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2025 CALENDAR

- Mar 16, 2 pm** - Club gathering, CPI Building, Philomath (p1)
Mar 20, noon - MEG - El Patron, Corvallis (p1)
Mar 26 - Apr 1 - San Antonio TX outbound (p7)
April 13, 2 pm - Club gathering, Mennonite Village (p5)
May 18 - possible Club gathering (p7)
May 30 - June 5 - Birmingham AL inbound (p 7)



First Day of Spring March 20!

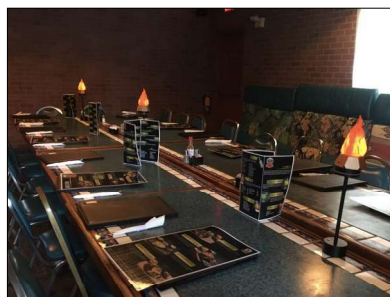
Next General Gathering - March 16 - CPI Community Room, Philomath

Our second general club gathering of 2025 will be held on Sunday, Mar 16 beginning at 2 pm in the community room of the Consumers Power Inc. Building in Philomath - 6990 W Hills Road. Members with last names A-L are asked to bring snacks to share. Everyone is encouraged to bring their own beverage. We will conduct general club business and have a presentation by OSU international scholar Belén Ojeda Bernal who will tell us about her home country of Chile and her path to studying abroad. Please mark your calendar and plan to attend.



MEG - El Patron - Mar 20

Our next MEG (meet, eat and get acquainted) will be Thursday, March 20 at 12 pm. We will be re-visiting El Patron Mexican Restaurant - 1110 NE 2nd St, Corvallis, OR (on Hwy 20 headed north to Albany). We had a small group there in December. Food and service were excellent. All in attendance agreed we needed to gather there again. March 20 is the Spring Equinox. That will be our theme. If you plan to attend, please contact Carolyn Powers or Gail Wolcott to assist in planning.



*This Issue of Connections, and more information about our club,
can be found on our website: <http://www.fforegon.org>*

Contact us at: FFOMWV@gmail.com or PO Box 1703, Albany, Oregon 97321

President's Message - Marilyn Peterson

Thank you to all of our members who have renewed their memberships. And, if you have not renewed, there is still time to send in your dues. The membership form is in this newsletter.

I wish to express my thanks to all of you who have stepped up to contribute to our club's health in some way. Thanks to our officers and committee or event chairs, to those who have attended MEG events, hosted or attended Friendship Shared events and who participate in some way in our Journeys. Our Journey Coordinators are busy making preparations for traveling to San Antonio and New Caledonia as well as planning to host visitors from Birmingham.

Please consider calling (or emailing) the Journey Coordinators and offering your assistance. Try to be specific about what you can do to help. For example, "I would be glad to drive to the coast for the overnight" or "I could pick up some members and bring them to the farewell party". If we each do something to help with these Journeys, we will lighten the load for the JCs and make more friends at the same time.

Do you have some ideas about how to make Friendship Force more widely known in the Willamette Valley? I would like to hear those ideas. Wouldn't it be wonderful if we could welcome 10 new members by the end of 2025? Please send your thoughts to me.

In friendship,

Marilyn



It's Not Too Late - Friendship Shared in 2025 & FS Lead needed for 2026

It is not too late to offer a Friendship Shared event in the coming months. To get ideas for what you might offer, see the next page for current offerings still to come and report from a recent lunch. If you would like to host, please send me the following information as soon as possible:

- Title of your event - if you have one
- Date and time of day in the suggested March - May timeframe
- Cost such as \$20 - this depends on the type of activity
- Size of group you can accommodate
- Location of the event

Events will be promoted in our monthly newsletters and in emails.

While I have enjoyed coordinating FS activities these past years, I have decided it's time for someone else to take on this role. If you have interest and want more information, please let me know.

Mary Ellen Lind, Your Friendship Shared Coordinator



Current Friendship Shared Events



If you are pondering offering a Friendship Shared event in the coming months, the following current offerings will give you an idea of event types. All seats/spots in these events are taken.

Bed & Breakfast at the Coast - Mar 7-8 - Marla & Russ Karow are hosting at their Lincoln City house.

Lunch Near Central Park – Mar 11 - John & Ruth Wyse will host a lunch at their new apartment opposite the Corvallis Library.



Saint Patrick's Day Preamble - Mar 16 - Craig & Mari-Anna Biegel will host a March 16th St. Paddy's preamble dinner at their home.

Saint Patrick's Day Lunch - Mar 17 - Dennis Murphy & Mary Ellen Lind will host a lunch at their house on St. Patrick's Day

Donation Details For Friendship Shared Event -

guests should bring a check (or cash) with them to their event. Checks will be written to FFOMWV and given your host(s). Hosts will coordinate with Mary Ellen to get funds to the chosen organization/people. **THANKS TO ALL FOR HOSTING AND PARTICIPATING IN THESE EVENTS!**



Friendship Shared Mexican Lunch Report

Kathy Butler and Marilyn Peterson hosted a Mexican Lunch on Feb 22. Five guests attended. Three of the attendees are "newish" members. Everyone had a good time and enjoyed the locally made green chile tamales, homemade chili, salad and for dessert, mango fruit salad and biscochitos (New Mexico State cookies). The group shared travel adventures and decided to send the proceeds to Corvallis Sister Cities - Uzhhorod projects (Ukraine).



MNP means peace

Ted Powell Memorial Get-Together

Saturday, April 26

12:00PM - 3:00PM PDT

Cascade Commons, Dallas Retirement Village

225 NW Jasper St, Dallas, OR 97338

Drop in anytime from 12-3. Ted told his family to tell everyone a definite time for the meal because he hated it when that wasn't included, so, FYI, food will be available the entire time.

If you have not already done so, please RSVP before the end of the day on April 18 to Ted and Rita's daughter Brittany at



Travel Documentation Insights From Marilyn Peterson

Be aware that if you do not have a Real ID driver's license by May, 2025 you may have a very difficult time getting through the TSA airport process. Club members can attest to the fact that, even now, a non-Real ID Oregon driver's license was nearly not enough to get on a flight to Hawaii and back to Oregon.

On another matter did you know that you can renew your US passport online? Yes, it's true.

For most travel your passport must be valid for at least 6 months past your travel dates. This varies by country so check the fine print.

If your passport will expire within the next year, you can renew online.

Visit <https://mytravel.state.gov/s/> for full details on the process. Be aware that the processing and delivery time is claimed to be 4-6 weeks and that your current passport will be 'cancelled' when your online passport payment is accepted. The advantage is there is no paperwork mailing and waiting for that application to get into the processing queue. Your new passport is then mailed to you.

The process is fairly simple with the trickiest part (at least for me) was taking a valid photo. NO Selfies!!! The photo rejection may happen almost immediately if the photo appears to be altered, has improper lighting and/or background shadows. The photo can be a DIY project or pay to have it done at AAA or other locations.



Rewards for Journey Coordinators

The energy and time that volunteer members spend as Journey Coordinators, whether as an outgoing ambassador coordinator or an incoming host coordinator are appreciated by both FFI and FFOMWV. The rewards for that time and energy are not insignificant. When you volunteer for that leadership position it is very much appreciated and the rewards below are a token of that appreciation for your extra efforts.

Earned Seat and Fees for Outbound Journey Coordinator (FFOMWV policies 3/5/04; 5/10/08): On journeys in which the JC has recruited ten (10) or more Ambassadors, each Ambassador will contribute 5% of the JCs economy transportation to the initial hosting location and return from the final hosting location **and** any journey activity costs. *This is a FFOMWV Policy.*

FFOMWV Hosting JC Expenses (policies 3/5/04, 8/5/10, 2013, 1/6/14, 11/2/15, revised 4/13/2017):

The **host JCs** scheduled activity expenses will come from the program fee and other journey income. Those expenses will be included as part of the journey budget. The JC will submit a request for reimbursement to the journey treasurer.

This is a FFOMWV Policy.

The Outbound Ambassador Coordinator will receive a discount on their FFI fee if the Journey is filled to a certain percentage

The percentage of discount is based upon the number of traveling ambassadors for each phase of the journey, and will be coordinated in cooperation with the RSM and the Fill the Seat Policy. 100% of hosting capacity: coordinator receives a 100% credit of the FFI Ambassador Fee. The discounts continue down to 75% of hosting capacity.

This is an FFI Policy.

General Gathering - April 13 - Mennonite Home, Albany

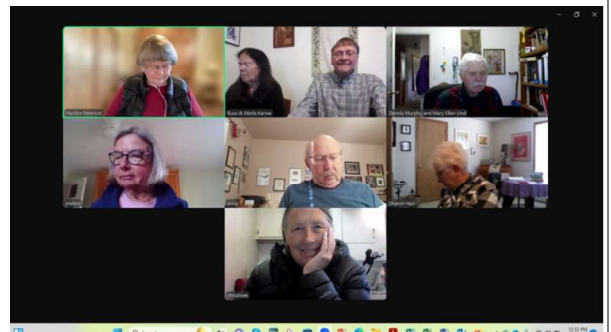
Our April general club gathering will be held on Sunday, April 13 beginning at 2 pm in the multipurpose room of the Mennonite Home. Members with last names M-Z are asked to bring snacks to share. Everyone is encouraged to bring their own beverage. We will conduct general club business and have a presentation by OSU international scholar Aya Ari who will tell us about her home country of Sudan and her path to studying abroad. Please mark your calendar and plan to attend.



Board Meetings

The date for the next FFOMWV Board meeting is Wed March 12 at 12:30 pm. All meetings are held by ZOOM. All current and prospective club members are welcomed to participate. If interested, call or send President Marilyn Peterson an email and she will send you the ZOOM link.

Last board meeting screen shot



Journey Organizer Report – Dennis Murphy

March 2025

Incoming

Birmingham, Alabama Journey and Honolulu, HI. Journey #25130

May 30 – June 5 Host coordinators are Russ and Marla Karow - see page 7 of this newsletter for details

Outgoing

San Antonio, Texas Journey #25132

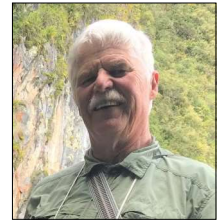
March 26 – April 1 - Ambassador Coordinator is Chris Kastella - see page 7 of this newsletter for details

Festival on the Mekong

October 6 -13 - Additional details to be announced by FFI

New Caledonia Journey #25194

Late October/Early November - see page 8 of this newsletter for details



2026 Journey Planning

Polling is completed. The first choice for a domestic journey in 2026 was New England, the second a reciprocal with Charlotte, NC. For an International Journey, the first choice was to Japan or another far east country. The second choice was Canada. FFI was informed that we would probably have less than ten travelers and would be willing to work on an outbound journey with another club.

Pavla Zakova-Laney is a member of our club and also the founder and executive director (full-time volunteer) for a non-profit called Educare -Africa. One of our Friendship Shared donations from 2024 went to Educare. One of their projects was to send used but still usable laptops to students with whom they are working - reuse at its best!



International Women's Day (IWD) is a holiday celebrated annually as a focal point in the women's rights movement. IWD gives focus to issues such as gender equality, reproductive rights, and violence and abuse against women. Spurred by the universal female suffrage movement, IWD originated from labor movements in Europe and North America during the early 20th century. The earliest version reported was a "Woman's Day" organized by the Socialist Party of America in New York City on February 28, 1909. This inspired German delegates at the 1910 International Socialist Women's Conference in Copenhagen to propose "a special Women's Day" be organized annually, albeit with no set date. The following year saw the first demonstrations and commemorations of International Women's Day across Europe. Vladimir Lenin declared March 8th as IWD in 1922 to honor the women's role in 1917 Russian Revolution. It was subsequently celebrated on that date by the socialist movement and communist countries. The holiday became a mainstream global holiday following its promotion by the United Nations in 1977.



San Antonio Journey # 25132

March 26 - April 1, 2025

It is too late to join this journey. We have three club members going along with two people from Utah and one from Arizona. It seems that many journeys these days are being filled with ambassadors from several clubs. San Antonio was able to host nine people in total. We look forward to a report and photos from our travelers.



Birmingham AL Inbound

FFOMWV will host 8 ambassadors from the Birmingham AL FF club May 30 - June 5, 2025. Four ambassadors from Huntsville AL will join this group for a total of 12. Russ and Marla Karow are our host JCs. Two members of the Columbia Cascade Club plan to join us at the coast.

The journey begins on May 30 with a welcome dinner planned for Long Timber Brewing in Monroe, subject to change if the group decides to fly into PDX versus Eugene. Other activities include a visit to the Corvallis Saturday Farmers Market; Old World Deli and Oregon Trail Brewing; Silver Falls hike and Willamette Valley Vineyards tour; a class at the Hatfield Marine Science Center and visit to Yaquina Head National Park; an OSU tour including tours of the new dairy science lab and store and the Clark Meat Science Lab; and local hikes and perhaps a visit to the Albany carousel. Our overnight stay at the beach will be at the Siletz Bay Beachfront Hotel in Lincoln City (that includes breakfast). Small group dinners will be on May 31. The farewell dinner will be a partial potluck - we hope to have main course prepared by a club member or catered - at the CPI Building in Philomath. We will need people to help with farewell dinner setup and cleanup and if someone is able, second main course preparation. The Karow's will provide BBQed turkey as a main course. The second could be baked salmon or some other local favorite. All material costs will be reimbursed. We will send out a detailed itinerary once we have incoming ambassador hosting settled. There will be a number of opportunities for club members who are not hosting to participate on activities. The orientation session for this journey will be held in conjunction with the May club gathering (likely May 18).

If you are interested in assisting with this inbound journey, please contact Marla.



General Gathering - May 18?

While not yet formally approved by your board, it is likely we will hold our May club gathering on Sunday, May 18 beginning at 2 pm, or a little later, at a location yet to be determined. Members with last names A-L will be asked to bring snacks to share. Everyone is encouraged to bring their own beverage. We will conduct general club business and have a presentation by an OSU international scholar likely - Nanaho Tsuru from Japan. There will also be an orientation session for the Birmingham Alabama inbound journey for all interested. Stay tuned for final details.

FFOMWV to New Caledonia- FF Journey 25194

The Friendship Force of Oregon's Mid-Willamette Valley will travel to New Caledonia in the timeframe October 25 to November 9 2025 - six nights and seven days - exact dates within the time window will be decided with participant input.

See these websites for information about New Caledonia - <https://www.britannica.com/place/New-Caledonia-French-unique-collectivity-Pacific-Ocean> and <https://au.newcaledonia.travel/>

Here is a non-exhaustive list of the activities that the New Caledonia club generally offer to FFI clubs that come to stay with us:

- History of Noumea and New Caledonia - visit of the city by tourist train
- Tjibaou Cultural Center, dedicated to Kanak culture (native people)
- Evocation of the American presence in New Caledonia in the 40's - museum of the Second World War
- Aquarium: tropical fish, turtles, fluorescent corals
- Exotic day trip on Amédée Island, snorkeling, glass bottom boat
- French gastronomy, lunch at catering school
- Beaches and swimming in Noumea
- Local market, shopping
- Hosting dinners, farewell party

Our activities are accessible to everyone, but it is necessary that participants can walk easily.

The estimated cost for this journey: FF New Caledonia activity fee estimate \$450; FFI Fee \$150; Contingency fee \$50; Application fee \$25; Ambassador Coordinator fee estimate \$120 (our FFOMWV ambassador coordinator will be chosen from journey participants)

Total estimated charges excluding air \$795 - flexible (refundable or cancellable) airline tickets are recommended

All meals are included (except the meal offered by the ambassadors).

The application fee is refundable if the journey is canceled or you are not accepted.

There are openings for 8 ambassadors at this time. Potentially more depending on number of couples.

If interested in this journey, please complete the FFI Ambassador application form and send to FFOMWV, PO Box 1703, Albany, Oregon 97321, along with the application fee of \$25.

Those interested in this journey will be asked to participate in the planning of possible pre and post journey activities along with input on activities during the journey.

More information: Contact Dennis Murphy



2025 January 15 FF Board Meeting Minutes

President Sharon Harr called the virtual meeting to order at 5:00 p.m. Those present were Sharon Harr, Russ Karow, Dennis Murphy, Mary Ellen Lind, Marilyn Peterson, Marla Karow, Kathy Butler and Chris Kastella.

Minutes of the Nov. 15, 2024 board meeting were accepted as distributed.

Sharon installed Chris Kastella as treasurer for 2025 since she will not be present in person when other officers are installed on Jan. 19.

Dennis had emailed his financial report before the board meeting. There were no questions about it.

Program for Jan. 19 meeting:

First – install new officers. Barb Callner has the procedure for installation and will preside over that. Then Marilyn will conduct the rest of the meeting.

Second – Discuss current journeys: Marla and Russ will give update on Birmingham inbound. Dates are May 30 – June 5. Marilyn will announce Festival at Sea.

Third – Discuss choosing a site to request for our international journey in 2026.

Discussion at the board meeting about this procedure: Dennis proposes putting important questions from FFI on paper and having every member fill out a form with their responses. Dennis will ask Russ to email the form to all members on Jan. 16. They can send their forms to Dennis or bring it to the meeting. This will enable all members to take part in the choice, not just the ones who come to the general gathering. Dennis suggests narrowing down the choices for the international outbound. One critical question he will include is whether each person prefers a one-week or two-week journey.

Fourth - Have update about Friendship Shared.

Fifth - announcement about MEG: It will be at Long Timber in Monroe on Feb. 6 at 12:30.

Bervins' Donation – Marilyn and Art Bervin have donated \$300 to the club in memory of Ted Powell. They suggested a scholarship, but really wanted to provide honorariums for speakers in the OSU international group to come and speak to us. Russ will contact Adria Buncal and ask her to get the word out to offer \$50 honorariums to international students.

FF "website"- Marilyn explained that it is not an FF website. Someone in our club set it up, but it didn't reflect our mission. She grabbed the domain and it's now coming up for renewal. Russ moved to renew it for 5 years and hope we get responses from the other two clubs in Oregon to help sustain it. The motion was seconded and passed.

Sharon said Rita Powell had asked her to pick up some extraneous items Rita has been storing. Sharon will bring them to our general gathering and see if people will take them.

Newsletter – Russ needs info by the 20th of the month.

Membership Renewal – Dennis said 33 members have renewed out of 53 last year. In February Dennis will contact those who have not renewed.

Next general meeting will be March 16 at the CPI building in Philomath.

Meeting adjourned at 6:10.

Kathy Butler

Secretary

FFOMWV Membership Application/Renewal

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 of each year.

The Annual Dues Rate for 2025 is \$45, the same as 2024. We have been told that FFI international dues rate for 2025 will not increase.

New members who join after August 1st but before December 31st of a given year will pay at the current rate and their dues will be extended through December 31 of the following year.

This is a NEW _____ or a RENEWAL _____ Application

Name: _____

Name: _____

Address: _____

City: _____ State _____ ZIP _____

Dues enclosed: (\$45.00 per person) \$ _____

Phone: _____ Cell: _____

Email: _____

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



friendship force
OREGON'S
MID-WILLAMETTE VALLEY

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 2025 Leadership Team

Board Members

President

Vice-President

Secretary

Treasurer

Journey Organizer

Newsletter Editor/Archives Russ Karow

Activity Leads

Friendship Shared Mary Ellen Lind

Internet Communications Marilyn Peterson

MEG Coordinators Gail Wolcott
 Carolyn Powers

Sunshine "Committee" Sharon Harr

2025 Journey Coordinators

March 26 - Apr 2 - San Antonio TX outbound - JC Chris Kastella

May 30 - Jun 5 - Inbound from Birmingham AL - JCs Marla & Russ Karow

~Oct 25 - Nov 9 (specific dates TBD) - New Caledonia international outbound - JC(s) TBD

Viruses And Our Club

As you are likely aware from personal experience or that of friends, an array of viruses are circulating in our communities - flu, norovirus, COVID, RSV, and even measles in some parts of the US. The effects of these viruses vary significantly for individuals and can result in hospitalization in some cases. Your board encourages all of the members of our community to get the whole array of vaccines available to you if no other medical conditions prevent or make it dangerous. We encourage you to wear a mask in crowded situations. It is one of the best forms of protection available to all of us. Along with the face masks, washing your hands especially after having been in crowded situations with unknown people. If you are not feeling well in even the slightest way, please do not attend club gatherings. We have a number of members with medical conditions of various sorts - many of us are of that age. We all need to do our very best to protect ourselves and each other in every way that we can.

