

Friendship Connections

The Friendship Force of Oregon's Mid-Willamette Valley February 2024

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2024 CALENDAR

February 18, 2 pm - general meeting, Albany (p 5)

Late April - inbound North Carolina journey (p 3)

May 31 - June 6 - Tokyo Inbound Journey (p 8)

Aug 23-Sept 1 - FFI Festival at Sea: Athens to Rome

Sept 30 - Oct 6 - outbound to Iowa (need JCs)

Oct 7-10, 2024 - North American FFI Regional Conference, Milwaukee WI

Membership Dues 2024

Friends - Membership dues for 2024 are now past due. The membership dues for 2024 are \$45. Thirty dollars of each member's fee is forwarded to FFI for our Charter Membership with Friendship Force International. The remaining fifteen dollars is used to cover club operating expenses. ***If you have not paid your dues, please do so promptly, and send me a confirming email.*** I will be trying to personally contact every member who has not yet renewed during the month of February, to encourage them to renew, and thanking them for sharing their energy with us this past year. Those who have not renewed by the end of February will be removed from both the FFOMW and the FFI membership lists. In Friendship, Dennis Murphy Your Treasurer

Thank You Chris (D & K)!

One of the most demanding jobs in our clubs successful operation is that of journey organizer (JO). This is the person who interfaces with FFI about possible inbound and outbound journeys to our club and then makes the initial contact with those clubs with whom we will coordinate journeys. The person facilitates finding journey coordinators for journeys assigned to our club and serves as the backup person for all JCs. They work with JCs on journey planning and coordination. Chris Duval has served as our club JO for over four years in her most recent stint in this position. THANK YOU CHRIS D! Chris D asked to step aside from this position the day after our January board meeting and after just a bit of hesitation, Chris Kastella agreed to take on the role - after her return from Arizona in May. THANK YOU CHRIS K for accepting this new responsibility. Dennis Murphy has agreed to lead a board-team that will manage JO duties until the two Chrises are able to confer and do a mind meld. THANK YOU DENNIS! As a club, we are going to need to figure out how to work together as volunteers to manage the more demanding positions in our club. We don't want people to burn out and it is certainly in all our best interest to have smooth transitions between people in leadership roles. We have been successful in doing this in the past. Let's design to do so in the future!

Chris D (L) and Chris K



This Issue of Connections, and more information about our club,

can be found on our website: <http://www.fforegon.org>

Contact us at: FFOMWV@gmail.com or PO Box 1703, Albany, Oregon 97321

President's Message - Pres. Sharon Harr

Warm greetings to all of you and bouquets of thanks and appreciation to: Chris Duval, Chris Kastella, Dennis, Jonathan and Lisa, Russ, Kathy, Marla, Ted, and I hope I'm not overlooking anyone. Thank you to all of you for your various and appreciated contributions to our club.

As we have all been informed, two European Outbound Journeys have been declined. While many of you had been hoping for an outbound international trip, the realization that not one of us has able to take the lead as coordinator brings us to a critical recognition that we, all of us, need to rethink our direction.

When I first joined in 2017, it was apparent that inbound/outbound, domestic/international journeys were what this club was all about. That was then and it was a great time for Friendship Force. We now have the exciting and challenging opportunity to talk together to get under this present situation. I invite each of you to give this some thought and to please email, phone me, or meet for coffee, to share with me any comments or ideas you have. Such as: Would you like shorter Journeys? Would you like only domestic Inbound or Outbound? Would you like to see a refreshment of our slate of local activities? In short: What motivates you as a FFOMWV member? Would it make a difference to focus on a "global" journey, such as "Visiting Willamette Valley's Wineries"? Or "Gardens and Agriculture in the Willamette Valley" where a committee of members would each take a day of this journey to coordinate the day's activity?

Please let me know what's on your mind. What you are thinking is of interest to me!

I'm looking forward to seeing you all at the February 18th general club meeting at 2 pm, Mennonite Village Lakeside Center. See page 5 for details.

In friendship - Sharon



Incoming Journey Home Host Roster - An Ongoing Club Essential

One of the most nerve-racking parts of a journey coordinators (JC) job is to find home hosts for incoming travelers. The number of home hosts sets the size of the incoming journeys we can organize. To ease this job component for JCs, we are creating a possible host guide for the club. If you have not already provided information for this guide, please contact Dennis Murphey or Russ Karow. You need to tell us how many guests you can accommodate and what your bedroom configuration is, i.e. - one bedroom on first floor with double bed that can accommodate a single person or couple; second bedroom on second floor with two twin beds that can accommodate two people; shared bathroom. We realize that not all people will be able to host all incoming journeys, but if we have this base information, it will help in logistics planning. We will bring our potential host roster to each meeting for update and review.



Charlotte is Coming Late April!

Friendship Force of Charlotte is busy planning a visit to our club in the second half of April. A Zoom call with Charlotte Journey Organizer Dana Hicks was attended by Dennis Murphy, Mary Ellen Lind and myself. We are in agreement that they will get going on a roster of Ambassadors, perhaps a dozen, and we will firm up hosting for the same. Currently we have hosts signed up but can always accept more names as we don't have certainty of how many will be attending.

Dennis provided Dana a large file of past journey itineraries and budgets. Thank you Dennis for this valuable planning tool. We have scheduled a second Zoom February 15th; by then Charlotte should have better indications of how many Ambassadors and what activities they would like to know about in our Mid-Willamette Valley.

I am planning a workshop for members interested in Host Coordinating and Ambassador Coordinating. The Charlotte Journey inbound will be a real time learning example and our hosting activities will be done by workshop participants. Stay tuned!

What about Charlotte? Did you realize they are one of the fastest growing cities in the US? It is the fifteenth most populous and is full of modern tall buildings in Uptown Charlotte. Charlotte is home to Bank of America, three professional sports teams and the NASCAR Hall of Fame. About 900,000 people call Charlotte home. It has a humid subtropical climate and is known for being green.

Want to help? If you have not signed up, let me know what you can do for the Charlotte inbound!

Ted Powell, Host
Coordinator

Charlotte NC skyline



Rewards for Journey Coordinators

The energy and time that volunteer members spend as Journey Coordinators, whether as an outgoing ambassador coordinator or an incoming host coordinator are appreciated by both FFI and FFOMWV. The rewards for that time and energy are not insignificant. When you volunteer for that leadership position it is very much appreciated and the rewards below are a token of that appreciation for your extra efforts.

Earned Seat and Fees for Outbound Journey Coordinator (3/5/04; 5/10/08):

On journeys in which the JC has recruited ten (10) or more Ambassadors, each Ambassador will contribute 5% of the JCs economy transportation to the initial hosting location and return from the final hosting location ***and*** any journey activity costs. *This is a FFOMWV Policy with dates shown in parenthesis above*

FFOMWV Hosting JC Expenses (3/5/04, 8/5/10, 2013, 1/6/14, 11/2/15, revised 4/13/2017):

The **host JCs** scheduled activity expenses will come from the program fee and other journey income. Those expenses will be included as part of the journey budget. The JC will submit a request for reimbursement to the journey treasurer. *This is a FFOMWV Policy.*

The Ambassador Coordinator will receive a discount on their FFI fee if the Journey is filled to a certain percentage

The percentage of discount is based upon the number of traveling ambassadors for each phase of the journey, and will be coordinated in cooperation with the RSM and the Fill the Seat Policy.

100% of hosting capacity: coordinator receives a 100% credit of the FFI Ambassador Fee. The discounts continue down to 75% of hosting capacity. *This is an FFI Policy.*

With multiple JC's the rewards are divided equally amongst them.

Our club is working to have more people in a position to serve as JCs. There are real rewards for being a JC!

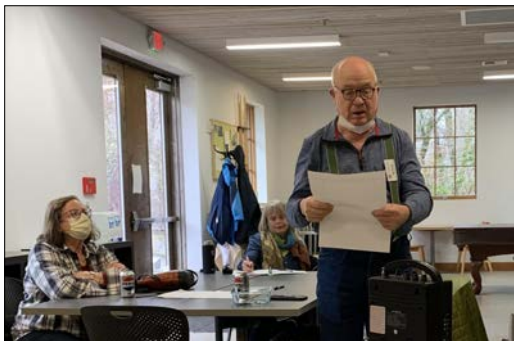
January 21 General Meeting Report

Our January club meeting was held on Sunday, January 21 in the Pringle Creek Community Painter's Hall, Salem. Club members Jonathan and Lisa Schachter are members of the Pringle Creek Community and are able to secure the Hall for our use free of charge.

Nineteen club members attended the meetings which included:

- Induction of new officers for 2024
- Planning for inbound and outbound journeys for the coming year - we have host JCs for Tokyo, North Carolina and Sacramento but do not have ambassador JCs for any outbound journeys
- Seeking input countries the club would prioritize visiting in 2025
- A Power Point on the World Conference in Croatia

President Harr led the meeting with assistance from VP Marla Karow, Ted Powell and Russ Karow. Per usual, great snacks and good conversation were had by all.



2023 Conference

- Oct 3-5 in Croatia
- ~290 participants
- 26 countries, 6 continents
- 173 from US
- Some one person delegations



FRIENDSHIP SHARED IN THE NEW YEAR!

Friendship Shared are events where club members have volunteered to provide a meal or other activity that is shared with other club members. Participants pay a participation fee and the group decides where collected funds are donated. It can be back to FFOMWV. All available seats for 2024 events scheduled to date have been taken but more may be held. Thanks to 2024 hosts:

- Barb Callner, Eileen Minette and Rosella Workinger Jan 24 - Slurps, Soups And Smiles
- Ted and Rita Powell - Feb 14 - Valentines lunch
- Kathy Butler and Marilyn Peterson - Feb. 24 lunch
- Mary Ellen Lind and Dennis Murphy - Mar 10 - St. Patrick's Day dinner
- Marla and Russ Karow - Mar 22-24 - bed and breakfast at the beach



If you would like to hold an event, please contact Mary Ellen Lind for details on registration and assistance with advertising. ***Thanks again to all of our hosts for their gifts of time, delicious meals, and hospitality and please do take pictures at upcoming events for newsletter sharing.***

And Thanks Chris Duval on Another Front

While Chris Duval has provided and will continue to provide great service to our FF club, what you may not know is that Chris has also worked for the FFI main office as a volunteer during the COVID years when staff was dramatically reduced. THANK YOU CHRIS for your dedicated support of FFI on many fronts!

February 18, 2 pm - Lakeside Center, Mennonite Village

Our next general meeting will be held at the Lakeside Center in the Mennonite Village in Albany. The meeting will begin at 2 pm. Thanks to Marilyn Peterson, Kathy Butler and other Village residents for hosting us. In addition to general club business, we will continue our conversation about recruiting and "on-boarding" new members to the club, and hear a presentation from the OSU International Scholars program. The Village community will be invited to this meeting to afford the opportunity to learn about Friendship Force. Lakeside Center in the Mennonite Village is located at 2180 54th Ave SE, Albany. Please use the stairs or ramp to enter at the front of the building. The side door is locked on the weekends.

Those with last names O-Z are asked to bring snacks to share. All are asked to bring their own beverage



Tues Jan 23 MEG Report

An ice storm delayed MEG (meet, eat and get acquainted) meeting was held at Territory Restaurant in Independence. This was our first MEG of the New Year. Eleven club members joined the festivities. We all discovered that the restaurant needs better signage, some after much longer journeys than others. John and Ruth Wyse discovered a few road in the areas on which they had not yet traveled in all their years in the area. Territory is a restaurant located within the Independence Hotel, a new hotel on the riverfront. The facility is lovely with amazing views of the Willamette River. Host Carolyn Powers shared a reading from *The Book of Qualities* by Ruth Gendler, a book she recommends, as a conversation starter, but per usual, such a starter was not needed for the group. The food was great with with “take home for lunch tomorrow” sized portions.



Please note the lack of Territory Restaurant signage!



SCHEDULE OF UPCOMING JOURNEYS (Revised Jan 2024)

2024

May 31 – June 5

INTERNATIONAL INBOUND: Tokyo, Japan, #24086 (Yukie Tsutsumi); JCs – Marilyn Peterson, Kathy Butler, Russ & Marla Karow (all pending board approval)

Late April TBD

INBOUND DOMESTIC: Inbound from Charlotte, North Carolina, #24137 (Dana Hicks); Host coordinator is Ted Powell. Mary Ellen Lind assisting.

TBD

INBOUND DOMESTIC: 4 day Mini-Journey from Sacramento, #24170 (Linda Basuki); Pending Approval, Host coordinator is Arnie Abrams. Current additional support from Dennis Murphy and Mary Ellen Lind

Aug 23-Sept 1

FFI Festival at Sea: Holland America cruise from Athens to Rome; there is an opportunity to tour Italy and Hungary on a post-cruise journey. If you are thinking of going, please notify Dennis Murphy

Sept 30 – Oct 6 TBD

OUTBOUND DOMESTIC: Outbound to Cedar Rapids-Iowa City, #24164 (Judy Frascht-Miner); Requesting details on hosting capacity, dates, budget \$ possible programs. Seeking those interested in the Journey, and those interested in leading. Contact Dennis Murphy

October 7-10

North American Conference: Milwaukee, Wisconsin; there will be opportunities to take part in pre- and post-conference hosting and tours. If you are thinking of going or want to know more, contact Dennis Murphy



Milwaukee skyline from Lake Michigan

Board Meetings

The date for the next FFOMWV Board meeting is Feb 14, 9:30 M. All meetings are held by ZOOM. All current and perspective club members are welcomed to participate. If interested, send Russ Karow or Marilyn Peterson an email and one of them will send you the ZOOM link.

Board ZOOM meeting screen shot



A Moment in Club History

In the early years of Friendship Force it appears that each club had to write a profile that was submitted to the international office. The for FFOMWV in 1996 is given below. We can host far fewer people these days but much the rest still rings true.

Closest major airport(s). Portland is the major airport and there is also a nice smaller airport at Eugene.

Cost of transportation between the airport and our city (based on 20 people):

by bus: approximately \$20.00 per person (Portland 80 miles)

by private car, is Hosts meet the Ambassadors at the airport: (Eugene 40 miles) X

The maximum number of Ambassadors our club can host: 40 is a busload and is therefore much more efficient for group travel.

About the club: The Friendship Force of Oregon's Mid-Willamette Valley was organized in 1992. The membership is about 80 and it is an active group. We have monthly meetings and a monthly newsletter. This is important for a number of reasons: we become better acquainted and build strong teams for managing exchanges. We keep informed about opportunities for hosting and Ambassador participation. We manage at least one inbound and one outbound exchange each year. Our membership is very active and involved in family and the community, so we have diverse activities and interests within our group.

About the region: Geographically, our membership lives in an area flanked by the Pacific Ocean and Coastal range to the west and the Cascade Mountains and high desert to the east. This means there is a variety of geological sites which offer outstanding potential for sightseeing, hiking, fishing, river rafting, skiing, camping, biking and other outdoor adventures. It just depends on the season of the year, as it rains on a frequent basis between the months of November and May. We rely on locally produced arts, such as theater, a variety of music (including youth orchestra, Portland symphony, blue grass and folk) and a variety of other community ventures. There are eight community colleges and universities within the membership area which help create a vital and well-educated population. Economically, our area is heavily dependent on the natural resource industry including agriculture, forestry and metallurgy. The rich soil, plentiful moisture and mild temperatures create one of the best agricultural areas of the western United States.

From Barb Callner on the January 24 Friendship Shared Event

For me, "Slurp, Soups and Smiles" was one of the best and easiest Friendship Shared Events to date! I think the trick was to have my two soups - Potato and Italian Chili - complimented by co-hostess's offerings. Rosella Workinger provided us with yummy fresh fruit and green salads, and Eileen Minette completed the menu with bread and homemade pumpkin cake. But probably the most satisfying part was the engaged conversation and story-telling around the table. And I did witness, quite a few smiles.....(if they were faking it, they did a good job!)

Planning for Tokyo Inbound

Friendship Force of Tokyo will visit our club May 31 to June 6. Hosts are needed for this Journey - to be back-up overnight hosts, to provide day hosting and to be hosts for small group dinners.

In order to start the matching process we ask that you send in your hosting application now to Kathy Butler. The application may be found at: https://drive.google.com/file/d/1tHm-f8i_2FIoT899K0nVcZUCIRS09LmM/view?usp=drivesdk

Please make a note on the application if you want to day host or be a small group dinner host.

If you need a paper copy of the application, please contact one of the Hosting Coordinators listed below.

We are currently planning an overnight trip to the Columbia Gorge. Ideas for other activities are welcome.

In friendship - Kathy Butler, Marilyn Peterson, Marla and Russ Karow - Your Tokyo Planning Team



Nov. 19 2023 FFOMWV Annual Meeting Minutes

The annual meeting was held at the Salem Public Library. President Sharon Harr called the meeting to order at 2:02.

Journey Organizer Chris Duval announced that Ted and Rita Powell will host a holiday party at their house on Friday, Dec. 8, at 1:00 at their house. Everyone is asked to bring a white elephant that is something you have had. Ted says, "Please no husbands with bows on their heads." Everyone is invited and Powells will furnish food. Everyone is asked to bring an appetizer or a dessert. Please sign up with Chris Duval. Liz Callahan volunteered to be a gift exchange "monitor." Some people should come early to help set up, and some will need to help clean up.

Chris went on to discuss inbound journeys: Tokyo is incoming from May 31 to June 6. Marilyn Peterson and Kathy Butler have offered to be JC's, and Marla and Russ Karow will be shadowing them.

Charlotte, North Carolina will be coming in late April, and we need JC's for that journey.

Aug 23 to Sept 1 will be the Festival at Sea.

Outbounds: We will go to Cedar Rapids and Iowa City from Sept 30 – Oct. 6.

The North American Conference will be in Milwaukee, Wisconsin, from Oct 7 – 10.

Chris has sent in documents for hosting to FFI. The form for us to request a destination for our international outbound in 2025 will come to Chris.

Russ Karow presented a power point program about the year in review, including some pictures of the International Conference in Croatia, which was attended by 10 of our members. We have had quite a busy year.

Officer Election:

Sharon said that we need a chair for the Friendship Shared project. Mary Ellen Volunteered to do that.

Also, the Vice President job is open after the resignation of Rosie and Jim Brabeck. Marla Karow offered to take on that job.

The slate presented is the following: President – Sharon Harr,

Vice President – Marla Karow

Secretary – Kathy Butler, with assistance from Suzanne Strite

Treasurer – Dennis Murphy

Lloyd Weigel moved to accept the slate as presented. The motion was seconded and passed by voice vote.

President Sharon talked about the need for recruiting and on-boarding new members. Dennis said we do have a membership booklet. Marla will take on some of this role as VP with assistance from others. Mary Ellen Lind agreed to welcome visitors and new members at meetings.

Announcements: the J.C. training is Saturday, Jan. 6, at 3:00 at Powells. Dinner will be included.

Dennis reminded everyone that dues are due. They are \$40 per person now, and will be \$45 after the 1st of the year.

Lisa Schachter thought it would be a good idea to spend time talking about what works for recruiting members. Russ agreed and said that there were ideas shared at the International Conference. The more ideas, the better.

We sang the peace song and the meeting was adjourned at 3:00.

Pumpkin pie and cranberry-apple crumble were offered for dessert.

Kathy Butler, secretary

Membership Application or Renewal for 2024

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 of each year.

Annual Dues Rate for 2024

- \$45 January 1 through June 30, 2024
- After June 30, rate will be increased to reflect 2025 FFI

New members who join after August 1st but before December 31st of a given year will pay at the current rate and their dues will be extended through December 31 of the following year.

This is a NEW _____ or a RENEWAL _____ Application

Name: _____

Name: _____

Address: _____

City: _____ State _____ ZIP _____

Dues enclosed: (\$45.00 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 2024 Leadership Team

Board Members

President	Sharon Harr
Vice-President	Marla Karow
Secretary	Kathy Butler
Secretary Assistant	Suzanne Strite
Treasurer	Dennis Murphy
Journey Organizer-interim	Dennis Murphy
Journey Organizer (>April)	Chris Kastella
Member At Large	Marilyn Peterson
Newsletter Editor/Archives	Russ Karow

Activity Leads

Friendship Shared	Mary Ellen Lind
Internet Communications	Marilyn Peterson
Inventory & Merchandise	Rita Powell
MEG Coordinators	Gail Wolcott Carolyn Powers
Membership	Looking for volunteers to work with VP Marla Karow
Sunshine "Committee"	Sue Stein

2024 Journey Coordinators -

Tokyo Inbound, May 31-June 5 - Marilyn Peterson, Kathy Butler, Marla & Russ Karow
Charlotte North Carolina Inbound, Late Apr - Ted Powell & Mary Ellen Lind assisting
Sacramento Mini-Journey Inbound, Aug TBD - Arnie Abrams; Dennis Murphy & Mary Ellen Lind assisting
Outbound to Cedar Rapids-Iowa City, Late Sept or early Oct - **Open** Contact Dennis Murphy for information

COVID And Our Club

COVID is still with us and is likely to be an on-going concern for some people. COVID is not the flu, and can do 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 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.

