

Friendship Connections

The Friendship Force of Oregon's Mid-Willamette Valley May 2023

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- 10 - Leuven Belgium event registration form - **due May 1**
- 11 - Membership dues payment form
- 12 - 2023 Leaders; club COVID policy

CALENDAR

May 11, 12 noon - MEG Long Timber, Monroe (p 1)

May 18-25 - Inbound Journey from Leuven - **EVENT SIGNUP REQUIRED BY MAY 1 - SEE PAGE 10**



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

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

July 31 - Aug 6 - Denver Inbound Journey (p 5)

Oct 2 - 6 - FFI World Conference in Croatia

Oct 24- 27 - Mini-Outbound to Sacramento (p 6)

 WMBD - May 13 and Oct 14 , 2023 - Page 7 

MEG Thursday May 11, 12 noon - Long Timber Brewing, Monroe



Our next MEG (Meet, Eat and Greet) meeting will be held on Thursday May 11 at Long Timber Brewing in Monroe - 180 N 5th St. Long Timber Brewing is a 10,000-square-foot brewpub, owned by Todd and Amy Nystrom who are also the owners of the Hull-Oakes Lumber Company. Todd Nystrom is the grandson of Ralph

Hull, one of the co-founders of that company. The facility is replete with large, long timbers and lumber milling memorabilia. It has a main dining room and bar on the ground floor with a 10-barrel brewery, a separate tap-room, a 700-square-foot meeting room, and a wine bar. The menu is varied and beers have won a number of awards. Gail Wolcott and Carolyn Powers are MEG organizers. If you know you will attend this meeting for sure, please RSVP to either Gail or Carolyn. If your plans are still fluid, feel free to stop by if you are able. There is room for many.



*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

Spring weather is finally returning, much to the delight of all of us. Also returning: the heart of the matter, our Journeys. By mid-May, we'll be enjoying time and activities and forming new friendships with ambassadors from Leuven, Belgium. As your summer plans come together, please consider hosting for the Denver Inbound Journey; there remains a need for your help with this. The Journey Coordinators have fresh ideas for both Belgium and Denver, so involvement in either or both will offer new opportunities to see and learn about our area, especially through the new eyes of our new friends.

At the April 23rd General Meeting, Tom Best and his wife, Peggy, attended from Friendship Force of the Pacific NW Club in Spokane. Tom is the FFI Regional Representative for the Pacific Northwest. He provided updates, insights, and clarification about the FFI pilot program for Individual Journeys. This will be tested out this coming year, so be sure to check your MyFriendshipForce.org account to see what opportunities begin to open up from hosts around the world.

At the time of this writing, we are still hoping to learn from FFI which destinations we'll be matched with in 2024-25. Chris Duval, Journey Organizer, can be counted on to let us know what she hears. Speaking of destinations, the World Conference in October in Dubrovnik will be an exceptional chance to visit a beautiful area along the coast of the Adriatic Sea and meet attendees from 24 countries, representing 114 clubs. As of April 21st, 2023, there were still spaces left to register.

As I'm coming up to my 5th month as president, I continue to very much appreciate the great support from all of you. At the general meeting, I was very pleased to hear some good, grounded ideas to attract new members. I especially like the idea of setting up a table at a Farmer's Market in Albany and Corvallis, why not Polk County, too?

Also at the meeting, Tom asked for a show of hands for how many years members have been in FFOMWV. It was so inspiring to see so many members raise their hands for 12, 13, 14, 15 and beyond years! Their efforts began a heartfelt endeavor and they have welcomed each one of us in turn to join them. By bringing in new members, we will help keep this Great Adventure of Friendship on-going.

Outbound Canada Journey - June 17 - 29, 2023

We have nine members signed up to visit Winnipeg, Manitoba and Edmonton, Alberta this summer. We will have a grand tour of parks, museums, cultural centers and gardens. We have opened the tour to all FFI members. 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.

Fort Edmonton Park layout



April 23 General Meeting Highlights

A general club meeting was held on Sunday April 23 in the meeting room of the Consumers Power Inc. Building in Philomath. Chris Kastella is a CPI employee and arranged for our free-of-charge use of the meeting room. Thanks Chris and CPI! Per usual the meeting included great snacks (thanks A-M people) and conversation. Agenda items included:

- Club business items by President Harr, Chris Duval (journey updates) and Gail Wolcott (MEG)
- A presentation by Tom Best, our FFI regional representative - FFI staffing and web update, "individual" journey conversation, compare and contrast of nine clubs around the NW
- Creation of a new "Friendship Extended" email list for those with interest - see page 7 for details
- Belgium Inbound Workshop lead by Marilyn Peterson
- Following the meeting, club members met with Tom and Peggy Best at Chris Kastella's house for continued conversation and a potato "bar"



Juanita Weigel and Rita Powell display quilt made by & returned to the club for yet to be determined use



Tom Best, regional rep and vacuumer extraordinaire



Potato bar at Chris Kastella's with Tom & Peggy Best



Our usual meeting close - Let There Be Peace on Earth in the round

April 11 MEG Report

Eighteen FFOMWV club members gathered on April 11 for a 10 am brunch at Elmer's Restaurant in Albany. Per usual, fellowship and conversation were abundant. The table topic for the day was memories of spring. Most were loving memories of family, friends and times past. One mentioned April showers, spring flowers and the "joys" of a new year of lawn mowing. Elmer's staff are well equipped to efficiently handle large groups. An enjoyable time was had by all.



Leuven Belgium Update

Thank you to all of you who have helped with the planning for our upcoming inbound visit from Leuven, Belgium.

If you plan to participate in the group activities of this journey, you need to sign up. The signup form and payment is **due to** (not in the mail to) Marilyn Peterson or Kathy Butler by May 1.

We anticipate a wonderful week, hoping for sunshine, with our new friends beginning May 18.

Questions or concerns? Please contact Marilyn or Kathy.

We will visit the OSU Food Processing Pilot Plant (beer among the "foods") as part of this



SCHEDULE OF UPCOMING JOURNEYS (Revised April 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 – 8/6	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



Denver Inbound Journey Update - July 31 to August 6

Dennis Murphy and Jim Brabeck Co-Journey Coordinators

Planning is continuing for this Journey. The number of ambassadors has dropped to nine at present time. They will all arrive at the Eugene airport on July 31st and the current plan is to do a carpool pick up and to bring them to Avery Park for a potluck welcome that will be open to the entire club. We will try to get a public official who is willing to stop by and say a few words of welcome.

We now currently have sufficient hosts! Thank you to all who have volunteered! There will be one couple, one single man and 6 single women. In this situation, many of us will be hosting just one person. A benefit to this is that we should be more easily able to trade off on the daily activities if we wish.

The coastal trip will begin on Wednesday morning. We will meet in Newport for the Marine Discovery boat ride out into a peaceful Pacific Ocean with hopefully a few whales to be seen. Hotel reservations have been made for that evening. Thursday will hopefully begin with a program at the Hatfield Marine Science Center. The balance of the time on both days will be open for the ambassadors and their hosts to make their own plans.

Friday will begin at Oregon State University at the Horticulture Farm at 9 AM. At 10 AM we will have a presentation on the hazelnut industry followed by a conversation with members of the OSU Organic Growers Club. It is possible that we may have a meal prepared at the Horticulture Farm.

As soon as we have the names and bio information on our ambassadors, we will start the matching process and if you are interested in participating in this, please let us know.

One area still open in the planning is the farewell day. We would like to have a venue where we are in a private setting where we can enjoy conversations and be able to do farewell presentations. We envision it to be a situation where the food is either catered or well-coordinated but not a potluck. If you have ideas or suggestions, your input would be appreciated. We could do an outdoor activity again, but in this case we feel an indoor air conditioned situation would be better.

Finally, we will need help in planning the small group dinners that will take place on either Tuesday or Friday evening.

Your support is deeply appreciated and your suggestions are always welcome.



Sacramento Mini-Journey Oct 24-27 - Rush to See the Gold Rush

Our club will be travelling by plane, train or car to Sacramento from October 24-27.

FF Sacramento has let us know that they can host up to 14 ambassadors. At this point in time, we have 8 likely ambassadors but would like to have a confirmed 10-12 in order to proceed.

Looking forward, the Sacramento club is anxious to know how we are interested in spending our time with them. Do we want to concentrate on the downtown area or out-lying sights?

The downtown area has Fort Sutter, The State Capitol including the rose garden, Old Town which includes the historic Railroad Museum and the Crocker Art Gallery.

The outlying areas could be Lake Tahoe, The Redwoods or the historical journey of the pioneers by going along Hwy 49 which takes in Placerville, Jackson, Calaveras which includes Angels Camp and Calaveras Big Trees.

Please note that the FFSac does require verification of up to date COVID vaccination including the most recent bi-valent booster for ambassadors and hosts.

If you have interest, please contact Rosie or Jim no later than the end of May. If you have already submitted your application, please let Jim or Rosie know of your preference for a Sacramento area or out-lying attractions journey emphasis.



Board Meetings

The next FFOMWV Board meeting will be on Wednesday, May 10 at 1 pm. All members are welcomed to participate. If interested, send Marilyn Peterson or Russ Karow an email and they will send you the ZOOM link.

April board ZOOM meeting screen shot



Friendship *Extended* - Add Yourself to the List if Interested

At our April 23 general meeting, the creation of a “Friendship Extended” email list was announced. This idea had been discussed and approved by the board as a parallel communication tool for our club. This email list can be used by members who are interested in

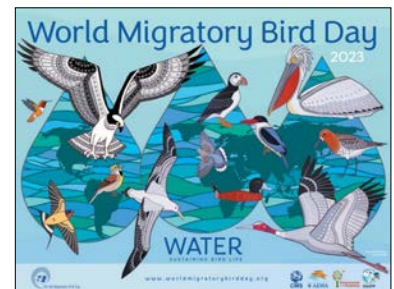
- passing on tickets to an event they can longer attend
- inviting others - on shorter-notice - to an activity (play, sporting event, meal, etc.)
- inviting others – on shorter-notice - to participate in some outdoor activity
- sharing an interesting comment, fascinating picture or humorous item that 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. Send an email to friendshipextended@gmail.com indicating that you want to be added to the list. Russ Karow, Marilyn Peterson and Chris Duval will moderate the list. Our existing email list will be used solely for items that specifically relate to FFOMWV.



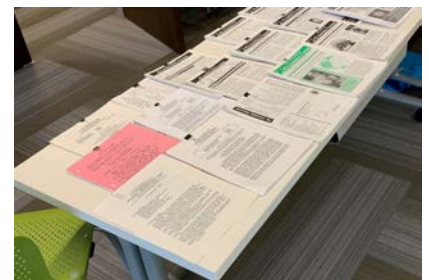
Pun for those with geographic knowledge - I thought I saw an eye-doctor on an Alaskan island, but it turned out to be an optical Aleutian.

World Migratory Bird Day (WMBD) is an annual awareness-raising campaign highlighting the need for the conservation of migratory birds and their habitats. It has a global outreach and is an effective tool to help raise global awareness of the threats faced by migratory birds, their ecological importance, and the need for international cooperation to conserve them. Every year people around the world take action and organize public events such as bird festivals, education programmes, exhibitions and bird-watching excursions to celebrate WMBD. All these activities can also be undertaken at any time on the year because that countries or regions observing the peak of migrations at different times, but the main days for the international celebrations on the second Saturday in May and in October.



Last Ask on Archive Materials

Dennis Murphy and Russ Karow are slowly working our way through old club documents. Our plan is to digitize materials as possible and then dispose of the paper copies. Digitized materials will be “scrubbed” of phone numbers and emails and then posted to our club website. Digitized copies of originals will be stored in our Google drive and at least one hard drive. Old newsletters, board minutes and correspondence have all been digitized. **IF YOU WOULD LIKE THE PAPER COPIES OF THESE MATERIALS AS PERSONAL KEEPSAKES, PLEASE LET RUSS KNOW BY MAY 15. AFTER THAT DATE, MATERIALS WILL BE RECYCLED.** We are working on a plan for ‘high-grading” club scrapbooks through work with OSU interns. Once this work is complete, scrapbooks will be available to anyone who would like them.



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.

Friendship Force Virtual Experience Recordings:

Click on the images or titles below to view recordings of these past Friendship Force Virtual Experiences!



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

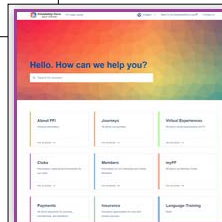
Hosts: Chizuru Marion (FF Dayton), Kitami Shiga (FF Oita), Aki Takahashi (FF Tokyo)

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.



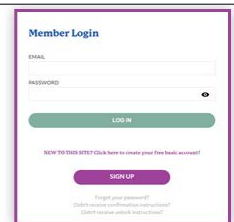
Friendraiser: Help Center

Kerstin Hogen, Member Engagement Specialist & Regional Support Manager at FFI, talks to us about our new Help Center. Kerstin has been the go-to person for most European clubs since 2016. Besides club support, she has worked with Journey Coordinators worldwide to facilitate a smooth Journey process. Kerstin is also part of the FFI Virtual Experiences Team and she has managed the implementation of the new Help Center.



Friendraiser: Recruitment

Allison Lindsey, Vice President of Member Engagement, talks to us through the ins and outs of Club Recruitment. Allison has worked with Friendship Force for nearly twenty years and is a wealth of knowledge. Please access Allison's powerpoint presentation on recruitment by clicking on this link.



Friendraiser: my.friendshipforce.org

Debbie Powell walks us through the members-only site, **my.friendshipforce.org**. Debbie's past roles at FFI include volunteer and club support, the Journey matching process, program development, and planning FF World Conferences. Since the pandemic started, Debbie has been managing our communications and overseeing the development of my.friendshipforce.org.

A Moment in Club History

February 1996

Songs, skits, dances and jokes: Rita Powell is in the process of putting together a selection of songs, dances, skits, jokes, etc., to be presented as entertainment during future FF exchanges. She would appreciate suggestions. Her goal is to have these assembled in time for the next membership meeting. Also, she needs the words (and music, if possible) for four songs: "Here Comes Peter Cottontail Hop-pin' Down the Bunny Trail," "Roll On, Columbia," an easy-to-sing Halloween song, and "Dear Old Dad." "If you want to do some songs I'm not familiar with, that's great - but, it would be very helpful if you could also help lead them." Please send a photo-copy of your suggestions, song titles, lyrics, and the music, etc. to: Rita Powell in Albany.



FRIENDSHIP FORCE OF OREGON'S MID-WILLAMETTE VALLEY

MARCH 8, 2023 ZOOM BOARD 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 February 8th, 2023 Board of Director and February 19th, 2023 General Meeting were emailed and President Sharon asked for approval with one request to remove the exclamation mark in the third paragraph. **Russ moved the minutes are approved with the one change and everyone agreed.**

JC applications were emailed and Marilyn moved, with Chris Duval seconding, the applications approved as submitted. Unanimous approval. Sacramento – Jim and Rosie Brabeck; Denver – Jim Brabeck and Dennis Murphy

The Treasurer's report was emailed to board members. Dennis noted Pringle Creek declined a donation for use of their building. **Marilyn moved that Journey stipend to support hosts be changed from \$35 to \$50 per Ambassador. Motion was seconded by Sharon and after discussion, the motion passed unanimously.**

Journey Coordinator Report by Chris Duval

Belgium, May 18th through the 24th (7 nights) – JC's Marilyn Peterson and Kathy Butler – 14 Ambassadors signed up. Additional dinner hosts and day hosts are needed. Activities are being nailed down and the workshop will be during the April meeting. It was noted the Chintimini Wildlife Center and OSU Wave Research Center each have a limit of 25 participants.

Canada, June 17th through the 29th (12 nights) – JC's Chris Duval and Mary Ellen Lind – 9 applications have been accepted. We are hoping for 10 or 12 Ambassadors to participate.

Denver, end of July 31st to Aug 5th or 6th – 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). 9 of the prospective Ambassadors are single women. If possible, more hosts are needed, and more information will follow.

Sacramento, Oct 24th through 27th – JC's Rosie and Jim Brabeck with assistance from Chris Duval – Train reservations will be made as applications received.

World Conference – Oct 2nd to 5th or 6th. Eleven Club Ambassadors will be attending. Early bird registration ends March 10th. Accommodations are filling up fast per Tom Best.

World Beat Salem – June 24th & June 25th – this venue in Salem advertises Friendship Force in a multi culture two-day event. After much discussion, the consensus was to not participate this year.

Newsletter - Content due to Russ by March 20th. Send information directly to Russ.

Club Archiving - Russ and Dennis are digitizing old newsletter and journey programs.

- Is it ok for tossing the hard copy paper? Dennis recommends they be offered to the membership, then destroyed if no one wants them.
- Digitized file is kept on the Non-Profit Google Shared Drive which allows 4 signers to access.
- 8 scrapbooks (1997 to 2007) could be put into PowerPoint presentations which shows a bit of history and culture of our club. An OSU student intern may be able to be used. Discussion followed. Dennis will look through first to enable better direction should an OSU student intern be used.

Signup sheet for hostess committee was shared partially at the General Meeting. As a club, we need to make sure the signup sheets clearly list what the signup sheet is for plus ensure each member hands the clip board to a live person vs just sitting it down on a seat where it is not fully shared.

Russ noted KLCC can run public service announcements for non-profits who hold events. Russ offered to handle these alerts to the general public.

Tom Best has recommended all clubs review their by-laws plus policies and procedures. Dennis reported the BOD did an informal review of the by-laws during Covid however his recommended the Club focus on the policies and procedures as they seem to be a bit stale. This topic will be taken up later this year.

Russ reviewed a possible opt-in Friendship Force email list creation to be used for Intl Center, sharing of opportunities of tickets, high end lectures (happiness, AI in marine science), small get togethers, etc. Discussion followed with Russ taking the lead on this project.

Sharon brought up the organization of Power of \$100 in Corvallis – As a non-profit, FFI could receive some exposure through this organization. Marilyn reviewed how a "Travelship" as listed in the bylaws works. Marilyn suggested the Club could use funds as some "Travelships" plus paid for advertising to re-boot our memberships such as what Sacramento did. Marilyn will research the Intl FFI grants (how much, what used for, etc.) and further discussion will follow.

The March MEG will be held on March 13th at Delicias Valley Café in Corvallis.

April General Meeting will be a presentation and orientation on the Belgium Journey – April 23rd at 2:00 at Consumer Power Inc, Philomath.

A May MEG will be held with location TBD.

The next General Meeting will be July 16th with a presentation and orientation on the Denver Journey – location TBD.

Submitted by Christine Kastella

Sign up for Leuven, Belgium Activities May 18 – 25

Please return to Marilyn Peterson or Kathy Butler **by May 1. If interested in participating but your form and check may arrive late, please call Marilyn or Kathy at the numbers below.**

Payment must accompany your registration.

Make checks payable to: FFOMWV (Friendship Force of Oregon's Mid-Willamette Valley) and may be mailed to:
FFOMWV, PO Box 1703, Albany, OR 97321

All ambassadors are already counted. Please sign-up hosts and other non-ambassador participants.

Name(s): _____

Number attending:

_____ May 18 arrival day – dinner at Cascade Grill, Albany 3-5PM Dinner for hosts and ambassadors paid – select from the special menu. Beverages on your own tab (Happy Hour).

_____ May 19 OSU Visit: hops field, campus tour, lunch on your own on campus, brew lab tour and visit to Wave Research Lab (note: there is a limit of 25 persons for the Wave Research Lab)

Vehicle information for OSU parking permits:

Make: _____

Year: _____

License plate: _____

Color: _____

_____ May 19 Dinner at Vinwood Taphouse in Philomath on your own

_____ May 22 Chintimini Wildlife Center, Left Coast Cellars (lunch, tour, wine tasting)
(note: there is a limit of 25 persons for Chintimini)

Cost per host: \$50 x _____ = _____

Cost per non-host : \$65 x _____ = _____

_____ May 24 Thyme Garden (dinner, garden visit, Farewell Party)

Cost per host: \$41 x _____ = _____

Cost per non-host : \$51 x _____ = _____

Total amount enclosed: _____

Marilyn Peterson

Kathy Butler

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 re-new 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 - 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.

