



friendship force
OREGON'S
MID-WILLAMETTE VALLEY

Friendship Connections

The Friendship Force of Oregon's Mid-Willamette Valley March 2020

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Dasmesh Darbar Sikh Temple, Salem Oregon

March 15th General Meeting - Sikh Temple Salem

On Feb 27, Juanita Weigel and I visited the Dasmesh Darbar Sikh Temple at 860 Oakhill AV SE Salem, not far off Commercial. FFOMWV will hold its March general meeting at the Temple Sunday March 15 at 2:30 PM. We spoke with Vic, his Americanized name, about who we are and why we would come to their sanctuary. Vic said that we are welcome to attend their service which starts at 10 AM and runs until about 2 PM when they have a communal vegetarian meal, or just come a little early and peek in. Their meal will be done at about 2:30, we can have our meeting and a representative from the Temple will be our featured speaker. Vic said Sikh people believe in same rank for all, hard work and sharing food with the community. Usually they sit on the floor but have cushion blocks for those with problems getting up or down. Sikhs do not allow tobacco, drugs, alcohol, meat and such in the Temple and they will furnish hair coverings for all of us. Shoes stay out in the lobby. Sikhs are usually misunderstood in the US, our presence will help erase some of the misunderstanding, it could be they would also have a glimpse into Friendship Force as well. I am looking forward to this new experience and what positives it can bring, join us for sure!

Two program changes: meeting starts at **2:30** at the Sikh Temple, 860 Oakhill AV Salem. Please do not bring our regular snacks as the Sikh community will provide food.

We look forward to seeing you there - Ted Powell and Juanita Weigel

Host Coordinators Needed

We are in desperate need of host coordinators for our inbound Denver journey (July 13-18), as well as our inbound North Bay, Ontario, Canada journey (September 8-15). Plans must be made for activities during these two journeys. Planning efforts by these groups are already underway, so we need to get busy on our end of the planning process.

The role of the host coordinators is to set a schedule of activities for the journey, recruit home hosts, day hosts, and small group dinner hosts, and to communicate with the Ambassador Coordinators to organize the journey. We like to appoint two coordinators for each journey in order to provide support to the leadership. If you have never been a journey coordinator before, step up. We offer training and support. If you have experience in journey coordination, we need you!

Contact Chris Duval for more details. Thanks in advance for your consideration.

Calendar of Event

- Mar 11
Board meeting, Albany Library, 1 pm
All are invited to attend
- Mar 15
Monthly general meeting will be at Salem
Sikh Temple - see article for details, 2:30 pm
- March 19
MEG - 11:30 am, 1847 Bar & Grill, 505 Mullins
Drive, Lebanon, Oregon
- April 19
Monthly meeting at Albany Library - Alisha
Saduova, OSU Community Liaison and Pro
gram Assistant, Int'l Cultural Service Program
will be our speaker
- May 21-23
Super Regional Conference (Western
States) Portland
- June 2-8
Inbound-Tokyo, Japan (#20317)
Host JC's: Marilyn Peterson & Eileen Minette
- June 20-27
Outbound-Manitoba, Canada (#20151)
Ambassador JC's: Chris Duval & Mary Ellen
Lind
- July 13-18
Inbound-Denver, Colorado (#20403)
We need host journey coordinators
- Sept 8-15
Inbound-North Bay, Ontario Canada
(#20326) - We need host journey coordinators

President's Message

Friends,

Hope all is going well this February for everyone and that you have been signing up for the friendship shared events with Chris Duval. These are fun ways to get to know your fellow club members in a social setting while contributing to a worthwhile cause. All the monies raised go to a charity.

Always check our newsletter for our outbound and inbound journeys. If you are unable to go on an outbound journey, become involved in the planning of an incoming journey. *We need hosts!* Or serve as an overnight or day host, if you are unsure about hosting over night. You miss out on a lot if you do not get involved and meet our guests or help with planning. You might be surprised to learn that there are many interesting things to do and see close to home. Get involved! Contact Chris Duval immediately if you are able to serve as a journey coordinator.

I'll see you at the March general meeting when we will learn about the culture of the Sikh people who live in the Salem area.

Juanita Weigel
President



Sixth Annual "Varieties of Travel" Program - March 21

A morning program packed with travel tales, many by FFI members, will be held in Dayton Saturday morning, March 21.

It is the sixth annual "Varieties of Travel" program, organized by local FFI members John Francis and Caye Poe. The program will feature a new speaker every 15 minutes from 9 am to noon. Several speakers will be FFI members including Juanita Wiegel on her trip to Cambodia and Vietnam.

There will be a lot of door prizes, many of which have been donated by FFI members from their various trips.

The program is free. Location: Dayton Community Center 604 4th St., Dayton 97114

www.daytonoregon.org/travelexpo

Information: John Francis



New Members Don & Maxine Prickel

Don and I moved to Oregon in 1980, first stop in Eugene. Don originally came from Ohio, and I am a native-born Los Angeleno. We have a son and daughter, actually my step-son and step-daughter, and seven grandchildren, ages 16-22, all here in Oregon.

We are both retired educators. Our early professional careers began in Southern California and continued when we moved to Oregon. Don retired from OSU where he was teaching and coordinating a Master's program in Adult Education. Before that he was a di-

rector of a Head-Injury rehab clinic in Eugene. My teaching field was first in elementary school and then adult education where I taught ESOL (English to Speakers of Other Languages) and managed the ESOL program at Lane Community College in Eugene.

In addition to classroom teaching, we both were Professional Development trainers for teachers in adult education programs. These gigs continued after we retired and no longer had "day jobs". This career brought opportunities for travel. Under contracts with the Oregon Department of Education, we were each contracted to train teachers in Oregon, Washington, Idaho and Nevada. Other jobs took either Don or me across the United States and internationally. The most interesting teaching assignments we had were training English teachers in Indonesia, Yemen, and Mexico. In Mexico, we had in a long – term summer teacher training program in Guadalajara over a five-year period, and other shorter stints in other locations in Mexico. One year, Don was hired as a visiting Professor for the University de Los Americas (La UDLA) in Cholula, Mexico. I got to go as "excess" baggage.

Within the years of training and travel above, Don and a colleague from OSU started an enterprise of training adult education teachers using white-water rafting as a metaphor for teaching and learning. They published 6 training manuals and offered summer training programs for community college educators on the Deschutes River. He'll be happy to tell you all about it.

Travel and engagement with people of other cultures has always been our delight. It has worked very well to weave our love of travel and peoples of the world with our teaching careers. We have been motivated to inspire our grandkids to become travelers and engage with the richness of other cultures. We've been to Belize with three of the grandkids after they graduated from high school, and are planning a trip with three others next year as they graduate, destination not yet confirmed. Our oldest grandson, now at OSU, traveled with us to Ethiopia in October as part of a Corvallis Sister Cities project. Corvallis has a Sister City in Gondar, Ethiopia. Don and I have been members of the CSCA-Gondar since 2005. This has inspired our grandson to talk about his post college years to perhaps include the Peace Corp.

Friendship Force seems to be a natural fit for us. We look forward to joining in some of the connections with people that Friendship Force offers.



2020 JOURNEY NEWS

Tokyo, Japan to Oregon's Mid-Willamette Valley - June 2-8

Thank you to everyone who has volunteered to host for the upcoming Journey from Tokyo. Matching is underway. We would like a few more day hosts to volunteer. About 2 or 3 more dinner hosts would be most welcome. There are 15 guests planning to visit Sacramento and then fly to PDX to visit us. Eileen Minette and Marilyn Peterson will meet the ambassadors at PDX. We will use Groome Shuttle for transportation to Salem and Albany.

Our current plans include a visit to the medical university in Lebanon, the state Capitol, the Rose Festival Parade and a farewell celebration at the Thyme Garden. Volunteers, questions or suggestions? Please send them to either Marilyn or Eileen.

Journey to Winnipeg, Manitoba - June 20-27

Friendship Force of Oregon's Mid-Willamette Valley is planning an outbound journey to Manitoba, Canada, from June 20-27, 2020. The Manitoba club is located in Winnipeg, the capitol city of Manitoba, Canada. The city has a population of over 705 thousand, but Jean Hyrich, our Host Coordinator, claims it has a "small town" feel. Some of the activities that may be included are a visit to the Canadian Museum for Human Rights; spending time at the Assiniboine Park, zoo (conservation center for polar bears) and exquisite gardens; and touring the French Quarter -- seeing the historical settlement of the French and possibly indulging in French culinary delights. We may also spend time outside of the city where we can enjoy the beauty of many lakes, countryside areas, and agricultural areas. Then there will be open time to spend with hosts and families for small group activity choices.

The cost of this journey will be \$425, plus your airfare or other transport costs to and from Winnipeg. We checked airfares and found a reasonable option for approximately \$500 round trip.

To find out more about applying to be an ambassador on this journey, please contact Chris Duval or Mary Ellen Lind. We hope to have everyone's applications in early March.

Journey Coordinators Needed for Other 2020 Journeys

July 13-18
Inbound-Denver, Colorado (#20403)

Sept 8-15
Inbound-North Bay, Ontario Canada (#20326)

Please contact either Chris Duval or Juanita Weigel for more information about being a coordinator. Training is available and being a co-coordinator is a great way to learn the process.



Tokyo Imperial Palace



Winnipeg City Center



The February 13th MEG lunch at Little Morocco Café in Corvallis was a great success

1847 Bar & Grill

Your Tradition is Our Inspiration

Inspired by tradition, 1847 Bar & Grill is named in honor of the year Lebanon was founded. Passionate about our heritage and providing an exceptional dining experience, guests enjoy Pacific NW ingredients in a welcoming and beautiful setting. Whether satisfying a craving, hanging with friends, indulging in comfort or relishing a special moment, the experience at 1847 Bar & Grill will surely satisfy. 1847 Bar & Grill is located on the lobby level of Best Western PREMIER Boulder Falls Inn in Lebanon.

<https://www.boulderfallsinn.com/1847-restaurant>

MEG Lunches - Meet, Eat, and Get Acquainted

MEG lunches are an opportunity for you to acquaint yourself with fellow club members in an informal setting. Please feel free to join the group for any or all. Please do RSVP so that reservations can be made.

Thursday, March 19th, 11:30 am

1847 Bar & Grill

505 Mullins Drive, Lebanon, Oregon

Thursday, April 16th, 11:30 am

Long Timber Brewing Company

180 N. 5th Street, Monroe, Oregon

Thursday, May 21st, 11:30

Cascade Grill

110 Opal Court, SE Albany, Oregon

Questions and RSVP to Sharon Harr.



Membership Application or Renewal

Annual dues cover the cost of the monthly newsletter and expenses for exchanges and activities of the Friendship Force of Oregon's Mid-Willamette Valley, as well as membership in Friendship Force International, which provides discounted prices on exchange travel and other benefits. Memberships expire on December 31, 2020.

Annual dues: Individual: \$35.00 (Please print clearly)

This is a NEW _____ or a RENEWAL _____ Application

Name: _____

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Dues enclosed: (\$35.00 individual) \$_____

Phone: _____ Cell: _____

Email: _____

Mail To: Friendship Force, PO Box 1703, Albany, OR 97321



WESTERN REGIONAL SUPER CONFERENCE BY CHRIS DUVAL

Our next regional conference will be held on May 21-23, 2020, at the Shiloh Inn Portland Airport, 11707 NE Airport Way, Portland, OR 97220. For hotel reservations, call the Shiloh at 503-252-7500, and mention FFI for special rate. If you are interested in carpooling to the conference or interested in arranging for a hotel roommate, please contact Chris Duval.

Regional conferences are held every other year. The theme of this year's conference is "Embracing Diversity Through Friendship Force". Conferences are a great way to meet other FFI members from our western regions, and to increase your knowledge of FFI's mission and activities. Registration fee, if paid by February 15, is \$150. The fee increases to \$175 if paid between February 6 and April 15. There is an additional charge of \$55 for the gala dinner, which is always entertaining and fun.

Registration forms were sent out to all FFOMWV members recently by Marilyn Peterson. If you need another form, please contact Chris Duval. Hope to see lots of you there!

FONCET at our February Meeting - By Ted Powell

We all love coming to meetings for the renewal of conversations, information and always the treats. Our February meeting had a real shine with the folks of FONCET telling us of their passion to save, preserve and give sanctuary ongoing in an area of southwest Mexico. FONCET improves the life of people living in the bio-reserve by improving farm yields in the boundaries of their present farms avoiding slash and burning new plots yearly. Children are taught how special their homelands are and therefore how special they are protecting land and the place they live in. Women have been allowed more time for other projects as FONCET has provided wells that are convenient and clean water does not need to be boiled, a danger to lively children. FONCET rangers have organized local communities to aid in wildfire fighting and monitoring of wildlife. The project has grown. The low overhead organization is getting together an endowment that will insure a continuance for this effort that receives very little government funding. Yep, if you want to get a cloud forest protected, do it yourself, and they have. When Tuxtla Gutierrez FF came to us 1st September, Mavi and Enrique were Rita and my Ambassadors, Mavi one of the pillars of FONCET for twenty years. Ana is the current Managing Director and presented the video and picture presentation of the undertaking. Tim was introduced as the Chair of the US funding 501C3 charity that take tax deductible contributions as the job of saving one of the last cloud forest areas in the world is the job of the world and not just the people of Chiapas. These are the people with passion for this must do mission and people that I feel very privileged to now know as friends, one of those Friendship Force things that happen. Wow!

Want to know more or to support?

El Triunfo Conservation Foundation, 280 Woodside Dr. ,Woodside CA 94062

cycadtim@gmail.com

650-888-3591



Juanita Weigel, Ted Powell, Mavi Vazquez, Ana Valerie Mandri Rohen, Tim Gregory and Enrique Vazquez (L to R)

Friendship Shared Events

In Sue Stein's absence, Chris Duval is managing Friendship Shared Events. Members are encouraged to agree to host events by contacting Chris with your ideas.

St. Patrick's Day Dinner - hosted by Dennis and Mary Ellen, March 17. This event is full.

Three-Course Progressive Salmon Dinner - hosted by Kathy Butler, Marilyn Peterson, and Kay Macpherson, February 28. This event is full.

I Wish Novak's Was Open Hungarian Dinner - hosted by Rita and Ted Powell, April 4 - 4:30 happy hour , 5:30 dinner.

HERE ARE 16 SEATS AVAILABLE AT \$25 PER PERSON.

The dinner includes - appetizers, Hungarian cucumber salad, Hungarian cabbage rolls, - nokideli noodles, chicken paprikash, Hungarian dessert, beer, wine and non-alcoholic beverages.

Contact Chris Duval to reserve a seat!

Once you have signed up, send your check to Van, made out to FFOMWV.

We need more events! So get planning and let Chris know when you come up with plans. FFOMWV members will thank you, as well as the charities to which these funds will be donated.

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.

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.



Saint Patrick's Day, feast day (March 17) of St. Patrick, patron saint of Ireland. Born in Roman Britain in the late 4th century, he was kidnapped at the age of 16 and taken to Ireland as a slave. He escaped but returned about 432 to convert the Irish to Christianity. By the time of his death on March 17, 461, he had established monasteries, churches, and schools. Many legends grew

up around him—for example, that he drove the snakes out of Ireland and used the shamrock to explain the Trinity. Ireland came to celebrate his day with religious services and feasts.
(<https://www.britannica.com/topic/Saint-Patricks-Day>)



FFOMWV Board Minutes

November 17, 2019

Present: Pat Byers, Chris Duval, Peter Harr, Sharon Harr, Mary Ellen Lind, Eileen Minette, Dennis Murphy.

Absent: Van Nichols, Rita Powell, Ted Powell, Marilyn Peterson, Gail Wolcott, John Wolcott.

Guest: Juanita Weigel.

President Chris Duval called the meeting to order at 3:41 p.m.

Review and Approval of Minutes: June Minutes were approved as presented. (Pat/Eileen) **MSP**

Treasurer's Report: Checking Account reconciled. Ending balance: \$4,385.38. CD Value: \$5,151.68. Membership renewals are going on.

Journey Treasurer's Report: \$465 extra from Tuxtla Journey.

Journey Coordinator Reports: ([Journeys in date order](#))

2019 Tuxtla, Mexico Inbound – Sept. 23-28 – JCs Rita Powell & Juanita Weigel

2019 New Zealand Outbound – Oct. 10 – 27. Marilyn Peterson & Chris Duval.

2020 Schedule

May 17-21: Inbound Pre-Super Regional Conference Mini-Journey, need JCs;

May 21-23: FFI Regional Super Conference, Portland

June 2-8: Inbound Tokyo, Japan – JC Apps from Marilyn Peterson and Eileen Minette

June 20-27: Outbound Manitoba, Canada, need JCs;

September 8-15: Inbound from North Bay, Ontario, Canada, need JCs;

September 27-Oct 12: FFI Festival at Sea

TBD: Inbound from Denver, Colorado

2021 Schedule

Jan/Feb: Possibility of Hosting an Open World Delegation

August: Inbound from Ft. Worth, Texas

Discussion: In lieu of the number of Journeys scheduled for 2020, "Shall we decide not to hold a pre-super conference Journey." (Eileen/Mary Ellen) **MSP**. Chris will send an email to Judy.

JC Applications from Marilyn Peterson & Eileen Minette for Tokyo Journey, June 2-8 accepted.
(Sharon/Peter) **MSP**.

Committee Chairperson Reports

Internet Communication – no report

Newsletter – Need a new editor - Mary Ellen Lind

Old Business: Incoming Treasurer, Dennis, requested authorization to purchase Quickbook software for use in 2020 books for club. He noted that the purchase will include transfer of license to succeeding Treasurer. Motion made, to add "not to exceed \$200." (Eileen/Pat) **MSP**

New Business

March 1 – World Friendship Day

Upcoming Meetings

No December Board Meeting

December 22, 2pm, FFOMWV End of Year Gathering at Powell's

Adjourn: 4:07 p.m.

Respectfully submitted

Sharon Harr

Corrected and approved 02/11/20 Board meeting.

Your 2020 Leadership Team

Elected Officers

President	Juanita Weigel
Vice-President	Ted Powell
Secretary/ Internet Communications	Marilyn Peterson
Treasurer	Dennis Murphy
Past President	Chris Duval

Activity Leads

Friendship Shared/ Sunshine News	Sue Stein
Journey Organizer	Chris Duval
MEG	Sharron Harr
Membership	Eileen Minette
Navigators	Barb Callner
Newsletter Editor/Archives	Russ Karow

Inbound Journey Coordinators

June 2 - 8, 2020, Tokyo, Japan – Eileen Minette and Marilyn Peterson

July 13 - 18, 2020 Denver, Colorado - volunteers needed

September 8 -15, North Bay, Ontario, Canada – volunteers needed

August 2021 – Ft Worth, Texas - volunteers needed

Outbound Journey Coordinators

June 20 - 27 – Manitoba, Canada – Chris Duval and Mary Ellen Lind

TBD 2021 Edmonton, Canada - volunteers needed

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