and our fifteen-year-old dog. When the nominating committee called, I said steadfastly that more pressing responsibilities prevented me from running for president of FFSFBA. In short, I needed to be available for family and friends, even though, in my heart of hearts, I wanted to say "Yes." It was the logical step after serving in four other board positions and twice as ED.

A few weeks later, when the call came announcing the nominees for the other three elective officers, I had to reconsider. I was surprised that the committee had been able to recruit these people. Having seen several veteran members drop off the board in the past two years, I had doubted that we would be able to find four people willing and able to serve. Barry and I had met Lois and Steve Smallwood on an exchange to South America and had become acquainted with Natalie and Ivan Heling at some area group events. Of course, we had served on the board with Dee Gustavson for about five years. I knew that these candidates would comprise a strong, supportive team, bringing a combination of FF experience and new ideas to the table. (For more information about Dee, Steve, Ivan, and me, turn to "Meet Your New Executive Board.") Also, it didn't hurt that a few friends (you know who you are!) had called to encourage me to take the job.

Besides this stellar group of elected officers, I look forward to strong support from the appointive board members, both returning and new. Our two new additions, Lois Smallwood and Natalie Heling, agreed to share the Activities Coordinator job. The only position that remains open is publicity, and volunteers are most welcome.

With most of the board positions filled, we took off for the Germany Exchange. Barry and I enjoyed three home-stay weeks as well as the three days in Berlin with the rest of the group. As always, these priceless experiences reminded us of what we love about this organization and how much it en-

riches our lives. We returned home inspired to plan a new year for the club.

Our kick off activity for 2008 is World Friendship Day on Sunday, February 17, at the Olive Hyde Art Center on Mission Blvd. in Fremont. I hope you will come, to enjoy not only our gathering but everything else that the charming Mission San Jose District has to offer. We will make every effort to schedule future meetings in other cities around the Bay. In the meantime, your area group representatives will continue to plan activities close to your homes, also.

As most of you know, I have been observing Barry Rader's presidency from close range for the past two years. My husband and partner in most facets of our lives, he has discussed many club issues with me but unquestionably has a mind of his own. I respect and appreciate what he has done for the club, yet I will, of course, bring my own style to the job. No one has volunteered to be my joke writer (though Ivan and Dave are well qualified for the job). Guess they're holding out for a better contract. With our entire "village" of members, we are bound to have a great year.

Happy New Year, and I hope to see you soon.

—Karen L. McCready, President

MEMBERSHIP RENEWALS DUE

If you haven't renewed your membership, remember that you can save \$5 if you renew before January 31. Thanks to all of you who have renewed already.

If you have lost your membership renewal form, you can find one online at <http://ffsfba.org/MemApplic.pdf> or you can email me at Membership@ffsfba.org.

—Mary Pelland, Membership Chair

MEET YOUR NEW EXECUTIVE BOARD

Your new president, Karen McCready, comes to the position with a wealth of life experience. Fueled by a degree in English and a secondary teaching credential from San Francisco State and a Master's degree in Special Education from Holy Names in Oakland, Karen found her niche teaching at Mission San Jose High School in Fremont. In 2001, thirty-six years after starting her first job, she retired from Mission San Jose and entered the world of gardening, travel, and Barry.

After marrying Barry Rader six years ago Karen has become the "doting stepmother" to his son, and she loves being with

her niece and nephew. "Yet another interest" doesn't do much to describe Karen's dedication to gardening. She is deeply involved with a garden club in Fremont, including being the organization's secretary and newsletter editor, and she has re-done her own garden, where she frequently hosts an open garden. With apparently too much time on her hands, Karen recently started an involvement with the Literacy Plus program in Hayward, working there three hours a week.

Karen's experience with Friendship Force leaves us in good hands. She's been on nine exchanges, and she's been on the Board since 2003, handling activities, secretary and vice presidential duties, and now controls the presidential reins. In their travels outside Friendship Force, Karen and Barry have been on four continents since their marriage.

So sit back, but don't relax. With this much energy, Karen will likely lead FFSFBA on an exciting ride this year.

—Interviewed by Ivan Heling

Dee Gustavson, our new vice-president, has been a member of Friendship Force for many years, going way back to 1984. Dee, a native Nebraskan, has been a very active member of our local FFSFBA, serving as president in 1992 and editing the newsletter with her husband Dave for several years. She has been an area representative, hosted and traveled many times as an ambassador, and has attended at least twelve international Friendship Force conferences and festivals.

A graduate of Stanford University, Dee majored in German (which came in handy for the German exchanges that we've had), and she and Dave, a retired physicist, have a son and a daughter, and an 8-month old granddaughter.

Dee loves music. She plays the piano and accordion and sings in a couple of choirs. She enjoys gardening, biking, and hiking, and volunteers regularly at the Bechtel International Center at Stanford. We are happy to have such an experienced and loyal individual on our executive board.

—Interviewed by Steve Smallwood

Steve Smallwood, our club's new secretary, joined our club in 2003. He first heard about our club through Wil Heiduk, whom he's known for many years. Steve went on a mission to Russia with a FF Club from Oregon, where he assisted teachers and students in a school there. He and Lois have also traveled on exchanges to South America and New Zealand, and home-hosted a family from Australia.

Steve got his master's degree in history from the University of Michigan, and then went on to teach history and English in the Santa Clara School District for 30 years, spending most of those years at Wilcox High School. Since retiring from teaching in 2001, he volunteers at Catholic Charities teaching English to refugees two days a week.

His other hobbies include reading, playing the piano, and playing chess at the Senior Center once a week. He and Lois have been married for 38 years. They have 3 daughters and two grandchildren who live in South Lake Tahoe and Santa Clara.

—Interviewed by Dee Gustavson

If you haven't yet met our new treasurer, Ivan Heling, you're in for a treat. This multi-faceted man calls himself "itinerant tech writer" and "semi-professional photographer." He retired after 20 years at Lockheed and 15 years in software startups, unless, as he says, "something interesting comes along." He and Natalie, his wife of 30 years, joined FFSFBA a few years ago, and both of them are joining the Board of Directors for 2008, Natalie as co-director of activities. With a degree in mechanical engineering from the Evanston campus of Northwestern, Ivan will keep board discussions lively with his pithy asides.

Ivan and Natalie raised two sons, now 25 and 27, both single, who tried out the work world and are back at school ("but not at home," he adds with a sigh).

Ivan and Natalie's retirement has included Friendship Force exchanges with two other clubs: to Costa Rica with a Southern New Jersey group and to New Zealand with the Atlanta club. Ivan sells his photography at Farmers' Markets in the South Bay and on the Peninsula on weekends. He showed his Costa Rica photographs in a program at the Campbell Library recently. Also, he devotes many volunteer hours to Sacred Heart Community Service, sorting food in the pantry and picking up donations from grocery stores.

We are fortunate to have this interesting and talented man on our board. Welcome, Ivan!

—Interviewed by Karen L. McCready

CANADIAN EXCHANGE

Our club will be joining with the Reno/Tahoe Club for an exchange to Greater Hamilton/Burlington and Winnipeg in August and September of this year. The exchange will start out with a tour of Nova Scotia, Prince Edward Island, and New Brunswick, followed by home stays in Greater Hamilton and Winnipeg. The dates are August 29 to September 21. We are fortunate that we can send 20 members along on this great trip. If you have any questions or want to put your name on the waiting list, contact Barry Rader at OutboundC@ffsfba.org or call him.

—Barry Rader, Exchange Director

2009 EXCHANGES

When I sent in your choices to FFI this year, I thought I would be happy if any of them were chosen: Peru, Japan or South Africa. The response from FFI blew me away. We are going to the CAPE OF GOOD HOPE club in South Africa, WOW. Can you imagine how many clubs wanted to go there? 30 that's how many. So mark your calendars, October 2009 for the exchange of your life.

Our incoming exchange for 2009 is Chemnitz, Germany, during the month of April. The Chemnitz club did a marvelous job of hosting us in 2007. I am looking forward to seeing old friends and showing them our beautiful area.

—Barry Rader, Past President

**WORLD FRIENDSHIP DAY,
SUNDAY, FEBRUARY 17, 2008, 1:00 TO 3:00 P.M.**

This event will be held in the Olive Hyde Program Center, in the Mission Room. The address is 123 Washington Blvd., Fremont. This is at the corner of Mission Blvd., across from the Mission San Jose, near the **north** Mission Blvd. exit off 680 (watch out, there are two Mission Blvd. exits several miles apart!). There is ample parking in the city lot north of Olive Hyde on the west side of Mission Blvd.



1:00-1:30: Sign in and socialize.

International food, of course!

1:30-2:30: Program

Introduction of dignitaries

All attendees will be given our new club pin!

Violet Gonda, Stanford Knight Fellows journalist, will speak about her native Zimbabwe.

There will be reports on our upcoming exchanges to Canada and South Africa.

We will discuss the plans for hosting visitors from Gold Coast, Australia, and Chemnitz, Germany.

Please bring a "finger food" appetizer or dessert to share. It could be something from a country you have visited, or something that you would enjoy bringing. We will not be sitting at tables for refreshments, so we request that food be easy to eat while standing or balancing a plate on your lap.

THE AUSTRALIANS ARE COMING!

Save the dates from June 14-20, 2008 to help entertain the Australians from North Morton, Australia. You have received or will soon receive an email giving you the opportunity to help plan the exchange.

If you are able to help, please contact Louise Heiduk at InboundA@ffsfba.org or telephone her.

—*Louise Heiduk*, Exchange Director

FFI FRIENDSHIP MAGAZINE

Individual subscriptions can be purchased for \$10 per subscription. Send the subscriber's name, address, telephone number and e-mail address to:

Linda Ector
Friendship Force International
233 Peachtree St. N. E. Suite 2250
Atlanta, GA 30303

or via e-mail at lector@thefriendshipforce.org.



There have been changes at our Friendship Forest in Prusch Park!
Two new benches will be in this area.

TANZANIA

The Dayton, Ohio FF Club has an outbound homestay exchange to Iringa, Tanzania starting June 2, 2008, for five days. The post tour will be flying to Kilimanjaro for an 8-day safari. The cost of the homestay alone will be approximately \$3100. The safari will be approximately \$2100. We will fly out of New York and the final cost will be determined by the number of ambassadors.

We are opening our exchange to anyone who is interested and supports the cause of Friendship Force. If you are interested, please contact the Exchange Director, Joan Lambert, by email: jlambert9@woh.rr.com.

This exchange promises to be a very enlightening and rewarding experience.

—*Joan Lambert*, Exchange Director
Friendship Force of Dayton, Ohio

Dear Mayor Wasserman and Fremont City Council Members:

The members of
The Friendship Force of the San Francisco Bay Area
invite you to our annual

World Friendship Day
Sunday, February 17, 2008
1:00 to 3:00 P. M.

Olive Hyde Program Center--Mission Room
123 Washington Blvd.
(corner of Mission Blvd.)

Across from the Mission San Jose, near the north Mission Blvd. exit off 680
Ample parking in the City lot north of Olive Hyde on the west side of Mission Blvd.

1:00- 1:30: Sign in and socialize.
International food, of course!

1:30-2:30: Program

- Introduction of dignitaries
- Gift of our new club pin to all attendees!
- Violet Gonda, Stanford Knight Fellows journalist, speaking about her native Zimbabwe
- Reports on our upcoming visits to Canada and South Africa
 - Plans for hosting visitors from Gold Coast, AU, and Chemnitz, Germany



A good time was had by all, at the December 9 Holiday Party at Michaels at Shoreline!
A continuous slideshow of the recent Germany exchange is visible in the background.



The new FFSFBA officers: Ivan Heling, Treasurer; Dee Gustavson, Vice President;
Steve Smallwood, Secretary; Karen McCready, President; and Barry Rader, Past President

WESTERN REGIONAL LEADERSHIP CONFERENCE

Four FFSFBA “Ambassadors” will represent our club at the West Coast Regional Leadership Conference.

Representing you all at the conference in San Diego from March 10 to 12 won't be too hard to take for your treasurer, Ivan Heling; your activities co-coordinator, Natalie Heling; your parliamentarian and past president, Barry Rader; and yours truly, Karen McCready, president. Fifty lucky delegates will be assigned to home stays, and the rest of us will make do with the Handlery Hotel and Resort in Mission Valley. The theme of “Building Peace Is Everyone's Responsibility” certainly will set the tone for serious discussion. We are offered recreational diversions also, such as Sea World, the San Diego Zoo, the Wild Animal Park, and a tour of the USD Peace Institute.

Of course, you'll have to hear all about it when the four of us return, all fired up for a dynamic year for Friendship Force, especially in the Bay Area! —*Karen McCready*, President

NORTH BAY AREA GET-TOGETHER JANUARY 13TH, MARIN COUNTY

The Northern Bay Area from Novato to San Mateo gathered together on a sunny afternoon for a Pot Luck Luncheon in San Rafael. We started off the New Year by welcoming new members to our area and club. After lunch an inspirational meeting followed, discussing many new ideas for adventures both in San Francisco and Marin, which we look forward to doing this year for exchanges and area meetings.

Our special guests Louise Heiduk, Area Group Coordinator, and Karen McCready, President, shared the hope that all area groups will assist the Activities Chairperson(s) and secure meeting venues for 2008. We welcomed this challenge which will be for the Fall (September-October) Meeting.

The new members who attended were Delicia Caballero (San Francisco) and Alyce Zahorsky (Mill Valley). The new members unable to attend, Luree and Scott Miller (San Francisco), sent ideas via e-mail. Another guest, Ann Hayward of Novato, brought articles of hidden treasure to be seen both in Marin and Sonoma. Others in attendance were Bernice and Dean Batchelder, and Carolyn Linnard (Kensington), who won the guess prize, a variety of spring daffodil bulbs.

At this meeting Elizabeth Shumway and Joy Hillman, Chairpersons, announced that they were passing their position over to Gail Boyd for the New Year! What a surprise for all, including **me!** —*Gail Boyd*, Area Chairperson

HOWARD REID

With sadness we report the loss of one of our members. Howard Reid, of Sunnyvale, passed away on December 6th. He and his wife Frances have participated in many of our club's activities and exchanges over the years.

Howard's memorial service was held on December 18th. Condolences may be sent to Frances and family.

A copy of the memorial service program, photo, and obituary is posted on the FFSFBA website: <http://www.ffsfba.org/InMemoriam/HowardReid.htm>

AREA GROUPS

The area groups met on Friday, January 9th. We discussed ways in which to integrate new members, help all members get to meetings and ways to involve more of our members in club activities. We also combined two of our area groups. The Central Peninsula and the South Bay group combined as the membership of the South Bay group has decreased. We also have new area group leaders. Rita Hammer and Bill Crowe will work together for the East Bay Group. Mary Alice Van Doorn and Steve Cooper will represent the Mission San Jose Group, and June Cademartori will represent the Central Peninsula/South Bay Group. These group leaders will contact their members for a planning meeting where they will introduce some of the ideas that were discussed at our leadership meeting. I hope you all will plan to attend.

—*Louise Heiduk*, Area Coordinator

HOLIDAY LUNCHEON

Once again we enjoyed the Holiday Luncheon on December 9th at Michaels at Shoreline. Food and friendship were enjoyed by all. New to the menu were wild mushroom crepes, a delicious and popular choice.

Several members reported their experiences from the exchange to Chemnitz and Hannover in Germany. Mary Lynn Pelican led the singing of Christmas carols, accompanied by Dee Gustavson on the accordion, a very nice addition. President Barry Rader announced next year's exchanges, thanked the current Board of Directors, and introduced the new board for 2008. Save Sunday, December 14th for the 2008 holiday luncheon. —*Darlene Boyanich*, Activities Chair

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 13–20, *InboundA*@ffsfba.org
 Louise Heiduk
 Reno/Tahoe—early April, *OutboundRT*@ffsfba.org
 Greater Hamilton-Burlington, Ontario, Canada—8/29–9/21,
OutboundC@ffsfba.org Barry Rader

SUPPORT COMMITTEES

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 Merchandise@ffsfba.org: Barry Rader
 Forester@ffsfba.org: Don Dillon
 Karen Mitchell
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2008 CALENDAR

- Sun., Feb. 17 World Friendship Day, Olive
 Hyde Art Center, Fremont, 1–3 p.m.
- March 10–12 Western Regional Leadership
 Conference, San Diego
- Sun., March 16 Board of Directors Meeting
- April 4–6 Mini-exchange (long weekend)
 to Reno/Minden/Tahoe, NV
- Sat., May 17 Birthday Meeting, Los Altos
 Library?
- June 13–20 North Moreton, Australia
 incoming exchange
- Sun., June 22 Board of Directors Meeting
- Sun., July 13 Annual Picnic at Prusch Park
- Sun., August 17 Board of Directors Meeting
- Aug. 29–Sept. 21 Exchange to Greater Hamilton,
 Ontario, Winnipeg,
 Maritimes extension
- Sun., Sept. 28 Annual Meeting, Election
- Oct. 2–5 FFI International Conference,
 Gold Coast, Australia
- Sun., Nov. 9 Board of Directors Meeting
- Sun., Dec. 14 Holiday Luncheon at
 Michaels at Shoreline,
 Mountain View



THE FRIENDSHIP FORCE
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