



friendship force

CENTRAL
NORTH CAROLINA

Fast Facts ~ November 2011

Autumn Adventure

Twelve members of FFCNC were joined by two members from Tucson, AZ and eight from Florence, SC for an "Autumn Adventure" as guests of the Ottawa Friendship Force Club. An active schedule of adventures was planned and feedback from our ambassadors highlights an entertaining itinerary, formation of positive friendships, and a great appreciation for the planning and hosting of the Ottawa FF club.

The following reflections from our ambassadors capture some of the surprises, memorable meals, and beautiful scenery discovered during this exchange. Don't forget to check out the photo album as well at: <http://www.ffcnc.org/Exchanges.html>.

Beautiful scenery:

- The Canadian Museum of Civilization building was as fantastic as the contents!
- Red maple leaves-- so deep and vibrant-- around Pine Lake.
- The Ottawa and Rideau Rivers and the Rideau Canal.
- The city of Ottawa itself with its beautiful architecture: the Parliament building and the Governor General's home and offices.
- All of Ottawa was beautiful. The cleanliness of the city and its surroundings was amazing.
- Gatineau Park was outstanding as were the other, smaller parks that we went to (picnicked at one.)
- We found the city and surrounding area to be very appealing, with lots of trees and flowers, the various waterways and an amazing 100 plus miles of paved walking/biking trails (soon to be cross country ski trails).
- The city is a nice mix of the old and the new and there are many neighborhoods scattered throughout town. The Gatineau drive reminded us of our Blue Ridge Parkway.



*Fairmont Château Laurier
A landmark hotel in downtown Ottawa*

Surprises:

- How MUCH we have in common with the Canadians--food, culture, etc.
- That a large number of the original colonists, who were loyal to the king, left the US after losing the Revolutionary War and immigrated to Canada.
- Learning about the history of Canada.
- The friendliness of everyone and especially our hostess. Within a couple of hours I felt we'd known one another for a long time. We were even wearing the same colors!
- Having “night hosts” and “day hosts”...we felt a bit short on time with our host family.
- I found the Canadians to be more Eurocentric than are we and much more aware of politics in the US than are we of theirs.

Memorable meals:

- The “Ziploc Omelette” prepared in a plastic freezer bag—with air removed—then dropped in boiling water. Fun and delicious! (See recipe later below.)
- Salmon baked with pine needles – for ambassadors and night hosts, about 48 people.
- Our host meals were the best, like being at a gourmet restaurant every meal, including breakfast.
- Two meals our hostess prepared stand out—similar to the way we cook and eat (only hers were better.)
- One we shared at the Performing Arts Center restaurant overlooking the Rideau Canal.

Doesn't this make you want to visit Ottawa?!

Ziploc Omelette

This works great for breakfast or brunches! Good for when all your family is together, and the kids can make their own. The best part: no one has to wait for a special omelette!!!

Have guests write their name on a quart-sized Ziploc freezer bag with permanent marker. Crack 2 eggs (large or extra large) into the bag (not more than 2); close the bag and shake or squeeze to combine/scramble the eggs.

Put out a variety of ingredients such as cheeses, ham, chopped onion, green pepper, tomato, hash browns, salsa, etc. Each guest adds prepared ingredients of choice to their bag and shakes. Make sure to get the air out of the bag...and zip it up.

Place the bags into rolling, boiling water for exactly 13 to 15 minutes. You can usually cook 6-8 omelettes at the same time in a large pot. For more, boil another pot of water.

Open each bag...and the omelette will easily roll out onto the plate. Be prepared for everyone to be amazed! Nice served with fresh fruit and coffee cake. Everyone gets involved in the process—it's a great conversation piece. AND clean-up is a snap!

Key Learnings From Ottawa's Club

The Ottawa FF Club is reputedly one of the best in the world and all of our ambassadors were impressed with their organization and mobilization of club members. Exchange Director, Ralph Cauthen, and FFCNC Treasurer, Judy Greene, returned home with many observations and details learned from Ottawa FF members such as Judy's host who was on the planning committee for the exchange. The following observations are just the tip of the iceberg of all they learned and include some ideas which we may want to consider adapting to our smaller club.

Overview: This large and very well organized club (180 members) uses many committees to keep their members involved with each other as well as running the organization. When you have three or four out-bound exchanges and three or four in-bound exchanges each year, a large, well organized membership is a necessity. No less than 77 members were involved in making our exchange happen! New members are recruited at travel shows, community days and booths at public events—as well as by word of mouth, i.e. friends recruiting their friends and neighbors. Their club meets every two months for fellowship (bridge, hiking, golf, gallery hopping, dinners, etc.) and planning. Committees meet for advanced planning of incoming exchange events and entertainment such as music and skits. Tickets are sold in advance for any events that involve members paying entrance fees, catered dinners, etc.

Incoming Exchanges: A “Host” committee is established for the overall planning of an in-bound exchange. Members of the committee have specific roles during the exchange such as: ED or Co-ED, treasurer, host coordinator, daily event coordinator (plans all the activities for one day of the exchange), meal coordinators (plan and organize one of the group dinners such as the welcome, farewell, and ambassador/night host potluck), etc. There was even one member of the Host committee who was new to the Ottawa FF club and his role was to observe and gain experience for future exchanges!

Each event had a committee with chairperson to oversee the planning, organizing, and execution of the event. There were smaller dinner parties or potlucks that the hosts organized. Emails or phone calls were sent and checked nightly to confirm the next day's responsibilities or to advise of last minutes changes--such as when our Monday visit to Parliament had to be changed because of a protest on the grounds.

The “goody bag” was not random, but held information on each of the planned activities. For example, on a day for free time, there was a walking map of downtown Ottawa. The items in the bag were arranged by days and clipped together!

Hosting: To ease the hosting duties Ottawa uses night hosts, day hosts and event hosts.



Nancy Peiffer with her day host, Joyce, in the town of Perth.

Night hosts are not expected to attend events--though they may choose to do so. They provide the B&B and coordinate with their day host(s). Some provide transportation, but that is optional.

Day hosts provide transportation and companionship for one or more days. For example, Judy had three day hosts. Two of them took two days each—in which they picked her up, dropped her off, and stayed for the day or not as they chose. The third day host was a

couple who drove for the “car rally”, including touring or other activities according to the visitor’s wish for free time that day.

Event hosts are the on-site chairs for the day and accompany the group for tours, etc. Some day hosts and night hosts may also participate in events as space and interest allow, if they choose to do so. The day coordinator may attend the beginning of an event to make sure everything is going smoothly, and then the event host is responsible for the remainder of the activity.

Meals for large groups: The coordinator for a given meal and the committee members set the menu and request food to be prepared by members—or they decide that there is enough money in the treasury to purchase or cater all or part of the meal. For example, at our welcome dinner they had a set menu for the “potluck” and then specified for the members how many of each dish they needed—such as, four potato salads, plates of sliced ham or chicken, coleslaw, beet salad, tossed salad, fruit salad, etc. The farewell dinner, at the Hungarian Heritage Club, was catered...and all host club members could relax and enjoy the event without cooking or cleaning. A cash bar was provided, and members who attended bought their tickets in advance.

Ever the treasurer, Judy concluded her observations with this summation: “We were treated to a great week AND they came in under budget!!!“

FFCNC Annual Meeting

The annual meeting of Friendship Force of Central North Carolina was held on October 27, 2011 at Main Street United Methodist Church in Kernersville. Outgoing president, Marcia Meis, presided. Over 45 members and guests attended and enjoyed the pot-luck supper. The food prepared by the members was excellent.

Ophelia Jones provided a nice display and made a presentation about Cascavel, a city of approximately 300,000 inhabitants located in southern Brazil. A trip to Cascavel will be FFCNC’s outbound exchange in 2012. At this time it is believed the exchange will be in September or October. Please contact Peter Peiffer if you would like to be included in the group going to Cascavel (which means “rattlesnake” in Portuguese).

The guest speaker was Jonathan R. Tudge, Ph.D, The University of North Carolina at Greensboro. Professor Tudge, a native of England, earned his doctorate at Cornell University and teaches in the Human Development and Family Studies Department at UNC-G. Professor Tudge’s wife is Brazilian and continues to live in Brazil. Talk about a long-distance relationship! Professor Tudge spoke informally about thirty minutes on current conditions in Brazil.

FFCNC is happy to host two inbound groups in 2012. One group will be from Northern Ireland. If you would like to host or take part in the planning activities, please contact Ray Kiszely (656-0945 or RayKiszely@hotmail.com.) The second inbound group will be from Berlin, Germany. If you would like to be a host for the Berliners, please contact Marcia Meis (724-9540 or pmeis@triad.rr.com.) Many FFCNC members have found that being a host for visitors from other nations is one of the most satisfying activities as a member of the Friendship Force.

Additional information about these exchanges will be included in future FFCNC newsletters.

Carol Andresen of the nominating committee presented the following slate of FFCNC officers for 2012; the full slate was adopted by the members present at the annual meeting:

President:	Peter Peiffer
VP and Membership Chair:	Marvin Scherl
Secretary:	Ophelia Jones
Treasurer:	Judy Greene
President Elect:	Barbara North

A Message From Our President

A BIG thanks goes to Marcia Meis for her Presidency of FFCNC for the last two years. We have aimed at having two year terms for several years, but Marcia is the first to step up and serve the club for two years as President. Paul and Marcia have now served three years as President since the merger with CIU six years ago... fully ½ of the terms. We as a club have to thank them both for their nurturing and caring for the health of the club. They have also served as Exchange Directors for several inbound Exchanges. In fact, Marcia has stepped up and agreed to serve as the inbound exchange director for the group coming from Berlin in 2012. They are certainly dedicated to FFCNC and as they say “walk the walk” with their dedication. The next time you see them, please you share a word of thanks to them.

We have just returned from Ottawa and learned a lot about how to run a very successful inbound exchange. The Ottawa Friendship Force Club just may be the best organized in the world. We now will be looking at how we can use some of their ideas and activities to improve our inbound exchanges and involve as many members as possible. We have two inbound exchanges and one outbound exchange planned for 2012 so we have a lot of activity to look forward to. Let’s all have a good year and THANK YOU to Marcia & Paul!

Peter Peiffer

Cascaval, Brazil

Never heard of Cascaval before? Don’t know anything about it? Here’s a puzzle that will help and surely peak your interest in our 2012 out-bound exchange. Match the clues on the left with their answers on the right.

Most popular dish, a stew of black beans and meat.	Amazon River
Cascavel is famous for this large gathering of agricultural discussions, demonstrations, and equipment viewing.	Bolivia
The highest point in Brazil at 9,888 feet at Pico da Neblina.	Brasilia
The biggest celebration in Brazil where people dance in the street and samba dance schools compete.	Capoeira
The world’s second longest.	Carnival
This is one of the products grown in Cascavel.	Cascavel
Means “sister” in Portuguese.	Catholicism
This means “rattlesnake” in Portuguese.	Coopavel Rural Show
Means “brother” in Portuguese.	Ela
Brazil’s largest city.	Ele
This country borders Brazil for 2,113 miles.	Feijoada
Cascavel is located in this state.	Futebol

Most practiced religion in Brazil.	Guiana highlands
A mix of music from the Amazon region and from islands in the Caribbean Sea.	Iguazu Falls
These famous tourist attractions are 50% taller than our Niagara Falls.	Irma
The language most Brazilians speak.	Irmao
This is part martial arts and part dance.	Lambada
Means "he."	Manioc
Capital of Brazil.	Parana
Another name for cassava.	Portuguese
Means "she."	Rio de Janiero
The Portuguese word for soccer.	Sao Paulo
The second largest city in Brazil.	Soy beans
One of the groups of indigenous people of Brazil.	Suriname
This country borders Brazil for 371 miles.	Yanomami

Help wanted!

We are still seeking a member to serve as exchange director for our out-bound exchange to Cascavel. If you are considering participation on this exchange and might consider serving in this capacity, please contact Peter Peiffer (288-0014 or peiffer@aol.com) by January 15 to learn more about the role of an ED.



Remembering Gloria Griffin



In October long time Friendship Force member and leader, Gloria Griffin died after a short illness. Gloria was an ambassador on the first Winston-Salem exchange to Berlin during the cold war when making a world of peace through a world of friends was a serious mission for all of us. She held numerous positions of leadership in Friendship Force, directing exchanges and serving as president of our organization. Gloria was a guide at Old Salem and extremely active at Ardmore Baptist Church. She exemplified the best of ambassadorship in her community and in our exchange world. Gloria will be missed by her many friends around the globe as well as friends and family at home.

2012 Calendar Highlights

January 5	Board Meeting, 11:45 AM MSUMC Kernersville
March 1	Board Meeting, 11:45 AM MSUMC Kernersville
May 3	Board Meeting, 11:45 AM MSUMC Kernersville
May 28 – June 1	Inbound Exchange from Berlin, Germany
July 12	Board Meeting, 11:45 AM MSUMC Kernersville
September 6	Board Meeting, 11:45 AM MSUMC Kernersville
September	Inbound Exchange from Causeway Coast, UK
September	Outbound Exchange to Cascavel, Brazil
October 25	FFCNC Annual Meeting
November 1	Board Meeting, 11:45 AM MSUMC Kernersville