



# friendship force

CENTRAL  
NORTH CAROLINA

## Fast Facts ~ March 2009

### LEO at Zaytoon Also Celebration of World Friendship Day

World Friendship Day is celebrated by Friendship Force clubs around the world. The first ever was celebrated on March 1, 2005 with 216 clubs in 37 different countries participating in a 24-hour, around-the-world celebration. World Friendship Day is a day to celebrate the powerful message of friendship in honor of FFI founder, Wayne Smith.

Friendship Force of Central North Carolina will celebrate the occasion on **Tuesday, March 24<sup>th</sup>** at Zaytoon Mediterranean Café in Greensboro. We encourage all FFCNC members to bring an international friend to join us and share with us their experiences adjusting to life in America.

Appetizers and drinks will be served at 6:30 p.m. and dinner at 7:00. Cost is \$16.00 per person. If you have not already made a reservation, please do so by Saturday, March 14<sup>th</sup> with Patti Gilmour (336-852-6037 or [gilmsyl@triad.rr.com](mailto:gilmsyl@triad.rr.com).) Please indicate if you are vegetarian.

Menu: Appetizers: hummus and pita, stuffed peppers, stuffed grape leaves  
Entrée: mousaka (eggplant, tomatoes, onions, cheese), chicken kebab—both served with mojadara (rice and lentil pilaf)  
Drinks: sodas, lemonade, iced tea, hot sage tea, coffee (no alcoholic beverages)  
Dessert: two kinds of homemade baklava

Zaytoon is located inside the US Trust Center at the corner of Elm and Bellemeade Streets in Greensboro. (<http://www.zaytoongreensboro.com/>)

### Update for Harrisburg Inbound Exchange: May 11—15

Besides having distinctive religious groups among their early settlers—the Amish in Pennsylvania and the Moravians in North Carolina—Harrisburg and Greensboro have several other interesting parallels. Did you know that former Greensboro Symphony Orchestra maestro, Stuart Malina, now leads the Harrisburg Symphony? And that the Harrisburg Senators baseball team plays at Commerce Bank Park while Greensboro Grasshoppers games are at NewBridge Bank Park? When our guests from Harrisburg are with us in May, we'll have further chances to compare and contrast—as we build friendships, which will flourish later in 2009 on our joint outbound exchange to Japan.

Mark your calendar in ink for the welcome potluck in Kernersville on Tuesday the 12<sup>th</sup>...and for a Grasshoppers game in Greensboro on the 14<sup>th</sup>. We've also added a "farewell breakfast" at

Moose Café at the Triad Farmers Market on Friday the 15<sup>th</sup>. All FFCNC members are encouraged to join in these three events.

Pam Kahl will lead a walking tour of Old Salem on Tuesday afternoon, and Kit Ravenel will take the group through the Greensboro Historical Museum on Thursday afternoon. Plan now to learn more about Triad history by taking advantage of the chance to learn from these two experienced guides (and FFCNC members!) Following Kit's tour, Val Stokes has arranged a visit to the Sit In Museum—an exciting preview, as it is not yet open to the public.

Wednesday is planned to be a day of options—for our guests to see such things as School of the Arts, Replacements, the Greensboro Junior League Show House, or a High Point furniture showroom. Or perhaps to pursue an individual interest.

Again, we would like to encourage members to "day host" Tuesday, Wednesday or Thursday of that week. We are also hoping that several members will host a "small group shared dinner" on Wednesday evening—to spread the camaraderie around. Please let Carol (336-294-0842 or [candresen@triad.rr.com](mailto:candresen@triad.rr.com)) know if you would like to participate in either of these ways.

By the April newsletter, we should know who our ambassadors from Harrisburg are—and be able to announce hosting arrangements and more! Can you obtain local items for our "goodie bags"? We want to send the Harrisburg folks home with lots of souvenirs from the Triad!

### **2009 FFCNC Out-Bound Exchange to Aichi, Japan**

**When:** Sunday, November 8<sup>th</sup> to Saturday, November 21<sup>st</sup>.

**How & Where:** Fly from Greensboro to Washington, DC...and continue to Tokyo, Japan. Fly to Nagoya, where we will meet our hosts for the six-night homestay. On November 15<sup>th</sup>, depart Nagoya for a six-night extension—including Kyoto, Hakone and Tokyo. Fly to Greensboro from Tokyo via Washington, DC.

Alternately, the FFI 2009 International Conference is in Okinawa, Japan, November 19—22. One Harrisburg ambassador will be flying from our homestay to attend the Conference. If you are interested in that option, Peter has the details to accomplish it.

**Cost:** \$4,171 – trip with 6 breakfasts (w/o breakfasts \$4,011, single supplement \$550)  
>>Price will drop \$275 if we get 15 or more travelers between the two clubs which is anticipated.

Then \$3,896 – trip with 6 breakfasts (w/o breakfasts \$3,736, single supplement \$550)

**Cultural workshop:** August or September, tba

**Additional:** This exchange is being conducted with the Harrisburg, PA Friendship Force, so space may be limited. The Aichi Friendship Force visited here and Harrisburg in October of 2007, and it was a very successful exchange. At Aichi's invitation, all three clubs requested this return visit.

### **Further Information & Ambassador Application:**

Peter Peiffer (Nancy)  
3502 Spicebush Trail  
Greensboro, NC 27410

[peiffer@aol.com](mailto:peiffer@aol.com)  
336-288-0014

FYI: Click below to view a YouTube link of Harrisburg's World Friendship Day celebration and announcement of this exchange:

<http://www.youtube.com/watch?v=6MRHpeluRYw>

### **Language Learners In-Bound Exchange from Germany**

Our contacts in Germany recently announced the Language Learners In-Bound Exchange at a regional conference and we are anxiously awaiting word on the response they have received. We can tell you that the dates for this exchange have been changed slightly. We are now expecting our guests to arrive on September 27 and depart on October 3, 2009. Ralph Cauthen, Exchange Director, continues to recruit FFCNC members who are interested in assisting with this exchange. Please contact him at [rbcauthen@aol.com](mailto:rbcauthen@aol.com) or 299-2089.

### **Smoke on the Mountain: A Review from Fred Andresen**

Sixteen members of FFCNC joined a Holiday Tours trip on February 28<sup>th</sup> to see "Smoke on the Mountain" in Wytheville, VA. For fifteen of us, it was our first Holiday Tour...and also first visit to the Wohlfahrt Haus Dinner Theater.

Some observations: The weather was lousy – heavy rains in advance of the Triad snowstorm on March 1<sup>st</sup>. It was good to leave the driving to Jim Bowers. The bus felt like a plane – assigned seats and DVD comedies en route on the drop-down screens. The show had excellent bluegrass talent; the actors exhibited great versatility on a variety of instruments (as well as being good comedians.) The Wohlfahrt Haus is up-to-date, built in 1999. The food is average—and served at your table by cast members, a nice touch.

The downsides: We were not assigned bus seats in a bloc and also were scattered over 6 to 7 tables, seated with strangers for dinner and the show. It did not prove a good vehicle for getting FFCNC people together.

My view is that, if they are performing a show you would like to see, I would recommend going to the Wohlfahrt Haus Theatre. Allow about 1.5 hours travel time by car from Winston-Salem. The drive by Pilot Mountain and the Blue Ridge is scenic on a nice day.

### **Asia Pacific Festival**

Have you ever seen 7,000 rose bushes of 550 different varieties in one place? Have you ever stood beside Howard Hughes' *Spruce Goose*? Have you ever tasted the wines of Oregon? These are just a few of the activities you will enjoy during the Asia Pacific Festival in Salem, Oregon on June 4 – 8, 2009. This is a regional festival similar to the one enjoyed by several of our members in Montana during the summer of 2007.

More information can be found in two attachments that accompany this newsletter as well as on the following website: [www.thefriendshipforce.org/events/AsiaPacificFestival.aspx](http://www.thefriendshipforce.org/events/AsiaPacificFestival.aspx). Please note that the deadline to register is fast approaching: March 15.

### **USA Eco-Exchange**

FFI is introducing several exchanges worldwide focusing on eco-issues and appealing to a mix of ages. The first will be:

[- USA Eco-Exchange \(September 9-22, 2009\) - See the flyer here](#)

- o 4 night home stay in Chicago
- o 6 night home stay and environmental program in Milwaukee
- o 3 night home stay at a country home in rural Wisconsin

If you have interest in this type of experience, please contact:

David Kalan, USA Eco-Exchange Director  
10353 S. Rosemont Lane  
Oak Creek, Wisconsin 53154 USA  
Phone Number: (+1) 414-766-6056

### **Meet Margaret Griffin**

If you read Sandra Redding's feature in the *Guilford Record* last Sunday (*News & Record*, 3/8/09 – "Retiree finds variety spice of her life", p. 13) you learned that Margaret is a multi-talented person who keeps very busy!

Formerly a speech communications teacher at Rockingham Community College, Margaret used "readers theatre" among her teaching strategies. Her experiences with this art form include summer courses in London in 2001 and Toronto in 2007. She has since introduced readers theatre as a course offering with Adventures in Learning, an educational program of the Shepherd's Center in Greensboro, which is by-and-for seniors. Her winter session class performed scripted readings—including a fable, a humorous piece, a ballad, a poem and a psalm—in mid-February. Margaret would like to explore new venues for this art form, which has been used with school children to improve literacy and with adults for entertainment.

Margaret also serves on the board of Urban Ministry in Greensboro and assists with lunches at Potter's House and with the annual Feast of Caring fundraiser. She attends yoga and aerobics classes and plays bridge with friends.

Margaret joined Friendship Force just before the merger of clubs resulting in FFCNC. Among her current commitments is helping with the Harrisburg inbound exchange. She has yet to travel outbound with Friendship Force but is looking forward to doing so.

**Ed. Note:** *In the same issue of Guilford North, writer Peggy Longmire wrote an informative and revealing account of E.D. Kennedy's experience as her husband, Sol, succumbed to Alzheimer's Disease. E.D. was introduced in the May 2008 Fast Facts and is a good resource for those grappling with Alzheimer's.*

### **From Russia With Love**

*Nikita Bekasov, hosted by the Peiffers during our Open World inbound over Election Day 2008, has written before to express gratitude for his experience in Greensboro. He sent the following note on 2/28/09:*

Dear Mr. President of the Friendship Force of Central North Carolina Club:

If I remember right March, 1 is a Friendship Force Day. Let me congratulate on Friendship Force Day all my American friends. I recall my unforgettable visit to North Carolina very often

wishing to make it again by myself. The Open World program gifted me new Russian and American friends.

I am very grateful to you for your hospitality and friendship. Please let me know if somebody from FFCNC decides to visit Moscow, Russia I would love to help. I still have not resources to stay guests at home but I can assist to rent good apartments in Moscow. I think it's secure, comfortable and not so expensive as a Moscow hotel room. Plus! It's more interesting if you want to taste common Moscow life.

So, HAPPY FRIENDSHIP FORCE DAY!

From Russia with friendship, Nikita Bekasov



Nikita and Anna and finny friend