



FFCNC

Focus on Friendship

Changing the way we see the world

August 2008

FIESTA IN PERU

In late July our ambassadors to Peru returned safely from their travels to the southern hemisphere. Following are some observations from Peter Peiffer, one of the exchange participants:

Our Peruvian hosts were as warm and accommodating as they could possibly be, resulting in a few shed tears at the airport when we departed. The host club really went out of their way to see that we had enough to do. In discussions afterwards, most ambassadors from FFCNC felt they could have used more time with their hosts and families.

As is often the case when traveling to a foreign country, food and meals are of great interest. We ate a late lunch every day. Nancy & I wanted to take our hosts out to dinner, but found that we had eaten lunch so late that all we wanted in the evening was a bowl of soup or a small snack. Many lunches ended around 3:30

and they were all large! With a small breakfast in the morning, it felt like we only had two meals every day, instead of our normal three. That was OK, though we never did get to take our hosts out to dinner.

As for the food served, meals were high in protein and carbohydrates. Potatoes and rice were commonly served. The potato actually originated in Peru. Peruvians claim over 3,000 varieties of potato and are very proud of their potatoes. We had the opportunity to try many kinds of potatoes during our meals and they were all good.

They also claim that the best corn in the world is grown in the high country; however, the corn we had was a far cry from the best.

Papaya juice was served to us for breakfast every morning in Lima. Our hosts made it fresh every day. I did not have the heart to tell them I was not partial to it, so I just drank it.

Due to impurities in the water, we were advised not eat any fresh salads or vegetables for the duration of our stay, though our hosts were generally unaware of this. Our guide, Pepé, said that it was OK to eat anything in almost all of the restaurants we visited; however, I did not trust that judgment!



FFCNC Ambassadors at Machu Picchu.

Pisco Sours were served to us at almost every meal except breakfast. The group really liked them. Pisco is a grape liquor made in Peru. It is a cross between rum & tequila, mixed strongly. Many ambassadors brought a bottle of Pisco home.

And finally, as it relates to food, it is hard for Americans to go without ice for over two weeks!

Now, a little bit about the country, and Lima in particular.



A three-wheeled taxicab in Peru.

Although it is winter there now, Peru has a very temperate climate. Highs around 70 and lows in the mid 50's. In summer the temperatures go up about 8-10 degrees. Winter is their dry season, so we saw no rain during our visit.

One day in Lima about 4:45 AM we were awakened by a tremor. They do have serious earthquakes in Peru and we traveled through several towns that had experienced damage from an earthquake several years ago. They are still rebuilding in these areas.

Pollution is a serious problem in Lima where we found much smog. There are no pollution controls on the cars and trucks there, and it shows. The drivers are truly crazy in Lima and most of Peru. If I ever went there again I would never drive. It is better to take public transportation or hire a driver. Despite some scary moments we only saw one or two fender benders. Larger vehicles are better... they TAKE the right-of-way! Lima and the towns have three wheeled cabs that the locals use. Honda is one of the providers of these vehicles. They are small, usually holding two people. The engine is small – perhaps around 50cc and NO pollution controls. You can see the smoke coming out of most of them.

Peru is a very poor country and it was painful for us to see the level and quantity of poverty. Peru is more of a split society; the gap between the rich and poor is much greater, leaving little room for a middle class. My host belonged to the Lima Country Club. He has a “Social” membership which cost him \$21,000 + monthly fees. He said that the “Golf” membership costs \$103,000 + monthly fees. If you want to play golf, the price is VERY high, since this is the only course in town!

Even the most inexperienced negotiators in our group learned to negotiate prices by the end of the trip. They looked like they were enjoying it, too. The thrill of the bargain!!! There are many bargains to be had in Peru... on the streets, and in many markets.

This is the second country we have visited in which the custom is not to put your toilet paper in the toilet. You put the paper in a small basket provided. Reason: the sewer system is built with smaller sewer pipes and they will plug up if people put toilet paper down the toilet. Many public Baños (toilets) do not provide toilet paper and many of them require you to pay a solé (\$.33) to use them. Many bathrooms in private homes only have hot water in the shower.



Negotiating at a roadside market in the Andes.

In Lima one evening we visited a spectacular water display park. This is an engineering marvel that displays water fountains (many water fountains) along with various laser lights incorporated into the show. Very impressive and worth a visit if you are ever in Lima.

After our weeklong homestay in Peru, our “going away” party was at the beautiful home of one of the Lima FF members. Peruvians love to sing and dance. Our farewell event began at about 1 PM and lasted until 5:30! They served a buffet lunch and then a DJ played all kinds of music that we danced to. What great personalities and fun. Everyone enjoyed that afternoon.

Next on our itinerary was a visit to Machu Picchu and Cusco.

Machu Picchu lives up to it's billing. Truly a wonder. It is amazing what the Inca's built in a very short period of time. Their engineering skills are beyond belief. A beautiful site.

Cusco is very high at 10,500 feet. This high altitude affected everyone in this group. (Machu Picchu is lower, at 8,500 ft., and Lake Titicaca is higher, at 12,500 ft. and up.) Some of our group experienced extreme headaches and everyone got tired and out-of-breath very quickly. Everyone practiced slowing down. Literally, just getting out of bed in the morning was a struggle. Any exertion got you out of breath.

This trip was not for the weak of heart. We were constantly on the move, and at these high altitudes, just walking on level ground was work. Most of the time we were climbing up or down. It was not enough to be able to walk a mile or two. This was much more strenuous. A smoker would really suffer. Sun exposure at these altitudes is also very severe. If you did not carry a hat on a particular day, you would have bought one along the way. Most natives there wear some sort of headwear at all times.

From Peter's report, it sounds like this was a very interesting and successful exchange. Once they all are settled back in, we look forward to hearing from others in the group about both the homestay portion and the second week in the high Andes. Ed.

CANKAYA, TURKEY IN-BOUND UPDATE

We are excited about the arrival of our Ambassadors from Turkey who will be visiting North Carolina October 8th to 15th. Detailed plans for their visit will be shared with you and posted on our website before they arrive so you can plan to participate in the activities.

Several local families have graciously agreed to host our Turkish visitors. They are: Carol and Fred Andresen, Ruth and Dana Bamford, Jane and Ralph Cauthen, Judy Greene, Laura and Denver Lennon, Barbara and Jim North, Linda and Marvin Scherl, Sue



Ambassadors arriving from Turkey include (l to r): Nuray Ozgirgin, Aysen Carga Ozkaynak, Nuran Dincol, Ayla Alguner

Schoch, and Patti and Don Sylvester. Day Hosts are Ava and Mahlon Honeycutt, and Joan Decker.

If you would like to day host or share information about things to do in the area, please contact a host or exchange directors, Jim North and Ruth Jackson.

The host cultural workshop will be conducted on Saturday, September 20th at 2:30 PM at the Jamestown GTCC campus, room 125 in the Sears Applied Technologies Center.

The local libraries have books about Turkey that you may find interesting to read. Four books in particular, each one simply titled, *Turkey*, (call # J956.1) are authored by Miller, O'Shea, Orr, & Kemal. Also, the travel book by Fodors contains helpful information.

We are looking forward to a fun week and appreciate all the help given by our FFCNC members.

Jim North (336-643-0985, jnorth5700@yahoo.com) and Ruth Jackson (336-674-2745, jimruthj@triad.rr.com.)

**EXCHANGE WITH CANKAYA, TURKEY
OCTOBER 8-15, 2008
TENTATIVE PROPOSED SCHEDULE**

Objective: To acquaint our visitors with the diversity of the roots of North Carolina.

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|----------|-----------|-------|--|
| 10/8 | Wednesday | 11:59 | Arrival at airport; meet host families.
Remainder of day to settle in with hosts. |
| 10/9 | Thursday | | Old Salem – walking tour by Pam Kahl, followed by
lunch at the Salem Tavern. |
| 10/10 | Friday | | Greensboro Historical Museum- Tour by Kit Ravenel;
lunch in City Center Park.
Walking tour of downtown and Civil Rights Museum |
| 10/11-12 | | | Weekend with host families |
| 10/13 | Monday | | All day tour to the mountains. Parkway, Mast General Store,
Program of Appalachian music, Grandfather Mountain. |
| 10/14 | Tuesday | | Free day. Farewell party at 6:00 pm. |
| 10/15 | Wednesday | 9:00 | meet at airport for 11:06 departure. |

RSVP

You are invited to attend the September 4th (Thursday) covered dish dinner—which will be preceded by a mixer at 6:30 featuring non-alcoholic punch. Following the meal Dr. Jerry Pubantz, a well-known authority on the implications of Islam in today's world, will speak. Jerry was present to observe the last Turkish elections. The topic was chosen because we will be hosting 13 Turkish ambassadors in October.

Our venue, Knollwood Baptist Church, is a few hundred yards north of Business #40 in Winston-Salem. Take exit 3-A and turn right if coming from Greensboro, left if coming from Clemmons. The address is 330 Knollwood Street. Turn into the second entrance on the left—beyond the sanctuary—and park in lot to the right. Meeting is in building B—there will be signs!

This is a wonderful opportunity to visit with your FFCNC friends and enjoy one another's company. It's also an ideal time to introduce interested friends to the Friendship Force. Please bring a dish to share; drinks will be provided.

Our speaker was voted the top lecturer during his tenure at Salem College. Currently a professor in the political science department at UNCG, Dr. Pubantz is also on the Center for Legislative Studies faculty and is in demand at other universities for his insightful seminars on Islam.

Please e-mail Fred Andresen at fandresen@triad.rr.com or Ralph Cauthen at rbcauthen@aol.com to let us know you will attend. Or call Fred at 336-294-0842 or Ralph at 336-288-2089. See you September 4th!!

OPEN WORLD FOLLOWUP

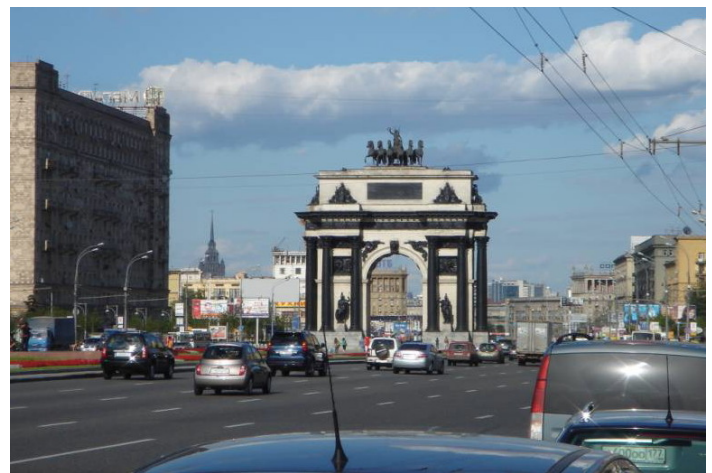
LESSONS LEARNED BEAR FRUIT

Aleksandr Terekhin, General Director of Shaft Electric Systems Co, Ltd., was one of eight Open World delegates that traveled to the Triad in October 2007. At the conclusion of the program, Aleksandr reported that one of the most useful sessions, in his opinion, was a visit to the Nussbaum Center for Entrepreneurship in Greensboro or, in his words, the "Techno Park." The Nussbaum Center is a private non-profit corporation whose mission is to enhance economic development in Greensboro and the surrounding area through creating successful business owners. The incubator is designed to support non-retail, new or emerging businesses. The Center provides shared support services such as business counseling, a receptionist, copier, fax, mail boxes, and word processing along with office and light manufacturing space. When Aleksandr returned home to Perm he explained the idea of a business incubator to some of his friends who also found the concept interesting. In April 2008, on the basis of the Nussbaum approach, they decided to open a business incubator in Perm, which will support their local small businesses and serve as a resource center for them. This is an extremely important function, particularly now, when small business is officially considered to be the basis of the Russian economical growth.

RETURNING THE FAVOR

Thirty-two years after a summer studying in Leningrad and seventeen years after the fall of the Communist government, I found myself once again walking along Nevsky Prospekt on a beautiful white night.

There are cars everywhere and one really takes their life in their own hands when they cross the street. One had better move fast, because the cars and buses wait for no one. Along with the cars, of course, comes much noise. Sidewalks are covered with parked cars, even compact cars that drive over six-inch curbs to park.



There is no shortage of American eateries: MacDonalds, KFC, Pizza Hut, Subway, and Starbucks lead the list. Expect to wait in a line at MacDonalds even if it is Sunday night at 10 PM. Gone are the various bread, dairy, and meat stores along with their queues and complicated purchasing process, but don't expect to use your Visa card everywhere, either. Also, soon to leave the scene, is the kopeck. Though minted as recently as this year, at a value of

4/100th of a US penny, they are literally thrown on the ground as trash and the Russian government plans to discontinue them next year.

The Church of the Savior of Spilt Blood, closed for repair while I was here in 1976, was finally opened in 1997, after 27 years of restoration! It was worth the wait. I will say no more because I could never do it justice.

But I was in Russia this July, not only to observe the changes since the end of Soviet rule, but also to visit several of our friends from the November 2007 Open World program.

Ilya Mishchenko, one of the group's facilitators, works for a translating service in St. Petersburg. Before leaving the country on a Roman vacation with his family, we enjoyed a Russian meal with him, walked around some of the historic sites of the city and visited the Peter and Paul Fortress with him including the cathedral in which are buried all the tsars from Peter the Great to Nicholas II.



The Brown and Tarasov families.

We were honored to have our Open World guest, Aleksandr Tarasov, travel by train with his wife and daughter to Moscow from his home city of Kostroma so that our families could meet each other. Nikita Bekasov, a TV news anchor who lives and works in Moscow, planned dinner for all of us in a nice Russian restaurant near the Boshoi Theater. It was fun to see him reporting the economic news on television the next morning! Our weekend's activities included a visit to the Moscow zoo, which was a priority for Aleksandr's thirteen year-old daughter who was visiting Moscow for only the second time in her life.

Nikita organized a visit to the Central Museum of World War II, or literally translated from Russian as the Central Museum of the Great Patriotic War of 1941-1945. This museum, opened in 1995, is situated on a beautiful location atop a hill overlooking the city. Approximately half of all WWII casualties worldwide were Russian; 25 million Russians perished during this time. With the help of an English-speaking guide, it was interesting to hear about these events from a different perspective. Both of Nikita's grandfathers fought in the war and both survived – a rare thing in those days.

Sergei Novikov, also a Moscovite, joined us briefly after our museum visit. He had just returned to Moscow from a weekend in St. Petersburg where he attended a motorcycle rally!



Nikita & Sergei with Dale & Martha Brown

Then it was on to the Russian National Dance Show performed by the Russian National Ballet Company of Kostroma – a performance as aesthetically pleasing as musically pleasing.

The five skyscrapers under construction in the background are the first of a fourteen building complex planned to house City Hall, offices, & luxury apartments.

It was wonderful to see everyone again, to meet their families, and to experience the culture of their country. As a student in 1976 I had the opportunity to meet Russians and, without exception, they were flattered to know that an American was interested enough in their country to take the time to learn their language and visit their homeland. Without a doubt, this is one thing that did not change with

Perestroika. Once again, as in November, it was sad to say good-bye, but unlike in 1976, this time when invitations were made to visit America, we left with the optimism that some day soon this may truly come to be.

Martha Brown

ODDS & ENDS

President's Perspective...

Humanitarian Involvement on the Peru Exchange

A special experience was available during the Peru exchange. On our free day a bus was secured and many of us visited an orphanage serving 650 children. The President of the Lima club and our hostess both accompanied us on this trip, which took us to the dusty northern outskirts of Lima. We were introduced to the orphanage, met some of the children, listened to their music, and saw their clinic facilities that serve the neighborhood.

This was all arranged through Sister Carol, a nun who has worked in Lima for many years, and whom Exchange Director, Lundee Amos, knows as a co-practitioner of Healing Touch.

Group members donated supplies and materials which we had brought with us on the trip, but much more importantly, we realized that our interest in this orphanage helped to bring it to the awareness of our hosts, and that their response to the children's needs would lay the foundation for future help. Our hostess, obviously moved and concerned, promised to approach her husband, a medical doctor, to donate supplies and medicines to the clinic.

All this is squarely in keeping with FFI's new emphasis on the purpose of exchanges.

Ralph Cauthen, President FFCNC

ANYWHERE EXCHANGE

November 9 to 18

Estimated cost: \$1,600 including roundtrip airfare from Miami

Contact: Ellen Simmonds, ellen@icofmaine.com

Phone: 603 436-0079

Are you willing to travel ANYWHERE in the world to make a friend? Return to the early traditions of Friendship Force International, when Ambassadors signed up for exchanges without knowing the destination. Without knowing WHERE they were going, they knew WHY – to reach out their hands in friendship to others. Even though we cannot tell you where you are going, we can tell you to expect mild weather in a safe place with open arms and hearts to welcome you. Your hosts are planning a full program of cultural activities and sightseeing and set aside plenty of time to spend with you in the comfort of their homes. Four days optional tour extension may be possible. A \$500 deposit is required along your completed application. Hurry, these exchanges fill up fast!

IMPORTANT DATES FOR 2008 - 2009 (Mark these on your calendar)

Sept. 4, 2008

Mixer, Pot-luck, Speaker; Knollwood Baptist Church, Winston-Salem; 6:30 PM

Sept. 18, 2008

Board Meeting; 11:45 AM; Main Street UMC; Kernersville

Sept. 20, 2008 Cultural Workshop for Turkish In-bound Host Families 2:30 PM; GTCC Jamestown Campus; #125 Sears Technology Center
 Oct. 8 - 15, 2008 In-bound exchange from Cankaya, Turkey (check web for detailed agenda)
 Oct. 30, 2008 Annual Meeting; 6 PM; Main Street UMC; Kernersville
 Feb-Mar 2009 Day trip to Wytheville, VA (lunch & matinee) - proposed
 Mar. 27 – 30, 2009 In-bound from combined Montana FF clubs (tentative dates)
 Nov. 9 – 15, 2009 Out-bound exchange to Aichi (tentative dates)

ELECTRONIC FFI CONNECTIONS

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

The official website of Friendship Force International is www.thefriendshipforce.org. Here you will find featured exchanges, lists of all confirmed exchanges worldwide for 2008, slideshows of past exchanges and international conferences, and press releases.

Also, check out our own website. Yes, Friendship Force of Central North Carolina has a website now: www.ffcnc.org. On our website you will find photos from recent exchanges, a calendar of our upcoming events, past newsletters and meeting minutes, and more. Please have a look and be sure to bookmark it for future reference.

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.

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