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CALENDAR

April 11, 10 am - MEG - Elmer's - Albany (p 1)

April 23, 2 pm - General meeting, Tom Best intro and Belgium inbound workshop - Philomath (p 7)

May 18-25 - Inbound Journey from Leuven (p 5 & 7)

June 17 - 29 - Outbound Journey to Canada (p 2)

July 16, 2 pm - General meeting at the Mennonite Village in Albany

Oct 2 - 6 - FFI World Conference in Croatia

Oct 24- 27 - Mini-Outbound to Sacramento (p 4)

MEG - Tuesday, April 11 - Elmer's Restaurant Albany

Please mark your calendar for our next FFOMWV MEG (Meet, Eat and Get Acquainted) meeting:

WHEN: Brunch on Tuesday April 11 at 10 am

WHERE: The "backroom" at Elmer's Restaurant - 2802 Santiam Hwy SE, Albany

WHAT: Buy your own brunch and/or beverage - lively conversation provided free of charge

Gail Wolcott and Carolyn Powers are 2023 MEG organizers. If you plan to attend this meeting, please RSVP to either Gail or Carolyn so that they can work with the restaurant on group accommodation. If unsure at this time whether you can attend, no worries, feel just free to drop in. We are flexible!



*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*

March 13 MEG Report - Delicias Valley Restaurant, Corvallis

Twenty one FFOMWV members met for lunch a Delicias Valley Restaurant in Corvallis on March 13. Despite having been forewarned by Gail that a group this size was coming, the restaurant had not prepared and so we had lots of time for conversation. The food was good. As St. Patrick's Day was approaching the Irish were wearing their colors, MEG coordinators Carolyn Powers and Gail Wolcott asked participants to tell the group about their ancestry. We had a few "greens" among us but also a broad array of other ancestries. As one might expect, most people were descendants of northern Europe 1800's immigrants to the US, but there were also those with Huguenot, Native American, Spanish, and couple with higher than typical Neanderthal lineage among us. We'll leave it to you to ponder who these latter folks may be. A good time was had by all.



There was only one bill for 20+ people, but for we folks who still carry cash, only a little math was needed to deal with such. Even this could be done without a calculator!

Outbound Canada Journey - June 17 - 29, 2023

We have nine members signed up to visit Winnipeg, Manitoba and Edmonton, Alberta this summer. In last month's newsletter, we mentioned possible program highlights from Winnipeg. Now we are listing the possible program highlights for Edmonton which they have provided to us:

"Some of the activities that will be included in our program are a visit to the Elk Island National Park for a program outlining its role in bringing the bison back from near extinction and hopefully viewing some in the field, a tour of the Ukrainian Cultural Village, a tour of Fort Edmonton Park and a tour of the downtown area (City Hall, new Library, Winspear concert hall, etc.), a voyageur canoe trip through Edmonton's beautiful river valley and a flex day where ambassadors may chose specific areas of personal interest to visit (museums, botanical gardens, West Edmonton mall, etc.). We strongly recommend that anyone interested in this journey, visit our PowerPoint presentation at www.friendshipforceedmonton.org."

If you know of anyone who would like to join us on this journey, please put them in touch with Mary Ellen Lind or Chris Duval. We are actively seeking more ambassadors to round out our group.

SCHEDULE OF UPCOMING JOURNEYS (Revised March 2023)

2023

- | | |
|----------------------|---|
| May 18-25 | INBOUND INTERNATIONAL: Inbound from Leuven, Belgium to be combined with their visit to Sacramento, California, #23057; Host JC's: Marilyn Peterson and Kathy Butler |
| June 17-29 | OUTBOUND INTERNATIONAL: Outbound to Edmonton, Canada, (Elaine Kirschner), combined with our outbound to Manitoba, #23152, (Susan Finlay); Ambassador JCs: Mary Ellen Lind and Chris Duval |
| July 31 – 8/5 or 8/6 | INBOUND DOMESTIC: Inbound Denver, Colorado (Ilene Americus), to be combined with their visit to San Francisco, California, #23573; Host JC's: Dennis Murphy and Jim Brabeck |
| October 2-6 | FFI WORLD CONFERENCE: Dubrovnik, Croatia, with pre- and post-excursions |
| October 24-27 | OUTBOUND DOMESTIC: 4-day Mini-Journey to Sacramento, #23574; Ambassador JC's: Rosie Brabeck and Jim Brabeck |

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. |
| Not Scheduled Yet | INBOUND DOMESTIC: 4 day Mini-Journey from Sacramento |



The flag of Denver is the official flag of the City and County of Denver in Colorado. It was designed by a North High School student, Margaret Overbeck, and adopted in 1926. A zigzag white stripe horizontally separates a red field below from a blue field above, in which is centered a yellow circle, together forming a stylized depiction of the Sun in a blue sky above snow-capped mountains. The color yellow symbolizes gold in the state's hills, and red the colored earth to which the word Colorado refers. The circle's centered position symbolizes Denver's central location within the state. The white zigzag symbolizes Colorado's Native American heritage.

Denver Inbound Journey - July 31 to August 6th

Dennis Murphy and Jim Brabeck Co-Journey Coordinators

We could use additional hosts for this journey. I think we have contacted all of our members, but if you have either now become available, or were never contacted, your assistance will be deeply appreciated. We expect to host 13 ambassadors from the Denver club. There will be three couples, one single man, and the balance will be women.

We have been working on the schedule of events which will include a presentation at Oregon State on the Hazelnut Industry that has been growing rapidly in the valley. We will also have a couple of days on the coast, but are trying to mix it up with some different activities from the traditional ones in the past. If you would like to help us in the planning for the week, please let us know. We can use all the help we can get!

We have suggested to Denver that they fly directly into Eugene as it will be easier to get them to the Mid-Valley region and certainly less expensive. To all of you who have already volunteered to host, help as a day host, with small group dinners, or to help with matching, THANK YOU! Our contact information is on the last page of this newsletter.



ALL ABOARD!!!! Sacramento Outbound... 23574

Please consider joining us (5 cub members are already on-board) for our 2023 outbound 4-Day Mini Journey to Sacramento, California, October 24-27. We are currently seeking ambassador applications from members who plan to go on this journey. We have space for approximately 16 ambassadors (we are waiting on the final number). Since many of us plan to travel by train, we need to get ambassador applications in as soon as possible in order for those who want to reserve seats or especially roomettes on Amtrak before they run out.

If traveling by train, the dates of the journey will be October 23-28. due to the train schedules, those of us who take the train will be on overnights both ways. The actual journey will start when we arrive in Sacramento early on October 24, and end when we leave Sacramento late on October 27.

The ambassador application form can be found by clicking [here](#). Please complete, scan it and email it to Jim and Rosie. Alternatively, you can mail the completed application and \$25 application fee to the Brabecks. In friendship, Jim and Rosie Brabeck

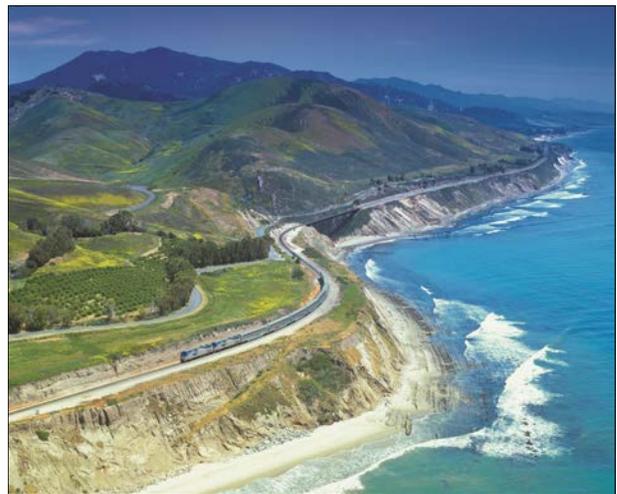
Coast Starlight

Seattle - Portland - Sacramento - Los Angeles

35 hours

Daily Departure

A grand west coast train adventure, en route daily between Los Angeles and Seattle, the Coast Starlight train passes through Santa Barbara, the San Francisco Bay Area, Sacramento and Portland. Widely regarded as one of the most spectacular of all train routes, the Coast Starlight links the greatest cities on the West Coast. The scenery along the Coast Starlight route is unsurpassed. The dramatic snow-covered peaks of the Cascade Range and Mount Shasta, lush forests, fertile valleys and long stretches of Pacific Ocean shoreline provide a stunning backdrop for your journey.



Board Meetings

The next FFOMWV Board meeting will be on Wednesday, April 12 at 1 pm. All members are welcomed to participate. If interested, send Russ Karow an email and he will send you the ZOOM link.

March board ZOOM meeting screen



Friendship *Extended* - A Discussion Topic on April 23

FFOMWV members have stated that it would be helpful to have an email list for members who are interested in

- passing on tickets to an event they can longer attend
- inviting others - on short-notice - to an activity (play, sporting event, meal, etc.)
- inviting others – on short notice - to participate in some outdoor activity
- sharing an interesting comment, fascinating picture or humorous item that may not necessarily be wholly related to international friendship (the criteria for use of our general mailing list)
- sharing some other friendship activity or item that does not allow for longer-term planning

As people are concerned about overflow of their email inbox, if you are interested in participating in this “Friendship Extended” email list, you will need to opt-in. We will talk about this idea during the April 23 general meeting and then proceed with next steps following that meeting. Email access and an “opt-in” will be required to be part of this group. Please contact any board member if you have questions.



Some growing older humor - “It's weird being the same age as old people” “It's probably my age that tricks people into thinking I'm an adult.”

Leuven Belgium Inbound Needs

Our inbound from Leuven, Belgium is May 18 - 25. Matching is complete, and our hosts and ambassadors are communicating. Our program is being finalized, but we need more members of our club to help during the journey. We need folks to host a small group dinner (5-8 people) on Sunday, May 21. Sue Stein will organize the dinners. If you have not already volunteered to host a small group dinner, please contact Kathy Butler.

Also we need a few more folks to help with day hosting. If you have not already volunteered, please let Kathy know that you can help. Day hosts allow hosts time for appointments, shopping or just time to get chores done. Also ambassadors like the chance to meet more folks. Thank you, all, for helping make this journey a success.



We will visit an OSU hops breeding yard as part of this tour

FFI Individual Journeys

Friendship Force Individual Journeys offer opportunities for members to host and travel in addition to our Club-to-Club and Special Journeys. The same journey guidelines apply. If you would like to offer an Individual Hosting Opportunity, please fill out the [Individual Hosting Application](#). FFI will announce individual hosting opportunities in it’s Journey Catalog and members can apply and will be selected by the host. Matches can be made all year round. Once an official match has been made, the individual hosting opportunity will be deleted from the catalog, and host and ambassador will start communicating to arrange the details of the Journey. This new program will give our members more opportunities to form friendships in addition to our club-to-club and Special Journeys. Spaces are limited on these and members who want to travel and host sometimes don’t get the chance to do so. See this FFI website for more information - [individual journeys](#).



FFI Virtual Experiences

With actual journeys now taking place, FFI's virtual offerings are fewer. Book clubs and language learning classes are still offered. To see a current listing, visit this website in your FFI portal - <https://blog.friendshipforce.org/virtual-experiences/>

FFI Virtual Experience Recordings can be found at the bottom of the FFI member portal website listed above.



Discover Vietnam Tour and Homestay

Host: Vietnam-USA Society (VUS), Hanoi, Vietnam

This event was organized by our longstanding partner, the [Vietnam-USA Society \(VUS\)](#), based in Hanoi, Vietnam. In addition to learning about Vietnamese culture, you can find out more about next year's Special Journey "Discover Vietnam Tour & Homestay" (April 5 - 16, 2023). Please [click on this link](#) to view the presentation slides. Check out the proposed itinerary [by clicking on this link](#).



Quest for Japan

Hosts: Chizuru Marion (FF Dayton), Kikumi Shiga (FF Oita), Aki Takahashi (FF Tokyo)

In this event, you are introduced to FF Dayton's Journey plan for 2023. Which destinations were chosen and what can first-time visitors see, observe and experience? You also learn about some characteristics of Japan - geography, history, environment, lifestyle and the people and much more.



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.

Corvallis for Refugees

Corvallis For Refugees is a grassroots, community based, co-sponsorship group of the *Salem For Refugees* program aimed at welcoming refugees to the Corvallis area. The mission of these programs is to bring people and resources together to empower refugees to thrive. In 2016, *Salem For Refugees* began as a community response to Catholic Charities, piloting resettlement in Salem. For the success of this pilot, it required the community to rally around families, form mentor teams, resource teams and work together to create systems that supported refugees. This approach is called co-sponsorship and work was done alongside the resettlement agency. This community support helped resettle hundreds of families. As *Salem For Refugees* grew over the first 5 years, the desire to see resettlement as a permanent fixture in Salem grew and led *Salem For Refugees* to become its own resettlement agency through an affiliate relationship with World Relief and contract with the State Department. It is from these origin that *Salem For Refugee* was inspired to develop a similar model in Corvallis. Under the leadership of Chris McQueen, there now is an opportunity to see this effort expand into the Corvallis community. Although there has always been some interest from surrounding communities to engage more directly in resettlement, we have wanted to focus on a city that had an established resource network, job market and community support. There have even been a handful of families resettled in Corvallis over the previous years, giving some experience to community partners and potential volunteers. *Corvallis For Refugees* intends to begin resettling families in partnership with SFR beginning in 2023. See this website for more information - <https://www.salemforrefugees.org/corvallis>



April 23 General Meeting and Belgium Pre-Journey Workshop

Our next general club meeting will be held on Sunday, April 23, 2 pm in the Consumers Powers Inc community room at their Philomath location. The community room is in the north east corner of the building and parking is available on the front (north side) or the north east side. Thanks to board secretary Chris Kastella for arranging for this meeting location. Consumers Power Inc, incorporated in 1939, is a member-owned rural electric utility cooperative (not for profit) serving over 23,000 members in parts of six counties in Oregon: Benton, Lane, Lincoln, Linn, Marion and Polk.



**April 23 General Meeting
CPI Community Room
6990 W Hills Rd, Philomath,
OR 97370**



The Grand Beguinage , Leuven

In addition to conducting general club business and updates, this meeting will include an introduction to and presentation by Tom Best, our FFI regional representative, and a pre-journey orientation for the club as a whole and after the meeting, an orientation session for homestay hosts and others assisting with the Belgium journey. A general overview of this journey follows:

- May 18 - arrive PDX - welcome event at Cascade Grill in Albany
- May 19 - OSU day - hops yard, pilot brewing plant, wave lab
- May 20-21 - small group activities days
- May 21 - small group dinners in evening
- May 22 - Chintamani Wildlife Center in Lewisburg and winery tours
- May 23 - day trip to Sisters and surrounding areas
- May 24 - Marys Peak visits and Thyme Garden farewell lunch
- May 25 - early morning departure for PDX

Additional detail and signup information will be provided by journey coordinators Marilyn Peterson and Kathy Butler.

For our EV colleagues, Chris stated that the CPI charging stations are typically available on Sundays.



FRIENDSHIP FORCE OF OREGON'S MID-WILLAMETTE VALLEY

BOARD MEETING

February 8th, 2023 Zoom meeting

Present: Sharon Harr – President; Jim and Rosie Brabeck – Co-Vice-Presidents; Dennis Murphy – Treasurer; Chris Kastella – Secretary; Kathy Butler – outgoing Vice President and current Journey Coordinator; Chris Duval – Journey Organizer; Marilyn Peterson – Communications and Member at Large; Mary Ellen Lind – Journey Coordinator; Russ Karow – Newsletter Editor/Archives.

Minutes of January 11th, 2023 Board of Director and January 22nd, 2023 General Meeting were approved as written.

Treasurer's report was sent to board members along with the completed annual audit notes. The annual audit of the books was conducted by Eileen Minette with no discrepancies. Dennis encouraged everyone to do better providing receipts! He will be using Quicken Deluxe vs Quick Books software due to functionality and costs. Further research is needed for compatibility w/member computers. Dennis w/check with Pringle Creek regarding a donation for use of their building! Treasurer Dennis will provide an update of the mailed financial report and will notify OR Secretary of State of new Officers and signers of Bank accounts. Members who have key access to the PO Box are Marilyn and Dennis (past president). He will pass on his key to Sharon.

Sue Stein will continue as Sunshine Coordinator and Gail Wolcott and Carolyn Powers will coordinate MEG luncheons/gatherings. It was reported that approximately 20 members attended the Feb 1st MEG luncheon at the Pink House in Independence.

Approval of JC applications for Canada and Belgium Journeys was given at the January BOD meeting:

Belgium – Marilyn Peterson and Kathy Butler

Canada – Chris Duval and Mary Ellen Lind

Journey Coordinator Report by Chris Duval (My last name has only one l. □)

Belgium, May 18th through the 24th (7 nights) – JC's Marilyn Peterson and Kathy Butler – Need to set agenda for orientation of hosts.

Canada, June 17th through the 29th (12 nights) – JC's Chris Duval and Mary Ellen Lind – 11 applications have been received.

Denver, end of July/first of Aug – Proposed JC's Dennis Murphy and Jim Brabeck. 16 ambassadors may come (it is reported that they are very active – hike, bike, kayak with some interest in wine, unsure if want to go to coast). Will be up to Dennis and Jim to set the number of nights. Will need JC applications from Dennis and Jim. More details to follow.

World Conference – Member-at-Large Marilyn Peterson noted there is a delay for On-line registration. Expectation is to go live by Feb 15th w/registration discounts adjusted accordingly for early bird registration. Will be pre-post tours.

Sacramento, Oct 24th through 27th – Rosie Brabeck and ?? (need an experienced JC). – Let's not mention John at this point. Ask at Feb General meeting for JC volunteer. If wish to travel by train, will require an overnight that leaves at midnight! Current cost is \$66 – for coach seat, or \$450 for sleeper.

US/Canada Conference – no specific information at this time.

Newsletter - Content due to Russ by February 24th. Send information directly to Russ.

Club Archiving - Russ and Dennis have started archiving. Is it ok for them to digitize past newsletters and programs and then recycle? They will bring examples to the next general meetings for review. Have 8 to 12 scrapbooks which also need to be scanned. Do we want to keep the hardcopy scrapbooks? If need be, Dennis Murphy will be willing to store them as they are a treasure! Mary Ellen Lind recommended bringing a couple to general meeting for members to browse. She will be responsible for bringing them.

Membership - Dennis Murphy and Kathy Butler contacted the members who have not renewed and are past the 60-day timeline (#?). Both Dennis and Kathy reached out to these members. Kathy relayed how she heard concerns about vaccination requirement, religious acceptance, and pressure to participate in leadership roles. Discussion followed with no decision for change.

President Sharon would like BOD to think about planning a JC training.

Journey Coordinator Chris Duval will present Highlights of her 71 Day Cruise at the February General Meeting to be held February 19th, location TBD.

April General Meeting will be a presentation and orientation on the Belgium Journey – date proposed is April 23rd (changed from the 16th to the 23rd), location TBD.

Submitted by Christine Kastella, Secretary

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, 2023.

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 Organizer	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 Coordinators	Gail Wollcot Carolyn Powers	
Membership	The Brabecks	See above
Navigators	Barb Callner	
Sunshine "Committee"	Sue Stein	
Welcoming Committee	Rita Powell	

Journey Coordinators

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

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

July-Aug 2023 - Inbound Denver, combined with visit to San Francisco - Dennis Murphy & Jim Brabeck

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

COVID And Our Club

While cases are in the decline, 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.

