

# Friendship Connections

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

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## CALENDAR

**Oct 2 - 6** - FFI World Conference in Croatia

**Oct 20, 4 pm** - FFOMWV Board ZOOM meeting (p 2)

**Oct 23- 27** - Mini-outbound to Sacramento (p 3)

**Nov 4, 4 pm** - Journey Coordinator Training at the Powell's (p 3)

**Nov 19, 2 pm** - FFOMWV Annual Mtg, Salem Main Library (p 1)

**Oct 2024** - North American FFI Conference In Wisconsin

Given journey activities in October, there will be no October club meeting nor MEG. Note the November club meeting below and a TBD MEG.

## November 19, 2 pm - Annual Meeting

Our annual meeting will be held on Sunday, November 19 in the Anderson Room of the 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. Thanks to these club members who have agreed to serve in 2024 - President, Sharon Harr; Co-Vice President's, Jim and Rosie Brabeck; Treasurer, Dennis Murphy; Secretary, Kathy Butler with assistant Suzanne Strite. We will also resume our conversation about recruiting and on-boarding new members. Please think about ways in which we may be able to recruit new members. We need a Welcoming Committee chair person and people to serve in this committee.

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



*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

This is an active time for many of our members who are traveling. Some to the World Conference in Croatia, and some, later in the month, to Sacramento. I wish them all interesting, enjoyable and healthy journeys.

Because of the travel activity this month, Gail Wolcott and I determined that there will not be a MEG this month. And, a reminder: there will not be a General Meeting in October.

However, we'll be busy again in November and December. At the November 19th meeting, we will vote on the slate of candidates for board positions: President, Sharon Harr; Co-Vice President's, Jim and Rosie Brabeck; Treasurer, Dennis Murphy; Secretary, Kathy Butler with assistant Suzanne Strite. The location of the November meeting will be the Salem Public Library.

We'll also resume our conversation for on-boarding new members and our search for a Welcome Committee Coordinator. Please feel inspired and welcomed to take on the role.

And there's more: I invite members to participate in Friendship Shared opportunities in December and January. These may have any theme, be in our homes or any chosen venue. All activities will support our club fundraising efforts to beef up our Journey funds account. If you don't know what "Friendship Shared" is, we'll explain more at the November meeting. Ted and Rita Powell held an Australian dinner Friendship Shared event at their house in September.

Happy Fall to All!

In Friendship - Sharon

## International Coffee Day - October 1

International Coffee Day is an occasion that is used to promote and celebrate coffee as a beverage, with events now occurring in places around the world. The first official date was 3 October 2015, as agreed by then International Coffee Organization and was launched in Milan. This day is also used to promote fair trade coffee and to raise awareness for the plight of the coffee growers. On this day, many businesses offer free or discounted cups of coffee.

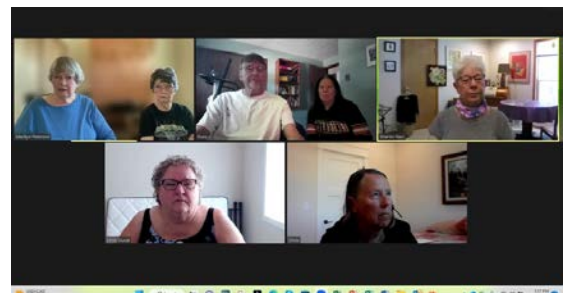
Many countries around the world celebrate their own national coffee days at various dates throughout the year. In March 2014, the Member States of the ICO (International Coffee Organization) agreed to organize International Coffee Day on 1 October to create a single day of celebration for coffee lovers around the world.



## Board Meetings

The date for the next FFOMWV Board meeting is Friday, October 20 at 4 pm. All meetings are held by ZOOM. All current and perspective 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



## **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

Ted & Rita Powell live in Dallas, Oregon



## **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 have opened this 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

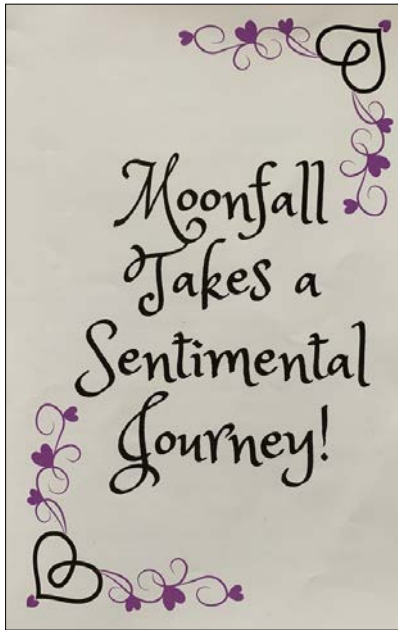
***Please note that the FFSac does require verification of up to date COVID vaccination including the most recent bi-valent booster for ambassadors and hosts.***

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





## Moonfall Theatre A Resounding Success



Our Moonfall Theatre evening was a great success. This is a fundraising event hosted by the Moonfall cast and crew for non-profits like ours. Our host Marlene Cox is shown below. She is also a performer. Their performance was outstanding. Our thanks to club members for organizing the event - especially to Ted Powell for serving as beverage and food tender - and to all who brought wonderful snacks. We raised \$680 in ticket sales, \$80 in donations and \$87 donations for drinks. Facility use cost was \$150. Thanks all!





## September 6 MEG Report



Who's driving home?



Our September MEG was held on Sept 6 at the 1847 Bar & Grill in Lebanon. A number of club members arrived before the restaurant opened and had a chance to walk the lovely Japanese Gardens associated with the facility. The food and drink was excellent, our waiter exceptional and conversation, per usual, wide-ranging and lively. Our thanks to Carolyn and Gail for organizing.



## Some Photos From a FFI World Conference Pre-conference Tour



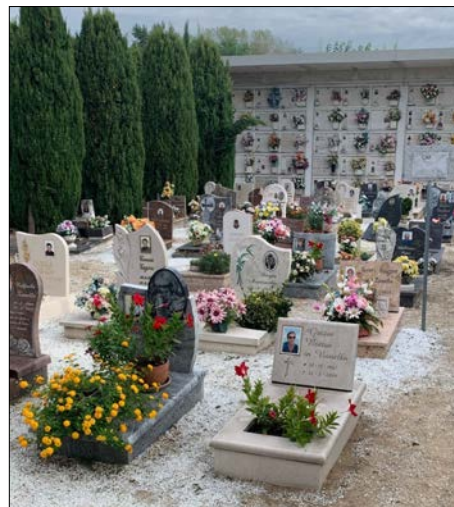
Dennis, Mary Ellen , Russ and Marla spent a few days together touring in Rome



Preconference tour in Venice - "What canal are we on?"



Morning market in Venice - vegetables, flowers, fish and more - at right a raw meat appetizer called a carpaccio



In Italy, you can only keep an above-ground grave site for 10 - 30 years, unless you are famous. Then you go to a columbarium vault or to a common "bone" grave.

Eleven club members are headed to the FFI World Conference in Croatia with preconference tours also scheduled. These are a few photos from preconference tours.

## SCHEDULE OF UPCOMING JOURNEYS (Revised Sept 2023)

2023

- |               |   |
|---------------|---|
| 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

- |                 |  |
|-----------------|--|
| May 31 – June 5 | INTERNATIONAL INBOUND: Tokyo, Japan, #24086 (Yukie Tsutsumi); need host JCs                          |
| April TBD       | INBOUND DOMESTIC: Inbound from Charlotte, North Carolina, #24137 (Dorothy Tremble); need host JCs    |
| August TBD      | INBOUND DOMESTIC: 4 day Mini-Journey from Sacramento, #24170 (Charlene Taylor); need host JCs        |
| Sept-Oct TBD    | OUTBOUND DOMESTIC: Outbound to Cedar Rapids-Iowa City, #24164 (Patricia Potter); 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 the "Virtual Experience" website within your MyFFI webpage. Recordings are at the bottom of the page.

The book cover for "The Wind Knows My Name" by Isabel Allende features a profile of a young girl with dark hair in a braid, wearing a blue flower in her hair. The background is a mix of green and pink.

### FFI Book Club: "The wind knows my name" by Isabel Allende

October 24, 2023 2:00 pm Eastern Standard Time [CONVERT TIME](#)

[ZONE](#)

**Host:** Kerstin Hogan, FFI Staff

Join us to discuss Isabel Allende's latest novel "The wind knows my name". This powerful and moving novel weaves together past and present, tracing the ripple effects of war and immigration on one child in Europe in 1938 and another in the United States in 2019.

Read more about the book [here](#).

[REGISTER](#)





## **Friendship CONNECTIONS**

**The Friendship Force of Oregon's Mid-Willamette Valley  
Club of the Year—2000**

**February 2005**

### **Our annual auction is just around the corner**

Sunday, February 13, at 3 p.m., is the date of our monthly meeting, and the program is OUR ANNUAL AUCTION. The event will take place at First Christian Church, Fifth and Ferry Sts. SW, Albany. We will have some items in the silent auction section and some in the oral auction. It is a lot of fun! Plan to bring to bring some thing(s) that someone will buy, and take home something you would love to own.

The proceeds from the auction benefit our club projects, and by voting proportionately, you can be part of the decision as to which of those projects will be supported.



*Judy Fisk promoting  
an item at last year's  
auction!*

Please bring delicious delectibles for the gourmet delights, hearty hors d'oeuvres, fruit or a few sweets. Coffee, tea and punch will be provided.

To make the auction process as expeditious as possible, please have prepared two bid forms for each item. Bid forms were distributed at the January gathering, have been mailed to all members, and will be available at the door.

Popular items auctioned are things that you give of yourself, for instance: hosting a lunch or brunch or dinner—your favorite craft—a trip to our famous bridges or another of your favorites—a service you might provide that you enjoy doing (raking leaves, washing windows, dog or cat sitting).

Please come prepared to pay by check, preferably, or by cash if check is not convenient.

When you arrive, while folks are checking in with their items, we will enjoy a social time catching up with friends with a cup of something you might like to drink.

We are pleased to announce that our auctioneer will again be JUDY FISK, who has a knack for making things exciting and fun.

Questions? Please call Don and Betty Rea, 928-2648

### **Friendship Force of Nagasaki to host Albany Peace Seeker delegates**

John and Kathy Griffiths developed a strong relationship with their FF guests when the Nagasaki FF Club visited us in May 2000. So strong, that Kathy, who chairs the peace delegation to Nagasaki, was able to obtain an invitation from the Nagasaki FF Club to host the delegates.

The purpose of the Peace Seeker delegation is to be in solidarity with the citizens of Nagasaki as they remember and observe the dropping of the atomic bomb on their city 60 years ago on August 9. Ridding the world of the possibility of another nuclear attack and the proliferation of nuclear weapons is the theme of an essay contest, sponsored by the planners in the Albany high schools.

Two high school students, a teacher and a trip leader (Matt Friesen) will be provided transportation to Nagasaki by Albany donors. It is also possible for others to be a part of the delegation and to contribute by contacting Kathy Griffiths, 541-967-1941 or Don and Betty Rea 541-928-2648.

At its December meeting our FF board approved a motion to support the Peace Seekers, and has appointed Kathy Butler to be on the Nagasaki Delegation Steering Committee as a liaison. Gloria Olson, Barb Callner and others have come forward to help. As Gloria says, "I believe this project is a very important and practical way we demonstrate our FF mission, 'peace through friendship,' as we join with our Nagasaki friends in an effort that is of vital importance to them."

## **OUR FEBRUARY GATHERING**

**Sunday, February 13—3 P.M.**

**will be our Annual Auction  
See the story above for details**



**FRIENDSHIP FORCE OREGON'S MID-WILLAMETTE VALLEY  
ZOOM BOARD MEETING  
August 9th, 2023**

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

Minutes of June 12<sup>th</sup> had been emailed to board members by Chris Kastella and Russ Karow moved and Marilyn Peterson seconded to approve the minutes as emailed - **motion passed unanimously**.

The Treasurer's report had been emailed to board members by Dennis Murphy. **The report was accepted unanimously however a couple of questions were asked regarding process for hosting expenses. Sharon Harr will ask Dennis to send an email specifying what is needed for reimbursement. It was noted the \$100 legal fee shown on the Aug report was for \$50 for registering the club with the State of OR and \$50 for filing the amendment to the Articles passed in 2021.**

Journey Report –

Denver, July 31<sup>st</sup> to 6<sup>th</sup> – successful, final report still under development.

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 7 members. Journey will be open journey to other FFI club's.

Outbound 2024 – Cedar Rapids, IA

Inbound 2024 – Charlotte, NC; Sacramento, CA

JC workshop scheduled – Nov 4<sup>th</sup>, 4 pm Powell home.

Newsletter – content due to Russ Karow directly no later than Aug 28<sup>th</sup>.

Archiving – slow progress – Russ Karow reports having to scrub personal info before placing on the FFIOregon website, the process is slow. Discussion followed regarding who updates FFIOregon website, what info is included, how often is it reviewed, do members use it, etc.

General Discussion - all

Possibility of having a table at Corvallis/Albany Farmers Market

How the club welcomes members (new member packet, Navigators – someone who greets them, sits with them and transitions them to being a club member, Marilyn will find out how and who receives the info from FFI Intl website, Russ Karow is acting webmaster for our club Weebly site, meeting set to discuss On-Boarding Process, Aug 23<sup>rd</sup>, 3:00 via Zoom).

Agenda for General Meeting – Ice Cream Social, Wrap Up Denver

The next General Meeting will be September 17<sup>th</sup> at the Mennonite Village in Albany at 2:00.

MEG – September 6<sup>th</sup> at 4:00 at 1847 (on the patio in the Best Western Motel), 505 Mullins, Lebanon

Next BOD meeting – September 13<sup>th</sup> 2023.

Meeting adjourned at 2:29 pm.

Submitted,

Christine Kastella, Secretary

**FRIENDSHIP FORCE OREGON'S MID-WILLAMETTE VALLEY  
ZOOM BOARD MEETING  
August 31st, 2023**

Present: **Sharon Harr** - President; **Dennis Murphy** – Treasurer; **Chris Kastella** – Secretary; **Kathy Butler** – outgoing Vice President; **Marilyn Peterson** – Member At Large; **Chris Duval** – Journey Organizer.

Updated minutes of August 9<sup>th</sup> meeting will be emailed to board members by Chris Kastella. It was determined our by-laws allow approval of the minutes via email.

The Treasurer's report had been emailed to board members by Dennis Murphy. **The report was accepted unanimously with a review of debits showing on the report. Dennis noted the organization is spending more than it is bring in and therefore the spend rate is unsustainable. Discussion followed on how to increase funding. Marilyn gave a history of some of the past activities which had occurred (One World hosting, small dinner events, auction). More discussion to follow in Jan 2024.**

Discussion was held regarding the club Board of Director open positions for the 2024 year. Open positions include – Secretary, Journey Organizer, Welcome Coordinator and Webmaster. Chris Kastella is willing to do either the Secretary role with the understanding she will NOT be in attendance at the annual meeting or the Webmaster role. ChrisK will reach out to some members as possible secretary.

Journey Report –

- 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 7 members. Journey will be open journey to other FFI club's.
- Outbound 2024 – Cedar Rapids, IA
- Inbound 2024 – Charlotte, NC; Sacramento, CA, Tokyo
- JC workshop scheduled – Nov 4<sup>th</sup>, 4 pm Powell home.

Newsletter – Communications

- Content due to Russ Karow no later than Sept 28<sup>th</sup>.
- Our club website has been updated with more to follow. Check it out!

General Discussion - all

Agenda for General Meeting – Ice Cream Social, Wrap Up Denver, New Role/Review – Welcome Coordinator and Webmaster. Marilyn and Sharon will work on a presentation and finding a screen. The General Meeting will be September 17<sup>th</sup> at the Mennonite Village in Albany at 2:00.

MEG – September 6<sup>th</sup> at 4:00 at 1847 (on the patio in the Best Western Motel), 505 Mullins, Lebanon

Next BOD meeting – November 8<sup>th</sup>, 2023.

Meeting adjourned at 4:05 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

## **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.

