

Friendship Connections

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

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CALENDAR

Nov 9, noon - MEG at Khalo Naser in Corvallis (p4)

TBD - Journey Coordinator Training (p 3)

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

Oct 7-10, 2024 - North American FFI Conference In Wisconsin
dates subject to hotel final confirmation



Sunday Nov 19

World Toilet Day is an official United Nations international observance day to inspire action to tackle the global sanitation crisis. Worldwide, 4.2 billion people live without "safely managed sanitation."

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. Per our bylaws, 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 Presidents, 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, have a short pictorial presentation on Croatia and the FFI World Conference recently held there, pass a sheet seeking tentative home hosts for planned incoming 2024 journeys, and talk about other leadership needs in our club. Please give thought to recruitment ideas and to the leadership role you are willing to play to support our club.

No need to bring food - seasonal desserts will be provided by your board - please do bring your favorite 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 or PO Box 1703, Albany, Oregon 97321

President's Message

Warm Autumn Greetings!

Now begins the season of indoor activity. With not much more to add at this time, I want to encourage each of you to don your creative hats for thinking of creative ways to offer Friendship Shared activities. These may be in your home, a bowling alley, a rainy umbrella stroll together, a cooking class...let your imagination loose on this! These will be fun-fundraisers and we can bring ideas to the conversation at the November 19th general meeting in Salem. See you all there!

Formal Notice of 2024 Office Slate

Per our club bylaws, we must give members formal notice of the officer slate to be voted on at the upcoming annual meeting. This is that notice:

- President, Sharon Harr
- Co-Vice Presidents, Jim and Rosie Brabeck
- Treasurer, Dennis Murphy
- Secretary, Kathy Butler with assistant Suzanne Strite

Please plan to attend the Nov 19 annual meeting (see page 1) to thank these club members for stepping up to provide the leadership needed to keep us moving ahead in our friendship building activities!

Incoming Journey Home Host "Tentative" Signups

One of the most nerve-racking parts of a journey coordinators (JC) job is to find home hosts for incoming travelers. The number of home hosts sets the size of the incoming journeys we can organize. To ease this job component for JCs just a bit, we will ask club members to make tentative commitments to host incoming journey guests in 2024. We will pass a clip board at the Nov 19 general meeting on which you can sign up or send an email to President Harr indicating your availability. We do not have final dates for our 2024 journeys but do have the "ball park" dates shown below. ***Please make home hosting a component of your plans for 2024.*** And yes, we do know that plans change but are asking people to make a tentative commitment at this time to allow for more informed planning.

- May 31 – June 5 - international inbound from Tokyo
- Late April - domestic inbound from Charlotte, NC
- Aug or later - domestic four-day mini-journey from Sacramento, CA



Board Meetings

The date for the next FFOMWV Board meeting is Wednesday, November 8 at 1 pm. All meetings are held by ZOOM. All current and perspective club members are welcomed to participate. If interested, send Russ Karow or Marilyn Peterson an email and one of them will send you the ZOOM link.

Board ZOOM meeting screen shot



Journey Coordinator Training - Date TBD
But we need to know you are interested!

Chris Duval, Marilyn Peterson, Ted Powell, and Rita Powell, will be providing Journey Coordinator training in the near future for those interested. *We previously had set the date of November 4 for the training, but we have had to cancel that date due to a conflict.* So we plan to get participants signed up and then set the date, based on when the participants can attend.

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 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 be able to assign JCs for all 2024 journeys within the next several months.

If you would like to learn more about being a Journey Coordinator, please contact Chris Duval to be placed on the participant list. This does not commit you to serving as a JC, so please come if you just have interest in the process. We promise to make it fun and educating. We hope to provide training that helps each potential JC feel confident about serving in this team leadership position.

As soon as possible, please RSVP to Chris Duval via email so that we can move forward on scheduling this training. If you have any questions, please give Chris a call. Thanks!



And Directly Related - Journey Organizer Recruitment

The board of FFOMWV is seeking a volunteer to fill the appointed post of Journey Organizer effective immediately. For a number of years, Chris Duval has filled this position and she will be retiring from the duties as soon as a volunteer is identified to take on the position. Chris has agreed to provide training for the new Journey Organizer.



The duties include: completing the forms required by FFI on an annual basis to report our club's capacity to host and our interest in where to travel for future years; managing our club's schedule of incoming and outgoing journeys; communicating with other clubs to which we are matched in order to set dates for upcoming journeys; recruiting Journey Coordinators to serve for each upcoming journey; and providing updated journey schedules for publication in the monthly newsletter.

This position is essential for journey operations of our club. If this volunteer opportunity appeals to you, please contact President Sharon Harr.

SCHEDULE OF UPCOMING JOURNEYS (Revised Oct 2023)

PLEASE NOTE – JOURNEY COORDINATORS MUST BE IDENTIFIED BEFORE 2024 JOURNEYS CAN BE CONFIRMED WITH FFI. WE NEED JOURNEY COORDINATORS! PLEASE SEE THE ARTICLE ON PAGE 3 ABOUT JOURNEY COORDINATOR TRAINING.

2024

May 31 – June 5	INTERNATIONAL INBOUND: Tokyo, Japan, #24086 (Yukie Tsutsumi); Need Host JCs
Late April TBD	INBOUND DOMESTIC: Inbound from Charlotte, North Carolina, #24137 (Gloria Clackum); Need Host JCs
August TBD	INBOUND DOMESTIC: 4 day Mini-Journey from Sacramento, #24170 (Linda Basuki); Need Host JCs
Aug 23-Sept 1	FFI Festival at Sea: Holland America cruise from Athens to Rome
Late Sept or early Oct TBD	OUTBOUND DOMESTIC: Outbound to Cedar Rapids-Iowa City, #24164 (Judy Frascht-Miner); Need Ambassador JCs
October 7-10 (TB finalized)	North American-Canada Conference: Milwaukee, Wisconsin



Our Next Meg - Nov 9, noon - Khalo Naser, Corvallis

Carolyn Powers and Cail Wolcott, our Meet, Eat and Get Acquainted (MEG) coordinators, have found a new restaurant for our next MEG

Date & Time - Thursday November 9, 12 noon

Location: Khalo Naser Syrian Cuisine & Lounge, 115 NW Jackson Ave, Corvallis OR

Khalo Naser is a newer restaurant in Corvallis, the past location of Roadhouse 101 then the Beerhaus Tap. If you like Middle Eastern food, you will enjoy Khalo Naser.

If you know you will attend, to assist in planning, please let Gail or Carolyn know. But also feel free to just stop by if Nov 9 takes you that way.

Gail Wolcott

Carolyn Powers



A Moment in Club History - 1996 Incoming Journey Workshop

Workshop for Hosts

New Zealand Exchange

7 p.m. Thursday, June 20:

United Presbyterian Church of Albany, 330 Fifth Ave. S.W.

Refreshments: The Pavlova, New Zealand's National Dessert

**Betty and Don Rea, exchange directors
Roy Sefton, workshop chair**

To suggest discussion topics, phone Roy:

All hosts must attend; all others are encouraged to attend

The count is up: Mid-Willamette FF will host 20 Ambassadors from Napier, New Zealand. They will arrive July 1 and depart on July 8. Hosting our guests will be Nita and Allen Campbell, Jan and Bun Doerfler, Dorothy Garrett, Margaret Hiatt, Charley and Rich Holmes, Inga and Erik Kristensen, Rita and Ted Powell, Gladys Preston, Gail and Elroy Schoppa, Mary Jo and Roy Sefton, and directors for the exchange, Betty and Don Rea.

Non-hosts are invited to take part by serving as day-hosts, or even as dinner-hosts. Or, contact a host directly and ask to get acquainted with their guest or guests. Or - extend an invitation to take in one of the many Fourth of July events being celebrated in Oregon the first week of July.

Everyone is invited to join hosts and guests at scheduled group events below. Plan to register at the general membership meeting on Monday, June 10 or call Betty or Don Rea, 1-541-928-2648:

- 2:45 p.m., Monday, July 1: Welcome - Eugene Airport, Joan Knapp, host.
- 12:30 p.m., Wednesday, July 3: Picnic (and hike?) at Silver Falls State Park near Silverton. Donna and Dick Young, hosts.
- All-day, Friday, July 5: Trip to Sisters/High Desert Museum at Bend. Jim Tolbert hosting. Leave the Albany K-Mart at 7:30 a.m., return by 6 p.m. The bus is full but alternates can sign up June 10 or call the Reas. (Bus fare, \$13; museum fee, \$5.75. Lunch on your own.)
- 5 p.m. Sunday, July 7: Celebration Party and potluck dinner at Riverside Community Hall on Riverside Drive, Albany. Dining, singing, dancing, and skits. Janet Harpole and Rita Powell hosting. Those who haven't signed up, please do so! The Reas say a generous amount of food will be needed.

(To share your news, ideas, or requests, give information to newsletter coordinators Jo or Leon Widmer by the 20th of the month. Information (preferably typewritten) can be left with Leon at Tripp & Tripp Realty, Second and Ellsworth in downtown Albany.)

**FRIENDSHIP FORCE OREGON'S MID-WILLAMETTE VALLEY
ZOOM BOARD MEETING - REVISED MINUTES
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 9th meeting will be remailed 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 in very good financial condition in both the general account and the journey account. He stated that while at this time there was no urgency, the long term outlays were not sustainable without additional sources of income. He gave a couple of examples and said that in January he hoped to provide a more detailed budget report showing this information. 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 2nd to 5th or 6th – Eleven Club Ambassadors attending.

Sacramento, Oct 24th through 27th – 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 4th, 4 pm Powell home.

Newsletter – Communications

Content due to Russ Karow no later than Sept 28th.

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 17th at the Mennonite Village in Albany at 2:00.

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

Next BOD meeting – November 8th, 2023.

Meeting adjourned at 4:05 pm.

Submitted,

Christine Kastella, Secretary

Marilyn Peterson saw this article and thought it may be of interest to some. As we get older and more set in our ways, we all perhaps become more introverted.

The Introvert's Guide to Traveling With Others By [Amanda Wowk](#)

October 11, 2023

It's true: Introverts recharge with alone time, but that doesn't mean we solely—or even primarily—want to travel solo. Many of us **prefer** the company of a travel buddy or two on a trip. But constant togetherness can deplete our energy levels, leaving us feeling drained—or worse, not up for the day's plans. So, when traveling with others, it's important to strike the right balance between social and solo time in order to have the energy for all the items on your carefully crafted itinerary. Here are five tips that can help:

1. Be intentional about who you travel with

As an introvert, you know the situations that most commonly drain your energy. And while you can't necessarily control who's invited on a group trip, you can probably choose who you spend the most time with—e.g., who you share a room with, sit next to on your flights, and so on.

If you're planning a trip with just one other person, you're going to have a lot of one-on-one time. Whether you've known your travel companion for a few months or your entire life, your introversion will inevitably kick in—meaning you're bound to need some down time at some point. Being intentional about who you spend your time with can help protect your energy over the course of the trip.

Related reading: [Intentional Travel: Benefits and Tips for Planning a More Mindful Trip](#)

2. Pack solo activity essentials

Knowing that you're going to need some downtime on a trip, bring the essentials that will help you feel rejuvenated—whether that's a book or headphones for the plane, workout gear so you can head to the gym or out for a run at your destination, or something else.

Adding these items to your packing list can help you feel prepared—and serve as a reminder—to carve out a little solo time when you're on the go.

3. Plan group activities that help you feel energized

Your turn to pick an activity for you and your travel buddy? Planning the itinerary for the group? You want to be mindful of everyone's preferences (walking tours or museums? Morning yoga or brunch—or both?), but be sure to weave in some activities that suit you as an introvert, too.

For example, you might find planning a group workout class gives you the energy you need to tune into yourself while spending time with others. Likewise, a group jaunt to a museum or a bike tour through the city could be the antidote to feeling a little talked out—but still wanting to be part of the fun.

Suggesting activities that everyone will enjoy—but will also give you an introvert break (more on what this is, below)—can help you feel fulfilled and engaged with the group.

Tip: Coordinate plans with your travel buddies in Triplt. You can easily share your travel plans with the group so everyone knows what's next on the itinerary. <[Learn how](#)>

4. Take introvert breaks

This has been the key to every successful group trip I've taken: taking an introvert break. That means taking some time for yourself to recharge—alone and away from your travel buddy or group.

This can look like: taking a morning walk to get coffee on your own; going for a run/to the gym solo; taking a nap (this is a vacation after all); or, if you need an extended break, planning a solo adventure for part of the day, and meeting up with the others later when you're feeling re-energized.

5. Communicate

When it comes to planning and taking a group trip—whether you're an introvert or not—**communication is key**. Let your travel companions know you're likely to need a break from time to time, and that you'll be back to your social self after you recharge with some alone time.

I find that the more you communicate about being an introvert—and what your needs are, especially when you travel with others—the more people understand that your need for alone time is about you, **not** them.

Talking about needing a break also creates a safe space for fellow introverts to advocate for their own needs—something they may not have previously felt empowered to do.



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

- \$40 if paid by December 31, 2023
- \$45 January 1 through June 30, 2024
- After June 30, rate will be increased to reflect 2025 FFI

New members who join after August 1st but before December 31st of a given year will pay at the current rate and their dues will be extended through December 31 of the following year.

This is a NEW _____ or a RENEWAL _____ Application

Name: _____

Name: _____

Address: _____

City: _____ State _____ ZIP _____

Dues enclosed: (\$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

2024 Journey Coordinators - TBD

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.

