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## CALENDAR

- Nov 10, 1 pm - board meeting via Zoom (p 3)
- Nov 15, 4 pm - club meeting via ZOOM (p 1)
- Dec - see article on page 3 about small group dinners



Oregon Trails—  
Where is the  
"Grove of States"?  
See p 12

## November 15 Club Meeting

Our club meeting for the month of November will held on November 15 at 4 pm. We will be joining other Friendship Force members from around the world in a virtual tour of western Oregon! This tour is being hosted by your club. You must register to participate in the tour. Click [here](#) for the registration link. We encourage you to join our tour. You may learn a thing or two about western Oregon and can perhaps help answer questions.

### A Taste of Western Oregon



Your hosts (in presentation order)

- Dennis Murphy
- Russ Karow
- Mary Ellen Lind
- Chris Duval
- Kathy Butler
- Marilyn Peterson

*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*

## Continue to Give Our THANKS For Each Other - President Murphy

In a few weeks, we will be celebrating Thanksgiving. When thinking about our club, there is much to be thankful for. While our in-person gatherings have been few this year, I am amazed at how the bonds of friendship have given us strength to deal with these difficult times. We are a club that thankfully has many members willing to step up and help with leadership, ideas, and participation in our activities. This gives me great confidence that in the coming year we will again be hosting and visiting friends around the world. I know that those friendships that we form do so very much help in bringing peace and understanding to our world.

As you will read elsewhere in this high quality and creative newsletter (page 1; Thank you Russ!) our general meeting for November will be a special event taking place at 4:00 pm on Monday November 15. Six members of our club will be hosting a Global virtual visit of our Western Oregon, Mid-Willamette region of the world. You will need to register for this event and those details will be in both in this newsletter and in reminder emails. Our presenting members have put many hours into preparing this presentation and we think that you will enjoy it. It will also be a great opportunity to share this virtual experience with potential members.

In an abundance of caution, the board has decided to forgo a very traditional December Holiday gathering and to replace it with small group dinners of 6 to 8 people. Don't miss this opportunity to share an afternoon or evening of good food, laughter, and stories with your fellow club members. See page 3 for event details. The year has been difficult for all of us, but once again, these times of sharing strengthen the spirits of all of us.

Be safe, stay healthy.

In Friendship,  
Dennis



## MyFFI

If you have not yet done so, please set up your on-line myFFI account. Every person associated with FFI will need their own account. To sign up, 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 myFFI 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. Marilyn Peterson is available to answer questions about the site, its functionality, future plans or technical difficulties.



## November Zoom Board Meeting - November 10 at 1:00pm

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.

## End of Year Holiday Gatherings

Your FFOMWV board has determined not to hold a large club-wide gathering in December this year. Instead, six smaller gatherings (6-8 people each) will be hosted by members who have volunteered:

- Eileen Minette (Philomath) is hosting Saturday Nov 13 at 5:00 PM
- Ted & Rita Powell (Dallas) are hosting Saturday Dec 4 at 4:30 PM
- Marla & Russ Karow (Corvallis) are hosting Saturday Dec 11 at 5:00 PM
- John and Ruth Wyse (Scio) are hosting Tuesday Dec 14 at 4:00 PM
- Kathy Butler (Albany) is hosting Friday Dec 17 at 5:30 PM
- Chris Duval and Van Nichols (Salem) are hosting Sunday Dec 18 at 2:00 PM

All hosts are asking that guests be vaccinated. Members are encouraged to sign up to attend one of the gatherings. Hosts are encouraged to attend another event besides their own. All RSVPs will be made through Chris Duval, in order to keep us organized! Please let Chris know which event you would like to attend. More details about the gatherings will be included in upcoming e-news. We encourage everyone to take part as they feel comfortable. Happy Holidays to all!



Our last pre-COVID small group dinners were in Feb 2020

## My FF Dues Are What?

It is that time of year where our organization asks our members to pay their organizational dues for the coming year. We operate on a calendar year basis. Dues for 2022 will be \$40 per person. This is \$5 increase over the pre-pandemic dues level of \$35 (we used a discounted rate in 2021). Why the increase? FF International has raised their dues level to \$25, a \$5 increase over the past. Our local dues will remain at \$15. Local funds are used in club management - space rental fees, printing and mailing, web site fees, etc. If you have any questions about our dues, please speak with any board members to gain more information. See page 10 for a current dues submission form and mailing address. Dues payment by December 1 would be appreciated.



## October 17 General Meeting Report

Our club meeting for October was held via ZOOM on the 17th. Following updates from President Murphy, Kathy Butler, with assistance from Marilyn Peterson, gave a presentation about Tuxtla Gutierrez Mexico, and West Alajuela Costa Rica, the two locations in our upcoming May 2022 out-bound journey. Kathy and Juanita Weigel are our journey coordinators. Kathy has had some contact with coordinators at the other locations. They are excited to be hosting us, COVID-gods allowing. Twenty one people participated in the meeting. Kay Macpherson is missing in the screen shot below. Pam Brown and Wayne Potter (just the latter's right ear in the screen shot) from the Columbia Cascade Club joined us to learn more about this journey.



## About Our Members—Gary and Kristin Biskeborn

This Sept 22 message is from Kristin Biskeborn. She and her husband, Gary, live in South Dakota. They are members of our FF club. Her mother and father were two of our original members. Since S.D. has no FF group, this was the option they chose - in order to participate. They have traveled with our group. - Rita and Ted Powell

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Hi Rita and Ted! I have so missed traveling. Just hope we are still able when it is safe to travel again. I hope you two are well. We stay busy as still involved in farm. We just started corn and soybean harvest and winter wheat planting. Gary drives semi all day long. I run errands, cook for small crew and keep Scott's 2 young boys several days per week. Grasshoppers and drought so bad this year that didn't have much garden. I volunteer to help seniors with Medicare Part D during open enrollment 2 days per week so this time of year is busy. Gary and I did drive granddaughter Brooke to Alaska the end of August so had bit of travel. She and a brother are going to U of Alaska Anchorage this year. Emma graduated with honors in May and is currently working in cultural anthropology based in Sacramento. Please give my regards to all. Hope to see you with or without travel in 2022!

Peace,  
Kristin

## Help Us Reveal the History of the FFOMWV - We need your stories!

What or who drew you to join our Mid-Willamette Valley organization?

Describe your first journey or hosting experience. What did you expect and what did you learn?

What have you enjoyed most about your time with us?

Send your stories to Russ Karow, newsletter editor. He will organize them to share throughout the year. He will send a copy of your story to Dennis when compiling the monthly news. Please send items by the 20<sup>th</sup> of each month if at all possible. Please include your name and contact information.

### MY JOURNEY WITH FRIENDSHIP FORCE CLUBS - *Mary Ellen Lind*

In the 90's, as a single lady in my mid-fifties, I wanted to travel to meet people in countries around the world and to see/experience their culture and country. I'm not sure how I discovered the Friendship Force of Des Moines, Iowa, but I learned that they are non-profit and have the mission to meet and stay with families in other countries for about a week. I felt assured that FF would be a safe group to travel with. I didn't meet with the DM FF club ahead of the journey nor did I study about the journey, but I booked my flight with them to San Juan, Costa Rica. I was given the name of a couple in Alajuela who would be my hosts. I was told that for our second week we would be traveling by bus to interesting sights around Costa Rica.

"Naïve" was my second name at that time! At the airport in San Jose I met my host couple who took me to their home and introduced me to their large family of children. All but one of their children was married with children and lived in homes a short walking distance away. The hosts raised cilantro on a small farm and the father was a pianist at a nearby club/restaurant. Memories include eating my first very ripe lemon off of their tree --remarkably sweet! They took cold showers but went to the trouble of heating the water for my shower! Their meal was presented on a large dish in the middle of the table from which we took our portions. It tasted delicious with meat, vegetables and special herbs.

Our second week was spent going to a famous volcano (don't recall name) and soaking in the water that flowed off the rocks from hot to cool as it descended. To reach the ocean we traveled in a bus over very rough, stony roads and around steep mountainous areas that were lined with rows of grapes. I don't recall my impressions of the ocean except that we saw it from far away.

My host tried to be in touch with me after this journey. I still hadn't caught on with the mission of Friendship Force, and I'm sad to say I didn't respond to his efforts. I lost his name and address. I'm hoping they are still involved in the Alajuela club and that I'll recognize them when we go next year. I want to warmly greet them and to extend my friendship which was lost long ago.

(continued on page 5)



Mary Ellen hiking at Machu Picchu

## MY JOURNEY WITH FRIENDSHIP FORCE CLUBS (cont.)

After moving to Oregon, about 15 years later, I learned that there is a Friendship Force club in the Willamette Valley. With Dennis as my partner, we visited a monthly meeting in 2011. Soon after joining in 2012 we hosted the couple, Jack Orr (president of the Santa Barbara, California club), and his wife, Mary. Although Jack had an accidental death, Mary has continued with the SB club. She welcomed us to stay overnight with her while we traveled through SB Barbara this spring, then this summer, she and her sister-in-law stayed overnight with us! We cherish friendships gained through Friendship Force exchanges!



### A Message From Your Club's Official Hoarder - Rita Powell

Did you know that your club has an official hoarder? That's me, Rita Powell, Inventory, Resource and Merchandise Officer. I am currently in the process of updating our club inventory list. If you have been a club officer in the past or been involved with club activities in anyway, do you have club materials in your possession? The board wants to have a record of where club items are located, so that when they are needed in the future, it will just be a matter of looking at the inventory list.

If you have materials and you are no longer the person who needs to have them, please contact me. I store all club items that a specific officer does not need to have.

Each officer has certain items they must have to carry out their job. The secretary keeps three years worth of minutes for easy access. The historian holds the scrapbooks and takes photographs, to record and preserve our club's history. The archivist stores most club records - minutes older than three years, copies of previous newsletters, final reports for each exchange, etc. The Inventory, Resource and Merchandise Officer stores everything else - products our club has for sale, decorations for events and much more.

I am looking for anything members have that should be stored with our other club materials. There may be an easel out there somewhere. Do you know where it is?

Call, email or write me and I will arrange with you to get what you have and place it in my basement. THANK YOU!

Rita Powell



<https://www.mercurynews.com/2014/11/28/marni-jameson-are-you-hoarding-the-indicators>

## SCHEDULE OF UPCOMING JOURNEYS (October 2021)

<b>2022</b>	Early May	OUTBOUND INTERNATIONAL: Outbound to Tuxtla Gutierrez and West Alajuela #22729; Ambassador JCs, Juanita Weigel and Kathy Butler
	June 7-13	INBOUND INTERNATIONAL: Inbound from Tokyo, Japan #22501 Host JCs: Marilyn Peterson and Eileen Minette
	July 25-30	INBOUND DOMESTIC: Inbound from Ft. Worth (Linda Doyle) and San Antonio, (Hope Robles) #22513, coordinated with their journey to Southern Oregon club (Amy Lepon); Host JCs: Mary Ellen Lind and Chris Duval
	August 21-28	Pre-extension to the FFI Festival at Sea - Viking Sagas
	August 28-Sep 10	FFI Festival at Sea – Northern Isles
	Fall of 2022	OUTBOUND DOMESTIC: Outbound to Oklahoma (Rose Schultz), combine with our assigned outbound to Lake Hartwell, Georgia (DeeDee Sabo) – 22764. Note: 5 days each, with a travel day in between.
<b>2023</b>	June (tentative)	OUTBOUND INTERNATIONAL: Outbound to Edmonton, Canada, (Brenda Kane), possibly combined with our outbound to Manitoba #20151, (Jean Hyrich) Tentative JCs: Mary Ellen Lind and Chris Duval.
	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 needed.



The flag of Edmonton in Alberta, Canada features the coat of arms on a white square (Canadian pale) surmounting a light blue field. The colors of the flag, white and blue, symbolize peace and water (for the North Saskatchewan River) respectively.

## FFI Virtual Experiences

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

**FFI BOOK CLUB: “The Caliph’s House: A Year in Casablanca”**  
**Tuesday, November 2, 2021, 11 am Pacific**  
**Host: Kerstin Hogan, FFI Staff**

The third book we are reading together is “The Caliph’s House: A Year in Casablanca” by acclaimed English travel writer Tahir Shah. Please go to your favorite book store or borrow this book from the library around the corner and start reading now. [Register here.](#)

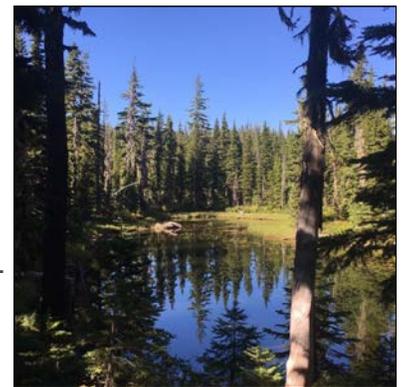


**Faces & Places: Northern Colorado, USA**  
**Thursday, November 11, 2021, 11 am Pacific**  
**Host: Cathie McCallum, FFI Northern Colorado**

Boasting 300 days of sunshine a year, with clear, dry air at elevations of 5,000-12,000 feet, Northern Colorado includes: the cities of Loveland and Fort Collins at the base of the foothills; Greeley, smaller towns, and rural areas of flatland including prairie grasslands and farms; and the town of Estes Park at the top of the Big Thompson Canyon, entrance to Rocky Mountain National Park. Colleges and universities, sculpture parks, small unique museums, rivers, lakes, hiking trails, wildlife, microbreweries, mountain views, are among the many features you can experience when you journey to Northern Colorado. [Register here.](#)

**Faces & Places: A Taste of Western Oregon**  
**Monday, November 15, 2021, 4 pm Pacific**  
**Host: Marilyn Peterson, FF Oregon’s Mid-Willamette Valley**

Native Americans had been living in the Willamette Valley of Oregon for over ten thousand years before the first European settlers arrived. 170 years ago, the valley was the “end of the Oregon Trail” and was seen as an Eden, a land of plenty for the early settlers. Today the valley continues to hold great opportunities for natural resource wealth as well as scenic beauty. Come spend an hour with us as we share the wonders of this place we call home. [Register here.](#)



**Recorded virtual experiences, such as those below, can also be found at the FFI Virtual Experience website** <https://blog.friendshipforce.org/virtual-experiences/>



## Board Meeting Minutes

September 8, 2021

Attending: Dennis Murphy, Kathy Butler, Van Nichols, Marilyn Peterson, Russ Karow, Mary Ellen Lind, Caye Poe

Meeting called to order by president Dennis Murphy at 1PM by Zoom.

Motion to approve previous minutes approved.

Treasury report approved: \$4,389 Journey account \$8,955 checking account.

No updates to the Journey Organizer's report.

Dallas Fort Worth are still thinking/discussing coming to our area.

In September there will be a MEG meeting but no general meeting.

If you have ideas for future meeting programs, please contact Dennis Murphy. Discussion of possible topics followed.

Juanita and Kathy will talk about Costa Rica/Mexico as we will travel there in 2022. Ted would be good for Tuxla-Gutierrez, Mexico

Domestic travel is likely to be more available in the first half of 2022.

Possible topic for journey - Hazelnut business.

Jeremi Snook FFI CEO/President is available for virtual presentations.

Possible get together the end of year as a social gathering.

August board meeting minutes were corrected and approved by all.

2022 is the 30<sup>th</sup> anniversary of the club - Dennis is establishing a committee to organize the celebration.

FF Force website - Please sign up on the myFFI website ( [my.friendshipforce.org](http://my.friendshipforce.org) ) Our club can update the profile information that will be available on the myFFI website. Please send appropriate photos and information to Dennis for the update.

Russ: September 25 is the copy deadline for information for the newsletter for October

WEBINAR "A Taste of Oregon"—5:00PM PT mid- to late October Alison Lindsey is the FFI staff working with our club on this.

Meeting adjourned at 1:40pm

Respectfully submitted,

Caye Poe, Secretary

## Membership Application or Renewal for 2022

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, 2022.

Annual Dues Rate for 2022 is \$40.00 per person (please print clearly). Please send form and payment by December 1 if at all possible.

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.

## About Our Members - Russ and Marla Karow

Russ and Marla (Kauppi) Karow grew up in Wisconsin - Russ in Columbus (a small town near Madison) and Marla in Green Bay. Marla is an avid Green Bay Packers fan. We are strong supporters of Oregon State University (OSU) and the OSU Beavers American-football team. We have lived in Corvallis Oregon for 38 years.

Marla has a MSW in social work. She was the director of an in-home care facility for many years and worked for more than a decade with a hospice and home health organization in the Corvallis area. Russ has a PhD in agronomy and plant breeding. He worked at OSU for 17 years as an extension specialist in cereal crops and for 14 years as the head of the Crop and Soil Science Department. Both retired in fall 2014. Russ then took on a part-time job as the Executive Director of the Agricultural Research Foundation, a small non-profit affiliated with OSU. He retired from that position in Dec 2019. Russ does volunteer work with our church (Unitarian Universalist Fellowship of Corvallis), Friendship Force of the Mid-Willamette Valley, the Willamette Valley Supper Club and the South Corvallis Food Bank. Marla does volunteer work with the OSU Thrift Shop and other organizations.

We have two children. Our son Scott works with Liberty Mutual Insurance Company as a regional planner for Southeast Asia (Thailand, Vietnam, Hong Kong, Singapore, and Malaysia). He married June Pornwinee Kongkeaw in February 2019. June is a social influencer in Thailand (travel, beauty, and lifestyle) who works under the name JellyJune. They live in Bangkok in a house built in 2020. They have a son Harrison (Harry) who was born in January 2021. Harry is both Marla's father's name and the name of one of June's favorite literature figures - Harry Potter. We weathered a 14-day quarantine hotel stay in Bangkok to visit them shortly after Harry's birth. Our daughter Sarah and her family live in Gig Harbor, WA. She is a kindergarten teacher with the Auburn School District in Washington. Her husband Adam is a nuclear engineer with the US Dept. of Defense. He works on US nuclear aircraft carriers in Bremerton Washington. Our granddaughter Karina was born in Feb 2017. Grandson Kellen was born in June 2019. Adam is a marathon runner. We have had the good fortune of serving as his support team for the New York Marathon in 2017 and Berlin in September 2021 – another COVID travel experience.

We are members of two cooking groups, a non-cooking dinner group (the Willamette Valley Supper Club), and enjoy entertaining. We have a large yard at our house in Corvallis with lots of flowers and shade in the summer. We have had a second house in Lincoln City for over twenty years, our mental stabilization house. We changed coast houses in 2019 – moved 150 feet down the street and 50+ feet up in elevation – and now have wonderful ocean views. It is truly therapeutic to just sit and watch/listen to the waves.

We enjoy traveling and have made trips in the last four years to Thailand (3X), Vietnam, Peru, New Zealand, and Germany – one of the benefits of retirement. Travel to Peru and New Zealand were Friendship Force journeys. We joined Friendship Force (FF) in 2016 and look forward to future travel with our FF friends.

Russ, Kellen, Adam, Sarah, Karina, Marla, Scott, Harry, June, Great Grandfather Wes and Russ' brother Dale—summer 2021



## Your 2021 Leadership Team

### Board Members

President	Dennis Murphy
Vice-President	Kathy Butler
Secretary	Caye Poe
Treasurer	Van Nichols
Past-President	Juanita Weigel
Journey Coordinator	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	Sharon Harr
Membership	Kathy Butler
Navigators	Barb Callner
Sunshine "Committee"	Sharon Harr

## Oregon Trails - Russ Karow

Do you know where the "Grove of the States" is located in Oregon? I did not. We discovered it this summer when we had a few extra minutes travelling to Gig Harbor. The next time you are headed to Portland, stop at the French Prairie rest area (northbound just south of Portland) and take a walk to the south end of the rest stop.

