



friendship force
OREGON'S
MID-WILLAMETTE VALLEY

Friendship Connections

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

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CALENDAR

- Jan 6 - MEG trivia (p3)
- Jan 17 - general meeting (p1)



January 17 General Meeting via Zoom

Our first general meeting of the new year will be held on January 17 at 2 pm, per the current norm, via Zoom. During the first part of the meeting we will install our new club officers for the 2021 calendar year - Dennis Murphy, President; Kathy Butler, Vice-President; Caye Poe, Secretary; and Van Nichols, Treasurer. Officer and activity leader contact information is provided on page 10 of this newsletter. We thank these club members for agreeing to provide leadership in the new year and thank our 2020 officers for their guidance in a very unusual year.

In the second part of the meeting we will have an opportunity to hear from and interact with Tom Best, our new Pacific Northwest and Northern Rockies FFI Field Representative. Tom was born in The Dalles, Oregon, and was raised in Eugene, so he knows Oregon. He spent eight years in the army before returning to Oregon and attending the U of O. He was hired by The Bon Marche department store as an operations manager and spent 35 years in various positions with The Bon and then Macy's. He retired in 2014 and has found retirement to be his "life long calling." He is happily married to Peggy (Peg) and stays busy with volunteer work, grandchildren, and yard/garden work.

While he as able to travel in the army, he was not able to travel while working retail. In 2015, once retired, he saw an article in a local newspaper about an organization called Friendship Force - the Eastern Washington-Northern Idaho Club. It sounded like an organization that meshed with his life perspective and he attended a meeting. That was five years ago and he has not looked back. He served as Vice President for his local club and was President in 2019. His club has grown and currently has about 100 dues paying members.

With Friendship Force, Peg and Tom have traveled to New Zealand, Morocco, Azerbaijan, Georgia, and Armenia with side stops in Fiji, Paris, and Istanbul. He has been a JC and worked on several inbound journey committees. Their local club has organized and hosted Open Worlds from Kyrgyzstan, Georgia, and Russia. He is a strong believer in the goals of Friendship Force. We look forward to our conversation with Tom.

For some insight on what field reps do, see excerpts from Tom's December 17 field rep meeting report on page 5.

Peg and Tom Best in Florida with the Lower Columbia FF Club in 2019



President's Message - Juanita Weigel

My last article for 2020 and my last article as your President. This has been an unusual year with all of us doing things differently than before. I learned about Zooming. Before this year, I had never done a Zoom meeting. It was nice seeing some faces but I missed seeing a lot of the familiar faces. I hope by mid-year in 2021 we will be back face-to-face, maybe even having a potluck. We can enjoy some of the new recipes our members who have been trying while they have been shut in and confined. Hopefully, we will know how to act when we are turned back out into the real world again!

Holidays have been strange this year with everyone having their temperature taken when entering your home to make sure they are not sick, wearing mask while not eating, and using lots of hand sanitizer. I have been Christmas shopping on Amazon, so I am loaded with boxes. But I solved that problem by wrapping everyone's present in at least 3 or 4 boxes stacked inside of each other so they have to dispose of them! The Russian doll approach to gifting.

I appreciate all the support and help I have received from the other officers, board members, and the membership to make it through this difficult year. You have a lot of members who keep on top of what is happening on the internet and I fumbled through with their help. Thanks again for all your help and stay safe and healthy. Step up and help the new officers when possible in 2021. They will appreciate it. I'll see you in January at our installation meeting and welcome for our new officers for 2021.

Juanita Weigel, President



DECEMBER 18 GENERAL MEETING REPORT



FFOMWV members gathered on Friday, December 18 to toast, in Russian style, our blessings in this past unusual year. And yes, we could identify many. Bread, salt and vodka are used in a proper Russian toast. Bread is associated in Russian culture with hospitality, bread being the most respected food. Salt is associated with long friendship. Vodka lubricates the tongue.

As is also tradition, Ted Powell led off the festivities with a toast to all the women of the world - mothers, daughters, sisters, wives. As we know, women throughout time have been stabilizing forces even in the midst of otherwise crazy situations. Toasts for men, children, healthcare workers, friends, family, and many others followed. All who participated recognized that we have been fortunate in maintaining our health and our homes and have not had to experience the depth of suffering that is so common these days around us. We are among the fortunate and need to be sure to share our good fortune with others in any ways that we can.

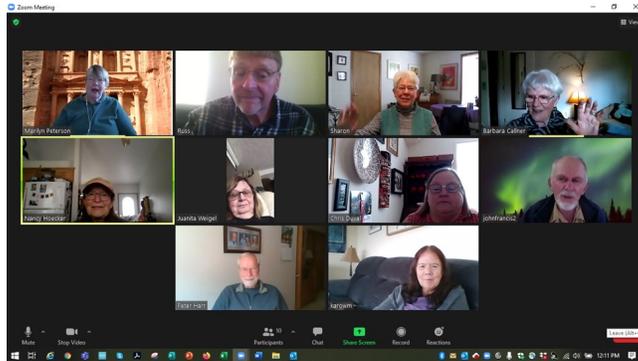


MEG Trivia Returns!

We had a fun filled MEG trivia Zoom meeting in November. Accordingly, we are planning another! Please mark your calendar for

Wednesday, Jan. 6th
11:00 am

Zoom connection information will be sent in the week prior. Brain stimulation and friendship renewal are promised in the new year!



November 2020 MEG Trivia Participants

Did you know you can support FF International with a click?

Do you shop at Amazon? Frequently, occasionally? If you do, you can contribute to Friendship Force International with no additional cost to you.

If you sign up on Amazon with your favorite charity (of course, that's Friendship Force) and use the smile.amazon.com to do your shopping, Amazon will make a contribution to Friendship Force. You will receive a report that shows how much your shopping benefited Friendship Force and how much Amazon paid to charities as a whole.

Remember that you must use the address of smile.amazon.com (or register your support of FFI if using the app) in order for the contribution to be made by Amazon. Support of a charity does not change what you would pay.

To set up your contribution, go to your Amazon account and click on "Your AmazonSmile". Enter Friendship Force International Inc. If you have questions, please contact Marilyn Peterson.



TENTATIVE SCHEDULE OF UPCOMING JOURNEYS - *Chris Duval*

2021 August 22 – 29 Pre-extension to the FFI Festival at Sea - Viking Sagas
 August 29 – Sept 12 FFI Festival at Sea – Northern Isles

NOTE: These next two journeys are being tentatively moved forward. 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 these journeys then. We will wait and see.

Late September ~~Inbound from Denver, Colorado #20403, to be combined with San Francisco, California stop by Denver.~~ Possibly moving this journey to 2023.

October ~~Outbound to Oklahoma (combine with our assigned outbound to Lake Hartwell, Georgia – 21105) Note: 5 days each, with a travel day in between.~~ Possibly moving this to fall of 2022.

2022 April or early May (tentative) 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).

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.

2023 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; Host JCs Dennis Murphy and Chris Duval; 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



Excerpts from Tom Best's FFI Field Reps Meeting Report

FFI has field representatives located across the US and around the world. Tom Best is our new western region field rep. Field reps meet monthly and then share outcomes of their meetings with local club presidents. Below are excerpts from the December 17 field rep meeting that may be of interest to FFOMWV Club members.

1. Questions concerning 2021 and possibly 2022 Journey's and what may be required related to vaccinations were brought up. FFI has made the decision that they will not have a vaccination policy nor will they mandate a requirement for members to be vaccinated to either Journey or Host. That decision will remain with each club's JC's. While we all know that the communication between the Host and the Journey Coordinators is critical, this makes it even more so. When recruiting Hosts for a Journey the JC will need to know whether that Host family has been vaccinated and if they require their Ambassadors to be vaccinated. Similarly the Ambassadors JC will need to know which of their Ambassadors have been vaccinated and if they require that their hosts be vaccinated. That information would be shared and the selection and assignment process would reflect the individual needs of both the Host and Ambassador. Bottom line - it will be an individual decision by each Host and Ambassador.
2. FFI has changed the name of the FFI Membership Portal to the FFI On-Line Membership Access. Apparently the term, "portal" was both intimidating and confusing to many people. Everything else about it is unchanged. Currently being tested it should be rolled out in February 2021. Once in place every member of FFI will need to have an account with their own FFI membership #. To enroll our members only need to provide their name and email address. If you have a member who does not have a computer, it is hoped that they could be assisted by a member who does. While the initial roll-out will be pretty basic the plan is that more and more features will be added over time. It is likely that you will have some members who may struggle with this. Please find someone in your club who can assist those who might need some help. The last thing we want to do is lose a member over a technical change.
3. There was a lot of discussion on the proposed fee structure change. Not surprisingly there was pushback from many clubs in the US. Rather than spend a lot of time going over what may, or may not happen I just want to reassure everyone that final decisions have not been made. The rollout of the new fee structure is not scheduled until 2022 and there are still a lot of questions to be answered and options to be considered. In other words, while it is good to know that changes are coming we still have plenty of time to provide input and help with decisions related to that change. To that end, I will be communicating with each of you, getting your feedback and your ideas as this process unfolds, and providing that to FFI.
4. FFI is looking for more clubs to participate in the Virtual Journey's program. I had sent you a quick recap of what the Greater Seattle club did. We could also join forces and do something like a Puget Sound presentation, or a Montana presentation or Western Oregon etc. Lots of possibilities. If you think your club would be interested in putting something like that together let me know.

Friendship Force of Oregon's Mid-Willamette Valley Board of Directors Meeting Nov 11, 2020 Minutes

President Juanita Weigel called the meeting to order at 1:03 PM on Zoom.

Present: Chris Duval, Juanita Weigel, Ted Powell, Rita Powell, Russ Karow, Marilyn Peterson, Kathy Butler

Not attending: Van Nichols, Dennis Murphy

Minutes of Oct 14, 2020 Board meeting were approved. MSP Russ Karow/Ted Powell

Treasurer's report - Dennis Murphy - membership dues receipts and check to Russ Karow for an external hard drive for archive document storage, otherwise no activity - \$14,283.48 balance including journey funds.

Journey account October report from Van Nichols: No activity this month. Balance remains \$5,389.68.

Journey Organizer—Chris Duval - Nothing to report yet. Regional Coordinator Tom Best is coordinating with all clubs in the PNW/NR region.

Communication Chairperson—Marilyn Peterson no news

Newsletter— Russ Karow December newsletter copy is due Nov. 23.

Old Business:

Archiving – Quincy has some scanning done and is getting ready to upload documents. Decision about retention of the physical objects and original documents will need to be made later (includes such things as scrapbooks).

November meeting – Russ Karow and Dennis Murphy will present a program on our club's Peru journey

New Business:

December meeting – Festive event Dec 18 at 4pm PT wear festive attire

How I survived 2020 – stories of how I did something different, survived 2020

Bring appetizer (share recipe) and bubbly or favorite beverage to toast each other

Russian style – Ted to lead toasts, bring salt and bread to start the party

Getting more members involved – Juanita will call Barb Callner about forming a committee to call folks we have not seen and encourage them to join in the festivities on Dec 18.

Meeting adjourned at 1:41pm

Respectfully submitted,

Marilyn Peterson, Secretary

Fashion Trend Setters



If you are interested in the latest neckwear fashion trends, talk with Ted Powell. Ted had neck surgery in late November and is doing well. He will be sporting this fancy brace into the new year. Well wishes Ted!

Your Board's Plan for Dues in 2021

In consideration of the lack of not just journeys, but also the opportunities to meet in friendship at our monthly meetings, the board has voted to reduce the annual membership fee for this year to \$20 per person. This is the amount that we pay to FFI for annual charter renewal of Oregon's Mid-Willamette Valley club members.

If you have not already done so, please complete the membership form in the newsletter (page 8) and mail in your dues to renew for 2021! It will be a better year than this last one, and new friendships will be formed and old ones kept strong!

Virtual Journeys

As noted in Tom Best's field rep report on page 5, FFI is looking for clubs to participate in its Virtual Journey's program. Participating clubs use photos and other materials to provide FFI members from around the world the opportunity to "visit" the host clubs area - a virtual journey. If there is interest in our club, we could perhaps do a western Oregon journey or could partner with another Oregon club to do a statewide tour. If you have interest in helping to create such a journey, please contact Marilyn Peterson. We can find out what level of assistance is available from FFI in creating a virtual journey and develop plans.



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 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.

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



Ten Fun New Year's Facts & Traditions

New Year's is approaching, a time when millions of people will celebrate with food, new resolutions or a even kiss as the clock strikes 12. But how much do you know about the holiday? Here are 10 fun facts about New Year's.

1. The first New Year's celebration dates back 4,000 years. Julius Caesar, the emperor of Rome, was the first to declare Jan. 1 a national holiday. He named the month after Janus, the Roman god of doors and gates. Janus had two faces, one looking forward and one looking back. Caesar felt that a month named after this god would be fitting.
2. Forty-five percent of Americans make New Year's resolutions. The top resolutions are: to lose weight, get organized, to spend less and save more, to stay fit and healthy, and to quit smoking. While nearly half of all Americans make resolutions, 25 percent of them give up on their resolutions by the second week of January.
3. Be sure to eat leafy greens on New Year's. Tradition says that the more leafy greens a person eats, the more prosperity he or she will experience (what an incentive for staying healthy!). Tradition also says that legumes bring prosperity because beans and peas look like coins. No wonder why so many people eat black eyed peas on Jan. 1.
4. Many people ring in New Year's by popping open a bottle of champagne. Americans drink close to 360 million glasses of sparkling wine during this time. The bubbly stuff dates back to the 17th century, when the cork was invented.
5. About 1 million people gather in New York City's Times Square to watch the ball drop. The Times Square New Year's Eve ball drop came about because of a ban on fireworks. The first ball in 1907 was 700 pounds and was lit with 100 25-watt lights. The current ball puts the old one to shame (thanks to technology). Today, it is covered in 2,688 crystals, is lit by 32,000 LED lights, weighs 11,875 pounds and is 12 feet in diameter.
6. Remember the last scene in *When Harry Met Sally*, when Harry references a song after he and Sally kiss? It was *Auld Lang Syne*, a song traditionally sung at the end of New Year's parties. Poet Robert Burns wrote it in 1788. Though most people do not know the words to *Auld Lang Syne*, the overall message is that people have to remember their loved ones, dead or alive, and keep them close in their hearts.
7. If Santa is the most common symbol associated with Christmas, then Baby New Year is the symbol most commonly associated with....you guessed it, New Year's! Baby New Year is often seen in a diaper, black top hat, and a sash showing the numbers of the new year. Myth states that he matures into an old man during the year.
8. Make sure to be surrounded by family or loved ones on New Year's Eve. The first person you come across in the new year could set the tone for the next 12 months. This applies to couples, as well. If a couple celebrating New Year's together does not kiss, the future of the relationship might be splitsville, so be sure to lay one on your significant other.
9. At the Mummers Parade in Philadelphia, 10,000 participants step through City Hall and perform in unique costumes. The parade dates back to mid-17th-century, incorporating elements from Irish, German, English, Swedish and other European heritages. The parade itself is divided into five divisions: a comic division, wench brigades, fancy division, string bands, and fancy bridges. If you are in the area for New Year's, be sure to check out this event.
10. According to statistics from the National Insurance Crime Bureau, vehicles are stolen on New Year's Day more than any other holiday. Don't think your old car is safe, either. In 2011, the 1994 Honda Accord was the most stolen car. To discourage car theft, make sure your car is in a populated area and always take your keys.

<https://www.todayslifeonline.com/parent-resources/blog/ten-fun-new-years-facts-traditions/>



Your 2021 Leadership Team

Elected Officers

President	Dennis Murphy
Vice-President	Kathy Butler
Secretary	Caye Poe
Treasurer	Van Nichols
Past President	Juanita Weigel

Activity Leads

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

*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*

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.

