



friendship force

SAN FRANCISCO BAY AREA
Changing the Way You See the World

Vol. 26 No. 5

SAN FRANCISCO BAY AREA NEWSLETTER

November/December 2009

FFSFBA LEADERSHIP, THEN AND NOW

Dear FFSFBA friends,

Rather than try to chronicle the two years I have served as your president, I'd like to thank everyone who has helped to keep our club vital during my term and then to look ahead at the team that will transition seamlessly into a dynamic new year.

Many of these remarkable people are listed on the back of this newsletter, and I am profoundly grateful for their dedication and moral support. I wouldn't have accepted this job had I not been confident of their help. Many others, including most of our membership, have contributed in other ways large and small. When you get the phone call or email, you help in whatever way you can. Special thanks to my beloved partner in all things, Barry.

We are so fortunate to have the capable team that volunteered to fill the executive committee for 2010—Steve Smallwood as president, Barry Rader as vice president, and Scott Miller as treasurer. As I told the board, I consented to serve another term as secretary so that I can clear up all the paperwork I've left dangling during the past four years and finally hand on all those archives to someone else! Steve began weeks ago, in his capable and unobtrusive way, to assure that all essential elements of his leadership team are being covered.

Also in this issue are feature articles about

- the recent Cape of Good Hope Exchange to South Africa,
- the visual and narrative program on this exchange to be presented at the Holiday Luncheon,
- and a World Friendship Day program for February 27 devoted to the place of the U. S. and Friendship Force in the changing global landscape.

You're in good hands, FFSFBA, for many years to come!

Gratefully yours, in friendship,

—Karen L. McCready,
President 2008-2009

RENEW YOUR MEMBERSHIP!

It's time to renew your membership in FFSFBA for 2010. Annual dues are \$35 per individual or \$55.00 per couple or family. Dues are payable by January 30. A membership renewal form is included with this newsletter. You may mail it, or you may deliver it at the Holiday Luncheon on December 13.

NEW OFFICERS FOR 2010

At our annual meeting in September, we elected the following slate of officers:

President: Steve Smallwood

Vice-President: Barry Rader

Secretary: Karen McCready

Treasurer: Scott Miller

MEXICO'S 200TH BIRTHDAY CELEBRATION

We are lucky to be able to spend this momentous occasion on our exchange to Mexico in September 2010. The Tuxtla Gutierrez Friendship Force Club have confirmed that it will be a special time to be in Mexico and they are expecting us!

We'll spend the first days in Mexico City visiting fantastic archeological sites, great restaurants, world class museums, folk dance performances, etc. (Sept 9–13)

Then we head to Tuxtla Gutierrez, the Capital of the state of Chiapas. The club says they want to take us to many places including Canyon de Sumidero, San Cristobal de las Casas (wonderful colonial town), San Juan Chamula and Zinacantan (scenic ethnic towns) and offer us great friendship and local foods. (Sept 13–20)

We'll then "rest" in Oaxaca by visiting the archeological sites, Monte Alban and Mitla, visits to artists studios, and villages known for their arts and crafts. (Sept 20–24)

The exchange is scheduled from September 9, 2010 to September 24, 2010, so please save the dates. September 16 (Diez y seis de Septiembre) will be something not to miss!

The cost will be about \$1200 including in country airfares but not including airfare to and from Mexico City. The cost still has to be finalized. Once we get a good idea of the number of ambassadors, we can get a commitment on group fares from the airlines and hotels and we hope to reduce the cost.

Please call us if you are interested. Everyone says this will be a very busy time in Mexico, so we need to confirm reservations ASAP.

Viva Mexico!

—Ron and Gloria Greenwald

ARNIE BECKER APPOINTED PUBLICITY ADVISOR

Karen McCready, president, has announced the appointment of Arnie Becker to the newly created position of publicity advisor, reporting to the board of directors. In this role he will both advise the board on publicity matters and generate materials for use by the public media. Arnie has more than 30 years of experience in journalism, public relations, marketing and business development. Arnie is also on the board of directors of the Community Care Coordinating Council of Alameda County and is president of the New England Village Mobile Homeowners Association.

Arnie has asked for your help in drawing together a list of newspapers, local radio and TV stations (especially those that are community based) and the names of local newscasters who might be willing to cover some of our more important public events. Please send any names and contact information to Arnie. If you can make a personal introduction to any of the media personalities organizations, please let Arnie know this also.

Arnie's goal, and that of our organization for 2010, is to dramatically increase the public's awareness of both the San Francisco Bay Area Friendship Force as well as the international organization. We would like to see the Friendship Force logo posted at the entrance to each city along with the logos of Rotary, Kiwanis and other civic organizations. Most people have never heard of Friendship Force International, never mind the San Francisco Bay Area chapter.

We must utilize social networking sites such as Facebook and Twitter in order to reach larger numbers of people and educate them as to who we are and what we do to promote world peace. Travel is an important component of what we do, but it is not the end all. If you belong to Facebook, for example, you can set up a "cause" and use it to educate people and to ask for donations to our organization. Securing new members is a critical activity that we must ramp up in the coming year, and the best way to do this is to use personal contacts and local publicity to explain how we are helping to make the world a better place to live.

2011 EXCHANGE REQUESTS

Those who turned in their favorites may want to know the tally. For our outbound exchanges in 2011, we requested the following: England, Wales, France, Norway, and Netherlands—in no particular order. Keep in mind that many factors influence the actual assignment that FFI will give us. Any one of these would provide many options for additional travel within western Europe as well as the possibility of seeking another week of exchange somewhere within that region.

A VIP RECEPTION AT SOUTH PENINSULA HIGH SCHOOL, CAPE TOWN, SOUTH AFRICA

The journey to the big moment when we presented the \$1,100 check to the whole student body started over a year ago. It included consultation with many Cape Town contacts, much online research, and dozens of our members' hours—teaching high tech skills, hosting dinners, etc.—to fulfill the silent auction purchases from our big fundraiser. Our chief contact at the high school was the computer teacher/librarian, an advisor to the students' Rotary Interact Club, who has since joined the Cape of Good Hope Club and hosted Jan Gordon for the exchange.

Summoned to an early meeting at the school, we weren't fully prepared for the VIP reception that greeted us. On their own volition, the Interact members organized and served a very tasty, restaurant quality breakfast buffet, arranged elegantly in the school's multipurpose room. Joining us at our tables, the administrators described SP High's dramatic and distinguished history: under apartheid, when the white leadership tried to close down the school, the so-called "coloured" parents fought to keep it open so that their children could attend this high caliber school that many of them had attended. They continue to be bussed in to this area today. Everything about the school—from its tidy appearance, to the immaculately groomed student body and staff, to their confident bearing—demonstrated the immense pride and high expectations embodied in this school.

Twelve hundred colorfully uniformed students, all standing in orderly rows behind their prefects, braved the morning chill in the uncovered quad. Principal Brian Isaacs, having just learned why we had decided to make the donation to them, praised their high academic standing and exhorted them to continue to earn such recognition. In my turn at the microphone, facing this impressive gathering, I tried to explain adequately all the ways that their school had earned our \$1,100 donation for computer equipment. Fully aware by now of all the other worthy charities on the Cape, I needed to demonstrate to everyone in that community that SP High had proved it would utilize these funds as intended and that the students' record of academic performance and participation in global classroom projects showed that they would make good use of the new technology.

I am proud to report to all our members that we chose our recipient well and that our gift was heartily appreciated. May this be the beginning of a long term correspondence with this very worthy school and an example to future exchanges.

Thank you to everyone who contributed to this project.

—Karen L. McCready, Exchange Director

ANNUAL HOLIDAY LUNCHEON

Mark your calendars for our annual Holiday Luncheon at Michael's on Sunday, December 13 from 12:00 to 3:00 AND go to the flyer in this newsletter to select your entree. Please detach the flyer and mail it with your check to the address listed. There will be no additional and separate mailing this year. You should have also received either a "Save the Date" email or phone call, if you don't have email. See you at the luncheon.

—Lois Smallwood, Activities Committee

A THOUSAND PICTURES THAT WORDS CANNOT DESCRIBE ...

Our Exchange to The Cape of Good Hope Club in South Africa, October 2009

...But we will try to describe these experiences during the featured program at our Holiday Luncheon on December 13. Just to give you a taste of that now, I'd like to salute the intrepid twelve who arrived in Johannesburg by one route or another. [Barry Rader, who would have completed our lucky 13, had to drop out at the last minute for health reasons that have been resolved now.] We spent two nights attempting to adjust our biological clocks near Victoria Falls, Zambia, and then enjoyed three days of game park safari in Chobe National Park, Botswana.

As spectacular as our pre-trip tour was and the even better than expected post tour, the week of home stay with our new friends in Cape Town, South Africa fulfilled everything that we might have hoped to experience and learn from an exchange. Far beyond anything we might have read or heard about South Africa before, during, and after apartheid, our hosts' open and candid revelations about their lives since the late 1940's brought it all vividly to light. What struck me most after my goodbyes to my Cape Town "family" were the remarks from Cape Town residents in the airports and on the flights that we had been staying in some of "the most dangerous parts of Cape Town." I was astounded at the reminder that I had been comfortably ensconced in a region I had feared visiting just a few weeks earlier. All of

these revelations came from our hosts in the scant free time of a very full week of group activities, traveling by chartered bus to many of the scenic sites of the Western Cape. A week of home stay is never enough; nevertheless, we had glimpses of a lifestyle and forbearance through impossible obstacles that will reverberate for the rest of our lives.

Everyone has heard of Kruger National Park, the jewel of South Africa's National Park system. Expect tourists and phony luxury that caters to Western tastes. Expect to feel that you're on a Disneyland ride. For me, Lukimbi Safari Lodge was none of these. Luxurious, yes, but in an earthy, understated style. The game drives did, indeed, provide the drama of an amusement park wild ride, but in pursuit of one of those breathtakingly beautiful animals you've been wanting to see close up all your life. See them we did, the Range Rovers crawling across as many thornbushes as necessary to get to them, yet not disturbing the quiet of the veldt. Sounds contradictory? Guess you'll have to see some of Dave Gustavson's video footage to believe it.

Stay tuned for an email announcing the posting of our complete Travel Log, with contributions from each of our twelve, on the FFSFBA website. This will be a day-by-day, detailed account of the planned and unexpected adventures that we encountered.

Thanks to the other intrepid ambassadors: Yvonne Bretoi, Dee and Dave Gustavson, Louise and Wil Heiduk, Jan Gordon, Karen Rice, Katharine Kleinke, Luree and Scott Miller, and Roger Riffenburgh. —Karen L. McCready, ED



Karen McCready, ED, hands our \$1100 donation to Brian Isaacs, principal of South Peninsula High..



The students of South Peninsula High School watching the presentation of our gift. There were nearly a thousand standing in this courtyard!



Our group at the Cape of Good Hope, the most south-western point of the continent. The climate is similar to the coast near San Francisco.



Elephants crossing the "road" in front of us.

SAVE THE DATE!

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

Program

A series of short presentations by experts:

*America's relationship with some of its major trading partners—
China, India, Mexico, and Russia*

Discussion groups with special focus on Friendship Force's
involvement in these countries

More information at the Holiday Luncheon on December 13.

Catered international food

Costumes

Sharing of travel experiences

Here's a short link to a map showing the meeting
place: <http://tiny.cc/9Ckcd>

IMPRESSIONS FROM A FIRST EXCHANGE

Unexpectedly overwhelming. Inspiring. Enriching. Deeply etched in our memories. Life changing. Although our African adventures with the wildlife and Victoria Falls were great, those words describe the impressions Scott and I had regarding our first FFSFBA international exchange—with the Cape of Good Hope FF club in and around Cape Town.

We are world travelers, but this opportunity to immerse ourselves in the lives of a racially mixed hostess and her friends from a culture and life events so different from ours redefined what it means to be a world traveler.

Serious questions discussed over glasses of sherry: What did you think when you realized you were coming to a coloured club? How do you reconcile your apartheid experience? What do you think of President Zuma? President Obama? And fun questions discussed while munching potato chips: How can you call that football when the players wear all sorts of padding? How do the rules in cricket really work? What is the difference between a bokkie and bakkie? Do you like jazz like we like jazz?

We cannot help but look forward to our second international exchange, in large part because of the incredible experience of this first exchange.

—Luree Miller

NEW MEMBER BOBBYE TROTTER

My name is Bobbye Trotter; I'm 73 years old, and I live in San Jose, CA. I'm divorced, mother of a daughter and son, both married with one child each. I have one granddaughter and one grandson. I've lived in the Bay Area for 20 years and was employed at The American Academy of Ophthalmology and Golden Gate University (both in SF). I retired from GGU in 1999 and that was the first year I traveled to a different continent and I haven't stopped since. I was born in Yuma, AZ during the depression, the last of eight girls, no brothers. Six of us are still living and we just had a sister's reunion in Tucson, AZ in Oct.

I'm currently a seminary student (something I've always wanted to do), and I volunteer with The Community Pregnancy Center and Hospice of the Valley, both in San Jose. I've gone on mission trips to Cambodia (for five months) and short-term to Costa Rica. I was part of a Biblical Study Tour to Egypt, Israel and Jordan in 2008. I spent a month in Italy in July of this year poring over museum information, biblical literature, art works and early Christian artifacts.

I like to journal, especially in artistic journals from different countries; I watercolor, create collages and altered books and love to read. Foreign and independent films are my favorite.

I heard of Friendship Force from an acquaintance and after attending a meeting decided to join. I look forward to making new friends and joining in some travels. —*Bobbye Trotter*

EATING OUT FOR AREA THREE?

So many restaurants to try, so many travel stories to catch up on. What's an Area Group going to do? As soon as the holiday madness is beyond us, Area Three plans to start working its way through some of the lunch hot spots of the East Bay—in Hayward, Castro Valley, Walnut Creek, Pleasanton, Fremont, Livermore, etc. Every couple of months, in months not spoken for with general meeting dates, one of our members will name a meeting place, activate the phone tree message through the Area Rep, and call in the number of participants to the chosen restaurant. It's as easy as that. Start making a list of all the places you'd like to recommend!

See you for lunch?

YOU CAN SAVE US MONEY AND TIME!

If you would be just as happy looking at the Newsletter online, or downloading and printing it yourself, send an email to membership@FFSFBA.org to let us know, and we'll stop printing and mailing paper copies to you.

But if you prefer receiving your copy in the mail, that's OK too. For the foreseeable future, we'll keep printing and mailing copies for those who need or prefer them. —*David Gustavson*

INCOMING COSTA RICA EXCHANGE JUNE 2010

Dust off your Spanish, air out the guest bedroom, put on some Latin music! We're getting ready to welcome an enthusiastic set of about 20 ambassadors from Alajuela, Costa Rica in late June, 2010. On November 1, we had an excellent planning committee meeting to begin preparing for this event. Our hardy travelers will be coming from Seattle-Tacoma and going on to Reno-Tahoe, possibly with an Alaskan cruise sandwiched in as well.

So, we need lots of our members to help us plan for and be involved with this meaningful, enriching, and enjoyable event.

Do you like planning parties? Please volunteer to help plan the Welcome Party or the Farewell Party.

Are you knowledgeable about the San Francisco Bay Area? We need help planning the San Francisco tour and other activities that our ambassadors would enjoy.

We need home hosts, day hosts, and pot luck hosts, as well as a Booklet Editor.

If you like learning about other cultures and would enjoy educating the hosts, you could help by gathering cultural information for us about Costa Rica so we'll have some background knowledge and so we won't commit a *metedura* (the online Spanish dictionary says that's Spanish for faux-pas).

Exchanges are at the core of Friendship Force—they are enriching for everyone—ambassador, host, and all involved members. Please email me or give me a call to join the planning committee or to get involved in some other way.

—*Lois Smallwood, ED*

RECRUITING FF MEMBERS CAN HAVE DELAYED PAYOFF

My friend, Mavis Marney, was first introduced to the FFSFBA in 2004, when she joined the Devon, England Exchange for which I was the ED. Mavis, an English gal originally from London, was delighted to meet and greet friends from her Motherland. She wrote me the good news of my long time "Recruitment Efforts." Of course, this is just one of many stories of the wonderful experience Friendship Force has been for me:

---On Wed, 11/11/09, mavis marney wrote:

From: mavis marney

Subject: Friendship Force

To: Gail Boyd

Well you did it! I'm now secretary of our chapter as of Jan 1, on the committee for the Christmas Party and the September New Zealand trip!!

Mavis Marney

Phoenix, OR 97535 (Medford FF Club)

When you least expect it, your recruitment efforts can surprise you!
—Gail Boyd, VP/Programs, 2009

Friendship Force Holiday Luncheon

Sunday, December 13

Michael's Restaurant
2960 No. Shoreline Blvd.
Mountain View, CA

Noon to 1:00 P.M. is a social hour with a no host bar

Lunch will be served at 1:00

A program will follow, featuring a presentation by this fall's outgoing exchange to South Africa and the singing of holiday songs

Menu Choices

Roast Beef

Grilled Salmon

Grilled Vegetable Brochette with Wild Rice

Each dish is served with seasonal greens, vegetables, French rolls, coffee and sherbet

Directions to Michael's:

Take Highway 101 to Mountain View. Turn on No. Shoreline and go approximately 2 miles to the restaurant.

-----Detach Here-----

Holiday Luncheon Reservation

(Please Print)

Name(s) _____

Phone () _____ Email address _____

Roast Beef #__ @ \$23.50 = _____

Grilled Salmon #__ @ \$23.00 = _____

Vegetable Brochette #__ @ \$17.00 = _____

(tax and tip are included) Total _____

Please mail, with check payable to FFSFBA, to
Lois Smallwood, Activities Committee

Reservation Deadline is Monday, Dec. 7th

Membership Renewal Form

The Friendship Force of the San Francisco Bay Area

The Friendship Force of the San Francisco Bay Area offers:

- Participation in exchange activities
- Frequent newsletters
- Regular planned activities
- Meeting wonderful and interesting people

Rejoin now and help foster world peace through friendship!

Annual membership dues for 2010 are \$35.00 per individual or \$55.00 per couple or family.

Dues are payable by January 30. **(A \$5.00 discount can be taken if submitted by the due date).**

Make checks payable to "FFSFBA" and mail with this completed form to the membership chairperson:

**Membership Chairperson
1339 Harrington Street
Fremont, CA 94539**

In answering the following questions, feel free to use the back of the page for additional information and comments.

Date of application: _____
(month/day/year)

Members:

Last Name First Middle Date of Birth

Last Name First Middle Date of Birth

Address:

Street Apt. No. City State Zip

Telephone: Home (_____) _____ Others (_____) _____

E-Mail address _____ FAX number _____

Occupations (former if retired): _____

Please check activities in which you might like to participate:

- | | | |
|--|--|---|
| <input type="checkbox"/> General Meetings | <input type="checkbox"/> Club Officer | <input type="checkbox"/> Annual Picnic |
| <input type="checkbox"/> Activities Committee | <input type="checkbox"/> Exchange Banker | <input type="checkbox"/> Holiday Luncheon |
| <input type="checkbox"/> Membership | <input type="checkbox"/> Forester | <input type="checkbox"/> Inbound Exchange |
| <input type="checkbox"/> Newsletter | <input type="checkbox"/> FF Merchandise | <input type="checkbox"/> Home Hosting |
| <input type="checkbox"/> Publicist | <input type="checkbox"/> Sunshine | <input type="checkbox"/> Day/Dinner Hosting |
| <input type="checkbox"/> Special Social Events | <input type="checkbox"/> WebMaster | <input type="checkbox"/> Outbound Exchange |
| <input type="checkbox"/> Computer User | <input type="checkbox"/> General Club Activities | <input type="checkbox"/> Foreign Language |

Are you willing to home-host this year? _____

I have enclosed annual dues of \$ _____

I am adding a \$10 donation for the purpose of maintaining the Friendship Forest: _____ Yes _____ No

I have contacts with the following organizations that might enjoy having a speaker talk about Friendship Force:

2009 FFSFBA COMMITTEES EXECUTIVE COMMITTEE

President@ffsfba.org: Karen McCready
VP@ffsfba.org: Gail Boyd
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

Chemnitz, Germany—July 7–14,
InboundC@ffsfba.org Katharine Kleinke
South Africa—Sept. 25–Oct. 13, *OutboundSA*@ffsfba.org
Karen McCready

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: Gail Boyd
Area Group Coordinator
Regional@ffsfba.org: Louise Heiduk
Sunshine@ffsfba.org: Darlene Boyanich
Webmaster@ffsfba.org: Geri Bechtle

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

Friendship Force International

233 Peachtree Street, Suite 2250

Atlanta, Georgia 30303

Tel: 1-404-522-9490, 1-800-554-6715 Fax: 1-404-688-6148

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

2009 CALENDAR

Sun., Dec. 13 Holiday Luncheon, 12–3pm,
Michaels at Shoreline,
Mountain View

2010 CALENDAR

Sat., Feb. 27 World Friendship Day, First
United Methodist Church,
Fremont 1:00–3:30pm

Late June Inbound Exchange from
Alajuela, Costa Rica

September 9–24 Outbound Exchange to
Tuxtla-Gutierrez, Mexico

October 15–18 Friendship Force International
Conference in Wash., D.C.

2011 CALENDAR

February Friendship Force
International Conference
in Auckland, New Zealand