



friendship force
OREGON'S
MID-WILLAMETTE VALLEY

Friendship Connections

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

February 16 General Meeting - The El Triunfo Bioserve Story

The February general meeting will be held on Sunday, February 16th at 2pm in the Albany Public Library, 2450 14th Ave SE. We are pleased to have as our featured speakers the director, founder and a supporter of FONCET, a non-profit with the goal of protecting and sustaining the Biosphere Reserve El Triunfo. El Triunfo is a cloud forest ecosystem in the Chiapas, the most southern state in Mexico. Chiapas is internationally recognized for its biological and cultural diversity. El Triunfo covers an area of 294,000 acres, similar in size to Multnomah County. The reserve protects one of the last major remnants of cloud forest, considered to be the world's most endangered ecosystem. It is home to thousands of species of plants and animals, and is also considered the region's largest freshwater reserve. In order to ensure the long-term conservation of El Triunfo, the El Triunfo Conservation Fund (FONCET, from its designation in Spanish) was established in 2002. This is a private charitable equity fund (501c3) that generates a portion of the required revenue, to ensure that the Reserve's contemplated programs and projects have the basic operating expenses covered, and that the reserve's activities can proceed without financial limitations. Director Ana Valerie Mandri Rohen, Founder Mavi Vazquez and Supporter Tim Gregory will convey to us the importance of this mission in the most southeast state in Mexico.

Please invite friends, friends of cloud forests, friends of Mexico and just interested folk to our meeting, we can find common understanding and share experiences the Friendship Force way.

www.thefriendshipforce.org and www.fforegon.org

Questions? Ted Powell, VP FFOMWV

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El Triunfo Cloud Forest Biosphere Reserve

Calendar of Event

- Feb 16
monthly meeting, Albany Library, 2 pm
- Mar 15
monthly meeting will be at Salem Sikh Temple - see article for details, 2 pm
- May 21-23
Super Regional Conference (Western States) Portland
- June 2-8
Inbound-Tokyo, Japan (#20317)
Host JCs: Marilyn Peterson & Eileen Minette
- June 20-27
Outbound-Manitoba, Canada (#20151)
Ambassador JCs: Chris Duval & Mary Ellen Lind
- July 13-18
Inbound-Denver, Colorado - need Host JCs
- Sept 8-15
Inbound-North Bay, Ontario Canada (#20326) - need host JCs
- Sept 27-Oct 12
FFI Festival at Sea: Vancouver BC to Japan



Horned Guan in El Triunfo, a bird on the International Union for Conservation of Nature endangered species list

President's Message

Friends,

As your new President, I am going to need a lot of help. I feel a bit overwhelmed at this moment. But with my executive team standing behind me, we should have a successful year. Marilyn and Ted will keep me on my toes and make sure I toe the line. I still have to get to know Dennis Murphy, your Treasurer, but I am sure he too will be a real asset to the team. This year will be a success if everyone steps up and volunteers to help with jobs large or small. Please also just throw out ideas of things we can do throughout the year. We do need to find some interesting speakers for our monthly meetings.

I am looking for volunteers to be Journey Organizers for some of our outgoing and incoming journeys for the year. It is nice to have two people, a new person and a seasoned one. It is a fun job. You yourself often learn more about Oregon and the interesting places we have in the area of visit. I know I have.

I will see you in March as I leave you in February for a road trip with Lloyd to where we do not know. We will first go to a convention in Reno for four days and then head south to parts unknown.

In Friendship,

Juanita

March 15th Meeting - Dasmesh Darbar Sikh Temple, Salem

Our March meeting will be held at the Sikh Temple, 860 Oakhill Ave SE, Salem. 2 pm meeting time. Women should bring scarfs for your head. We will be removing our shoes so wear socks and easily removable footwear. They will provide us with snacks. Be prepared, some might be spicy. Temple members are very open to talk about their religion and way of life in America. Please come with questions and open hearts and minds.

Our Newsletter Needs You

Mary Ellen Lind was our newsletter editor for the past several years. Thank you Mary Ellen! Russ Karow has taken over this role. To have a useful newsletter, your inputs are needed. By the 25th of each month, please send information about FF activities in which you have been involved or that you are planning to Russ. The newsletter is distributed the first of each month. Photos are welcomed.



New Member Pat Kelley



Hi! I'm Pat, a retired native Oregonian and cancer survivor. I've enjoyed many roles in my life including wife, mother, grandmother, sister and

caregiver. I love animals, Bible study and learning. Some of my hobbies and interests include working puzzles, sewing, watercolor painting, reading and traveling. I lost my hearing due to childhood illness and of necessity taught myself to lip read. I'm a long time hearing aid wearer and I regret not buying stock in Phonak (and Starbucks!) when I was younger. I'm looking forward to new friendships and adventures!

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.

Friendship Shared Events

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

St. Patrick's Day Dinner - hosted by Dennis and Mary Ellen, on March 17, 2020. This event is full. However, if you want to put your name on a waiting list for cancellations, please contact Mary Ellen Lind.

Three-Course Progressive Salmon Dinner - hosted by Kathy Butler, Marilyn Peterson, and Kay Macpherson, [on February 28 at 5pm](#). Cost is \$22, with payment to be sent to Van Nichols.

Menu: appetizers and beverages at the home of Kathy Butler, hearty salmon salad entree at the home of Marilyn Peterson and delicious dessert at Kay Macpherson's home.

There is currently one space left for this fun event. Contact Chris Duval to sign up, prior to sending your money to Van – so we make sure there is still room for you on the reservation list. If you already signed up for this event at the January gathering, go ahead and send your check to Van, made out to FFOMWV.



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.

2020 JOURNEY NEWS

Tokyo, Japan to Oregon's Mid-Willamette Valley

15 Ambassadors from Tokyo will arrive on June 2 from Sacramento and depart for home on June 8. Please send your completed hosting form (<https://www.thefriendshipforce.org/wp-content/uploads/2018/02/Ambassador-Application-and-Agreement-1.pdf>) to Marilyn Peterson at 2913 Ivy Loop SE, Albany OR 97322. We need the applications for home hosting by February 16 (the date of our next gathering).

If you cannot host, please consider helping by day hosting or hosting a small group dinner. Contact Eileen to day or dinner host.

Thank you to all of you who took part in our planning meeting after the January gathering. Your help is greatly appreciated. Questions or suggestions? Please send them to either Marilyn or Eileen.

Journey to Winnipeg, Manitoba

Our club will be traveling to Manitoba, Canada, June 20-27, 2020. Chris Duval and Mary Ellen Lind have applied to be Ambassador Coordinators for this journey. The board will vote on their applications in February. Until then, we are hoping to get started on finding out how many members are interested in going on this journey. An interest-only sign-up sheet was passed around at the January gathering. It garnered 19 names. If you were not in attendance at this meeting and wish to add your name to the interest list, please contact Chris Duval. As soon as it is available, more information will be sent out regarding the possible activities as well as costs of this journey.

Journey Coordinators Needed for Other 2020 Journeys

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



Tokyo Imperial Palace



Winnipeg City Center



North Bay Canada

WESTERN REGIONAL SUPER CONFERENCE BY CHRIS DUVAL

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

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

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

MEG Lunch - Feb 13 - Meet, Eat, and Get Acquainted

Please join me for the February MEG, Thursday, February 13th at 11:30 am



Little Morocco Café
517 SW 2nd Street
Downtown Corvallis



The menu is posted on-line - <http://www.littlemorocco.co/> Parking is free along 2nd Street or there are metered spaces along Washington. There is an old, wooden floor, hardware store, Robnet's, you may be interested in browsing nearby. Please let me know if you plan to attend so that I can make a group reservation. I hope many of you can join me! Cheers—Sharron Harr, MEG Coordinator

Membership Application or Renewal

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

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

This is a NEW _____ or a RENEWAL _____ Application

Name: _____

Name: _____

Address: _____

City: _____ State _____ ZIP _____

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

Phone: _____ Cell: _____

Email: _____

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

The history of Valentine's Day—and the story of its patron saint—is shrouded in mystery. We do know that February has long been celebrated as a month of romance, and that St. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition. But who was Saint Valentine, and how did he become associated with this ancient rite? The Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred because of some activity associated with love. Saint Valentine of Terni may have been killed for attempting to help Christians escape harsh Roman prisons. According to one legend, an imprisoned Valentine sent the first "valentine" greeting himself after he fell in love with a young girl—possibly his jailor's daughter—who visited him during his confinement. Before his death, it is alleged that he wrote her a letter signed "From your Valentine."
(Source—History.com)



Your 2020 Leadership Team

Elected Officers

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

Activity Leads

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

Inbound Journey Coordinators

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

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

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

August 2021 – Ft Worth, Texas - volunteers needed

Outbound Journey Coordinators

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

TBD 2021 Edmonton, Canada - volunteers needed

*This Issue of Connections, and more information about our club,
can be found on our website: <http://www.fforegon.org>
Contact us at: fforegon@comcast.net or PO Box 1703, Albany, Oregon 97321*