



friendship force

CENTRAL
NORTH CAROLINA

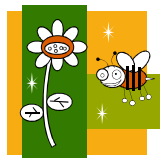
Fast Facts ~ February 2012

First 2012 LEO Planned

Come meet Chef Karl, owner of Old Europe Restaurant in Winston-Salem, and enjoy a great German meal on March 3rd at 11:30. Karl is from Giessen, Germany and received his culinary education in Germany. He owned a restaurant in Raleigh for many years and owned a bakery in Winston-Salem as well. His fresh baked bread is still available at his new restaurant and you won't believe the choices: Sunflower Bread, Raisin Bread, San Francisco Sourdough, and a wide variety of rye breads just to name a few! Plus, you may complement your meal with your choice of a German beer or wine from his large selection. Last, but not least, FFCNC member, Karla Shanahan, will tell us about German customs and habits concerning food. This is sure to be a LEO you won't want to miss.

Old Europe Restaurant is located at 1540 S. Stratford Rd. (close to Hanes Mall.) Be sure to **RSVP by February 22** to Val Stokes (887-2947 or levals@northstate.net.)

Many Hands Make Lighter Work



Spring is the perfect time to extend a warm FFCNC welcome with our unique brand of Southern hospitality to our incoming ambassadors from Berlin, Germany. All current and potential new members are invited to join us as we aim to provide a memorable North Carolina/USA experience before our guests travel on to FF Kentucky.

Discussions regarding travel dates continue between Co-Exchange Director, Marcia Meis, and her counterpart in Berlin. We are anticipating a weeklong visit in early May and will notify you when dates are firm. In the meantime, there is much planning to be done.

Taking a note from the organization of the Ottawa Exchange experience, Marcia and Co-Exchange Director, Judy Greene, wish to involve as many FFCNC members as possible. In a nutshell, the Ottawa approach is to involve as many members as possible by breaking down tasks and activities into small units of work. For example, you could.....

➤ Be a Night Host and

- provide home hospitality for exchange ambassadors.
- join us during the day if you are available, although you are not expected to do so.
- welcome your guest and arrange airport transportation.
- provide bed, breakfast and other meals that are not part of group events.
- arrange other outings for you and your guest during unscheduled times.



We expect at least twelve ambassadors: two couples, two women who wish to be hosted together, and six other ambassadors who wish to be hosted individually. Therefore, we anticipate a need for a minimum of **nine Night Hosts**, more if the number of ambassadors increases.

➤ Be a Day Host

We have used Day Hosts with recent in bound exchanges and hope to utilize them more. Day hosting provides an opportunity for members to be involved even if you are not night hosting or not available every day during the exchange.

Day Hosts.....

- accompany ambassadors for one or more daily activities.
- are not expected to home host—though you may wish to do so.
- provide guest transportation for the day(s) you host when possible.



We can use **any number of Day Hosts** and would love to have at least one to pair with each Night Host.

➤ Be an Activity Coordinator

As a Coordinator you may work alone or with a committee to plan ONE day activity or outing during the exchange. This may be an activity of your suggestion or you could accept a suggestion from the exchange directors and carry out the plans. This is a great opportunity to work with a family member or friend who may be interested in FFCNC.



Coordinators.....

- coordinate the date of the activity with the exchange directors.
- make all necessary arrangements such as ticket purchase, engagement of a guide, meal reservations, etc. all depending on the activity and what is needed.
- obtain brochures, maps, etc. that can be included in a welcome bag.
- coordinate transportation to and from the activity with the Day Hosts and Drivers who have volunteered for that day.
- on the day of the activity, greet our ambassadors, get the activity started, insure it runs smoothly, and say our good-bye's and thank you's at the end of the activity.

We anticipate our ambassadors will be in the Triad for a week and may need to plan activities for as many as five days. Since a Coordinator may plan a single activity for a day or plan all the activities for one entire day, we could easily use **four to five Activity Coordinators**.

➤ Be a Driver

Provide transportation as needed when Night Hosts and Day Hosts cannot.



➤ Be a Meal Coordinator

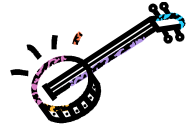
- Coordinate or Plan ONE group meal for hosts and ambassadors (ex. lunch, dinner, potluck, picnic, cookout, BBQ). This may be a meal that fits into a day's activities, thereby assisting the Activity Coordinator or this could be a meal hosted in your home which has always proven to be well received by our guests.
- Coordinate or Plan a Welcome or Farewell lunch or dinner for all club members and ambassadors. As you know, we try to make these very special events for our guests and members so extra effort is committed to planning for decorations, entertainment, and the meal itself.



With all these meals (!) we could use as many as **five Meal Coordinators**.

➤ Help in many other ways.....

- Plan a short NC entertainment event (10 – 20 minutes) for our guests during a Welcome or Farewell gathering.
- Plan a “German Culture” orientation for our members who will be involved in the exchange. This helps us understand our guests’ perspectives and provide a more pleasant stay for them.
- Plan a Scavenger Hunt a la Ottawa. (Hint! Hint! For those of you who were there.)
- Make phone calls if needed to disseminate information quickly to members without email.
- Receive phone calls to record registrations for activities, meals, etc.
- Is there something special you would like to do for our visitors that we haven't mentioned? Let us know!



As you can see, even if you have a day job, have not yet traveled with FF, or no longer travel or home-host, we have many ways you can be involved with us. We hope that every member will choose at least one item from this list that he/she would enjoy doing. Call Marcia (336-724-9540) or Judy (302-983-7531 cell or jgreene@udel.edu) to volunteer for one of these exciting opportunities or to get further information. It will be very helpful to them to hear from you by **March 1**.

This exchange is another great opportunity to involve our family, friends and neighbors with Friendship Force and share the joy of welcoming international visitors to the USA and our community. Building (and maintaining) relationships is what we're about!

Thanks from Ottawa

Good Morning,

On behalf of FF Ottawa, I would like to express our sincere thank you for your contribution to the Legacy Fund in honor of our club. The Legacy Fund is indeed important to expanding the FF footprint, ensuring that the organization and its members can continue to promote

understanding across the world. We are placing an article in our upcoming newsletter "Capital Connection" to ensure our members are aware of this gift made in our honor.

We thoroughly enjoyed the week we spent with members of your clubs, and everyone certainly got into the spirit of our Autumn Adventure! It's wonderful when great people get together to share great moments!!!

Our very best to everyone!

In friendship,
Pierrette
President FFO

2012 Calendar Highlights

March 1	Board Meeting, 11:45 AM MSUMC Kernersville
March 3	LEO (Let's Eat Out), 11:30, Old Europe Restaurant Winston-Salem
Late March	International Friendship Day Celebration, details TBD
May 3	Board Meeting, 11:45 AM MSUMC Kernersville
May	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