



friendship force

SAN FRANCISCO BAY AREA
Changing the Way You See the World

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SAN FRANCISCO BAY AREA NEWSLETTER

May/June 2014

MARTHA'S MUSINGS

Spring at last! The proverbial harbinger of new beginnings and new growth. What an appropriate metaphor for our club! The energy is palpable.

So many enthusiastic new members were part of the 30th birthday celebration and new member reception. What a great group of people planned this event. Some of them were seasoned Friendship Force veterans, while others were green and new! We had the lovely meeting room at Century 21 Real Estate in Fremont, free of charge, thanks to Judy Smith. Our new event planner, Donna Wilson, jumped right in, gracing the occasion with her professional event planning experience. Carol Easter, our terrific techie and membership chair, was able to walk our new members through accessing the online yahoo group. She also showed us all how to use the World of Friends catalog and book either themed exchanges or join in travel with other FF clubs. Both old and new members were able to glean more than a little bit from her presentation. Karen McCready, our mistress of ceremonies, and always the mistress of detail, provided wonderful graphics and creative hand-outs. You were all fabulous! A nod of thanks to Linda Jasany and Vickie Lau who provided cookies. It was a real joint effort. We ended the event with songs of Happy Birthday FFSFBA and Let There Be Peace On Earth.

We have so many exciting events coming up. It's a great time to be a member of FFSFBA. Can you believe, after months of planning, we are finally presenting our very first themed exchange to an international group of ambassadors? No, I take that terminology back. Don Pelland pointed out that this time "WE" are the ambassadors, representing and presenting our exciting and very unique history to the world community. We couldn't be prouder! The United States, California, and The Bay Area are on the world stage. In addition to Don Pelland and RoseMarie Everett, we have had a cast of "thousands" helping us make this special event happen. It has been a ton of really hard work but those two are ground breakers, just like the original 49ers. We must not forget to thank Louise Heiduk, our home host coordinator. The bottom line is that no exchange could happen without hosts. No one is better than Louise at twisting arms and getting the beds that she needs.

Some very exciting news! We have landed a most interesting domestic exchange for the Spring of 2015. We had been a bit disappointed, having to wait until November of 2015 for our next

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How Gold & Silver Built the West

FFSFBA Incoming Exchange



friendship force
INTERNATIONAL

**June 10 - 28
2014**

See pages 8 and 9 for the itinerary and activity sign-up sheet.

GOLD RUSH CITY TOUR APRIL 26TH, 2014

Gold Rush City is an area of San Francisco adjacent to the financial district, and survived the 1906 earthquake and fire. It also is the area of Yerba Buena Cove, the original San Francisco port where all the sailing ships arrived for the Gold Rush. The water came up to present day Montgomery Street. The first American flag was raised in Portsmouth Square, a block up the "coast" of Yerba Buena Cove. Mr. Bradner described the landmarks, pointed out historical facts and shared some stories from the Gold Rush Days. He will be our featured speaker at the Orientation Meeting on June 11th at the SF Public Library. He did an excellent job as a tour guide. The 19 participants included many new members, all of whom enjoyed the walk and tour.

After the walk, we headed down toward Mission Street and found a place to sit down, relax and have a bite to eat.

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REMEMBER THIS GROUP OF FF FRIENDS?

They are all members of the North Moreton Friendship Force club in Brisbane, Australia. FFSFBA hosted them in 2008. Scott and Luree Miller, now members of the Denver FF club as well as ongoing (but absent) members of FFSFBA, had the privilege of joining them for a picnic in their neck of the woods in April—Jollys Point overlooking the Great Dividing Range, serenaded by a chorus of bellbirds in the subtropical gum trees of Boombana.

We had just finished a 3-week, 3-club (Melbourne, Mt. Gambier, Adelaide) FFI global wine tour exchange with other members of the Denver club, as well as members of the Dallas, New Jersey, Lübeck (Germany), and Adelaide (Australia) clubs. It was now time to reconnect with friends made when we first joined Friendship Force in 2008, and that meant reuniting with members of the North Moreton club, our first international friendships developed through FF and nurtured these past 6 years.

We stayed with Allan and Olive Roff (in the green shirts in the photo) for a week of memorable times, lots of laughter, several samplings of Allan's home brews, and even some serious chats about life. Everyone in the photo said to say hello to everyone at FFSFBA. Their memories of that 2008 exchange remain vivid for them. That is really what Friendship Force is all about, isn't it?... creating enduring friendships with perfect strangers from different lands and cultures. —Luree Miller

FFSFBA WELCOMED NEW MEMBERS AT OUR 30TH BIRTHDAY PARTY!

Friendship Force of the San Francisco Bay Area, more commonly called "FFSFBA," felt an infusion of youthful enthusiasm on Saturday, May 3rd, when many of our newest members answered the special invitation to celebrate our club's 30th birthday. The total attendance was 33. Half of those attending have joined within the past five years, and several of them are active members serving in leadership positions and/or involved in inbound and outbound exchanges. For example, chief organizer of the event was Donna Wilson, who offered to help plan events even before she and her husband Ron offi-

cially joined. Carol Easter, our membership chair, took on that position within a year of joining. Carol presented part of the program, explaining how to connect with our FFSFBA yahoo group and how to navigate our club and international websites. Other indispensable helpers at this event were relatively new members Judy Smith, who arranged her office's venue for us, and Linda Jasany, June Harris, and Vickie Lau.

With orientation to Friendship Force's unique travel program and values as our goal, we digested historical and organizational information and then broke into groups to distill all of that into an "elevator speech." Karen McCready implored the groups to take into consideration what makes Friendship Force different from other travel groups and to incorporate its primary goals. A key question was "What did former FFI President George Brown mean when he said that "Friendship Force is the BEST kind of travel club?" The five groups' answers to that assignment will be covered in the next newsletter. All members are encouraged to craft their own brief message that they can express with energy and sincerity.

Of course, Friendship Force is mainly about travel and hosting. A major topic of the day was our two inbound exchanges. Don Pelland, ED for the Gold Rush Exchange from June 10–15, covered the events and handed out an order form for those wanting to participate. ED Karen Rice reported on the itinerary and unfilled tasks for the group coming from Biarritz, France from September 15–22. (More from both of them in separate articles in this edition.)

Like every organization, Friendship Force has its own lexicon of lingo. Karen had to pause early in her presentation to refer to the list of FF buzzwords. Hopefully, everyone in the room went away with an understanding of the following:

exchange: a sharing of one's culture with one's host or guest during a Friendship Force home stay

ambassador: a term generally used for those who are visiting, although hosts might feel the obligation to represent their country well, too

home host: provides a bed, breakfast daily, ensures transportation to all events, and participates in as many of the week's events as possible

day host: escorts one or more visitors to a group event or to a place of special interest during a free day, perhaps giving the home host time off

Exchange Director (ED): each exchange, inbound or outbound, requires someone to organize it and to coordinate with the counterpart ED from the visiting or hosting club; main duties involve travel arrangements, recruiting and chairing a committee, drawing up a budget. Both inbound and outbound EDs receive modest compensation.

The Friendship Force style of hosting, whether on an outbound or inbound exchange, takes some explanation. Personal testimonials, even just a few out of the countless individual versions within our own members' experiences, seem to provide the clearest and most vivid explanation. Pat Macholl, member for only a couple of years and already our club treasurer, de-

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scribed her first outbound exchange to Bergen, Norway last August. Pat explained that she stayed in the home of a widow and her son and daughter-in-law and that the hostess gave up her bed for her. On this global exchange involving ambassadors from several clubs, Pat made friends with a series of roommates from Tasmania, Cape Town, and Livermore.

Martha LeRoy, Louise Heiduk, and Karen McCready comprised an informal panel about home hosting experiences. Louise, a veteran of countless hostings, usually for two or three guests, said that she gives her guests a tour of the house, showing the majority of the rooms that are open to them, and pointing out the few closed doors that help preserve a modicum of privacy for her and Wil. Martha described the enduring friendships that have evolved from her three hosting experiences and the instant rapport that allows her and her guests to kick off their shoes and enjoy a light snack and a glass of wine at the end of a busy day. Karen explained how, after a few years of being on the receiving end of generous hosting, she and Barry figured out how to rearrange one of their studies to accommodate either two singles or a couple on trundle beds. All three recounted how their guests quickly became part of the household routine, helping to set up breakfast and not making any difficult demands.

This fact-filled and energetic meeting closed with a revised version of “Let There Be Peace on Earth,” with everyone joining in a circle with clasped hands, and “Happy Birthday to Us” in celebration of our 30th birthday. Thanks to everyone who organized, brought cookies, all the presenters, and all the attendees, this event was a harbinger of bigger and better things to come for good old, yet forever new, FFSFBA.

—Karen L. McCready

DOWN UNDER— THE OTHER SIDE OF THE WORLD —A LONG LONG FLIGHT!

This is Australia—but it’s much much more! It’s common to hear a friendly “Good Morning Mate!” after only one night in your cozy bed carefully prepared by your Australian Host. That’s the way it was in both Hobart, Tasmania and Murray Bridge where we recently spent 3 weeks on an outbound exchange in Australia.

In Tasmania, the highlight for me was cuddling a koala and wombat and “carefully” petting a Tasmanian devil, not to mention feeding numerous wallabies and kangaroos. I also met a young man who tried without much success to teach me to play a didgeridoo. Now for some of the details.

Arriving in Sydney early in the morning, we checked into our hotel. My FF room mate, GeeGee, was excited and wanted to immediately start our Hop-on-hop-off double decker bus tour around Sydney.

As tired as I was, I didn’t want to miss out on anything so I agreed and away we went—sitting on top of the world, on the upper deck of course! GeeGee being a friendly sort had no

trouble starting conversations with many friendly locals and tourists as we traveled along viewing the many interesting sites Sydney has to offer. What a beautiful city! We enjoyed a snack and leisurely walk through the botanical Gardens. GeeGee wet her feet at Bonde Beach, where she always wanted to go. There were so many beautiful hill top homes—we saw it all! We even heard wedding bells from the cathedral. A delightful day of Hop-On-Hop-Off.

This short excursion prepared us for the next day’s Bay Cruise where we enjoyed seeing the sites from a different perspective. We even had tea and goodies on board! After beautiful Sydney we boarded a train and were off to Hobart, Tasmania. We had a home visit with a delightful host. My host loved gardening and we enjoyed good conversation while sitting in her garden behind the house.

The Tasmanian Museum had an interesting exhibit on the aborigine artifacts and history. It is thought that the aborigines left Africa and migrated across Asia before arriving by boat to Australia. We learned that most of their culture was sadly wiped out by various Europeans in the 19th century. General Arthur was especially determined to crush all the aborigine tribes. Their art is amazing, and fortunately much has been saved.

Australia has an interesting history. The first settlers were convicts sent by Great Britain and even a few from the US and Canada. Their crimes were varied, but most often small, petty crimes were the reason for exportation. It was difficult living in Europe during that time, so some people thought Australia was a good alternative. My host said her great grandmother stole her Aunt’s shawl intentionally so she could sail to Australia! She took me to the Female Factory to see historical actors who portrayed the typical lifestyle of the European woman who arrived by boat. It was a difficult life. They were taken by wealthy men to begin a lifetime of hard work as maids and servants in the houses of the rich. Some who became pregnant were forced to leave their babies. The male criminals who had skills fared better and eventually some did very well in the new country. Fortunately my host’s great grandmother survived the ordeal, married and started a new generation on the Australian continent.

After a wonderful experience in Hobart, we traveled by train to Murray Bridge, a rich farming community that has recently been hit by a large population increase. Residential homes are being built on surrounding farmland, making it difficult for farmers to expand their business. We visited a lettuce farm that had amazing technology to pick and process their lettuce, and hired many migrant workers at an amazing \$19.00 an hour. We also toured a large sheep farm. In addition to population expansion, drought has also been a problem.

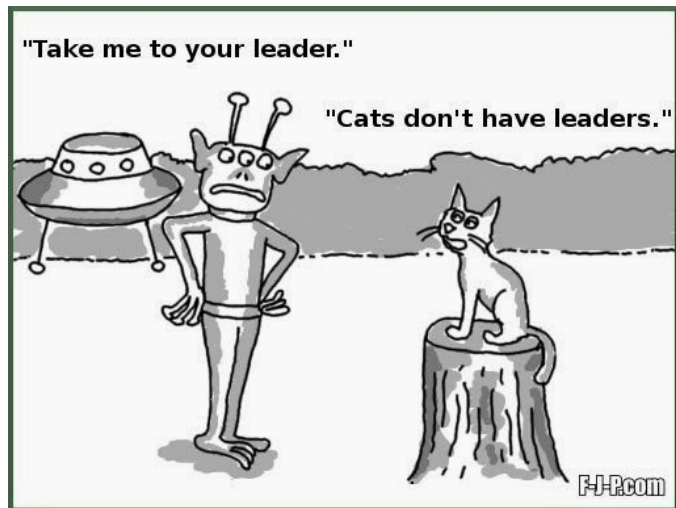
We were also received at the mayor’s office—we felt like dignitaries! Alan Fisher, a fellow FF traveler, is a talented musician and serenaded us with music on the piano at the reception and also several times during the trip. He and his wife joined us from Hawaii. We also had ambassadors from Atlanta, West Virginia, Vancouver, London, and even Australia, who joined us on this trip and enriched our experiences.

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Murray Bridge, along the river, is a very picturesque rural area. My hosts in Murray Bridge were delightful. They had many birds of all colors in their yard which joyfully sang for us every morning—who needs an alarm clock? I enjoyed my stay with them, and all the things they did for me. I brought home many fond memories.

Go for it—join us on our next exchange! —Jan Gordon



But people do, especially in Friendship Force. Read on to see what leadership is like for an Exchange Director (ED).

WHAT IS AN ED, AND WHY SHOULD YOU APPLY TO BE ONE?

ED, two of the most important letters in the Friendship Force vocabulary, are short for “Exchange Director.” The word exchange, used so often in our FF discussions, refers to the exchange of cultures that we experience whenever we host a group or are hosted. Exchanges are typically a week with one club. Often, we visit more than one club, each for a week, especially if we are traveling far. For example, the group that went to Australia in February visited the Hobart, Tasmania Club for a week and then spent a week with the Murray Bridge Club near Adelaide, South Australia. Between those two home hosted weeks, they traveled to Melbourne and Sydney.

Two kinds of EDs exist within every club—inbound and outbound. Both are very responsible leadership positions. Each role has its own special challenges. The common denominator is becoming familiar with the tasks involved in each of the jobs—the forms to fill out, the budget elements, the publicity, the recruiting of committee members, assembling a group to travel, the frequent contact with the ED counterpart. Both inbound and outbound EDs serve on the Board of Directors for FFSFBA from the time they are appointed until all the business of the exchange is completed. Beyond this common ground, the two roles diverge. Because of the increased responsibility of leading a group abroad, we require that someone serve as an inbound ED before taking on an outbound exchange. Also, an outbound ED must have participated in at

least one outbound as an ambassador in order to understand the home stay experience and dealing with another culture.

If you have attended any of the events during an exchange week (inbound exchange) here at home, you know that someone has taken the lead to organize and oversee that event and everything else involved in that busy week. You may have sensed, also, that the person in charge had recruited a group of members who started meeting several months before the visitors came and helped create the itinerary for the week. That leader did not have to go it alone but could depend upon these committee members to carry out their individual tasks with just a bit of coaching and support.

With our Exchange Coordinator as mentor, the ED composed a budget that covered all the group events of the exchange, such as meals and entrance fees, and all the administrative costs, such as printing and photos. The ED sent the itinerary to the visiting ED and explained any of the costs that exceeded our base club fee of \$150. As soon as the visiting ED submitted all the ambassadors’ data, the host ED conveyed that to the host coordinator to match up the visitors with hosts. The host ED continued to oversee the completion of arrangements for all the group events. During the exchange week, the ED attended as many of the group events as possible and may have hosted, also. At the conclusion of the exchange, the ED compiled all the receipts, handed them over to the Exchange Treasurer, and wrapped up the finances as soon as possible.

If you have participated in an outbound exchange to another country or US city, you observed firsthand the person who started making arrangements with the host club as much as a year or more in advance. Together, the two EDs worked out the specific dates for the exchange, began discussing the activities of the exchange week, and settled upon the number of visitors that the host club could accommodate. As soon as possible, the host ED would have provided our club’s ED with a description of the types of activities and how physically demanding they might be.

Typically, our club’s ED researches options for extended travel, just as the ED for Australia did. Even before advertising the exchange, our ED worked with our Exchange Coordinator to create a budget. With the basic details of the exchange assured, the outbound ED started recruiting local ambassadors. The ED would place articles in our newsletter and make announcements at general meetings. The ED would make applications available and would start screening the applicants for ability to meet the demands of the activities laid out by the host ED. After identifying the qualified local ambassadors, the ED holds a meeting with them and brings that group to consensus on where they will travel beyond the home stay(s). The ED is required to deal with licensed travel agents to arrange the group travel. If the exchange doesn’t fill from our club members, the ED may decide to ask FFI to post a feature in their monthly “World of Friends Catalog,” which most members receive online. The ED would work with an FFI staff member to compose a compelling description of the exchange. Each ambassador must submit a copy of a passport, proof of travel insurance, and the flight itinerary to the ED. When all of the

Gold Rush Exchange Itinerary

June 10 - June 15 2014

June 10 Tuesday

4:00 - 7:00 Welcome Reception at Michael's Restaurant

June 11 Wednesday

9:30 - 11:30 Orientation meeting at San Francisco Public Library
Randy Bradner, SF City Guide will speak

12:30 - 1:00 Tour Visitor's Center of Maritime National Historical Park

1:15 - 2:30 Lunch (provided) near Fisherman's Wharf

2:45 - 3:30 Hyde Street Pier

4:00 - 5:30 Bay Cruise (under both bridges)

6:00 Cable car to Powell and Market
dinner OYO in SF or with hosts *

June 12 Thursday

10:00 meet in San Francisco

11:30 - 1:30 Chinatown City Guide Walking Tour

1:45 - 3:00 lunch (provided) in Chinatown at Hong Kong Clay Pot

3:30 tour Ferry Bldg and waterfront

5:00 dinner OYO in SF or with hosts *

June 13 Friday

10:00 meet at Ardenwood Park, Fremont

10:30 - 12:00 tour of Patterson House

12:00 - 1:00 lunch provided

1:00 - 4:00 talks by ranger on farming in area; talk by local historian

4:00 - 5:00 possible tour of Ohlone Village at Coyote Hills (if available)

5:00 - 7:00 pot lucks in Fremont area

June 14 Saturday

10:00 meet in San Francisco

10:00 - 11:00 tour Palace Hotel, Crocker Bank

11:30 - 1:30 Gold Rush City Guide Walking Tour

1:45 lunch in San Francisco OYO

rest of the afternoon is unscheduled

dinner OYO in SF or with hosts *

* opportunities for ambassadors to bring hosts to dinner

June 15 Sunday

10:00 approximately ambassadors brought to SFO for transfer to Petaluma
will be met at SFO by representative of Napa-Sonoma FF club

