



# friendship force

CENTRAL  
NORTH CAROLINA

## Fast Facts ~ May 2012

### **Berlin Ambassadors Visit This Month!**

Our nine guests from FF Berlin arrive Sunday evening, May 20<sup>th</sup> and depart for their second homestay in Owensboro, KY early Saturday morning, May 26<sup>th</sup>. Exchange Directors, Marcia Meis and Judy Greene, have done a terrific job planning their itinerary which includes several new points of interest and lots of outdoor time (a special request from our guests.)

Their week will start with a day in Greensboro with a new twist to our traditional visits to the Civil Rights Museum and the Guilford Courthouse National Military Park. This will be FFCNC's inaugural Car Rally/Scavenger Hunt. Our visitors will spend Tuesday in Winston-Salem (Old Salem and Reynolda House) and have an opportunity to try North Carolina brewed beer at Foothills Brewing. Wednesday will find our FFCNC hosts and ambassadors exploring the Blowing Rock area where guests will have the opportunity to choose from various activities such as a visit to the Art and History Museum, hiking, and shopping. Thursday will find the group in the High Point/Jamestown area visiting several sights that will be new to most FFCNC members as well – the Mendenhall Plantation and the Piedmont Triad Environmental Center. Finally, on Friday our ambassadors from Berlin will have a free day with their hosts.

We feel fairly confident our guests will not leave hungry! In addition to sampling NC barbeque from Stamey's, NC brewed beer at Foothills Brewing, and Southern cooking at Southern Roots in Jamestown, they will be hosted at one of several Friendship Dinners around the Triad. Many thanks go to Pam and Fred Kahl, Carol and Fred Andresen, Patti Gilmour and Don Sylvester, and Marta Rhodes for planning these dinners and opening their homes to our ambassadors.

All FFCNC members, potential members and other guests are invited to join us for the Welcome Picnic Lunch at Greensboro Country Park on Monday, May 21 and the Farewell Dinner on Thursday, May 24. The Farewell Dinner will be held at the Delta Arts Center in Winston-Salem. (This is located on the eastern side of Winston-Salem, so not such a long drive for our Greensboro members.) The mission of the Delta Arts Center is to stimulate interest throughout the community in American arts and humanities with an emphasis on the contributions of African-Americans. Entertainment will be provided by both a flutist and a traditional blue grass band. Dinner will be catered by California Fresh Catering, a Winston-Salem non-profit which funnels its profits to other charitable organizations. This will be a wonderful opportunity for all FFCNC members to meet our guests, learn the results of the Car Rally/Scavenger Hunt, tap your toes to blue grass, and enjoy friends and fellowship!

Pictured below are the ambassadors from Germany. Erika Hölz will be hosted by Nancy and Peter Peiffer, Sigrid and Günter will be hosted by Barton and Evelyn Parks, Ingrid Kleemann will be hosted by Marcia and Paul Meis, Helga Hampel-Barthaus will be hosted by Donna and Tom Lambeth and Karla Shanahan, Jürgen Manske will be hosted by Steve and Susan De Vaney Kaczmarek, Monika Wiedermann will be hosted by Nancy and Peter Peiffer, and Margitta and Jürgen Seikrit will be hosted by Ray and Doris Kiszely. Unfortunately, Anita Simmons and Gloria Stark will be unable to travel.

**Your German visitors from FF Berlin:**



Erika Hölz



Sigrid und Günter



Ingrid Kleemann



Helga Hampel-Barthauer



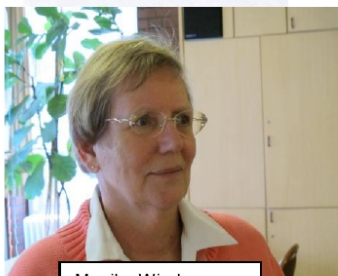
Anita Simmons



Jürgen Manske



Gloria Stark



Monika Wiedermann



Margitta und Jürgen

Advance reservations and payment for the welcome and farewell events are required. Checks may be written to “FFCNC” and must be sent BY MAY 15<sup>th</sup> to: Ray Kiszely; 1917 Townsend Forest Lane; Browns Summit, NC 27214. Questions regarding these two events and rsvp-ing may be directed to Ray at [raykiszely@hotmail.com](mailto:raykiszely@hotmail.com) or 301-580-3253 (cell). Other questions regarding the exchange may be directed to Marcia at 724-9540 or [pmeis@triad.rr.com](mailto:pmeis@triad.rr.com) or to Judy at 768-1732 or [green111184@bellsouth.net](mailto:green111184@bellsouth.net).

### Welcome Picnic Lunch

Monday, May 21 ~ 12:20 p.m.  
Greensboro Country Park, Shelter #7  
[www.greensboro-nc.gov/index.aspx?page=1330](http://www.greensboro-nc.gov/index.aspx?page=1330)

Catered by Stamey’s Barbecue  
pork & chicken + vegetarian side dishes  
**Cost: \$12.50** (incl tax)

### Farewell Dinner

Thursday, May 24 ~ 6:00 p.m.  
Delta Arts Center, Winston-Salem  
[www.deltafinearts.org](http://www.deltafinearts.org)

Catered by California Fresh (Cash Bar)  
flutist and bluegrass band  
**Cost: \$25** (incl tax, gratuities, music)

## World Friendship Day Gathering

International World Friendship Day was observed by FFCNC members Saturday, April 7, 2012 on the campus of Guilford Technical Community College in Jamestown. Roughly 55 people attended including visitors from Bolivia, Canada, Colombia, Jamaica, Thailand and Venezuela. Five High Point University student volunteers decorated the room where our function was held.

Everyone brought a dish—all of them tasty! Quite a few visitors spoke about their country and told how they came to be in the US. Ana, from Bolivia, did a dance describing how women of stature walk in her homeland. A “flash dance” to Michael Jackson’s song “Thriller” was performed by some GTCC employees as the celebration came to a close.



## Meet Lundee Amos

Lundee was involved with Citizens for International Understanding (CIU) prior to the merger of CIU with FFI—and was president the year that they merged. She has traveled on exchanges to Belgium, Japan, New Zealand, France, Mexico, Germany, and Peru (served as Exchange Director) noting that “Each homestay brings back precious memories.” Fellow FFCNC member Danny Crump has traveled many places with her. Lundee also hosted exchange students from Belgium and Sweden when her son was in high school.

Lundee retired in 2003 from Guilford Technical Community College (GTCC) where she worked since starting their Dental Hygiene program in 1965. During her career at GTCC she was also Dean of the Greensboro campus and retired as Director of Faculty/Staff Development.

Helping teacher Ned McMillan with the 5<sup>th</sup> grade “clownettes” at Florence Elementary School brings her a lot of joy. She also volunteers at Arbor Acres, a United Methodist retirement home in Winston-Salem, offering residents Healing Touch/Eden Energy Medicine once a week. In addition she helps coordinate a Healing Touch Clinic at West Market Street United Methodist Church once a month. She has been a Certified Healing Touch Practitioner since 1997 and an Advanced Practitioner in the Healing Touch Spiritual Ministry since 2008. In 2011 she graduated from Eden Energy Medicine as a certified practitioner and is now completing Year 3. She has a small private energy medicine practice in her home as well as visiting clients in their homes, at retirement homes and in hospitals.



As a Certified Laughter Leader via [worldlaughter.com](http://worldlaughter.com), Lundelee offers laughter programs throughout the community. She has served on the advisory council at Friends Homes and is presently serving on the foundation board at GTCC. She is a member of the Alpha Chapter of Delta Kappa Gamma and the Enjoy Life Group.

Lundelee loves to be with her three grandsons who live in Hickory. She and Danny love contra dancing, kayaking, and hiking. She enjoys yoga, zumba, and aqua aerobics. Life is busy in retirement! She has found that by serving she receives more than she gives. Her mission is to help people self-heal through energy medicine and laughter.

## Summer Picnic



Marilyn Baird has graciously offered to host our summer picnic again at her Lake Norman home on Saturday, July 28<sup>th</sup>. Mark your calendars now and watch for more information in upcoming months.

## 2012 Calendar Highlights

May 20 – 26	Inbound Exchange from Berlin, Germany
July 12	Board Meeting, 11:45 AM MSUMC Kernersville
July 28	Picnic at Marilyn Baird’s Lake Norman home
September 6	Board Meeting, 11:45 AM MSUMC Kernersville
September 18	Outbound Exchange to Cascavel, Brazil
October 25	FFCNC Annual Meeting
November 1	Board Meeting, 11:45 AM MSUMC Kernersville