



FFCNC Fast Facts

May 2008

Upcoming Board Meeting

The FFCNC Board will meet next on **Thursday, May 15th at 11:45 at Main Street United Methodist Church in Kernersville.** An agenda will be sent to board members in advance by President Ralph Cauthen.

Try It, You'll Like It!

Our **Peru** ambassadors will enjoy a Quinoa salad (from the Harris Teeter deli!) with their lunch during the preparatory **cultural workshop on May 17th.** Quinoa (pronounced "keen-wa") is gaining popularity in the US very rapidly. It is an "ancient grain"--with the highest protein content of all grains--and is useful in gluten-free diets. Somewhat like couscous, quinoa is easy to prepare - just add water and seasonings. Quinoa was considered the "mother grain" by the Incas and was planted every year by the emperor with a golden spade. It prospers in the extreme Andean growing climates--like high altitudes and drought conditions. There are more than 2,000 varieties.

Day Trip to Virginia Update

There were not enough people for a bus...but the outing to Smith Mountain Lake and the D-Day Memorial will proceed via cars! On **May 20th** our group will leave from Moose's at the Triad Farmers' Market at 8:00 a.m....and return by 7:00 p.m. Itinerary includes the Booker T. Washington birthplace and a stop at Bridgewater Plaza on the lake en route home. We'll have photos and tales to tell!

JUNE 5th LEO at Taste of Thai in Greensboro

"Let's Eat Out" together on **Thursday, June 5th at 6:30 p.m. at Taste of Thai, 1500 Mill Street, Greensboro 27408** (tel # 336-273-1318.) There will be a cash bar and time for everyone to mingle before dinner at 7:15. We will be seated in a private room at tables for 6, and the meal will be served family style. The board has selected three dishes, all of which will be served at each table. Cost of the meal will be \$12.50.

Plenty of space remains for you to join us, but please make your reservation **by June 2nd** with Patti Gilmour (336-852-6037 or donald.sylvester@att.net.)

Islamic Speaker & Covered Dish Dinner

Save **Thursday, September 4th for an FFCNC potluck dinner** at Knollwood Baptist Church in Winston-Salem. Following the 6:30 p.m. meal, well-known UNCG professor **Jerry Pubantz** will speak about Islam—with special reference to our upcoming inbound exchange from Ankara, Turkey. Good time to bring a friend!

October 2008 Inbound Exchange from Cankaya, Turkey

Jim North and Ruth Jackson have agreed to serve as exchange directors for our fall inbound exchange from Turkey on October 8th through the 13th. During the next few weeks they will be planning the activities associated with this exchange such as a cultural workshop, a welcome event, tour of Old Salem, and farewell event. There may also be a need for day hosts and help with driving. If you would be interested in assisting with any aspect of this exchange, please contact them. Ruth can be reached at 674-2745 or jimruthi@triad.rr.com and Jim can be reached at 643-0985 or woodnotes2004@yahoo.com.

2009 Outbound Exchange + FFI International Conference

Our return visit to Aichi, Japan is set for November 9—15, 2009. Plans include continuing to the 2009 International Conference in Okinawa the following week—a wonderful opportunity to make more global friends!

FFCNC Brochures

A simple tri-fold brochure, describing FFCNC and including a membership inquiry, is now available to give prospective members. Please ask Carol Andresen (336-294-0842 or candresen@triad.rr.com) to mail you several—so you will have them on hand when your friends express interest! And don't forget to pass along speaker requests from groups appropriate for an FFCNC program.

New Members

Please welcome the following new members who have joined FFCNC:

Polly & Jay Caudle 2797 Harper Road Clemmons, NC 27012	336-766-6836
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Ophelia Jones PO Box 53 Sedalia, NC 27342	336-449-6521
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Nancy & Frank Sherrill 170 Ashton Place Circle Winston-Salem, NC 27106	336-922-7250
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Georgia Sprinkle 925 New Garden Road, #1208 Greensboro, NC 27410	336-292-1428
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FFCNC Friendship Focus

FFCNC has reached the 100 mark! Our membership consists of 100 members from across the Triad and you may be surprised by their interesting bios and stories. Each month in this article we will focus on one or two of our members, beginning with a few of our longest standing members.

Eleanor Dare (E.D.) Kennedy

Born in Burlington, NC in 1925, I grew up in Greensboro and received a Bachelor of Arts degree in sociology from Woman's College of the University of North Carolina. My husband, Sol Kennedy, and I were married for sixty years and together we had three sons, twelve grandchildren, and seven great-grandchildren.

Beginning during my senior year in high school, through college, and until 1975—with the exception of five years when I was busy having my children—I was a reporter for the Greensboro Record and the Greensboro Daily News.

I currently live in Friends Homes West where I am active in life at the retirement home and do several volunteer jobs through my church.

I have been a Friendship Force member since 1984, when it formed in Guilford County, and served with my husband as exchange director in 1986.

What first influenced me I do not know...but by the time I was old enough to know there were countries and cultures other than my own, I had a concern for peace and world friendship. This concern grew to overwhelming proportion during World War II, when many of my high school friends were killed overseas. It was Friendship Force, which finally gave me the opportunity to further my hopes for global good will, as well as to experience other cultures by living in homes in other lands.

The first exchange Sol and I participated on was to a small town in the Netherlands, where our host was from Indonesia and his young wife a native of Holland. The next year, 1986, Sol and I were exchange directors for ambassadors to New Zealand and visitors from Japan. Our last travel as ambassadors for a home stay was to Hime, Germany. These hosts and other visitors from Germany have spent time with us, as have our Dutch hosts and three delightful young men from Japan.

My only regret is that we never participated in an exchange with a country greatly different from our own. In Holland, New Zealand and Germany we had no language barriers, no really strange foods and no uncomfortable living conditions. Nevertheless, these were experiences I will always remember...and the friendships we made I will always treasure.

Harley & Virginia Affeldt

We have lived in Winston-Salem since 1960 (except for 5 years 1965-1971 when we lived in Richmond, VA.) We joined the Winston FF club in 1983 with our first exchange to Hamburg, Germany. It was probably our most memorable trip because we were able to visit German cousins whom we knew in name only. We participated in an exchange to Manchester, England and stayed with the Sid Astley family. In our next exchange, we went to Bundaburg, Australia and stayed with Audrey Churchill. These folks came to Winston-Salem later in exchanges with their cities. We still exchange cards, letters and even phone calls.

We also participated in an exchange with the Mt. Barker, Australia FF club. As a follow-up to the two clubs in Australia, I arranged a 7-day tour to the South island in New Zealand. We have served as interviewers, presenters, as hosts and day hosts for the club. We are truly grateful for the many friends and experiences that we have enjoyed as part of FF. Over the years, we have also traveled over most of the US, with trips to Canada, Alaska, Hawaii, the Holy Land, Egypt and Greece and have had a number Caribbean cruises.

We are in our 80's and our traveling has been curtailed because of back problems. I worked at Forsyth Tech for 26 years, where I served as President and later as Dean of Engineering, retiring in 1991. Virginia continues to sing with a group of ladies known as the Morning Glories from Trinity United Methodist Church. This is their 26th year of singing for Senior citizen groups in the greater Winston-Salem area. We have one son, Jim, who lives in Norfolk, VA where he is an architect with the Navy dept. We are loyal VA Tech Hokies!

FFCNC Web Site

Don't forget to check the website periodically. You can get updated information about dates of coming events, see photos of recent exchanges and events, and review meeting minutes.

<http://www.ffcnc.org/>