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## 2025 CALENDAR

- April 8, 12:30** - MEG at Starduster Café in Independence (p 7)  
**April 13, 2 pm** - Club gathering, Mennonite Home (p 1)  
**May 17, 10 am** - *Samurai in the Oregon Sky* film showing (p 8)  
**May 18, 2:30 pm** - Club gathering, CPI (p 7)  
**May 30 - June 5** - Birmingham AL inbound (p 7)



**National Peanut Butter and Jelly Day** is celebrated on April 2 to honor its role in making the best American breakfast and lunch sandwiches. It is believed peanut butter and jelly sandwiches originate way back in the World War II. It was first prepared by American soldiers in the war at the time.

## Next General Gathering - April 13 - Mennonite Multipurpose Room



Our next general club gathering will be held on Sunday, April 13 at 2 pm in the multipurpose room of the Mennonite Home. The Mennonite Home, also known as the “nursing home”, is located on 53rd between Columbus and Clay Streets in the Mennonite Village. Enter the Mennonite Village at 5353 Columbus, Albany Oregon 97322. Be sure to use the entrance lane, not the exit. Immediately turn left. You will see a 3-story building to the right about a 1/2 block away. That is the Mennonite Home. Park near the building and enter the building using the front entrance on 53rd. There is no parking immediately in front of the building. The multipurpose room is on

the first floor of the Mennonite Home.

Members with last names M-Z are asked to bring snacks to share. Everyone is asked to bring their own beverage.

We will conduct general club business and have a presentation by OSU international scholar Aya Ari. Ms. Ari is from Sudan and will speak about her home country and her path to and at OSU. Our thanks to Marilyn and Art Bervin for providing the funding to provide small honoraria to international speakers. They gave these funds in honor of Ted Powell. The March talk by Chilean scholar Belén Bernal was delightful. Mark your calendar and plan to attend!



*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](mailto:FFOMWV@gmail.com) or PO Box 1703, Albany, Oregon 97321**

## President's Message - Marilyn Peterson

Happy Spring!

The daffodils are blooming and the spring weather continues.

I am sure that our travelers to San Antonio are having a marvelous time. Thank you to Chris Kastella for being the Journey Coordinator for this event.

A huge thank you to Mary Ellen Lind for coordinating our Friendship Shared events this year. These events generated \$1040 for a very wide variety of charities. In addition to the funds generated, these events were very enjoyable for the participants. Thank you to all of our members who made the events possible and also to those who attended the events.

MEG at El Patron was a great success. Good food. Good conversation and great attendance. Thank you, Gail Wolcott and Carolyn Powers, for arranging this outing.

The FFOMWV Board is looking for an additional member. This person is a Member at Large of the Board. See the article immediately below this message for additional detail.

Be sure to mark your calendar NOW for the events mentioned in this newsletter, especially the May 17 film screening of "Samurai in the Oregon Sky" and our August 17 picnic at Fort Hoskins.

See you at our regular gathering on April 13.

In friendship,

Marilyn



## Member at Large



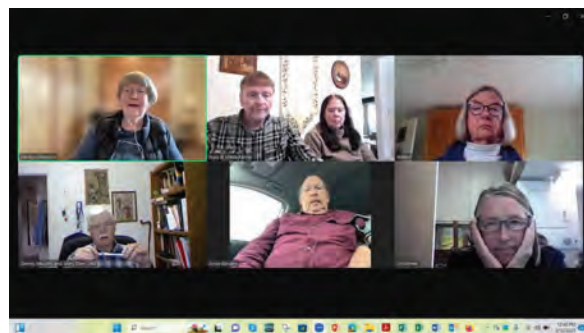
For many years our FFOMWV Board has had one or two "Members at Large" on the Board. Members at Large attend the monthly Zoom Board meetings to provide a wider range of perspectives and opinions. Being a Member at Large doesn't mean being a chair or committee lead. In order to have a broader variety of ideas and opinions, the Board needs to add at least one Member at Large.

If you have any interest in being on the Board or even attending a Board meeting to see if you have some interest, please contact Marilyn Peterson or talk to any of the officers about the opportunity. The Board meeting is usually on the 2nd Wednesday of each month at 12:30 and last about 1 hour. This month is an exception as it is on April 8 at 4:30pm

## Board Meetings

The date for the next FFOMWV Board meeting is Tuesday April 8 at 4:30 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



## Friendship Shared - Bed & Breakfast at the Coast



Russ and Marla Karow hosted a bed and breakfast at their Lincoln City house for six club members March 7-8. Appetizers and wine and breakfast and coffee were provided by the Karows. The group worked together on a spaghetti (and wine) dinner. Conversations were wide ranging and enjoyable. The weather cooperated and beach walks were possible. Habitat for Humanity and Goodwill stores were visited as well as the local artist cooperative. Purchases were made by many. Two couples spent Saturday evening and attended a "Celtics Lights" concert at the Lincoln City Cultural Center complete with a leprechaun on stilts. Our charity donation was decided by lot and went to FISH in Albany. A good time was had by all.



## Friendship Shared - Lunch Over Central Park



Ruth and John Wyse hosted a lunch for six at their apartment overlooking Corvallis Central Park on March 11. Chef Ruth prepared a delightful scallop on a half shell casserole with able assistance from sous chef John. The group again decided their recipient charity by lot - Love Inc - with John's lottery slip reading "*nonprofit - yes.*" A good time was had by all.



## Friendship Shared - St Pat's Preamble on Peoria Road

MariAnna and Craig Biegel hosted a lunch for eight at their house on Peoria Road after the club gathering on March 16. They prepared traditional Irish foods including brown bread, Irish stew, and [cranachan](#). A longtime event and travelling companion of MariAnna and Craig was also in attendance in full Irish regalia - Othello Otter. Their charity of choice was the Southern Poverty Law Center. Craig is a retired lawyer and knows its good work. A good time was had by all.



## Friendship Shared - St Pat's Day on Linda Street

Dennis Murphy and Mary Ellen Lind hosted a lunch for four at their house on Linda Street on St Patrick's Day. They prepared traditional Irish foods - soda bread and beet salad - but also corned beef cabbage with a twist, as a pizza! The latter was quite good. The meal was liberally served with Guinness and topped with a Guinness chocolate cake. Dennis and Cliff Deighan, lunch attendee, both have Irish roots and tales were told. The groups charity of choice was Unity Shelter in Corvallis. A bonnie good time was had by all.



## 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

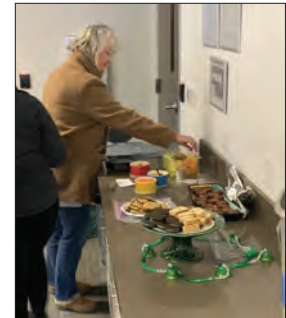
Drop in anytime from 12-3. Ted told his family to tell everyone a definite time for the meal because he hated it when that wasn't included, so, FYI, food will be available the entire time.

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



## March 16 Club Gathering Report

Twenty eight club members gathered in the CPI Community Room in Philomath on March 16 to review the status of club affairs and hear a presentation by Chilean OSU international scholar Belén Bernal. The upcoming Birmingham journey (p 7), club recruiting and spring/summer meeting plans were discussed. Ms. Bernal gave a delightful talk about her country, home town, family and circuitous career path to her present position at OSU. She was trained as a teacher and has had years of practice. Both were evident in her talk. Some of the snacks had a 'wee bit of the green' in honor of St Pat's Day.



## Journey Organizer Report – Dennis Murphy

March 2025

### Incoming

**Birmingham, Alabama Journey. Journey #25130** - May 30 – June 5 Host coordinators are Russ and Marla Karow - see page 7 of this newsletter for details

### Outgoing

**Festival on the Mekong #25308** - Oct 6 -13 - only four cabins left as of Mar 31 - go to your <https://my.friendshipforce.org> account to find out more about the journey and to register

**New Caledonia Journey #25194** - This journey has been returned to FFI for lack of interest by our club membership. We may be treading on thin ice in terms of securing future journeys if we make a request for a journey destination and then later decline it.

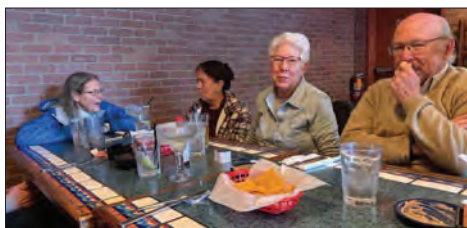
### 2026 Journey Planning

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.



## Mar 20 MEG Report - El Patron

The gang gathered again on March 20 (we had been there in December) for a Meet, Eat and Get Acquainted session at El Patron in Corvallis. Nineteen club members were in attendance including a potential new member. Spring was the suggested table topic but other conversation dominated. As was obvious in December, the service was excellent. This is a family restaurant with parents in the kitchen and elder sons working the tables. Food was plentiful and good.



## MEG - Meet, Eat and Get Acquainted - April 8 in Independence

Our next MEG will be on April 8, 12:30 pm at the Starduster Café in Independence, 4705 Airport Rd - an old favorite. If you plan to attend, please let Carolyn or Gail to assist in planning. Gail and Carolyn are also seeking ideas for future MEG locations. Send them an email or call if you have a favorite place!

## Birmingham AL (Sort of) Inbound

FFOMWV will host 12 ambassadors May 30 - June 5 2025, with the Birmingham AL FF club taking the lead. Ambassadors are from Birmingham (4), Hoover AL (2), Pelham AL (1), Odenville AL (1), Sarasota FL (2) Lansing MI (1) and one with information yet to be provided. This will be an all female group. Mixed club journeys seem to be becoming our new normal. 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 an early welcome dinner at Long Timber in Monroe. The group plans to fly into Eugene with most ambassadors arriving at 2:30 pm, but remember this will be at least 4:30 pm their body time. 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 (includes breakfast). Small group dinners will be on May 31. The farewell dinner will be a potluck

with main course items prepared by club members. Russ and Marla will prepare a BBQ turkey. If someone else is willing to prepare pork ribs (we have an easy oven recipe) or another entrée, it would be appreciated. All material costs will be reimbursed. We will meet in the community room of the CPI Building in Philomath. We also need people to help with farewell dinner setup, cleanup and bar tending – we plan to serve wine and beer. We will send out a detailed itinerary once we have incoming ambassador hosting settled. We are still waiting on a few details. We are planning on club members who are not hosting to participate in some activities. The orientation session for this journey will be held in conjunction with the May 18 club gathering also at the CPI building.



If you are interested in assisting with this inbound journey or would like to be included in some of the activities, please contact Marla.

## General Gathering - May 18

We will hold our May club gathering on Sunday, May 18 beginning at 2:30 pm at the CPI building in Philomath. Location is subject to change if we are not able to make the reservation on April 18. CPI has changed policy and only reserves a month in advance. 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 OSU international scholar Nanaho Tsuru from Japan. There will also be an orientation session for the Birmingham AL inbound journey for all interested. Stay tuned for final details.

## Mark Your Calendar - May 17 Film Showing

**SATURDAY MAY 17, 10 AM** – FFOMWV and the Unitarian Universalist Fellowship of Corvallis (UUFC) bring you the film “Samurai in the Oregon Sky.” This is an award winning film whose details can be found at <https://www.samuraiintheoregonsky.com/> The film tells the little-known story of Japanese pilot Nobuo Fujita who conducted the only manned aerial bombings of the U.S. mainland during WWII, on the southern Oregon coast. Years later, he would meet and peacefully reconcile with the American civilians who lived in the area. It's a testament to the power of face-to-face meetings. The film maker Ilana Sol will be present and talk with audience members. Attendees can make donations. Any extra funds beyond those needed to cover Director Sol's expenses will be donated for use by the UUFC's Immigrant and Refugee Support Team. This film will be shown in the fellowship hall of the UUFC – 2945 NW Circle Blvd, Corvallis OR 97330. A large parking lot can be found to the west of the building just off Firwood. Additional detail will be sent as this date approaches. We will need volunteers to help with setup (9 am), take down and to assist with crowd management.



## Mark Your Calendar - Aug 17 Club Picnic at Fort Hoskins

**SUNDAY AUGUST 17, 12 NOON** – FFOMWV will hold its annual summer picnic at Fort Hoskins - 22953 Hoskins Rd, Philomath, OR 97370 (off of Kings Valley Highway). We will have a coordinated picnic and at 2 pm, a tour of the historic buildings at Fort Hoskins. This tour will be conducted by volunteer historians. The club will make a donation and participants will be asked to make donations, if inspired to do so, to help fund onsite preservation efforts by the volunteer historian group - <https://www.afrana.org/> We are pondering inviting the Columbia Cascades and Southern Oregon FF clubs to join us but there are details to be worked out on that front – FFI journey fee??, home hosting??. Additional detail will be provided in upcoming newsletters.



## Charity Donations Selected by our Friendship Shared Groups

Our Friendship Shared program in 2025 began on January 4 and concluded on March 17 with 7 gatherings over the 3-month period. Each event was uniquely designed by hosts within our FF club and served in the home settings: Chris Duval; Sharon & Peter Harr; Kathy Butler & Marilyn Peterson; Marla & Russ Karow; Ruth & John Wyse; MariAnna & Craig Biegel; and Mary Ellen Lind & Dennis Murphy. THANK YOU for hosting the gatherings and for ENJOYABLE CONVERSATIONS over a DELECTABLE MEAL in these winter months!

Each gathering included from 2 to 8 club members and several guests. All included a meal especially planned and served by the host's home setting. Those attending in each group discussed the many needs of non-profit groups locally and internationally. Each Friendship Shared group decided on the group to receive their gift. The donations are going to Salem Elks Club; Corvallis for Refuges; Corvallis Sister Cities Association: Uzhhorod Projects, Ukraine; FISH; Love.INC; Southern Poverty Law Center; and Unity Shelter, Corvallis. The total donations: \$1,040!

As noted in last month's newsletter, I am passing the opportunity to organize Friendship Shared events to another club member for the 2026 season. Please let Marilyn Peterson or any board member know if you have interest in serving in this role for our club. It is an enjoyable responsibility. Thank to all ! This year's coordinator - Mary Ellen Lind





## FFOMWV Board Meeting Minutes February 12, 2025

**Present:** Marilyn Peterson, Arnie Abrams, Chris Kastella, Dennis Murphy, Russ Karow, Marla Karow, Mary Ellen Lind, and Sharon Harr  
Meeting called to order by President Marilyn Peterson at 12:32pm. Meeting was via Zoom.

**Board minutes** – Russ moved to approve the January 15 minutes. All Board members voted to accept Russ’s motion.

**Treasurer’s Report** - Chris Kastella sent out Treasurer’s report. There weren’t any questions.

### **Journey Updates:**

Birmingham inbound journey: Russ and Marla Karow reported there are 9 ambassadors from the Birmingham, AL club with the potential of 4 ambassadors from the Huntsville, AL club. Carol, Birmingham JC, is aware that we can accommodate four more people depending on the mix of singles and couples. The hosting/ambassador matching form was sent out to ambassadors and hosts yesterday. The hosts also received a draft of the itinerary. The ambassadors will probably fly into Eugene.

San Antonio outbound journey: Chris reported the San Antonio group has 3 ambassadors from Oregon, 2 from Utah, and one from Arizona. Chris will send the ambassador list to the San Antonio JC once she receives all of the ambassador’s applications.

**Journey Organizer report** - Dennis Murphy reported that the New Caledonia outbound journey has four potential ambassadors which is far less than club members originally indicated. The New Caledonia club indicated that they could accommodate 8 ambassadors. So far Dennis hasn’t received a deposit of \$25 from any of the ambassadors. In answer to questions about assigning an ambassador coordinator, Dennis responded that one or more of the journey participants would be asked to fill that position. A major portion of that job responsibility has already been completed by Dennis.

Travel 2026: Dennis was able to get survey responses from 40 club members. Twenty-two members were hopeful to travel with the club in 2026. The first choice for the domestic journey was New England and the second choice was a reciprocal with Charlotte, NC. For an international journey, the first choice was to Japan or another far east country with a requested two club journey. The second choice was Canada, also with a two-club journey requested. 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.

Dennis inquired if we should ask for journeys as we’ve been unable to fill recent ones. He noted that some of our club members are “aging out” of being able to travel. More discussion will be needed regarding how we approach future journeys.

**Friendship Shared** - Mary Ellen Lind reported there are 6 hosts and 28 individuals attending various events with an average of 6-8 people going to each event. She is requesting a replacement for next year. The way money is collected was discussed. This year all checks will be made to Friendship Force and given to the Treasurer. The Treasurer will then write a check to the designated nonprofit. The hosts will be encouraged to write a letter to the designated charity explaining the donation.

**Membership** - Sharon volunteered to lead the membership efforts in general. Kathy Butler will be greeting people as they come into meetings and have name tags. Kathy will provide plates and napkins for the finger foods. Marilyn inquired if all new members are receiving copies of the membership booklet. Mary Ellen and Barbara Callner updated the information and Mary Ellen sent out information about the membership booklet. The Membership application form may need to be revised. It was suggested that new members may need assistance in logging onto the Friendship Force International website. Another issue is making sure all new members receive the booklet. It was also suggested that we need a Membership committee. Discussion about what constitutes a successful committee and how to recruit new members will be discussed further at the March Board meeting. Russ will be giving a talk at Oregon State University Retirees Association meeting regarding traveling to Peru through Friendship Force on April 14.

**Newsletter** - Russ requested information be submitted by the 20<sup>th</sup>

**MEG** – Russ contacted Gail Wolcott and Carolyn Powers regarding the next MEG.

**March Board Meeting** - March 12, 12:30 via Zoom

**Next General Gathering** - March 16, 2pm at the CPI building. Russ arranged for a student from the International Scholars group to speak. Her name is Belen Bernal and she is from Chile. Speakers will be given \$50 as an honorarium.

**Future gathering dates** – Gathering is April 13 at 2pm. Marilyn will reserve the multipurpose room at the Mennonite Village.

Meeting adjourned at 1:35pm

Respectively submitted,  
Marla Karow, 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



### 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	Marilyn Peterson
Vice-President	Arnie Abrams
Secretary	Marla Karow
Treasurer	Chris Kastella
Journey Organizer	Dennis Murphy
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 1 - San Antonio TX outbound - JC Chris Kastella

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

## 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.

