



Friendship Force of Central North Carolina

Newsletter #3
June 2007

ANNOUNCING: FFCNC 2008 Outbound Exchange



to **LIMA, PERU**

Plan now to travel next June (2008) with fellow Central North Carolina FFI'ers to this South American country...where the Andes soar and the dancing sizzles! *Lundee Amos* will be our ED and has traveled to Peru previously. After homestays in Lima—with a very hospitable and experienced FFI club there—a tour to such places as Machu Picchu, Cuzco, and Lake Titicaca will complete an unforgettable two weeks!

Peru has a population of some 23.5 million, mostly of Andean stock in the highlands and mixed-blood "mestizos" on the coast, blended with a hefty influx of European (largely Spanish) blood.

Peru features 28 types of climates and 84 of the 103 ecological zones existing on Earth. Its territory is split into three natural regions running from north to south: the Coast, a narrow swathe of desert coastline, which is home to Lima and most of Peru's main cities; the Highlands, which feature breath-taking mountain landscapes and picturesque villages; and the exuberant Amazon jungle, teeming with a dizzying variety of animals and plant life.

Lima, the Peruvian capital, was founded on January 18, 1535, by Spanish Conqueror Francisco Pizarro. Dubbed the "City of Kings", Lima is today a vast metropolis of 7+ million people, which blends the splendor of its colonial past with the modern era.

Nestled on the banks of the Rimac River and on the shores of the Pacific Ocean, Lima is the seat of government and location of the country's most important institutions. It is the perfect starting point for travelers keen to get to know Peru...a country of spectacular landscapes and imposing archaeological remains, steeped in the myth and tradition of the Andean civilization and pre-Hispanic cultures.

OUTBOUND EXCHANGE TO BRAUNSCHWEIG, GERMANY



On May 9, 2007 a group of eighteen ambassadors from Friendship Force of Central North Carolina flew from Greensboro to Atlanta and then on to Frankfurt, Germany. In Frankfurt the group enjoyed a guided tour of the city and spent two nights there before traveling by train to Braunschweig where they were met by the Braunschweig-Peine Friendship Force Club. A wonderful welcoming “lunch” party consisting of different soups and cakes preceded their six-night stay with many wonderful hosts. There were a wide variety of planned activities and tours during the week, as well as individual time with the host families. A farewell dinner party was held in Peine with entertainment provided by a nine piece accordion group, and skits and songs by both Friendship Force groups. The week of home stay was followed by a week visiting Berlin and Prague, both wonderful cities with interesting sights, but the memories of our ambassadors’ German hosts will endure forever.



Ambassadors of Friendship Force of Central North Carolina included (in no particular order) Danny Crump, Lundee Amos, Jane & Ralph Cauthen, Marcia & Paul Meis, Lou & Buddy Leasure, Nancy & Peter Peiffer, Ruth & Jim Jackson, Emily & Bill Gray, Ruth & Dana Bamford, Sue Schoch, and Kit Ravenel. They are pictured above with their German hosts.

HIGHLIGHTS OF THE HOMESTAY FROM SEVERAL FFCNC AMBASSADORS

The highlight of the trip for me came on the day we spent quietly at our host's home. In conversation they had found out that I am a beekeeper, and had said that their neighbor was one also. They made arrangements for a visit to the beekeeper in the neighborhood, and we had a good time seeing their set up, and taking pictures of the differences in the hives. They had the hive set on a scale, and could tell, since the day before had been cloudy, just how much the bees had eaten of their stored honey. The neighborhood beekeeper turned out to be a woman who did commercial artificial insemination of bees. Very advanced. And the husband worked in theoretical physics. I felt honored to be in their company. It was a good visit, and a good home stay. ~ Ralph Cauthen

Our hosts were Manfred and Renate Bosse and, as we were the only guests in Braunschweig, they were helpful in providing transportation to the group activities as well as introducing us to things we had requested to see. They arranged visits to two schools, planned a cookout so we could meet their friends, and took us to areas in Braunschweig to shop and dine and more. We were honored to meet their son, Jens, who does not live at their home, but came everyday and participated in entertaining us. Renate cooked absolutely wonderful meals and we were fascinated with her design and painting skills. We felt like family. ~ Ruth and Jim Jackson

Perhaps my favorite time was my last day, the day which was not programmed. We went for a walk around the neighborhood, then through some non-residential areas and across a busy street on a bridge to an open industrial zone where there were some factories, including the chocolate factory which, alas, was closed for the Father's Day Epiphany holiday. On the way we encountered a man with a tiny dog peering out of the basket on the front of his bicycle, a true photo op, and various groups of fathers on bicycles who were enjoying a traditional outing. Some were riding along with their families. Others were in groups of men with one or more pulling little carts with the day's necessities (beer?). It was neat to see a tradition that was unknown to me and to spend some relaxed time with you. The postscript to this is that at the farewell party that same evening Heidi, my day hostess, gave me a bag of chocolate truffles from that very factory. For the next week Sue and I had daily treats until, alas, the bag was empty. None made it home. ~ Kit Ravenel

My host and hostess are both retired, so Christl went on all the trips with me and Heino stayed home and cooked the meals. Oh, what good food, especially the mashed potatoes, and special sausages. The wine they served was a special one from Wurzburg, the area where my hostess grew up. My hostess was very fond of this area and liked to tell of the American soldier who, at the end of WWII, went out of his way to save and protect the frescoed ceiling in the local cathedral. My favorite day was Sunday, Mother's Day. We traveled to Stendal, a small village in what used to be East Germany. There we spent a lovely day with their son and his family. We traveled together to Tangermunde, a charming village of the Middle Ages along the Elbe waterway where we saw marvelous examples of 15th century German architecture. We had a delicious German dinner in a unique 15th century building with lots of interesting small rooms and artifacts. For example, our dining area had a small bed in the room. After such a big meal one might be tempted to take a nap. On the way to Stendal we crossed the old border between East and West Germany and stopped to have a look. My host had to cross the border several times because of business, and he told many chilling tales of those times. ~ Sue Schoch

INBOUND EXCHANGE FROM AICHI, JAPAN

On September 27, 2007 the Friendship Force of Central North Carolina will welcome an in-bound exchange from Aichi, Japan. Our guests will be arriving after a week's visit with the Harrisburg, Pennsylvania Friendship Force club. We anticipate hosting about 20 ambassadors. Their club has been very active, sponsoring many exchanges and has just hosted a Friendship Force Festival this spring. Our committee is planning several interesting and fun activities for their visit, and there will also be adequate "free" time for the host families to pursue other activities before their departure on October 3. We expect our visitors from Aichi will prove to be experienced travelers, providing a great opportunity for our club members to host international visitors. If you are interested in hosting, please contact Marcia Meis (724-9540) or Ralph Cauthen (299-2089) who are in charge of hosting, or Paul Meis, the exchange director.



FFI – FAQs Regarding hosting

What do you mean by the term “home host?”

Answer: You agree to share your home for 4-7 days and nights with someone from another country or state. Learn about another culture without leaving home. You will have the opportunity to participate in a number of group/club outings so you won't have to plan everything for you and your guest. There will still be time to share your special interests and places with your guest.

Will I have the opportunity to communicate with my host or guest prior to his/her arrival?

Answer: Usually that is the case. It is amazing how many foreign guests and hosts have email. **Important:** As soon as possible, contact your host/ambassador by email, letter, or phone. For many, friendships, communications, & private visits continue for years and even a lifetime

What are the responsibilities of a “home host?”

Answer: A home host invites his/her guest to be a part of the family for the time the exchange is in your community. Involve your guest in the activities of your family. Participate in all official functions that are planned and attend all scheduled workshops. If you have an obligation during the exchange that is of such a nature that you are unable to take your guest, inform the Exchange Director and a “day host” will be arranged to accompany/entertain your guest on your busy day.

Exactly what is a “day host?”

Answer: It is someone who wants to participate in the exchange but, for whatever reason, is unable to home host. This individual volunteers to escort an ambassador for one or more days to a scheduled activity or, if it is a day when no group activity is planned, decides how and where to spend the day with the guest. It would be a good idea to discuss this with the guest so the activity you plan is something of interest to both of you.

Dinner at Kabuto



Join FFCNC friends **THURSDAY, JULY 26th at 6:30 pm** for a no-host Japanese meal! Get in the mood for our September inbound...and share stories about your experiences in Japan! Contact Patti Gilmour or Don Sylvester (852-6037 or donald.sylvester@att.net) by 7/20/07 if we can count you in! Menu will be e-mailed in advance to those attending. Kabuto is at 1617 Stanley Road in Greensboro, just off Wendover Avenue near its intersection with I-40.

OPEN WORLD RUSSIAN LEADERSHIP PROGRAM

FFCNC has been selected by FFI to home host and provide an activity program for 10 Russian visitors the week beginning November 2, 2007. We are one of 16 clubs chosen to participate. While the theme of our week has not been determined, a budget of \$3,500 is provided the host exchange committee to cover costs such as transportation, meals, cultural activities, etc.

Ralph Cauthen and Martha Brown are willing to share the ED duties for this unique inbound...and there will be lots of need and opportunity for FFCNC members to be involved!

The responsibility of the host club is as follows:

- Provide homestay for the delegation (8 professionals and 2 interpreters) for 8 nights.
- Organize a 32 hour program matched to the assigned theme.
- Arrange some cultural activities and tours for the delegation.
- Provide transportation and meals throughout.

Clubs who have hosted Open World delegations in the past have found it a great way to provide a service to their communities and, in the process, gain publicity for the club and engage new people. For example, since the program centers on daytime activities, it is an ideal opportunity for working members to host. Also, clubs have found that the budget of \$3,500 is usually more than adequate to handle the requirements of the program.

FFCNC was not assigned an international inbound exchange for 2008 because clubs choosing a US exchange are in short supply. This Open World program, sponsored by the Library of Congress, will bring additional international visitors to the FFCNC area—something many of us realize is vital to the health of our club.

OUTBOUND DOMESTIC EXCHANGE TO MONTANA



Three fearless FFCNC families will attend the Big Sky Festival in Montana—including homestays in Helena—August 1—9! We look forward to hearing the tales (tall?) of the Peiffers, Cauthens and Andresens at the 8/25 picnic!! Yee-haw!

ODDS & ENDS

President's Perspective...

FFI Conferences Ramp Up Insight

Attending two conferences this spring as your president has been a totally consciousness raising experience! I wish I could relate all the “aha’s” and good tips gleaned...but that would take pages and pages. Alas, I will try to distill a few of the points that seemed most significant to me:

- FFI is an aging organization which must increasingly find ways to adapt to survive. However the new president, George Brown, is most impressive and seems to focus in the cross hairs. The next few years will be good.
- FFI is beyond a travel club. We concentrate on FACES, not PLACES...and seek to build world peace, one friendship at a time.
- International exchanges provide both the impetus for a club AND its media opportunities. These exchanges also attract new, younger members (especially outbound) and retain current older members (especially inbound.)
- The new training DVD and manual for Exchange Directors (especially outbound international) looks to be an excellent tool. We need to develop a web site or “blog” to tell our stories.
- Club health depends upon membership growth. We are either declining or growing—no group remains static. Growth is both a proposition of attracting new members AND retaining current members.
- Our club is new; we can learn much from other clubs—especially in our region—as we grow our infrastructure. Festivals and domestic exchanges are also great sources for us.

At both the 30th International FFI Conference in Atlanta in March and the Mid-Atlantic Regional FFI Conference in Asheville in April, Fred and I scribbled notes during days packed with consecutive sessions. Nancy and Peter Peiffer were also in Asheville. Please ask any of us to elaborate!

(At your request, I will gladly send you the complete conference notes, which were shared with your Board of Directors.)

Carol Andresen, President FFCNC

IMPORTANT DATES FOR 2007 (Mark these on your calendar)

July 26	Dinner at Kabuto's, Greensboro, 6:30 PM
August 1 – 9	Big Sky Montana Festival; Great Falls, Montana
August 10 – 16	Post-Festival tour of Glacier and Yellowstone Parks
August 25	Picnic for all at Triad Park, 11:00 AM
Sep 27 – Oct 3	Inbound International Exchange from Aichi (Nagoya) Japan
October 25	Annual Meeting: potluck dinner at Main Street UMC in Kernersville
Nov 2	Open World/Russian in-bound exchange (tentative start date)

Picnic at Triad Park! *Saturday, August 25th, 11:00 a.m.*

Fill your picnic basket to overflowing...and bring enough food to share with international friends we hope will join us for a World Friendship Day celebration! This lovely new park is just off Route 421 in Colfax. Plenty of room for frisbies, all kinds of hiking and biking trails, and a wonderful children's playground. More info will follow!!



Please send names of international friends you'd like to be invited to Carol Andresen at candresen@triad.rr.com or 294-0842. Each one, ask one!!

ELECTRONIC FFI CONNECTIONS

Register for FFI's "E-Flyer" by e-mailing your name, postal address and e-mail address to ffi@friendshipforce.org. The E-Flyers contain exchange updates and are sent every couple of months.

Remember FFI's website, www.friendshipforce.org, where you will find featured exchanges, lists of all confirmed exchanges worldwide for 2007, slideshows of past exchanges and international conferences, and press releases.

Receive FFCNC communications by e-mail. If you are not already on our e-mail list, send your e-mail address to Martha Brown at brownfamily@triad.rr.com to receive newsletters, meeting minutes, invitations and other important information by e-mail.

PASS IT ON

This newsletter is e-mailed to all current members who have e-mail addresses and by U.S. mail to members who do not have e-mail addresses. Members should feel free to copy and share this information with their friends who may have an interest in FFCNC.

HELP WANTED

HELP! We need participation by ALL our members to make FFCNC hum! Ideally every member should serve on one of our four committees. If you did not have a chance to complete the attached "Membership Update Query" at the dinner meeting on June 11, please look over this list of chairs and probable functions...and circle a committee to join. E-mail your response to Carol Andresen at fhacsa@triad.rr.com or mail it to her at 1502 Pebble Dr.; Greensboro, NC 27410.

WANTED

Internet-savvy person to design FFCNC blog or website. Must help choose provider and maintain (or train one or two other members to do this.) Apply to Martha Brown at brownfamily@triad.rr.com.

WRITERS NEEDED

Do you like to write? Are you good with clip art? Full of creative ideas? Assistance is needed with FFCNC's newsletter. If interested in working on this publication, please contact Martha Brown at brownfamily@triad.rr.com or 946-0105.

FRIENDSHIP FORCE OF CENTRAL NORTH CAROLINA BOARD MEMBERS

President	Carol Andresen	fhacsa@triad.rr.com	294-0842
Vice President & Membership Chair	Marvin Scherl	marvin-linda-scherl@triad.rr.com	969-5923
Secretary	Laura Lennon	pharmastat@mindspring.com	282-5855
Treasurer	Arnold Sporleder	asporleder@triad.rr.com	993-3405
President Elect	Ralph Cauthen	rbcauthen@aol.com	299-2089
Activities Chair	Carol Bryan	rskipbryan@aol.com	855-5452
Exchanges Chair	Howard Hicks	hhicks5@triad.rr.com	454-2516
ED Germany	Peter Peiffer	peiffer@aol.com	288-0014
ED Japan	Paul Meis	pmeis@triad.rr.com	724-9540
ED Peru	Lundee Amos	sarahamos@earthlink.net	288-2654
Communications Chair	Martha Brown	brownfamily@triad.rr.com	946-0105