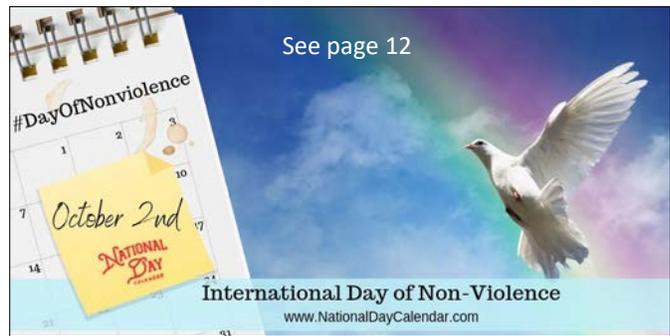


INSIDE THIS ISSUE

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CALENDAR

- Oct 13 - board meeting via Zoom (p 3)
- Oct 17 - general meeting via Zoom (p 1)
- Oct 28 - FFI Coffee Chat: Superstitions around the world (p 7)



October 17 General Meeting - Zoom at 2 pm

Given our current local and national concerns with COVID, your board has decided that we should continue to meet via ZOOM through at least the next several months. Our next general meeting will be on Sunday, October 17 at 2 pm. Zoom connection information will be provided in the week prior to the meeting. The October meeting will consist of a brief business meeting, followed by a presentation on our planned visits to West Alajuela, Costa Rica and Tuxla-Gutierrez, Mexico next year. We will finish off with brief social conversation and questions and answers. This meeting will be one hour maximum in length.

Kathy Butler and Juanita Weigel are our ambassador journey coordinators for the Costa Rica/Mexico trip. They are creating this presentation with assistance from others. It should be a learning adventure for us all.



Photo from 2018 Outbound to Tuxla-Gutierrez - FF Sarasota FL

*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*

Keeping up with What's Happening - Dennis Murphy

Lately, I have been focused on the ways that we can keep up with the activities of Friendship Force, locally and internationally, and thought other club members might also be interested. On the local level, we have our MEG (Meet, Eat, Get Acquainted) meetings led by Sharon Harr that are now taking place on alternating months with our general meetings. The general meetings, at least while on Zoom, will consist of club business and then short presentations on everything from journeys, past and future, to other FF related activities. Both of these events offer a chance to socialize as well as to share FF information. Along with these, messages sent out via email give links to the meetings and provide other FF updates that are time sensitive.

There are currently at least five additional ways to keep up with FFI. The oldest is the original public facing website, <https://www.thefriendshipforce.org/>. A lot of the member related information on this website is being moved to the new members only website https://my.friendshipforce.org/users/sign_in. When registered with the new members site, you can set your communication preferences for receiving newsletters, updates to the journey catalog, and regional FF updates. These arrive periodically in my email and are not overwhelmingly frequent.

Then there is the WhatsApp application that I was originally introduced to when the Taiwan group visited us in 2016. I had originally seen it is a valuable communication tool to use when on a journey but a bit difficult to do much with on my phone as my fingers like to hit more than one character on that tiny keyboard. I receive multiple messages from the [FFI Broadcast list](#) each week on activities like virtual experiences, language learning groups, pen pal programs, and a whole variety of other topics. The really exciting thing is that you can now use the WhatsApp application on your desktop. Look here for more information: <https://www.whatsapp.com/download> That has made it so much easier to use as a communication tool.

There are at least two Facebook groups that you might find informative to follow. There is our club Facebook page <https://www.facebook.com/ffomwv/>, and there is the Friendship Force International page at: <https://www.facebook.com/friendshipforce>. I have enjoyed following the FF Facebook pages of a lot of the clubs that we have visited or hosted in the past, along with friending members that I know personally.

Finally, there is our own club website that Marilyn Peterson has been keeping up for years, <http://www.eforegon.org/>. On this site you can always find copies of recent newsletters, club journeys, photographs, and member resources.

What is missing from this fascinating list is our in-person meetings, especially general meetings and MEG meetings. Everyone is aching for the safe return of those events, and hopefully in the coming months they will resume again. Take your vitamins, exercise daily, and get plenty of sleep. Stay healthy! I also encourage everyone to exercise caution when in group settings, wear your mask, and if at all medically possible, to get vaccinated.

There are a number of hyperlinks in this article. They are underlined and in color. On windows computers you need to hit the control key and click for them to open a web page. If you have difficulty, please let me know, and I will try to help!

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.

October Zoom Board Meeting - October 13 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.

September 17 MEG Meeting

A MEG (meet, eat and get acquainted) meeting was held on September 17 via Zoom. The theme for the MEG session was "What was the spark that interested you to meet people from other cultures?" A small group gathered and had a lively discussion. In addition to the main topic, current events, such as the harvest of large winter squash by Nancy, were discussed and on display.



INTERNATIONAL COFFEE DAY



Every year on October 1st, International Coffee Day celebrates one of the world's favorite beverages. It's also a day to promote fair trade coffee and to raise awareness about the plight of the coffee growers. It probably doesn't surprise you that coffee is one of the most consumed beverages in the world. In fact, after water and tea, coffee is the third most consumed beverage in the world. Almost 10 million bags of coffee around the globe are exported each month. In the United States, Americans drink 400 million cups of coffee a day. That sounds like a lot of coffee! But you might be surprised to know the United States doesn't even make the top ten for coffee-addicted countries.

<https://nationaldaycalendar.com/international-coffee-day-october-1/>

Help Us Reveal the History of the Friendship Force of Oregon's Mid-Willamette Valley

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 20th of each month if at all possible. Please include your name and contact information.

This newsletter includes a fascinating 9/11 story from Ted and Rita Powell.

Friendship Force Travel on 9/11

Rita and I joined the Friendship Force in the early days. Etched in my memory was the outbound to Durham County, northern England. The visit followed the pattern of normal Friendship Force hospitality. Our Host was Flo Bunce, the week passed quickly. We only could get one week in those times so an added tour was organized into Scotland and a further commercial tour took us to Ireland. After the tour Rita and I booked a car and lodging in Wales and Southern England. It was an early internet booking with an app called Smooth Hound. On our own we visited and drove about. We pulled into the Cotswolds to our lodging for the night. We were greeted curbside by our innkeeper. She blurted out, "Your younger daughter called to say your older daughter is okay." What? "Oh, you poor dears, America has been attacked." "Come inside, watch the telly." We did and finished off a small bottle of scotch. The news feed questioned who had orchestrated the attack? I remember mention of the IRA, Basque separatists and Muslim extremist groups.

It unfolded in slow motion. The thought occurred that maybe I could call the kids. Our older daughter Summer had an apartment fairly close to the towers. Brittany was our anchor in Oregon. Remember the iconic red British phone booths? There was one a block away and with an AT&T calling card I actually phoned Summer, she had gone to the outdoor landing watching the first tower burning when she witnessed the plane collide with the second tower. Reflecting later, she was perhaps in shock. The next call went to Britt. There was no third call, the cables were shut off. We pushed on to Bath and found alternative lodging in Castle Combe, a serendipitous event. A long, sunken lane with trees overgrowing lined the route to a medieval village that did have a bit of a castle, it all looked like a movie set that people lived in. We visited the local church. A table was set up with an open journal book for writing thoughts for America. Those British always know what to do and have the extra set of very perfect words. It was moving, how caring.

(continued on page 5)



Summer, Rita and Brittany Powell

Friendship Force Travel on 9/11 (continued)

Heathrow was not allowing flights to the US. We phoned British Air multiple times and the instructions were to report in two days prior to your flight. We shifted to a B&B near Heathrow checking in with British Air. Our flight was scheduled to leave the same day as originally scheduled. We were joined by Juanita Weigel and her Mom in an outdoor canopy area set up for our flight. We were served sandwiches as it was three hours under the canopy before we could be processed in the terminal. Our good fortune was to be able to leave and land in the US. Ours was one of the first flights out. We were only a couple hours late getting home. We will never forget 9/11.

A postscript: Three weeks later I took an almost empty flight to JFK to check in with Summer. Her memory had blocked out parts of the event 9/11. We walked over to the site that had a plywood perimeter wall. Many people were walking slowly about silently. Some notes were penned on the plywood. There was smoldering smoke. Summer had an early electronic Elf camera we could hold up over the plywood. I remember thinking the towers architect should have been saluted for the design that held up against the impact of large aircraft. Had the towers fallen over, the loss of life in Manhattan would have been exponentially higher. Fast forward twenty years, Summer came home from Bali recently to get treatment for retention of heavy metals, likely from being too near the towers.

Life processes even during a Friendship Force journey.

Ted Powell

From hosts and friends in Friendship Force after 9/11

The Powell's also received emails from friends around the world after 9/11. The power of FF!

Wolfgang and Monika Sauer from Halle, Germany September 13, 2001

Dear friends in Albany,

We and our whole family were shocked when we heard from the terroristic attack on the World Trade Center in New York and the Pentagon in Washington. We expect that the criminals responsible for this awful crime will be caught soon and sentenced and punished.

We hope that none of your relatives and acquaintances is affected by this terrible accident. We also hope that your FF trip ended well. Please tell us about it.

I will send soon some photos of our visit in Albany to you.

Until next, Wolfgang & Monika

Gena and Tanya Tataev from Moscow, Russia September 13, 2001

Hello Dear Friends,

We were shocked when watched TV reports yesterday.

That is so scary. We hope none you know were involved. That is tragedy and we mourn for the victims with you.

Please let us know if you and your friends all right.

We love you, Gena and Tanya

Yoriy and Larissa from Moscow, Russia September 14, 2001

Dear Ted and Rita!

We were shock, when we knew about tragedy in New York and in Washington. We understand and feel your pain. We experience and afraid of future our World.

We bring our condolence.

With love, Yoriy and Larissa

SCHEDULE OF UPCOMING JOURNEYS (September 2021)

2022	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.
2023	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.



Denver City Flag

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

Coffee Chat: Fall and Winter Gardening

Tuesday, October 5, 2021, 11 am Pacific

Host: Kerstin Hogan, FFI Staff

There is always work to be done in a garden! If you're interested in sharing or hearing some tips and tricks for fall and winter gardening, come join us. We will look at what's going on in our gardens and balconies all around the world at this time of year. Maybe there are some spectacular fall flowers in bloom or you are particularly proud of a plant you've nurtured. It may have been a great year for green beans or beets where you are. Let's hear and see it! Please also share a picture of the most treasured plant in your garden if you can. This is an interactive meet with members around the world. If you prefer to just listen, that's also fine. [Register](#)



Trivia Quiz

Monday, October 11, 2021, 11:30 am Pacific

Host: Kerstin Hogan, FFI 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. After a short introduction to meet you all, we will put you in virtual rooms in small teams for four rounds of questions. There will also be plenty of time for chit-chat. You'll need a separate mobile phone to take pictures during the quiz. [Register](#)

Coffee Chat: Superstitions around the world

Thursday, October 28, 2021, 8:00 am Pacific

Host: Valerie Malfara, FFI Staff

Why is it taboo in Japan to stand your chopsticks upright in food? Why do the French never walk under a ladder? Are you wary of crows, black cats or owls? A superstition is a widely held but irrational belief in supernatural influences, especially as leading to good or bad luck, or a practice based on such a belief. In this pre-Hallowe'en coffee chat we will discuss and compare superstitions from all around the world. Talismans, charms, omens, old wives' tales... join us and share something from your country! [Register](#)



See <https://blog.friendshipforce.org/virtual-experiences/> for recorded journeys.



Board Meeting Minutes

August 11, 2021

Attending: Dennis Murphy, Kathy Butler, Van Nichols, Marilyn Peterson, Russ Karow Chris Duval
Caye Poe

Motion to approve previous minutes—approved

Treasures report approved

Approve annual meeting notes—Marilyn—Kathy Van

Dennis - Survey results—Hosting capability enough for 20 people. Additional results will be shared with board.

Meetings

No indoor gatherings until COVID risk is reduced.

We need a policy on outdoor gatherings. Mask and/or vaccination. Announce before gathering. No hugging without express permission.

Sept/Oct/Nov/Dec meetings—every other month. MEG on alternate months. Dennis to contact Sharon regarding this idea. Virtual presentation end of October—but is tentative as Chris, Kathy and Marilyn may be traveling. MEG in September. October virtual presentation. Possible another MEG in November.

Membership Booklet

Cover letter for membership booklet approved for email distribution.

MEG Meetings

A suggestion was made during the surveys to use MEG meetings to explore spots for incoming journey events.

Journeys

3 places to go in 2023. 2023 left from 2020 Canadian—Edmonton/Manitoba

Journey update—Texas—Mary Ellen Lind & Chris Duval will be journey coordinators.

30th anniversary

We need committee with a budget to promote the club and celebration of 30 years of Friendships made and maintained.

Dennis requested suggestions for membership on this committee.

Suggestions included having general meetings in multiple locations. We need to build a resource file of where those locations are. Salem, Eugene/Springfield, Lebanon are all possibilities to go along with our traditional Albany location.

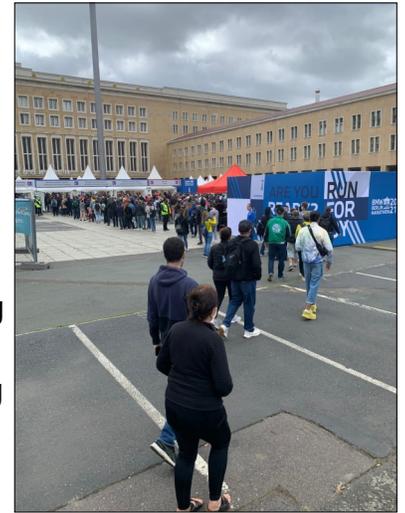
Newsletter

Send Russ information for September newsletter.

Meeting Adjourned by Dennis

International Travel in COVID Times, Part III – Russ & Marla Karow

Back in January, Marla and I had the good fortune to travel to Thailand to be present as our new grandson explored his first month of life. Our adventures then were chronicled in the February and March FFOMWV newsletters. We had the good fortune to travel to Berlin Germany on Sept 23-29 to watch our son-in-law Adam run in the Berlin Marathon, one of the top six marathon races in the world. He had been approved to run the race in 2020, but opted to postpone until this year given the COVID situation. Like our Thailand trip, extra paperwork, COVID testing and masks were required for travel. We needed proof of vaccination to board the plane to Germany and had to file an on-line form documenting our vaccination status. This form was used by both the airline and German customs. Having submitted the form actually made custom clearance quite easy.



More than 24,000 people ran in the race. All runners had to pick up race materials at an expo center. Entrance to the expo required vaccination certification or documentation of a negative COVID test for both runners and visitors. Such was also required to run in the marathon. There were extremely long lines for paperwork checking. The US is one of the few countries that does not have an electronic vaccination certification system. We showed our paper cards whenever asked.

We had to wear a N95-type mask (no cloth masks allowed) at all times in airports and on the plane except when eating or drinking. In country, masks were required to enter any building but were not required on the street. Restaurants varied in their requirements. The strictest required proof of vaccination for service. The next tier had customers complete contact tracing forms. Those with the lowest standard required a mask on entering but not while eating either indoors or out. Six-foot table spacings were used. We had originally planned a longer trip including a swing through Austria, but given the COVID situation, we shortened the trip and stayed just in Berlin at a single hotel.

Return to the US required a no more than 72-hour prior negative COVID test. An antigen test was adequate. PCR was not required but was acceptable as well. Testing sites were set up in tourist areas in Berlin. We got a free of charge antigen test courtesy of the German ASB, an aid and welfare organization like the Red Cross, at a nearby mall. We had electronic results in less than 20 minutes. We also had to have hard copies of a CDC attestation form. If you know this (we did not), you can print unsigned copies before you leave home. Plane and airport passenger loads were light but otherwise travel was generally typical, except for the paperwork and added safety measures. Adam spoke with another racer whose plane was diverted because of unruly mask-averse US passengers. It will be nice to return to the olden time travel hassles.



German's are very considerate of younger children's needs hence Ampelmännchen - little traffic light men.



Berlin Brandenburg Gate - the marathon start & end point

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 expire on December 31, 2021.

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

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

One of the goals of Friendship Force is to learn more about others and through that knowledge and experience to develop friendships that can change our world. Toward this end, and given our current restricted ability to meet in person, President Murphy has suggested that we use our newsletter to inform each other about ourselves, about the members of our own club. This is the first in what we plan to be a series of articles. If you would like to provide a short biography statement and accompanying photo(s), please send these to newsletter editor Russ Karow for inclusion in future newsletters. We start this series with John Francis and Caye Poe and some additional information about new members Arnie and Mary Abrams.



John Francis and Caye Poe live in Dayton. They met in 2001 and have been together ever since. They continue to do mediations with Your Community Mediators in Yamhill County even during this pandemic. Caye has been a mediator for more than 40 years and John for 15. Amazing the issues that come up now--but mediation is always a lot cheaper than litigation. Both participate in small claims mediation in Yamhill county court. Caye is a race walker and does a 10-k every other day John walks slower but nonetheless--for someone that is 90% blind he puts in mileage of at least 4 miles while Caye does her racewalk. We have wonderful areas to walk in around Dayton with little traffic. We joined Friendship Force about

9 years ago, we lived in India for 6 months--and Madagascar for 3 months. One year after meeting they hopped buses around Mexico for 3 months. John is a retired video producer from Washington State University and University of Idaho. Caye is retired from a once viable paper mill in Newberg where she was Purchasing manager. She had a Real Estate license CPM MBA and Degree in psychology even though she married at 16. She has a SCUBA certificate--raced dirt bike motorcycles--taught skiing on Mt. Hood with WSP ski school and ran many of the wild Oregon rivers. John has lots of bike riding around the world to his credit and truly knows about traveling on a shoestring.



Dr Arnie Abrams is a retired professor digital media. He taught at Southern Oregon University for thirty years in the departments of Education, Art and Computer Science. He is the author of over twelve books and numerous articles. He has given professional presentations around the country and the world. He has a masters and doctorate from Oregon State University. Arnie enjoys travel, running, cycling and photography. He is the father of two grown children and one happy Golden Retriever.

Mary had worked for the Jackson County library system for many years before retiring. Before that she worked in Business Services at Southern Oregon University. She was born in San Diego and moved to Oregon around forty years ago. She is the mother of two grown children. Mary enjoys gardening, traveling, running, and cycling.

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

INTERNATIONAL DAY OF NON-VIOLENCE

Every October 2nd, the International Day of Non-Violence spreads the message of non-violence in pursuit of a secure and peaceful culture. The United Nations established the International Day of Non-Violence on June 15, 2007. The date of October 2nd commemorates the birthday of Mahatma Gandhi. It doesn't take much to recognize how violent our world has become. Real-life stories involving violence are everywhere. Whether on the news or in our social media feeds, violence is growing. You might even hear about violent incidences from your neighbors or friends. About 1.6 million deaths a year are caused by worldwide violence. In every part of the world, violence is the leading cause of death for those between the ages of 15 and 44. There are many kinds of violent acts. However, one specific type of violent act is on the rise. That act is terrorism. In 2013, there was a 61% increase in deaths involving terrorist attacks. Terror attacks are the deliberate use of violence against civilians. When terrorists commit such acts, they hope to attain political or religious power. It's more important than ever to embrace non-violent actions. Non-violent actions include protests and persuasion, non-cooperation, and non-violent interventions (occupations). Those who promote non-violent actions say that physical violence is not necessary to achieve social or political change.

A way to participate is by educating yourself about how much damage violent acts have caused throughout history. Think about the many ways political matters might be settled with non-violent methods. If you ever get the chance, participate in a peaceful protest. Sign a petition to voice your opinion. Be a light of peace and hope wherever you go. Remember to share this day on social media with #DayOfNonviolence.

<https://nationaldaycalendar.com>