

# Friendship Connections

The Friendship Force of Oregon's Mid-Willamette Valley May 2021

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## CALENDAR

- May 12 - board meeting, 1 pm Zoom (p 2)  
 May 13 - MEG writing workshop, 1 pm Zoom (p 5)  
 May 16 - general meeting, 2 pm Zoom (p 1)



See pages 4 & 13 for  
"the rest of the story"

## May 16 General Meeting via Zoom - Barb Callner



Start mixing those 'mojitos' (or not), and mark your calendars for our next Friendship Force Gathering via Zoom on May 16 at 2:00. Following the business meeting, club members who traveled to Cuba in November 2004 will share highlights of this amazing Humanitarian Aid Exchange.

As always these days, the zoom link for this gathering will be sent several days before the meeting date.



*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](mailto:fforegon@comcast.net) or PO Box 1703, Albany, Oregon 97321*

## **Vice President's Message - Kathy Butler**

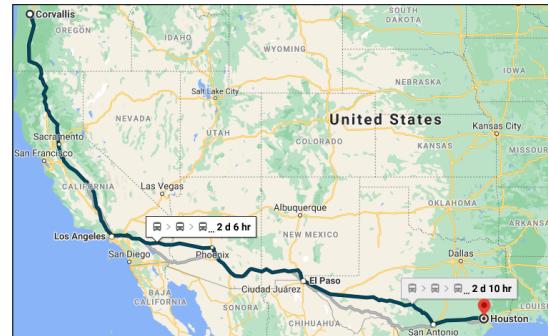
Since Dennis is still on his "journey" back from Texas, it falls to the current vice president to say a few words about what's going on in our club.

I hope you all have seen Marilyn's request for pictures from those of you who went to Cuba on our club's journey back in 2004. Marilyn will put those together for a PowerPoint program for our May meeting. Dennis had the idea for this, because he was curious about that particular exchange. And as we know, often our programs for meetings have been reports about recent journeys. Since Covid has made recent journeys impossible, we can go back to some our earlier days. These should be fun for the people who took part and enjoyable for those who didn't go on them. So keep thinking about journeys you might like to reprise. It may be that this will become a frequent type of program for us, or at least until we can travel again.

Enjoy the weather - whatever it is - and remember to join us on Zoom on May 16 at 2:00.

## **Dennis' Journey - Russ Karow**

As some of you may know, our President Dennis has had an atrial fibrillation problem (AFib) for many years. It has never stopped him from travel, bike riding, or other enjoyments in life, but it has been annoying. He has tried various AFib treatments at local hospitals and an assortment of medications, but nothing has solved the problem. He identified a surgeon in Texas who does a specialized treatment process (Wolf Mini Maze) and felt it might be appropriate for him to try. The procedure went as planned but there was another medical complication. Dennis is on the road to recovery and will know in a month or so whether the procedure was successful. It seems so at this time, but his heart is still in recovery mode. Mary Ellen and Dennis are train-travel enthusiasts and took the train to Texas. Mary Ellen flew back. Dennis is returning by train. It would be instructive for us all to sometime have them tell our group about the ins and outs of train travel in the US. I encourage all to send healing thoughts to Dennis and Mary Ellen. She will soon be scheduled for work on a shoulder. The joys of getting older.

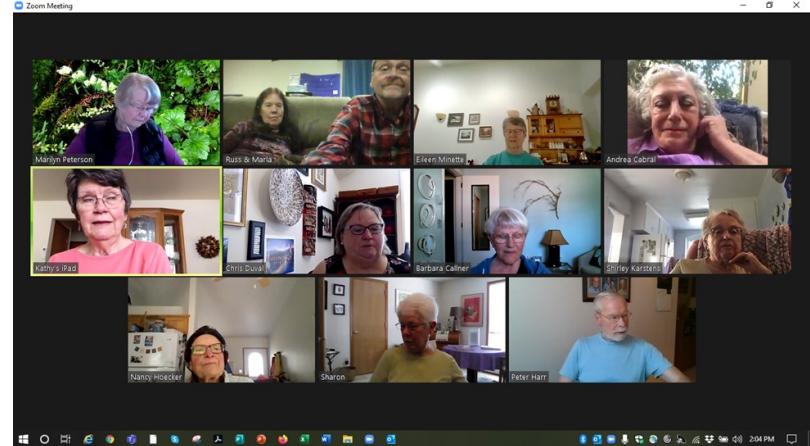
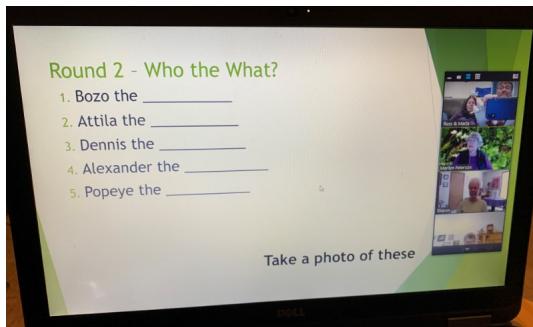


## **May Board Meeting May 12 at 1:00pm Via Zoom**

Members are always welcome to attend board meetings and to participate in discussions regarding club business. If you would like to attend, please let Marilyn Peterson know. She will send you the Zoom link to the meeting.

## April 18 General Meeting

Our April 18 Zoom general meeting included a bit of business and then to a trivia contest. Three teams - the RAMS, 4GS and Wanderers faced off in eight rounds of competition answering 46 who, what, when and where type questions. Round 2 questions are shown below. The winning team was able to answer all but one question correctly. Games master Sharon decided she will need to ramp up the difficulty level when we next "trivia" again. Breakout rooms were used with each small group of 3-4 players. Breakout rooms are a great way to spend time with Friendship Force colleagues and catch up on life.



## My FFI

As we have said before, Friendship Force International (FFI) now has two websites. One is a general site that provides information for those who are interested in learning about FFI and the other is a members only portal. Once we are operational again in terms of taking journeys, the members portal will be the site through which you will transact journey business. Each person will have their own member identification number and all the records that you will have with FFI will be associated with your ID number.

How do you set up an account if you do not have one? Go to your favorite web browser (it is easiest to use a computer versus a phone or tablet/iPad) and type <https://my.friendshipforce.org> into the search bar. Click on the purple "Sign Up" box. Enter your name, club from the select list (Friendship Force of Oregon's Mid-Willamette Valley) and your email. Two people cannot sign up under a single email. If you routinely share an email with a partner, in this instance you will need to create a standalone account. This can be easily done by creating an email account within Gmail.

Your My FFI membership will show as 'pending' until our club administrators (Dennis or Kathy) certify your membership. You will receive an email through which you can confirm your signup. Look in spam, junk, or promotions if you do not receive an email in your inbox.

Help from FFI is available at: [support@friendshipforce.org](mailto:support@friendshipforce.org) Marilyn is also available to answer questions about the site, its functionality, future plans or technical difficulties.



## New Club Member - Andrea Cabral

Andrea learned about Friendship Force through Chris Duval. She joined us in our March 21 general meeting Zoom and based on that interaction and other explorations decided that she would join us in our local and world travel adventures. Andrea wrote this short autobiography:

I was born an only child in a small town in California to German immigrants. We moved to Oakland, California when I was a teenager. After I moved out, I attended college at UC Berkeley and Cal State Hayward, paying my way by being a makeup artist. I met my husband (now deceased) during that time of my life. We had two beautiful children, one is deceased, the other a high school art teacher and professional belly dancer in Oregon. We raised the children on Mt. Hood in a home we built. While living there I continued being a makeup artist while involved being Boy Scout and Girl Scout leaders. We skied all winter and fished during the summers.

In 1990 we moved to Eugene, Oregon where I became active with several volunteer organizations such as Assistance League of Eugene and president of Hearing Loss Association Lane County. I changed careers and became a pharmaceutical sales person then an installer for the state of Oregon captioned telephones. I retired last year in order to travel but along came COVID 19.

I've traveled a lot since I have family in Europe, Canada and Australia. My hobbies include most crafty things such as quilting, painting, rubber stamping, etc.

I'm looking forward to making new friendships with Friendship Force.

## Your International History Moment—Cinco de Mayo

Cinco de Mayo, or the fifth of May, is a holiday that celebrates the date of the Mexican army's May 5, 1862 victory over France at the Battle of Puebla during the Franco-Mexican War. The day, which falls on Wednesday, May 5 in 2021, is also known as Battle of Puebla Day. While it is a relatively minor holiday in Mexico, in the United States, Cinco de Mayo has evolved into a commemoration of Mexican culture and heritage, particularly in areas with large Mexican-American populations.

Cinco de Mayo is *not* Mexican Independence Day, a popular misconception. Instead, it commemorates a single battle. In 1861, Benito Juárez—a lawyer and member of the Indigenous Zapotec tribe—was elected president of Mexico. At the time, the country was in financial ruin after years of internal strife, and the new president was forced to default on debt payments to European governments. In response, France, Britain and Spain sent naval forces to Veracruz, Mexico, demanding repayment. Britain and Spain negotiated with Mexico and withdrew their forces.

France, however, ruled by Napoleon III, decided to use the opportunity to carve an empire out of Mexican territory. Late in 1861, a well-armed French fleet stormed Veracruz, landing a large force of troops and driving President Juárez and his government into retreat.

(continued on page 13)



## MEG ZOOM—WRITING EXERCISE - CHRIS DUVAL

In Sharon's absence, Chris Duval has stepped in to host our May MEG get-together via Zoom, on Thursday, May 13, 2021, at 1 pm. The link will be sent at a later date.

As most of us know, MEG get-togethers began as a time for members to Meet, Eat, and Get to know each other. In this pandemic time, we are skipping the eating, and just getting to know each other better and building friendships via Zoom activities. We have done trivia contests, brain games, scavenger hunts, and other fun activities thus far.

In May's activity, participants need not be writers to join us in this fun exercise. It is designed for everyone to participate. After an introduction, everyone will be provided with a series of "prompts" which will be FFI-related. We will all then spend a short time writing our thoughts on the subject. There is no limit on our written words. They can be poems, prose, or just a word or two. You can even add art or designs if that is your skill. You can be creative or straight-forward. Afterwards, we will share our results with the group. It promises to be fun time. Please join us. If you have any questions, please contact Chris Duval.



## Host Coordinators Needed for 2022 - Chris Duval

FFI has officially assigned our club to an inbound journey from Ft. Worth and San Antonio, Texas in 2022. A firm date has not been set but we are possibly looking at late July. This journey also will involve a stay with the Southern Oregon club as well.

We need to get Host Coordinators assigned right away so that the journey dates can be set, in cooperation with our Southern Oregon friends. Does this interest you? Typically we have two Host Coordinators working together to set up a program of activities for the approximately 5 day, 6 night stay.

The Board is working on guidelines for hosting a journey, which will help you determine how to go about hosting. Sometimes it is helpful to have an experienced host coordinator pair up with a less experienced host coordinator.

Please talk with Dennis or Chris if you have interest in applying to take on this role. Chris has the application forms. It might seem like this is far in the future, but we need to set dates soon so that planning can begin.

Thanks for your consideration. Chris Duval.

What new friendships await you under a ten-gallon hat?



## TENTATIVE SCHEDULE OF UPCOMING JOURNEYS

<b>2021</b>	August 22 – 29 August 29 – Sept 12	Pre-extension to the FFI Festival at Sea - Viking Sagas FFI Festival at Sea – Northern Isles
NOTE:		This next journey is being tentatively moved forward to the fall of 2022. However, if we find out that it is safe to host and travel AND that we are ready to host and travel in the fall of 2021, we may embark on this journey in October. We will wait and see.
October		<del>Outbound to Oklahoma (combine with our assigned outbound to Lake Hartwell, Georgia – 21105) Note: 5 days each, with a travel day in between.</del> Possibly moving this to fall of 2022.
<b>2022</b>	April or early May (firm)	OUTBOUND INTERNATIONAL: Outbound to Tuxtla Gutierrez and West Alajuela #21132; Ambassador JCs, Juanita Weigel and Kathy Butler
	June 7-13 (firm)	INBOUND INTERNATIONAL: Inbound from Tokyo, Japan #20317 Host JCs: Marilyn Peterson and Eileen Minette
	Late July (tentative)	INBOUND DOMESTIC: Inbound from Ft. Worth (Linda Doyle) and San Antonio, (Hope Robles) #21342, coordinated with their journey to Southern Oregon club (Amy Lepon); <b>Host Coordinators Needed.</b>
	Fall of 2022 (tentative)	OUTBOUND DOMESTIC: Outbound to Oklahoma (Rose Schultz), combine with our assigned outbound to Lake Hartwell, Georgia (DeeDee Sabo) – 21105. Note: 5 days each, with a travel day in between.
<b>2023</b>	June (tentative)	OUTBOUND INTERNATIONAL: Outbound to Edmonton, Canada, (Brenda Kane), hopefully combined with our outbound to Manitoba #20151, (Jean Hyrich)
	No Month Chosen Yet	INBOUND DOMESTIC: Inbound Denver, Colorado (Ilene Americus) 20403 to be combined with their visit to San Francisco, California; Host JCs Dennis Murphy and Chris Duval; If possible, try to combine with inbound from Charlotte, North Carolina, (Tommie Craig) #21116.
	Late September (tentative)	INBOUND INTERNATIONAL: Inbound from North Bay, Ontario, Canada #20326; to be combined with stop in Flathead Valley, Montana and Colorado Springs, Colorado, by North Bay Host JCs: Chris Duval and Mary Ellen Lind



Coat of arms of Tuxtla Gutierrez, the “land of rabbits.” We’ll need to learn more about that heritage.



## TSA PreCheck and Global Entry – What is the Difference? Russ Karow



TSA PreCheck and Global Entry are programs offered by the US Transportation Security Agency (TSA) to expedite security screenings at US airports, but they have different purposes. PreCheck expedites security screening when departing from US airports. If you are a frequent flyer, you may sometimes get PreCheck status even if you have not formally applied for the program. Random assignments can be made by US airlines. Global Entry provides the TSA PreCheck benefit and also provides expedited US customs screening for international air travelers when entering the US. Neither program will be of specific use to you at foreign airports nor in foreign customs clearance. TSA and US Customs and Border Protection offer other pre-screening program as well, but most will not be helpful unless you do extensive travel. To explore the various program options and find the best program for you, use the Department of Homeland Security's interactive [Trusted Traveler tool](#).

TSA PreCheck costs \$85 and is valid for five years. It takes five minutes to [submit an online application](#) and schedule an in-person appointment that includes a background check and fingerprinting at an enrollment center. Historically - pre-COVID - enrollment centers were available in Portland. You do not receive a card with PreCheck status but are given a "known traveler number (KTN)" that can be entered into on-line airline reservation systems or provided to a travel agent to secure PreCheck status for a flight. If you have PreCheck status, this will be printed on your boarding pass as you prepare to leave a US airport. If you have a KTN and do not see PreCheck printed on your boarding pass, check with the airline agent as to why PreCheck status has not been granted. Sometime this service is not offered.

Global Entry costs \$100 for a five-year membership. You will automatically have PreCheck status if you are approved for Global Entry. Travelers interested in Global Entry must apply through the [Trusted Traveler Program website](#). You are required to pay the application fee at the time of application, but this does not guarantee that you will be granted Global Entry status. You must go through a more extensive screening interview with a TSA agent as part of the application process. You have one year from the time you make your application to schedule a screening interview. Historically – pre-COVID – interviews were available in Portland within a year's time. When Marla and I applied for Global Entry in November 2020, no appointments were available in Portland, so we went to SeaTac instead. We have family near SeaTac so this was not a burden for us, but you may need to plan on a road trip to Seattle. You may also schedule the interview when you return to the US on an international flight. You get a Global Entry card (see example). When you return to the US on an international flight, as you approach customs, there will be a sign directly you to the Global Entry terminals. You bypass all the lines. You scan your passport into a machine and it prints out a paper ticket that you then use to complete the customs process.



## TSA PreCheck and Global Entry – What is the Difference? (cont.)

Other than the hassle of scheduling an interview, if you do international travel just once a year or every other year, the extra \$15 over PreCheck is well worth the cost to avoid possible long customs lines. If you use Homeland Security's Trusted Traveler tool and do only occasional international travel, the system will suggest that you just get PreCheck. Again, if you are willing to deal with scheduling the interview, perhaps in Seattle, ignore the system recommendation.

On a related travel note, if you do not already have a passport card, I suggest you consider getting one when you next renew your passport. It currently costs \$65 for the first application, \$30 for renewal and is valid for ten years, like a regular passport. The card can only be officially used for entry into Canada, Mexico, Bermuda, and the Caribbean but it has other uses. It is the size of a credit card and so can be easily carried in your wallet. It can be used as "real ID" until you get a real ID drivers license. When travelling internationally, versus carrying my passport, I carry my passport card. While I cannot guarantee acceptance in all instances, to date, I have been able to successfully use the card whenever a passport was required for a transaction – banking, currency exchange, securing passage on local transit. My passport is secure in a hotel safe or in my luggage at my host's home. A passport card also provides an easily carried second government issued ID in case such is ever needed.



## Caye Poe and John Francis—The Queen and King of Trash!



FFOMWV secretary Caye Poe and her husband John Francis have a secret life—the collect (but do not horde) trash. John and Caye are part of the Oregon Department of Transportation (ODOT) adopt a highway program. Individuals or groups adopt a section of state road and agree to pick up trash along the road at least several times a year. Caye and John routinely walk their road section, sometimes on a weekly basis. Caye reports: *"We are going out everyday to clean the highway or do a walk. Can't believe how much garbage we picked up so far. ODOT is great and picks up what we bag. Lots of car parts, masks, gloves, food, and drink containers. In a quarter mile stretch we pick up at least sixteen masks/gloves--what is wrong with people?"*

## A FFI Virtual Activities

See <https://blog.friendshipforce.org/virtual-experiences/> for a full listing.



### Trivia Quiz

**Mon May 3, 11:30 am Pacific**

**Host: Kerstin Hogan, FF Staff**

Friendship Force members around the world are invited to join this entertaining trivia quiz with a new set of questions every month! It's not all about knowing the answers though, it's about connecting with old and new friends.

[Register](#)

### Faces & Places: Switzerland – A look behind the postcard idyll

**Thurs May 6, 11 am Pacific**

**Hosts: Kurt Häfeli & Lorenz Frey, FF Solothurn**

Kurt and Lorenz of Switzerland's only club, FF Solothurn, extend a warm invitation to learn about their magnificent country. They will unveil some compelling aspects of Switzerland, beyond the more familiar Swiss chocolate and Matterhorn, such as the country's promotion of gender equality, vocational education, and the focus on fighting climate change. [Register](#)



### Coffee Chat:

**My favorite book**

**Mon May 17, 11 am Pacific**

**Host: Kerstin Hogan & Hemily Nogueira, FFI Staff**

Are you a passionate reader? Come and share your favorite book with us! No matter what genre or topic, let us know what you enjoy most about it and get some reading inspiration from everyone else's tips. This is an interactive meet with members around the world. Depending on the number of participants, you'll have about 2-5 minutes to tell us about your favorite book. You may just listen too. [Register](#)

### Day trips and interesting things to do not far from Sacramento with Friendship Force

**Sun May 23, 3 pm Pacific**

**Host: FF Sacramento**

Friendship Force members will share photos and travel information about interesting or beautiful places not far from Sacramento. This overview will help us become more familiar with things to see and do, so we can be incredible hosts for friends and visiting guests. [Register](#)



## **Minutes of 10 March 2021 Virtual Board Meeting of FFI Mid-Willamette Valley- 1:00 PM**

People in attendance: Barb Callner, Dennis Murphy, Chris Duval, Marilyn Peterson, Kathy Butler, Van Nichols, Caye Poe, Russ Karow

Meeting called to order by Dennis Murphy

Dennis: Marilyn Peterson was nominated to be MEMBER AT LARGE. This was approved by the board.

FFI has a secure website for members. To sign in: <https://my.friendshipforce.org> Once the president of your club approves your status it becomes active. Membership is then tagged with your personal member ID. Call Marilyn Peterson if you have issues signing on.

Membership Committee will meet soon—date and time not established yet.

Next year will be our local chapter 30<sup>th</sup> anniversary. Perhaps August next year we could honor this achievement? Open the meeting to the public? This will require a committee for planning a celebration. Russ will check out contacts for this.

Dennis will be absent in April for medical reasons and won't be available for general and board meetings.

We need to plan for in person general meeting once everyone is vaccinated.

Chris— Journey assignment we got our 1<sup>st</sup> choice. Tuxtla-Guiterrez Mexico and West Alajuela, Costa Rica. Juanita and Kathy have volunteered as coordinators.

Chris is coordinating for possible late July 2022 with San Antonio and Fort Worth. Nothing is confirmed yet.

Inbound from Tokyo June 17-2022.

August is Festival at sea—2021.

March 21<sup>st</sup> meeting with Chris organizing the meeting basics and hosting power point to match ambassadors—great program planned

If anyone has announcements contact Dennis prior to our meeting. Prefer keeping these meetings under an hour. This board meeting was 30 minutes.

Respectfully submitted,

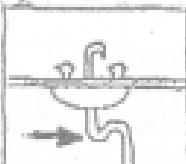
Caye Poe, Secretary

## Rita's Challenge

As one of her COVID tasks, Rita Powell has been cleaning out drawers. She found this Oregon cities/picture match game and offers it for your brain stimulation. Can you match the cities to the pictures? As a Friendship Force travel challenge as well, if you don't know where a city is located, find it on a map and perhaps consider some local in-state travel. Thanks Rita!

Match the pictures with the names of Oregon communities.

Applegate



Banks



Barlow



Bend



Biggs



Canby



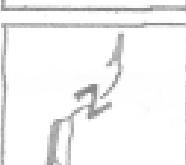
Cascade Locks



Coquille



Drain



Enterprise



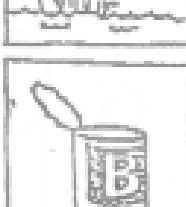
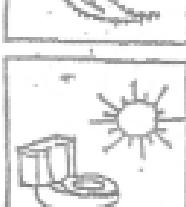
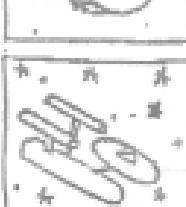
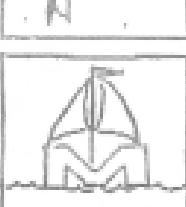
Florence



Gearhart

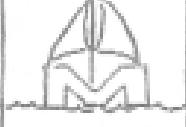


Gladstone



Government Camp

Halfway



Hillsboro



Irrigon



Jacksonville

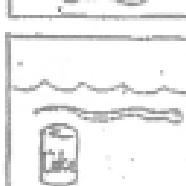
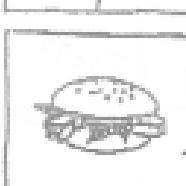
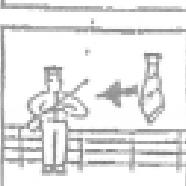
John Day



Joseph

Maupin

Milton-Freewater



Mt. Angel

North Bend

Paisley

Roseburg

Salem

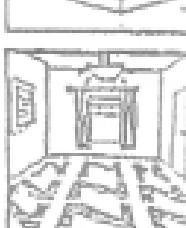
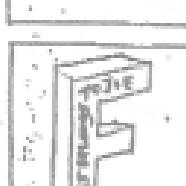
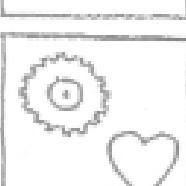
Seaside

Sisters

Tigard

Vail

Woodburn



## Membership Application or Renewal for 2021

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, which in a non-COVID time provides discounted prices on exchange travel and other benefits. Memberships expired on December 31, 2020.

Special Rate Annual Dues for 2021: Individual: \$20.00 (Please print clearly)

This is a NEW \_\_\_\_\_ or a RENEWAL \_\_\_\_\_ Application

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Dues enclosed: (\$20.00 per individual) \$\_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

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



friendship force  
OREGON'S  
MID-WILLAMETTE VALLEY

[www.fforegon.org](http://www.fforegon.org)

### **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 2021 Leadership Team

### Board Members

President	Dennis Murphy
Vice-President	Kathy Butler
Secretary	Caye Poe
Treasurer	Van Nichols
Past-President	Juanita Weigel
Member At Large	Marilyn Peterson

### Activity Leads

Friendship Shared	Sue Stein
Internet Communications	Marilyn Peterson
Journey Organizer	Chris Duval
MEG	Sharon Harr
Membership	Kathy Butler
Navigators	Barb Callner
Newsletter Editor/Archives	Russ Karow
Sunshine "Committee"	Sharon Harr

### Need Help with Zoom?

Marilyn Peterson or Russ Karow are happy to provide Zoom assistance. If you have questions, please feel free to contact either of them, preferably prior to a meeting.



### Your International History Moment—Cinco de Mayo (cont. from p 4)

Certain that success would come swiftly, 6,000 French troops under General Charles Latrille de Lorencez set out to attack Puebla de Los Angeles, a small town in east-central Mexico. From his new headquarters in the north, Juárez rounded up a ragtag force of 2,000 loyal men—many of them either Indigenous Mexicans or of mixed ancestry—and sent them to Puebla. The vastly outnumbered and poorly supplied Mexicans, led by Texas-born General Ignacio Zaragoza, fortified the town and prepared for the French assault. On May 5, 1862, Lorencez gathered his army—supported by heavy artillery—before the city of Puebla and led an assault. The battle lasted from daybreak to early evening, and when the French finally retreated they had lost nearly 500 soldiers. Fewer than 100 Mexicans had been killed in the clash.

Although not a major strategic win in the overall war against the French, Zaragoza's success at the Battle of Puebla on May 5 represented a great symbolic victory for the Mexican government and bolstered the resistance movement. In 1867—thanks in part to military support and political pressure from the United States, which was finally in a position to aid its besieged neighbor after the end of the Civil War—France finally withdrew.

<https://www.history.com/topics/holidays/cinco-de-mayo>

