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CALENDAR

Jan - small group events - see page 3

Jan 22, 2 pm - club meeting & *election* - Pringle Creek Painters Hall Community Center, Salem (page 1&8)

World Braille Day

World Braille Day is annually celebrated on January 4, the birthday of Braille inventor, Louis Braille. The day recognizes the contributions of Louis Braille in helping blind and visually impaired people to read and write.



January Club Meeting - Jan 22, 2 pm Pringle Creek Community- Painters Hall

Our January club meeting will be held on the 22nd at 2 pm in the Pringle Creek Community Painters Hall, 3911 Village Center Dr SE, Salem, OR 97302. Club members Jonathan and Lisa Schachter are members of the Pringle Creek Community. Jonathan is their Director of Development. As part of this meeting, we will hold an additional election for club officers for the 2023 year - see page 4.

The Pringle Creek pitch - Pringle Creek Community is a 32 acre, fully sustainable residential development located in the heart of Oregon's flourishing Willamette Valley. It is a place to live like no other; a vibrant, innovative community set in a [serene urban oasis](#) where living is simplified and woven into the rhythm of nature. The neighborhood is founded on [principles of sustainability](#). The community provides all the modern amenities of urban living and is filled with thoughtfully planned outdoor spaces, walking and biking paths, gardens and orchards, and community gathering places.



Painter Hall - there is parking nearby - Lisa and Jonathan will provide guidance

*This Issue of Connections, and more information about our club,
can be found on our website: <http://www.fforegon.org>
Contact us at: fforegon@comcast.net or PO Box 1703, Albany, Oregon 97321*

President's Message - Sharon Harr

Dear Friendship Force of the Mid-Willamette Valley Members. I have volunteered to serve as board president for this coming year and this is my first communication with you. As introduction, here's a little about me related to my club membership: My husband, Peter, and I joined in 2014. Although we haven't gone on any Outbound Journeys, we have had a great time hosting ambassadors from Armenia, Texas, North Carolina, Taiwan and Tokyo. This past year, I served as Meet/Eat/Greet (MEG) Coordinator and Sunshine "Committee" Chair and previously as board secretary.

I am a retired Social Worker and worked for 12 years at Benton Hospice, now Lumina Hospice, in Corvallis. In the course of Peter's career, we lived in Stevenson, Washington and later in Alexandria, Egypt. We were on an USAID project in Alexander and lived there, twice, totaling about 6 years. We also loved to travel on our own and have been to most of the European countries; USSR (back in the day); Kenya; China, and Japan. Upon our first return from Egypt, in 1985, I became active in a group: Crossroads International, that included members of the Corvallis community and OSU students and staff. We hosted international students for short-term stays in our home, served as a "Friendship Family" and as Conversation Partners several times. When we returned to Egypt again in 1990, we were gone for 5 years. After we settled back in Corvallis, I plunged into my social work career full time.

Throughout that time, I missed our international experiences and talking with others who also loved travel and learning about other cultures. When I retired, I was delighted to learn about Friendship Force through my acquaintances with Dennis & Mary Ellen, John & Ruth Wyse, and John and Gayle Wolcott while we were all participating in Great Decisions. For me, joining Friendship Force was a comfortable, natural choice and I continue to enjoy all the great members of this club, our activities, and all the people we meet as a result of being members.

Looking back over the past year or so, I have been very impressed by the commitment and excellent job Dennis has done as club president. I remember him early on expressing his self-doubt about his capability to take the position, observed how he so fittingly grew into serving as president, and regard how exceptionally well he has carried out his responsibilities. Through many announcements over the past few months, many of us have heard Dennis beseeching any one of us to please, please, volunteer to be president. While I looked down at my shoes during these pleas, hoping that someone would speak out, I also felt a good deal of concern for the stress this put upon Dennis to be in the position of begging for someone to step up. In my mind, I continually weighed how much this club means to me: it's mission, its members, the place it holds in my life both personally and philosophically, against the convenience it has been for me to let someone else step up. Upon really considering my care about our club, I just couldn't justify stepping back any longer.

I'm assuming this position for a year. I haven't done this before yet expect the best from myself and will try to at least hold a small candle to the outstanding job that Dennis has done. Support from all of you will be essential and deeply appreciated. We can do this – and in fact, we have to do this: our club requires someone to be in a president role or we have no club. At the end of 2023, please don't shift in your chair and look at your shoes as I have done when nomination time comes again. Think about how it would feel to truly not have Friendship Force in your life and please... begin to think, "it's my turn to step up." Meanwhile, I look forward to taking on this challenge, working with the board members, and to deepening my appreciation of our club.

For Now: Let's all kick off our shoes and get our toes into 2023 and have a great year ahead!



New Year Holiday Gatherings

A number of holiday gatherings were held in December and more are on slate for January. These are the dates, host(s), location of events, and an indication of the number of slots still available for guests as of this newsletter release:

- Fri Jan 6, 11 am - Kathy Butler & Marilyn Peterson - New Year's Brunch - 4712 Becker Circle SE, Albany, Oregon - no gift exchange - must be fully vaccinated/boosted against COVID - **one seat available**
- **NOTE DATE & SETUP CHANGE OF THIS EVENT** - "Salad Soiree" Friday, Dec. 13th, at 11:30 at Sharon and Peter Harr's: 845 NW Sundance Circle, Corvallis. No donation required though guests are encouraged to bring their thoughts for zany new year's resolutions - **all seats taken**
- Sun Jan 22, 5:30 pm - Chris Kastella - 506 Fawn Lane, Philomath is hosting a baked potato bar. Guests are to bring a baked potato topping (Chris will coordinate) and canned goods for food bank donation. Must be fully vaccinated/boosted for COVID - **two seats available**

If interested in attending, please contact Van Nichols



Brunch at the Brabeck's on December 18, 2022

Family and FF Family Holiday Affair at Van's

On Sunday afternoon, December 11, Van Nichols and his daughter Elizabeth Marshall prepared and served a delicious dinner with very attentive help by her 3 children (Dylan, Olivia, Wesley), Van's grandchildren. The club members attending were Maxine and Don Prickle, Dennis Murphy and Mary Ellen Lind. After dinner the children opened the gifts of children's toys and books which were brought by the dinner guests. The items will be donated to the Salem Police Toy Drive.



New Member Profile - Chris Kastella



Chris Kastella was born in 1955, the middle child with an older sister and younger brother. Raised in the country she spent her childhood being quite the tomboy – riding horses, making mud-pies and forts all the while being an active, successful 4-Her. Shortly after her high school graduation she married and divorced to her high school sweetheart. She then moved from CO to MT where she began a career in the electric utility industry with Pacific Power. While in Montana she remarried, had two wonderful children (Kobuk – 1988 and Morgan – 1989) and watched her career blossom. She accepted an apprenticeship for designing power lines in the early 90's and in 1996 the family moved first to Salt Lake City then Medford, OR (1998) then Vancouver, WA (2001) for her career. In 2007 Chris left Pacific Power to explore other career opportunities which included contracting with the City of Vancouver, WA and then managing the administration and warehouse departments for Tidewater Barge Lines. In 2009 Chris and her husband moved to AK as she moved back into the utility industry this time with electric cooperatives, as their youngest son went off to college. Distance became a challenge for the family so the family relocated to Northern ID in 2010 where Chris worked with another local electric cooperative. Chris left her electric utility career in 2014 to become guardian of her parents until their deaths in 2015 and 2018. During this time of caring for her parents, she also worked part time for Idaho Department of Lands assisting with wildland fire fighting administration. Then in 2018, as her marriage ended, she relocated to Corvallis, OR after being offered a position with the local electric cooperative, Consumer Power (CPI). She retired from Consumers Power in March 2020 although she contracted back with CPI to assist in restoring power to the Santiam Canyon area after the wildfires of 2020. Currently She enjoys spending time with her sons (Kobuk and wife Ester who live in the Corvallis area and Morgan in Ellensburg, WA), traveling, biking, camping, and learning how to play Pickleball and kayak. She is exploring being a bit of a snowbird in AZ in 2022 and is excited about joining Friendship Force Intl! The possibilities of making more friends and learning about other cultures speaks to Chris' heart!

The Year of the Rabbit

Chinese New Year, also known as Lunar New Year or Spring Festival, is the most important festival in China and a major event in some other East Asian countries. Chinese New Year is the festival that celebrates the beginning of a new year on the traditional Chinese lunisolar calendar. It was traditionally a time to honor deities and ancestors, and it has also become a time to feast and visit family members. Chinese New Year 2023 falls on Sunday, January 22nd, 2023, and celebrations culminate with the Lantern Festival on February 5th, 2023.

2023 is the Year of the Rabbit. The Rabbit is the fourth of all zodiac animals. Legend has it the Rabbit was proud—arrogant even—of its speed. He was neighbors with Ox and always made fun of how slow Ox was. One day, the Jade Emperor said the zodiac order would be decided by the order in which the animals arrived at his party. Rabbit set off at daybreak. But when he got there, no other animals were in sight. Thinking that he would obviously be first, he went off to the side and napped. However, when he woke up, three other animals had already arrived. Rabbits are earnest with everything they do; they just ask that others treat them the same way. The Rabbit is associated with the Earthly Branch mǎo and the hours 5—7 in the morning. In the terms of yin and yang, the Rabbit is yin. Yin, Chinese for “female” or “moon,” represents darkness, femininity, passivity, and the earth.



SCHEDULE OF UPCOMING JOURNEYS (Revised November 2022)

2023	May 18-25	INBOUND INTERNATIONAL: Inbound from Leuven, Belgium (#23057) to be combined with their visit to Sacramento, California; Leuven JC - Greta Smeyers; Host JCs: Marilyn Peterson and Kathy Butler
	June 17-29	OUTBOUND INTERNATIONAL: Outbound to Manitoba Canada, June 17-23 (Susan Finlay); combined with our outbound to Edmonton and Area, Alberta, Canada, June 23-29 #20151, (Angela Seery and Elaine Kirschner); JCs: Chris Duval and Mary Ellen Lind.
	End of July/early Aug	INBOUND DOMESTIC: Inbound Denver, Colorado (Ilene Americus) #20403 to be combined with their visit to San Francisco, California; JCs: Dennis Murphy and Ted Powell.
	Early September	OUTBOUND DOMESTIC: 4-day Mini-Journey to Sacramento
	October 2-6	FFI World Conference: Dubrovnik, Croatia, with pre- and post-excursions to be announced.
2024	June TBD	INBOUND INTERNATIONAL: Inbound from Tokyo, Japan #22501 Host JCs: Marilyn Peterson and Eileen Minette
	Not Scheduled Yet	INBOUND DOMESTIC: Inbound from Charlotte, North Carolina, (Tommie Craig) #21116. Host JC's needed.



Green Pheasant - national bird of Japan



1998 Calendar

February 6, 1998—Board meeting, 1 pm
 February 9, 1998—General meeting, Albany Public Library, 6:30 pm
 March 6, 1998—Board meeting, 1 pm
 March 8, 1998—General dinner meeting, 4 pm, NOTE DAY & TIME CHANGES
 March 25, 1998—Leadership delegation to China
 April 10, 1998—Board meeting, 1 pm
 April 13, 1998—General meeting, 6:30 pm
 April 23-May 6, 1998—Domestic exchange to Atlanta
 April 29-May 2, 1998—San Francisco, 1998 Friendship Festival
 May 8, 1998—Board meeting, 1 pm
 May 11, 1998—General meeting, dinner—T & R Restaurant, 6:30 pm
 June, 1998—Domestic exchange from Atlanta
 June 5, 1998—Board meeting, 1 pm
 June 8, 1998—General meeting, 6:30 pm
 NO BOARD/GENERAL MEETINGS IN JULY
 July 2-23, 1998—Mid-Valley with Olympia, Washington exchange to Russia
 August 2-9, 1998—Osaka, Japan exchange to our valley
 August 1998—Calgary visitors to the Mid-Willamette Valley?
 August 7, 1998—Board meeting, 1 pm
 August 8, 1998—Annual meeting, election of officers, and Farewell Potluck with Japanese ambassadors, 4 pm, NOTE DAY & TIME ARE DIFFERENT FROM USUAL

A Moment in FFOMWV History Snippets from 1998 Newsletters

Committees

A Welcoming committee is being formed to help new members feel part of the group faster. We hope to have someone who represents each area where our members live. Already there are a few volunteers. Call Rita Powell, 928-5296 to become part of this committee. We will meet to discuss how we will go about building friendships.

FFI Virtual Experiences

With actual journeys now taking place, FFI's virtual offerings are fewer. FFI is offering club and language training opportunities. To see a current listing, visit this website in your FFI portal - <https://blog.friendshipforce.org/virtual-experiences/>

FFI BOOK CLUB: FFI BOOK CLUB

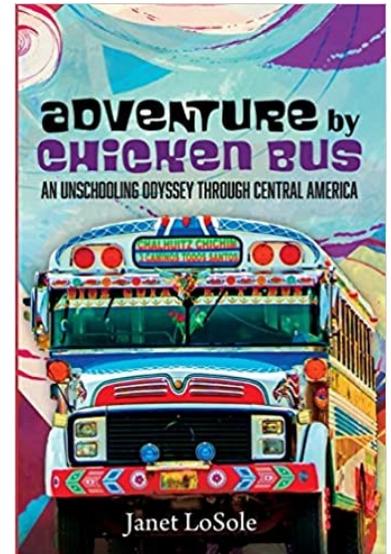
"Adventure by Chicken Bus: An Unschooling Odyssey Through Central America" by Janet LoSole

Monday, January 16, 2023, 11:00 am Pacific

Host: Kerstin Hogan, FFI Staff

We are thrilled to announce that the book's author Janet LoSole will join us for our January Book Club session! For the first time, we will be able to discuss a book with the author and get some insight into the writing process and Janet's journey through Central America by chicken bus.

This is a tale of one family, who sells all worldly possessions and hits the road. From a remote monkey sanctuary tucked into an enclave on the Panama-Costa Rica frontier to the overdeveloped beaches of the Mayan Riviera, they endure chaotic border crossings, infections and injuries, learn about the history of the civil war in Nicaragua, visit UNESCO heritage sites, and hike the ancient Mayan temples of Tikal in Guatemala. [Register here.](#)

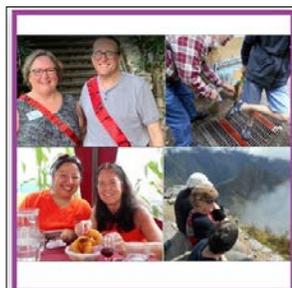


FFI Virtual Experience Recordings can be found at the bottom of the FFI member portal website listed above including two 2022 FFOMWV offerings!



Friendraiser Kick-Off Message

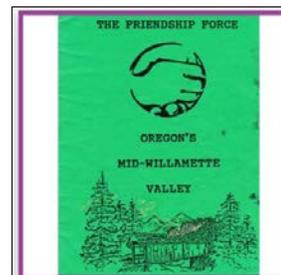
Jeremi Snook, CEO, and Dana Jackson, VP of Fund Development, share an overview of what to expect from the 2022 Friendraiser event where members will receive packaged information to help them rebuild their clubs after the pandemic.



Tell us your story

Host: FF Oregon's Mid-Willamette Valley

Friendship Force of Oregon's Mid-Willamette Valley is celebrating its 30th anniversary this year. As a way of celebrating Friendship Force's impact, members of the club told the story of their most memorable Journey experience and how it changed their lives. Participants were invited to join and share stories as well. Friendship Force matters.



FF Oregon's Mid-Willamette Valley 30th Anniversary

Host: FF Oregon's Mid-Willamette Valley

The Friendship Force of Oregon's Mid-Willamette Valley formally began with a meeting of twenty-two world-peace-thinking individuals. In this celebration event, you will learn about some of the club's history, hear from their first president, and enjoy stories from club members and friends from other clubs.

Board Meetings

The next FFOMWV Board meeting will be on Wednesday, January 11 at 1 pm. All members are welcomed to participate. If interested, send Marilyn Peterson an email and she will send you the ZOOM link.



Zoom board meeting screen shot

Meeting Minutes - Mary Ellen Lind, FFOMWV Secretary

MINUTES OF BOARD MEETING - November 9, 2022

Present: Dennis Murphy, Kathy Butler, Van Nichols, Marilyn Peterson, Russ Karow, Mary Ellen Lind and Christine Kastella, new member, Rosie Brabeck (VP nominee)

Meeting was called to order by Dennis Murphy, President. Attendance was via Zoom.

The Board approved Mary Ellen Lind to serve as secretary for the remaining 2022 year due to the voluntary withdrawal of Caye Poe as secretary.

The board minutes of August 10th and October 12th were approved as written.

Van Nichols presented the treasurer's report. The income reflects the Moonfall Theater program ticket revenue which was added to the Journey fund.

Van stated he has several offers to host the Holiday Gatherings (small group dinners) in December and January. Notices of the hosts will be presented in the next newsletter and members encouraged to join a group in member home for the FF holiday celebrations. There will not be a general meeting due to these small group dinners.

Dennis asked Mary Ellen Lind, Chris Duval, Marilyn Peterson, Kathy Butler for JC applications for their leadership of international journeys in 2023 and 2024.

Discussion regarding annual meeting to take place November 20: Dennis described the order of the program including a summary of our FF activities. He asked Russ to assist with accompanying photos of the outgoing and incoming journeys that occurred this year. Kathy was asked to present a report of new members this year and to introduce, if present. Van was asked to give a summary of the financial status of our club for the year. Dennis reported on a survey on our members that he compiled last year that includes their willingness to host. This information is needed in December by FFI for their 2024 designation of international/domestic journey locations.

In anticipation of residents from the Mennonite Village attending the meeting (located on their campus), Dennis asked Marilyn and Ted/Rita Powell to briefly provide information about Friendship Force's Mission and travels.

The club will send a thank you card to express appreciation to Caye Poe for her service to our club as secretary for the 2021 & 2022 years.

Marilyn reported that the bookmarks that she designed/had printed that featured Friendship Force will be ready to give out at the November 20 meeting.

New member, Chris Kastella, present at this Zoom meeting, introduced herself. She said she became excited about our mission and is now a new member. She has travel extensively and now lives in Philomath.

MINUTES OF ANNUAL MEETING - November 20, 2022 2 p.m.

This meeting was held at the Mennonite Village Lakeside Center in Albany, Oregon. Approximately 40 were present, both FF members and guests. After a time of visiting and refreshments the meeting was called to order by president, Dennis Murphy. Guests were recognized, new members were introduced and board members, recognized. (continued on page 8)

MINUTES OF ANNUAL MEETING - November 20, 2022 (continued from page 7)

Marilyn Peterson provided an overview of Friendship Force International by describing some historical facts about the club and early journeys. She recognized the mission of "A World of Friends is a World of Peace". Ted Powell, followed by Rita Powell, recalled their early experiences with Friendship Force and relayed examples of journeys and long-lasting friendships they continue to treasure.

Marilyn Peterson recognized Ted Powell and Rita Powell for their over 30 years of service to the mission of the Mid-Willamette Valley Friendship Force club. She then presented to Ted Powell the Wayne Smith award from Friendship Force International which honors him for these years of exceptional involvement in carrying out the FFI mission. Our club nominated Ted for the award and Marilyn presented the award on behalf of the FFI Board of Directors.

Dennis Murphy presented an overview of our club's activities over the 2021 and 2022 years with the power point assistance of Russel Karow.

Dennis then presented the slate of officers who consented to serve our OMWVFF club in the year, 2023:

Jim and Rosie Brabeck, Vice President

Sharon Harr, Secretary;

Dennis Murphy, Treasurer.

The president nominee is still open.

The members present voted to accept this slate of officers at a count of 32 and no negative vote.

Dennis provided an overview of the inbound/outbound journeys planned for the years 2023 – 2024. He invited discussion about an outbound journey to Sacramento in September, 2023. Interest in this journey was expressed by show of many hands and no objections. There was agreement by members that the number that our club can hosts is 15 -16 so this will be reported to the FFI office.

We adjourned by singing the Peace song.

Notice of Additional Election for Board Officers

January 22nd, 2023

Pringle Creek Community Center Painters Hall
Salem, Oregon

There will be an additional election at our General Meeting to complete the slate of elected officer to the Board.

Sharon Harr: Nominated for President 2023

Chris Kastella: Nominated for Secretary 2023

The following officers were elected at our Annual General Meeting on November 20, 2022.

Jim and Rosie Brabeck – Co-Vice Presidents

Dennis Murphy - Treasurer



Membership Application or Renewal for 2023

Annual dues cover the cost of the monthly newsletter and expenses for activities of the Friendship Force of Oregon's Mid-Willamette Valley, as well as membership in Friendship Force International. Memberships expire on December 31, 2022.

Annual Dues Rate for 2023 is \$40.00 per person (please print clearly). It is not too late to renew your membership or to join our organization.

This is a NEW _____ or a RENEWAL _____ Application

Name: _____

Name: _____

Address: _____

City: _____ State _____ ZIP _____

Dues enclosed: (\$40.00 per person) \$ _____

Phone: _____ Cell: _____

Email: _____

Mail to: Friendship Force, PO Box 1703, Albany, OR 97321



Let There Be Peace on Earth

Let there be peace on earth, And let it begin with me.
Let there be peace on earth,
The peace that was meant to be.
With friendship as our mission, Family all are we.
Let us walk with each other In perfect harmony.
Let peace begin with me. Let this be the moment now.
With every step I take, Let this be my solemn vow:
To take each moment,
And live each moment, In peace eternally.
Let there be peace on earth, And let it begin with me.

Friendship Force Pledge

As a member of the Friendship Force, I recognize that I can make a difference. I recognize that I have a mission. That mission is to be a friend to the people of the world. As I embark upon this adventure, I know that others will be watching me. I know that through my example to my fellow citizens and the people of other nations, the cause of friendship, love and peace can be furthered.
I can make a difference.

Your 2023 Leadership Team

Board Members

President	Sharon Harr
Co Vice-Presidents	Rosie Brabeck Jim Brabeck
Secretary	Chris Kastella
Treasurer	Dennis Murphy
Journey Coordinator	Chris Duval
Member At Large	Marilyn Peterson
Newsletter Editor/Archives	Russ Karow

Activity Leads

Friendship Shared	Sue Stein
Internet Communications	Marilyn Peterson
Inventory & Merchandise	Rita Powell
MEG Coordinator	TBD
Membership	Kathy Butler
Navigators	Barb Callner
Sunshine "Committee"	Sharon Harr

Journey Coordinators

May 2023—Inbound from Leuven Belgium - Marilyn Peterson & Kathy Butler

June 2023 - Outbound to Edmonton, Canada - Chris Duval & Mary Ellen Lind

July or Aug 2023 - Inbound Denver, combined with visit to San Francisco - Dennis Murphy & Ted Powell

June 2024 - Inbound from Tokyo - Marilyn Peterson & Eileen Minette

2024 - Inbound from Charlotte, North Carolina - TBD

COVID And Our Club

As we approach this holiday season, we find ourselves still dealing with a persistent and very dangerous virus. COVID is not the flu, and can do very serious and sometimes permanent damage to its victims. Members of our FF club are dealing with some of those long lasting effects. The board encourages all of the members of our community to get vaccinated if no other medical conditions prevent or make it dangerous. We encourage you to wear a mask indoors and in crowded situations. It is one of the best forms of protection available to all of us. Along with the face masks, washing your hands especially after having been in crowded situations with unknown people. While COVID home tests are not always accurate, especially in the early hours of COVID, please test yourself prior to attending FFOMWV events in the coming months, and please, even if you test negative, but do not feel well in even the slightest way, do not attend. We all need to do our very best to protect ourselves and each other in every way that we can.

