

# Friendship Connections

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

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## CALENDAR

- Aug 31, 3 pm** - FFOMWV Board ZOOM meeting (p 4)  
**Sept 6, 4 pm** - MEG 1847 Bar & Grill Lebanon (p 2)  
**Sept 8, 7 pm** - Moonfall Theatre event for FFOMWV (p 4)  
**Sept 17, 2 pm** - general club meeting, Albany (p 1)  
**Sept 19, 4 pm** - Australian food fund raiser at the Powells (p 9)  
**Oct 2 - 6** - FFI World Conference in Croatia  
**Oct 23- 27** - Mini-outbound to Sacramento (p 7)  
**Nov 4, 4 pm** - Journey Coordinator Training at the Powells (p 3)  
**Nov 19, 2 pm** - FFOMWV Annual Mtg, Salem Main Library (p 3)  
**Oct 2024** - North American FFI Conference In Wisconsin

**WE NEED CLUB OFFICERS FOR 2024. SEE PAGE 3 FOR OUR ANNUAL MEETING ANNOUNCEMENT AND OFFICER NEEDS.**

## September 17 Club Meeting, 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. In addition to general club business, we will have a presentation on our recent journey from Denver and a conversation about how we recruit and better "on-board" new members to the club. 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.

**WE WILL HAVE ICE CREAM BARS AND CONES  
AT THIS MEETING - NO NEED TO BRING FOOD**



*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](mailto:FFOMWV@gmail.com) or PO Box 1703, Albany, Oregon 97321*

## President's Message

There's something about September that motivates action: schools back in session, fall leaves and planting spring bulbs, and travel during cooler weather. For our club, the board and I are taking stock of what process we have in place, or need to create, to welcome new members and to also appreciate established members. This topic will be focused upon during our September 17th meeting as we all will be encouraged to participate in our club's growth and on-going member satisfaction. And, let's just say that Ice Cream treats will be available to enjoy, so I hope you'll all plan to come.

The Canada/USA Conference is still in the planning stage by FFI staff. The dates are set: October 7, 8, 9, 2024, in Milwaukee Wisconsin. Pre and post tours are also being worked on. More updates as they are available.

The World Conference in Dubrovnik has received enthusiasm: over 300 people are now registered to attend!

Tom Best conveyed that there are Special Journeys in the pipeline: One will feature a location for viewing the 2024 Solar Eclipse, and another Journey will be themed on the history of the Underground Railroad.

Individual Journeys were tested out this past year, "with a few glitches," according to Tom. Changes in procedures to eliminate some assumptions and misconceptions that occurred during this program's roll out are being determined.

In closing, I want to emphasize my appreciation to all the board members for their willingness and commitment to participate in two ZOOM meetings this month to address the issues noted in my opening paragraph.

May we all have a colorful and crisp Fall and I'll see you all at the September General Meeting!

## MEG - Sept 6, 4 pm - 1847 Bar & Grill, Lebanon

Our next MEG (Meet, Eat and Get Acquainted) meeting particulars:

**WHEN:** Wednesday, Sept 6, 4 pm

**WHERE:** 1847 Bar & Grill, inside the Best Western at 505 Mullins Dr, Lebanon OR

**WHAT:** happy hour and/or early dinner; DIY tours of the adjacent Japanese gardens; usual outstanding conversation

**HOW:** If you know you will attend this meeting for sure, please RSVP to either Gail or Carolyn as they will confer with restaurant staff on setup. If your plans are still fluid, feel free to stop by if you are able. There will be room.

Carolyn Powers and Gail Wolcott  
Your MEG coordinators



## **Journey Coordinator Training - November 4, 4pm**

In response to interest from members and the need for more trained Journey Coordinators, we will be holding a training for Journey Coordinators on November 4, at 4pm at the Powells'. We hope to have information both from our FFI World Conference as well as our Sacramento Mini-Journey, to share with participants.

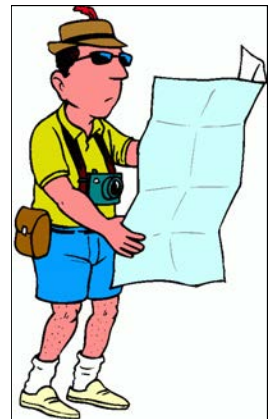
If you are interested in being trained to serve as a Journey Coordinator, either as a Host Coordinator for inbound journeys or an Ambassador Coordinator for outbound journeys, please put this date and time on your calendars. Please also RSVP to Chris Duval via email so that she can make logistical plans.

The need for Journey Coordinators is integral to our club, providing leadership and management of the journey process. In order to plan future journeys, we must have Journey Coordinators assigned far in advance. Serving in this capacity is an excellent way to get to know other FFOMWV members and have a say in what we do on our journeys. We typically assign one seasoned JC to a journey, along with one less experienced or new JC. This provides all the support needed for those trying this for the first time. We hope to have a large cadre of JCs ready to take on our future journeys by providing this training.

Ted and Rita have graciously offered to serve dinner following the training on November 4. Please consider participating in this Journey Coordinator training event - we promise to make it fun and rewarding.

*Chris Duval*  
Journey Organizer

How does this work?  
We're going where!?



## **November 19, 2 pm - Annual Meeting - 2024 Officers Needed!**

Our annual meeting will be held on Sunday, November 19 at Salem Main Library - 585 Liberty St SE, Salem, OR 97301. The meeting will begin at 2 pm. In addition to general club business, we will be holding our annual election for club officers for 2024. President Harr will shortly appoint a nominating committee to seek officers for the coming year. Treasurer Dennis Murphy has indicated he is willing to serve another year. Secretary Chris Kastella has asked to be replaced as she will be in Arizona for winter months. President and Vice-President positions are also open at this time. If you have any interest and ability to serve in the open positions, please contact any Board member. The Board operates as a fully supportive team which makes all positions quite doable, even for those with limited or no experience. We need people to step up and help lead our organization.

A-M members are asked to bring a snack to share. All are asked to bring their own beverage.



## Moonfall Theatre - Fri Sept 8, 7 pm

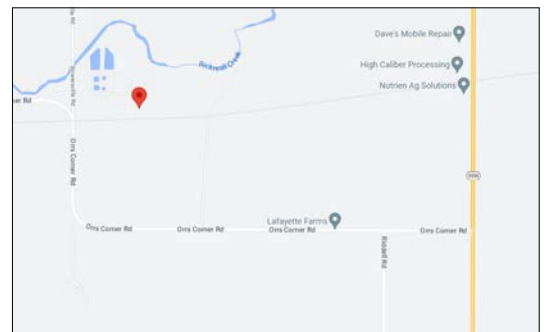
### It Is Not Too Late to Buy Your Tickets & Invite Your Friends

Moonfall Theatre is a fund-raising event for FFOMWV. The Cox's create the show, host it in their home theater and manage the event. All you need to do is come:

- The action starts at 7 pm. We get ourselves seated at 7:20 pm. The show begins at 7:30 pm!
- Buy tickets! We have 50 seats to fill. Tickets are \$20 apiece. We pay a "house" fee and for kitchen help. All other funds go to our club for inbound and outbound journeys and other expenses.
- Plan to bring friends. You may sell tickets/seats to others as well. Tickets must be reserved and *paid for in advance by check* (made out to FFOMWV), if at all possible. We will check people in at the door. Tickets will not be mailed to you. Russ Karow is coordinating reservations. Contact him to reserve your seats; mailing address for checks - Corvallis, OR 97333) We have 21 seats still available!
- Volunteers for the evening:
  - Ticket collector - Chris Duval has agreed to service in this role the night of the event.
  - All attendees, please bring finger desserts for the intermission (~8:15 pm). These must be ready to serve. Cut as needed. Bring items with tooth picks if you like. Plan to bring enough to serve 8-10 people. Paper plates and napkins will be provided.
  - Anyone able to bring table decorations? We need two rectangle tablecloths and whatever other creative additions you choose. Let Russ know if you have interest.
  - Ted Powell has agreed to be our bartender for the evening. Drinks are by donation - you set the price. This is another part of our fund raising for the evening.



*Moonfall Theatre* is located at 11140 Orrs Corner Road, Rickreall, OR, 97371. Orrs Corner Road is a west turn off of Highway 99W just south of Rickreall.



## Board Meetings

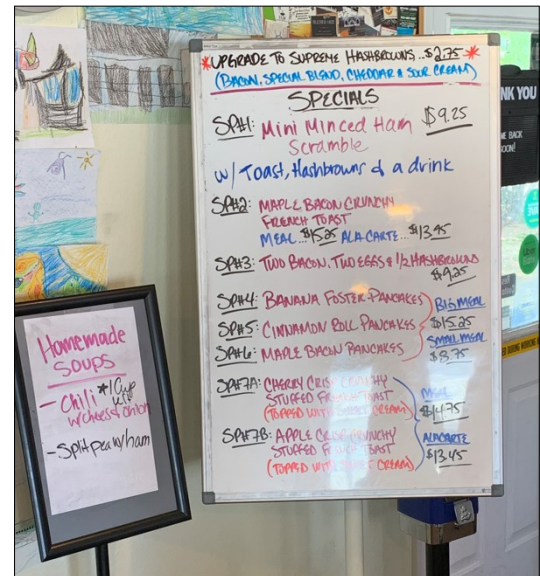
The next FFOMWV Board meeting will be on Thursday, Aug 31 at 3 pm - a different date and time due to schedule conflicts. All members are welcomed to participate. If interested, send Marilyn Peterson or Russ Karow an email and they will send you the ZOOM link.

Board ZOOM meeting screen shot





## August 10 MEG Report



Our August MEG was held at Starduster Café in Independence. The Café is small, out-of-the-way place located in the midst of Independence airport. Nearby houses have hangers as garages and can taxi their small planes to the airport! Fifteen club members attended and sampled breakfast and lunch. Conversations were wide-ranging and lively. Out thanks to Carolyn and Gail for organizing.



## SCHEDULE OF UPCOMING JOURNEYS (Revised Aug 2023)

### 2023

October 2-6	FFI WORLD CONFERENCE: Dubrovnik, Croatia, with pre- and post-excursions
October 23-27	OUTBOUND DOMESTIC: 4-day Mini-journey to Sacramento, #23574; Ambassador JC's: Rosie Brabeck and Jim Brabeck

### 2024

Not Scheduled Yet	INTERNATIONAL INBOUND OR OUTBOUND: To Be Determined
Not Scheduled Yet	INBOUND DOMESTIC: Inbound from Charlotte, North Carolina, (Tommie Craig) #21116. Need Host JCs
Not Scheduled Yet	INBOUND DOMESTIC: 4 day Mini-Journey from Sacramento; Need Host JCs
Not Scheduled Yet	OUTBOUND DOMESTIC: Outbound to Cedar Rapids-Iowa City; Need Ambassador JCs



## FFI Virtual Experiences

FFI virtual offerings are mostly book clubs and language learning classes these days, but a number of exceptional virtual recordings are also available. To see a listing, visit this website in your FFI portal - <https://blog.friendshipforce.org/virtual-experiences/> Recordings are at the bottom of the page.

**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), 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.



**Fundraiser Kick-Off Message**

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



## Sacramento Here We Come - October 23 - 27

We are still on for a mini-journey to Sacramento at the end of October of 2023. Ambassadors should plan to arrive mid-day on Oct 23 so that they can get settled and get to know their hosts.

Sacramento has capacity to host 12 ambassadors and we only have 7 signed up from our club. We are extending the sign up date **AND will be opening up the journey to other clubs**. If there is anyone else that would like to make this journey, please submit your application and \$25 fee to Rosie or Jim Brabeck ASAP. Our mailing address is 470 NW Conifer Blvd, Corvallis, OR 9733

***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.***

Please contact Rosie or Jim if you have questions - contact information is on page 12.



## A Moment in Club History - January 2001



### ***Food...***

*Food is an important part of any exchange, as shown by these photos with Russian guests (left), Japanese guests (below right), and Lloyd Weigel enjoying something unusual but very tasty, in Xalapa, Veracruz, Mexico.*



## Denver Journey Summary - July 31 to August 6, 2023

The visit by ten members of the Friendship Force of Greater Denver is over. From start to finish they were the most gregarious, friendly, engaged, enthusiastic, and appreciative group of visiting ambassadors that I have ever experienced. They brought with them a spirit of friendship that was overwhelmingly inspiring, and so deeply appreciated by our own members.

Jim Brabeck and I spent many hours of talking and planning for their visit. We struggled in areas where we just weren't sure of what to do, or even more importantly how to do it. It was on those occasions that 24 other members of our club and a good club friend, Sally Shaw, stepped forward to help. Early in the planning Ted and Rita Powell had Mary Ellen and I along with Jim and Rosie over to their home for an initial planning meeting, advice, and a wonderful dinner. Gail Wolcott, Marla Karow, and Eileen Minette did a wonderful job in matching our ambassadors and hosts along with spectacular planning and adjustments to both the hosting and small group dinner arrangements when surprise events required quick changes. Carolyn Powers and Suzanne Strite volunteered to create unique Welcome bags for each of the ambassadors. Marilyn Peterson, once again provided a beautiful and professional welcome booklet for the ambassadors.



The welcome picnic on Monday evening was organized by Mary Ellen Lind, Gail, and Jim. Russ Karow was busy during the picnic taking pictures of our hosts and ambassadors, that he then printed and put into beautiful cards given to the ambassadors and hosts at the Farewell dinner. Many of our hosts and members brought additional foods and snacks to be shared as did other members who wanted to give a warm welcome to our guests. Sally Shaw, in addition to picking up ambassadors at the Eugene Airport, also provided table cloths for the picnic tables and was kind enough to take the group picture for all of us! Look closely at the group picture and you will see two long term former members that we hope will rejoin, Ken and Peggy Hoecker. Also present was a long -term friend of Mary Ellen and Dennis, Bill Pintard of Albany. Let's not forget to express our appreciation to the hosts that drove to the Eugene Airport to pick up our ambassadors. Thank you, Jim, Arnie and Mary Abrams, Marilyn Peterson, Kathy Butler, and Don and Maxine Prickel. Mary Ellen and I, along with Chris Kastella and the Karows, greeted our hosts when our drivers brought them to our homes prior to the picnic.

Tuesday was a free day for the ambassadors and hosts to get to know each other better. Time was spent at the local wineries, museums, and parks in the area. The day finished with two small group dinners that ended up being large group dinners. Thank you, John and Gail Wolcott and thank you Russ and Marla Karrow for your amazing efforts to provide wonderful dinners for both hosts and ambassadors.

Wednesday and Thursday were spent on the Oregon Coast beginning with a boat ride on Marine Discovery Tours. It was a beautiful day, but we soon discovered why the Newport locals have named the month of August, Fogest. As soon as we crossed the bar into the Pacific Ocean, the fog was thick. We turned around and followed the river almost up to Toledo. A good time was had by all and the sun and fresh air enlivened all of us. A lunch was had at the Rogue Tavern on the Bay front. We had our own room and the service was amazingly well done. Thank you, Jim for making those arrangements. The rest of the day was free until 7PM when we all met at Suzanne Strite's beach house for an Ice Cream Social. What a beautiful view of the bay we had. What a beautiful evening of friendship. Thank you, Suzanne! Thursday morning began with an exciting and fascinatingly interesting class on animal adaptations at the Hatfield Marine Science Center. The balance of the day, our 6 hosts of the ambassadors took them to our favorite beach locations.



Friday began in Corvallis with a presentation by Shawn Mehlenbacher, an OSU specialist on hazelnuts. Arranged by Russ Karow, this presentation gave both hosts and ambassadors a fascinating insight into the

(continued on page 9)



complexities and challenges of being a player in the worldwide hazelnut business as Oregon is. This was followed by a presentation of the Organic Gardens by the Organic Growers Club. The balance of the day was left free for the ambassadors and their hosts until the evening presentation of Shakespeare's "Much Ado About Nothing" on the Quad at Oregon State University.

Saturday was a free day until the Farewell Dinner at the Walnut Community Room. This special dinner was successful due to the energy and spirit of friendship of our members. Juanita Weigel was absolutely amazing in preparing not just the main dish of pulled pork, but an amazing assortment of additional supplies for refreshments and tablecloths. John and Ruth Wyse brought an assortment of beautiful flowers for all of the tables. Jim Brabeck brought a fabulous chocolate cake, and many of our hosts brought along with their ambassadors' additional foods and treats for all who were present. Sharon Harr assisted in both the welcoming and Farewell parties along with Peter Harr, who I might always think of as the cloves man in the future. Let's not forget Arnie Abrams who was the star of the party early on as he shared his knowledge of the variety of Oregon wines that were offered to our guests to taste and compare. After much laughter, good food, fantastic dessert, and a bit of wine, we joined hands in a circle and sang the Peace Song, the song of Friendship.



I tried in this article to mention all of the wonderful people who participated in making this journey a good one for ambassadors and hosts. Jim and I express our most sincere appreciation to every single person, member or not, that made the effort to help in anyway possible to make our friends from Denver feel welcome and appreciated.

Pictures of the journey can be seen on the following Dropbox site: <https://www.dropbox.com/sh/ah9m8u6kngog9ro/AACXAnNDZzdMioYR7pfoiiUla?dl=0>

## **AUSTRALIAN PUB FOOD FUNDRAISER AT POWELL'S**

**TUESDAY, SEPTEMBER 19**

**4:00 – 7:00 PM**

**PROCEEDS TO GO TO GRACE CENTER**

Alrighty, Mates, here's an opportunity for some of ya's to tuck into a delicious Australian Pub meal of meat pasties and veggies prepared by our generous hosts

Ted & Rita Powell.

Dallas, OR 97338

Space is limited to 16 people and tickets are \$25.00 per person (it's a fundraiser, eh?)

Make checks payable to FFOMWV and send to Sharon Harr -Corvallis OR 97330.

All proceeds will go to Grace Adult Day Care Center in Corvallis.



[This Photo](#) by Unknown Author

**FRIENDSHIP FORCE OREGON'S MID-WILLAMETTE VALLEY  
ZOOM BOARD MEETING  
July 12, 2023**

Present: **Sharon Harr** -Presidents; **Chris Kastella** – Secretary; **Kathy Butler** – outgoing Vice President; **Marilyn Peterson** – Member At Large; **Russ Karow** – Communications; **Chris Duval** – JC.

Minutes of June 9<sup>th</sup> were reviewed which Chris Duval moved and Marilyn Peterson seconded to approve the minutes as emailed - **motion passed unanimously**

The Treasurer's report was emailed to board members by Dennis Murphy **and the report was accepted unanimously.**

Journey Report –

Denver, July 31<sup>st</sup> to 6<sup>th</sup> – JC's Dennis Murphy and Jim Brabeck. Workshop will be held at the July 16<sup>th</sup> general meeting

World Conference – Oct 2<sup>nd</sup> to 5<sup>th</sup> or 6<sup>th</sup> – Eleven Club Ambassadors attending.

Sacramento, Oct 24<sup>th</sup> through 27<sup>th</sup> – JC's Rosie and Jim Brabeck – Can host up to 14 people. Current interest is 6 to 8 members. Will possibly open journey up to other FFI club's after the July general meeting.

Outbound 2024 – Cedar Rapids, IA

Inbound 2024 – Charlotte, NC; Sacramento, CA

Will need to get a JC workshop together to educate prospective JC's – ChrisD will be available sometime in Sept.

Newsletter – Communications

Content due to Russ K no later than July 25<sup>th</sup>. Send information directly to Russ.

Archiving –

Slow progress – Per Russ K old newsletters gone, continuing to work on uploading to web.

General Discussion - all

Agenda for General Meeting

Belgium presentation

2024 Journey's

Workshop Denver

Sharon offered a possible speaker from Albany High School (Caroline Gao, from The World in Us organization) – Kathy B will check out.

The next General Meeting will be July 16<sup>th</sup> at the Mennonite Village in Albany at 2:00.

No plan for an August general meeting due to Denver journey.

MEG – TBD

Next BOD meeting – August 9, 2023.

Meeting adjourned at 1:45 pm.

Submitted,

Christine Kastella, 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 is \$40.00 per person, though the club may consider changing the dues amount at the annual meeting in November.

**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: (\$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 Wolcott Carolyn Powers
Membership	The Brabecks
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**

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.

