

Friendship Connections

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

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International Day of Happiness (p 7)



2024 CALENDAR

Mar 13, 9:30 am - monthly board ZOOM meeting (p 5)

Mar 13, noon - MEG, Starduster Café, Independence (p 4)

Mar 17 , 2 pm - general meeting, *Mennonite Home Multipurpose Room* (a new location; p 1)

April 17-23 - inbound North Carolina journey (p 3)

May 31 - June 6 - Tokyo Inbound Journey (p 7)

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

Sept TBD - Mini-inbound journey from Sacramento

Sept 30 – Oct 7 - outbound to Iowa

Oct 7-10, 2024 - North Amer. FFI Regional Conf, Milwaukee WI (p 3)

General Meeting - Mar 17, 2 pm - Mennonite Home

Our March 17 general meeting will be held in the multipurpose room of the Mennonite Home. **Please note that this is not the usual location in the Mennonite Village.** The Mennonite Home is the location also known as the “nursing home”, and it is located on 53rd between Columbus and Clay Streets in the Mennonite Village. Enter the Mennonite Village at 5353 Columbus St SE, Albany Oregon 97322. Be sure to use the entrance lane, not the exit. Do not enter the Village from either the north or south entrance/54th or 47th Street. Immediately turn left. Looking straight ahead you will see a 3 story building to the right about a 1/2 block away. That is the Mennonite Home. Park near the building and enter the building using the front entrance on 53rd. There is no parking immediately in front of the building. The multipurpose room is on the first floor of the Mennonite Home.

The meeting will begin at 2 pm and will include updates and planning for upcoming journeys (see related articles on North Carolina, Tokyo, Sacramento, and Iowa) as well as a short presentation by Marilyn Peterson on the history of Friendship Force International. FFI was founded on March 1, 1977. Each March 1st since has been celebrated as World Friendship Day. Others who have memorable, short stories about their experiences with FFI, please come prepared to share. Anniversary cake will be provided. Please bring you own beverage. Mennonite Village community members have been invited to this meeting.



*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

Just after we gather for our March 17th General Meeting, it will be the beginning of Spring, on the 21st. I've already seen daffodils blooming and note that the daylight slowly lasts a little longer. I've also observed a stirring of activity, especially in our club. We have new members to welcome. Journeys are planned. Journey Coordinators are busy with communications with their Inbound Journey counterparts. Marilyn Peterson and Kathy Butler are setting up the Tokyo Inbound, with assist from Marla and Russ Karow; Ted is working with North Carolina, and Arne Abrams with Sacramento. FFI will be offering its second on-line training: "Journey Coordinator Training." Another MEG opportunity is planned for Wednesday, March 13th, at the Starduster Café in Independence. Many thanks to each one of these planners and implementers.

Russ Karow has arranged for Adria Buncal, from OSU's Office of International Services Center to be our guest speaker on the 17th. Adria will talk with us about her ideas for community members to achieve greater involvement with the international community, including options such as being a conversation partner with an international student.

At the meeting, we'll gather in celebrating Friendship Force's Anniversary... with cake! As we recognize ourselves as members of Friendship Force, I feel it's beneficial to reflect on our club's beginnings. With appreciation, Marilyn Peterson will present a brief history of the founding of our club's purpose, the "who" and "when," and all about being "citizen diplomats."

I'm looking forward to recognizing this milestone with you and to welcoming new members to share in our history.



New Member "Miner" Volunteer Needed

We have agreed that our clubs needs to do a better job of welcoming and enfoldng new members into our group. One way in which this can be done is to have a brief biography and photo of each new member included in the newsletter. We need a volunteer to take on this task of obtaining biographical information. We would ask that you contact each new person via phone, Zoom or in-person to gather information and then send this material in some format to newsletter editor Russ Karow. If you are interested in this role, please contact any board member. Thanks for your consideration!



Incoming Journey Home Host Roster - An Ongoing Club Essential

One of the hardest 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 may guests you can accommodate, bedroom & bathroom configurations, and how many people you can fit in your vehicle. 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 this roster to each meeting for update and review.



We Anticipate Charlotte April 17-23!

Dana Hicks, the Charlotte Ambassador Coordinator, is busy signing up a roster of Ambassadors. He is confident they will be coming our way! Once we have their roster, Russ and Marla will do the matching. Please get your Hosting Application filled in and to me and Russ and Marla. It is an online form that can be reused. Log in to the FF website, go to the Member Portal then find "Help Center" and query Host Application. What happens is after filling it in, Allison at FFI does the OK verification process and returns it. Boom! It is done and is a document you can submit over and over. Easy!

Our Committee Folks are busy too! Our final reservations will be made when Charlotte sends their roster. Here is what it looks like so far:

- Wednesday April 17 Arrive PDX and Groome Shuttle to Albany
Welcome Party at Cascade Grill Albany
- Thursday April 18
Thompson's Mills State Heritage Site, Shedd, OR
Lunch at Long Timber Brewing Company
Arrive at William L. Finley National Wildlife Refuge Headquarters - Ranger talk and on your own viewing and hikes
- Friday April 19
Silver Creek Falls State Park
Lunch and Tulip Festival.
- Saturday April 20 - Free Day with hosts - Possibilities: farmer's market, museums, wineries, Albany Carousel and nearby restaurant Loafer's Station
- Sunday April 21- Monday April 22 - An overnight to the Coast
Marine Discovery Tour, boat tour and for those not on the boat, Oregon Coast Aquarium, Lunch at Rogue Brewery
Evening Ice Cream social at Suzanne Strite's
Motel to be arranged, dinner on our own
- Monday April 22 - A class at Hatfield Marine Science Center
Return to the Valley
Farewell Dinner on Monday at Block 15, near Corvallis Airport
- Tuesday April 23, Departure



I love help, let me know if you will host or day host or want to be part of any event. If you have signed up before, I have you in my notes.

Thank you for your support!

Ted Powell, HC

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

A number of our club members are planning to attend this regional conference, some with the Iowa Sept 30 - Oct 7 journey as a precursor. See <https://whova.com/web/qjG-Tw7jXN2ln78ilbTPPmlqLicFmnx-NZKq8rLCuk4%3D/> for more information about the conference and registration. The registration fee is \$258, rooms \$160 per night. Conference activities will be focused on Oct 8-9 with a plenary session, regional workshops, topic workshops and opening and closing receptions. There will also be opportunities for guided tours of Milwaukee highlights. We encourage you to attend this conference and if it fits your schedule, the Iowa trip prelude as well.



February 18 General Meeting Report



A general meeting was held the afternoon of February 18 at the Lakeside Center, Mennonite Village, Albany. Thanks to club and Village members Marilyn Peterson, Kathy Butler and others for securing this meeting space for us. The meeting focused on planning for our busy 2024 travel season and on deciding where the club would like to travel internationally, if selected for chosen locations, in 2025. President Sharon Harr lead the meeting with interim Journey Organizer Dennis Murphy providing many of the details on current year and 2025 journey plans. Current year journey

information is provided elsewhere in this newsletter. Chosen locations for 2025 were New Caledonia as first choice and Kenya as second. Club members Ted and Rita Powell had travelled to New Caledonia many years ago as part of a FFI group and found the experience delightful and highly recommended this not often thought of travel location.



March 13, noon - MEG - Starduster Café in Independence



Our next FFI MEG (meet, eat and get acquainted) meeting will be on March 13 at noon at the Starduster Cafe in Independence - 4705 Airport Rd. This funky little place got the most votes as a favorite MEG venue to which to return. Join us! Cinnamon roll pancakes or apple-cinnamon stuffed french toast await! Last time, my companion ordered the maple bacon crisp french toast, then ordered another one to take home for her lunch!

We will be revisiting some of your favorite places in the next months and, when possible, will gather outside to enjoy pleasant weather with our food. We are also open to suggestions for new eating establishments. We have made some real finds over the past year.



If you plan to attend, please contact Carolyn Powers so that she can work with the Starduster staff on a likely number of participants.

Carolyn and Gail Wolcott – your MEG planning team



FRIENDSHIP SHARED



Valentine's Day Lunch at the Powell's

Friendship Shared events continue. The Powell's held a Valentine's Day lunch for 20 people. Ted made comfort food - beef pot roast complete with lots of gravy. Funds were donated back to the clubs journey fund.



Butler & Peterson lunch

Eileen's birthday surprise



Kathy Butler and Marilyn Peterson hosted a lunch at Kathy's house on Feb. 24. Their menu included sausage strata, scones, fruit salad, celery salad, blueberry crisp with ice cream, and mimosas! The group donated their funds to the Albany Creating Housing Coalition. This group is building tiny homes for the Albany houseless community as well as providing outreach including hygiene packages. Patricia Hoppa, new member, is an active participant in this coalition. Eileen Minette was given surprise birthday recognition at that event.

Other currently scheduled, upcoming events include a St. Patrick's Day dinner at the Murphy/Lind residence and bed and breakfast at the beach provided by the Karow's.

It is not too late to offer other activities - other food events, plays, hikes with a snack, a concert night out. Please contact Mary Ellen Lind for details on registration and assistance with advertising.

Board Meetings

The date for the next FFOMWV Board meeting is March 13, 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



SCHEDULE OF UPCOMING JOURNEYS (Revised Feb 2024)

2024

April 17 - 23	INBOUND DOMESTIC: Inbound from Charlotte, North Carolina, #24137 (Dana Hicks); JCs Ted Powell with Mary Ellen Lind assisting
May 31 – June 6	INTERNATIONAL INBOUND: Tokyo, Japan, #24086 (Yukie Tsutsumi); JCs – Marilyn Peterson, Kathy Butler, Russ & Marla Karow
Sept	INBOUND DOMESTIC: 4 day Mini-Journey from Sacramento, #24170 (Linda Basuki); JCs Arnie Abrams with 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 7	OUTBOUND DOMESTIC: Outbound to Cedar Rapids-Iowa City, #24164 (Judy Frascht-Miner); JCs Chris Duval
October 7-10	North American Conference: Milwaukee, Wisconsin

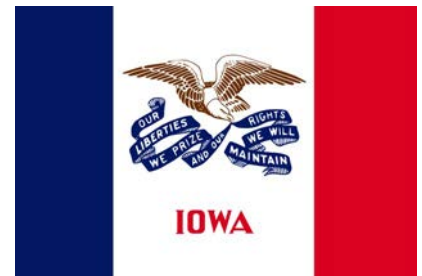
Journey to Cedar Rapids-Iowa City, Iowa - September 30 - October 7, 2024

You are cordially invited to participate in an engaging journey to Iowa this fall. We have scheduled it so that it bumps up against the FFI North American conference in Milwaukee, Wisconsin, from October 7-10. Those who plan to also attend the conference will be able to share rides with our hosts on this 4 hour drive to Milwaukee. Plans are underway to show us the Iowa sights which may include some of the following:

- National Czech and Slovak Museum
- Cedar Rapids Museum of Art, featuring regional artists including Grant Wood, noted for his painting, American Gothic.
- African American Museum, stories of past and present African American population in Iowa
- The University of Iowa Stanley Museum,
- The Paramount Theater, performances by Orchestra Iowa and traveling theater and music groups
- Hancher Auditorium, University of Iowa's premier performance venue
- Orchestra Iowa, features musicians from the corridor playing classical and pop music
- Theatre Cedar Rapids, outstanding amateur performers star in dramatic and musical shows

And nearby areas featured on day trips which may include:

- Amana Colonies, seven villages settled by German immigrants
- Dubuque Mississippi Museum, including view of the river and a lock and dam
- Field of Dreams, shows area where movie, Field of Dreams was filmed
- Kalona, a community that shows Amish and Mennonite ways of living
- Herbert Hoover Presidential Museum, West Branch



The estimated cost of this journey is \$550 plus cost of flights. Please let Chris Duval know if you are interested in coming on this journey with us to experience the Hawkeye state and its friendly people. Chris is also looking for an assistant Ambassador Coordinator for the journey, so step on up please. This will be lots of fun. Chris Duval.

Tokyo Inbound - May 31 to June 6

Friendship Force of Tokyo will visit our club May 31 to June 6. As plans now stand, there will be 10 ambassadors, all women. Members of our club have indicated they are able to home host or do small group dinners. Those on that list have been asked to submit the required hosting form. If you have not yet done so, please do so now. The form can be obtained from Marilyn Peterson. We can always use a backup hosts and likely need additional dinner hosts. If available, please let Marla Karow know as she is organizing host coordination.

This is our current schedule:

May 31 - arrive by shuttle, meet your hosts for a welcome dinner

June 1 - attend the Lebanon Strawberry Festival



June 2 - time to spend with host family. Evening meal will be a small group dinners

June 3 - Visit the Columbia Gorge, Multnomah Falls, Bonneville Dam and an overnight hotel stay in The Dalles. This will be a car trip to the Gorge followed by a open-air bus tour in the Gorge - see <https://www.waterfalltrolley.com/>

June 4 - Visit the Columbia Gorge Discovery Center and Museum and OSU Hood River Experiment Center (pears, cherry and apple research)

June 5 - Time to spend with your hosts followed by a farewell party.

June 6 - Ambassadors head to Colorado for phase two of their journey

More information will be shared as it is finalized. We will use the May 19 general meeting as an orientation and final organizational session for this journey.

If you are not home hosting but are interested in participating in the Gorge trip, we need to know this for planning purposes. The bus tour will be \$33, lodging around \$60 each for a shared room plus transportation to the gorge and meals. We have never done this tour before but it should be an enjoyable and different way to see the Columbia Gorge.



In friendship - Kathy Butler, Marilyn Peterson, Marla and Russ Karow - Your Tokyo Planning Team
Contact information for all is on the last page of this newsletter.

International Day of Happiness - March 20

The International Day of Happiness is celebrated throughout the world on 20 March. It was established by the United Nations General Assembly on 28 June 2012 with the aim to make people around the world realize the importance of happiness within their lives. In 2015, the United Nations launched 17 Sustainable Development Goals to make people's lives happier. Its main development goals are eradicate poverty, reduce inequality and protect our planet. The United Nations invites people of all ages to join in celebrating the International Day of Happiness.



Jan 19 2024 FFOMWV Board Meeting Minutes

President Sharon Harr called the virtual meeting to order at 3:59. Board members present were Dennis Murphy and Mary Ellen Lind, Chris Duval, Marla and Russ Karow, Kathy Butler and Chris Kastella.

Minutes of Nov. 19, 2023 need to be approved. Dennis said that the vote to accept the slate of officers should say the vote was unanimous. With that correction made, Chris Duval moved to accept the minutes, as well as the minutes of the Board meeting on Dec. 13. Russ seconded the motion and minutes were accepted.

Treasurer's Report: Dennis reviewed the year end financial report and the 2024 budget with the board. This report had been sent to all board members prior to the meeting. He asked who should be provided the 2023 financial books to be audited. It was recommended that he ask Van Nichols or Eileen Minette to do so. He pointed out that the club provides a supplement of up to \$50 per incoming ambassador to reduce the financial expenses for hosts. He noted that these funds should not be included in the journey budget that is used to decide the incoming ambassador journey cost, but applied afterwards to reduce host costs as is appropriate.

Friendship Shared income for several years has been donated to charities voted on by participants. Everyone who joined FFOMWV in 2023 gets a free ticket to a Friendship Shared event. Those who joined in 2022 won't get it unless we vote to do so. Carolyn Powers and Jonathan and Lisa Schachter joined then. Russ moved to include the 2022 members, Chris D. seconded the motion, and it passed.

Journey Updates: Chris D. said the request for destinations in 2025 needs to be sent in soon. She suggested having a general conversation at the Jan. 21 meeting. We could present copies of the form listing clubs and their capacities for hosting and have our members sign up for places they would like to visit. The form could include a space for members to indicate their willingness to lead the exchange. Russ offered to provide copies of the form for the meeting.

Inbounds: The Tokyo Inbound, May 31-June 6, is in progress, but we still don't know how many people will come.

Limberg, Belgium wants to know if we would like to visit them only between May 1 and May 12. Dennis will ask on Sunday. Biarritz, France, would like us to come in the second half of June. They can take 10-12 people.

We are waiting for an inbound from Charlotte, N.C. in late April. No one from our club has agreed to lead this journey.

Dennis asked how many of our members have signed up to be hosts. Marla said six people have said they will host. Chris K. said she can host 2-4 people.

A new date has not been set for a JC training. We are now looking at March. Dennis would like to see us actually plan a journey at this training. Maybe we could get 5 or 6 people together to plan some set programs. Dennis feels it might encourage members to lead inbound journeys if they didn't have to start from scratch with the planning.

Another inbound from Sacramento in October is planned. Arnie Abrams would lead, but wants to have a co-leader.

Outbounds:

The Festival at Sea is Aug. 23-Sept. 1.

Outbound to Cedar Rapids and Iowa City from Sept. 30 – Oct. 6. We still need a leader.

North American Conference in Milwaukee, Wisconsin, Oct. 7-10.

Next general meeting: Jan. 21 at Pringle Park in Salem. New officers will be installed. Russ offered to do the installation. He also has a 15-minute program ready for the meeting.

Other business: We talked about alternating MEGs with general meetings. Consensus was to do that. Marla suggested, though, that we have a Feb. meeting and then another in April.

More about inbound journeys: Sharon would like to have more time just to spend with their guests. Dennis suggested making some activities optional.

Membership: Dennis said we have 39 members who have renewed so far. Last year we had 58 members. He will call people who have not yet renewed.

Meeting adjourned at 5:33.

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 -

Charlotte North Carolina Inbound, Apr 17-23 - Ted Powell with Mary Ellen Lind assisting
Tokyo Inbound, May 31-June 6 - Marilyn Peterson, Kathy Butler, Marla & Russ Karow
Sacramento Mini-Journey Inbound, Sept TBD - Arnie Abrams with Dennis Murphy & Mary Ellen Lind assisting
Outbound to Cedar Rapids-Iowa City, Sept 30 - Oct 7 - prior to North American FFI Conf - Chris Duval

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.

