



# friendship force

CENTRAL  
NORTH CAROLINA

*Our mission is to promote global understanding across the barriers that separate people.*

## Fast Facts ~ September 2013

### Pike's Peak Friendship Force of Colorado



Laura Lennon, exchange director for our domestic inbound exchange from Colorado, has made swift progress preparing for their Oct. 16 arrival. Though plans are not yet final, the week's schedule is taking shape.

Those arriving by air will fly into the Greensboro airport on Wednesday, Oct. 16 at approximately 4 PM. It is interesting to note, however, that many of the ambassadors will be driving to North Carolina, in which case they will drive directly to the homes of their host families. Due to the variety of travel plans

and the FFCNC annual meeting scheduled for the next day, Thursday, Oct. 17, Wednesday evening will be free time with host families. Our annual meeting and covered dish dinner will serve double duty as our welcome event. Pike's Peak FF has indicated to Laura that they wish to entertain us a bit at our annual meeting so we anticipate a great program to follow our business meeting that evening. All FFCNC members are invited to this event and are welcome to bring additional guests if they like. More information follows below and an invitation will be sent in October as well.

During their visit in the Triad, the group will spend Thursday and Monday in Greensboro, Friday and Tuesday in Winston-Salem, and Saturday and Sunday will most likely be planned as free days for hosts to make individual plans with their guests. As with their arrivals, their departures on Wednesday, Oct. 23 will vary, but many will be leaving in the morning as they are all headed to Georgia and a visit with the Friendship Force of Big Canoe – North Georgia. For this reason, a farewell activity will be planned for Tuesday evening.

Laura Lennon would like to thank those of you who have offered to host our guests. At this time night hosts have been identified and matched with their guests. Some FFCNC members have offered to day host, but more day hosts will be very helpful. Also, Laura would like to help arrange a few small dinners in both Greensboro and Winston-Salem. If you would be willing to host a dinner or be available for a day or two of day hosting, please contact Laura at 336-282-5855 or [lauralennon@me.com](mailto:lauralennon@me.com).

## Dinner and *Dancing*????

You are cordially invited to attend our Annual Meeting which will be held on Thursday, October 17. This will also be our welcome event to meet and greet our guests from Colorado. Socializing will begin at 6 PM, with a covered dish dinner served at 6:30. The location, as in the past, will be the Main Street United Methodist Church, 306 South Main Street in Kernersville. As this is our annual business meeting, we will be electing officers for 2014 and also seeking your input regarding our possible outbound destination in 2015. The program being developed for the evening will include a presentation on our recent outbound exchange to Australia and a skit performed by our guests from Colorado. We have been advised to wear our dancing shoes!



A formal invitation containing more details will be sent in October. In the meantime, please put this date on your calendar and we encourage you to invite friends.

## **BULA from FIJI!** *By Doris Kiszely*

On the way to our Australia Adventure, we (the Kiszely family) took a detour to the beautiful island of Viti Levu (the largest island in the Fiji chain of 320 islands) with the North family. We decided to break up the travel time and give our body clocks a chance to reset by having some down time on a tropical isle.

Fiji is a mixture of Melanesian, Indian and Fijian cultures. The Indian population was introduced to harvest sugar cane many generations ago. Each ethnic group has a presence that can be observed as you travel around the island.

The few days of leisure somehow just did not occur. Jim and Ray left it up to Barbara and me to plan our days. We managed to pack many sights and experiences into the short time we were there. We stayed in the town of Lautoka which is about 18 miles from the airport in Nadi. The town center was very close to our accommodations, so we were able to walk around the town and become acquainted with it. The Central Market was the hub of activity with many stalls selling fruits, vegetables, fish and spices. We bought fresh fruit and veggies to enjoy with our evening cocktails on the little patio outside our room.

The most “touristy” activity that we decided to do was a visit to Robinson Crusoe Island. It was a dinner cruise down the Tuva River to the island where we were entertained with Polynesian/Melanesian South Pacific dances, fire walking, fire and knife dancing and a delightful meal which was prepared in a traditional Lovo Fire Pit. Any formal activity on the Island is begun by having a Kava Welcoming Ceremony. Kava is a dried root that is ground up into a powder and then prepared in water as a beverage. It is not alcoholic nor is it a drug; however, it did make my lips and tongue numb. It looks like muddy water and tastes very much the same. Ray and Jim participated several times when the opportunity arose.



*Kava Welcoming Ceremony*

We discovered that the island truly ran on ISLAND TIME. Everything was laid back.



Waterfall In Navua River

The Namuamua Inland Tour took us to a Fijian village. We boarded long boats that took us up the Navua River. We traveled through pristine rainforest, gorges and waterfalls deep into the Namosi Highlands. Village women were at the dock to greet us and escort us to the meeting house of the village. The village women had prepared our lunch and the men entertained us with song and dance. On our return to the village, we were given the opportunity to dive off a high platform into the waterfall. Some were braver than others and took the plunge. "NO Thanks!" was my response.

No visit to the beautiful crystal clear waters of the South Pacific would be complete without a snorkeling excursion. We boarded the White Whale schooner for a day of sun and fun. The ship was moored off a small private island where we had facilities for changing clothes and other personal requirements. We were served a sumptuous lunch and fitted with gear to check out the coral formations around the island. It was the first time I had ever seen a blue starfish. Our

day passed very quickly and it was soon time to head back to the big island. The crew played the guitar and sang Beatles songs which seemed to please everyone and before we knew it we were all singing and even a few were dancing.

Since our hotel was 18 miles from the airport we arranged for a car and driver to take us to a couple of places that we wanted to see before we left for Australia on our last day.

We visited the orchid gardens of the Sleeping Giant, which were enjoyed by all. The gardens were originally owned by Raymond Burr. He bought the land and had the orchids cultivated there. It was a gardener's delight. There is a very large Hindu Temple in Nadi which is ornately decorated with bright colors. The walls and ceiling were visual history lessons. Each panel told a different story of one of the Hindu gods. Our driver was Indian so we asked him to take us to a local restaurant for good Indian food. When we were ordering our dinner, Jim had a look of sheer terror on his face because he did not recognize any of the food on display. He was guided to plain Indian food - nothing exotic, and we all enjoyed the culinary delight.

The time had come for us to head to Australia for our two home stays with fellow Friendship Force Clubs so we said, "Bula!" to Fiji with hopes of returning sometime in the future.

### **What Exactly Does "Bula" Mean?**

Bula Bula my friends. Say it. Just once, maybe twice. It is hard to say the words without a smile immediately parting from your lips. Go ahead...try it. The word is heard everywhere in Fiji. Bula originates from the Fijian culture and means anything from hello, goodbye, welcome, love and more. It means LIFE. A blessing of health and happiness. Regardless of where you live; the concrete urban jungle, down under or near the north pole...you do not have to be in Fiji to celebrate LIFE. Enjoy how one simple word can transform your entire day. Bula blessings to you!



## Nominating Committee

Ralph Cauthen, Peter Peiffer, and Barbara North have agreed to serve on our nominating committee. In accordance with our by-laws, we will be electing members to serve as our 2014 officers in the capacity of President, Vice-President, Secretary, Treasurer, and President Elect. Following the election, the President will select members to serve on our board as committee chairs and at-large members of the board. If you are willing to serve in a leadership position for FFCNC or would like to recommend a member for a position, please share this with Ralph Cauthen who is heading the committee. You may contact him at 299-2089 or [rbcauthen@aol.com](mailto:rbcauthen@aol.com).



Serving on the board, either as an officer or other board member, is an excellent opportunity to learn more about Friendship Force on both the local, national, and international levels. It is not necessary to be a long-time member to be able to contribute in one of these roles and there is much support and mentoring available from previous members as well as the Friendship Force International staff in Atlanta. So don't be shy! Let Ralph, Peter, or Barbara know what your interests are.

## 2014 Outbound exchange Announced

Our next destination is a landlocked country known for its wines. The grapes grown for these wines flourish in its mild, sunny climate on hill sides that do not exceed 1500 feet. You will find its winemakers speaking a Romance language and attending Orthodox Christian churches on Sundays. Have you guessed it yet? Many FFCNC members have met citizens of this country in the last year. Still guessing? It is Moldova!



But this will not quite be a traditional outbound exchange. FFI has asked FFCNC to act as a mentor for a new club in Moldova and to participate as their first exchange. This is quite an honor for FFCNC and, as you may guess, it is an outgrowth of our successful Open World exchange last fall.

*The view of the capital city as you arrive from the airport.*

There is much still to be learned about this exchange. At this time it is tentatively scheduled for September 2014. We have been assured by FFI in Atlanta that, though we will be the first FF club to visit Moldova, accommodations will be with host families. The duration of the exchange will be for one week, but it is too early yet to say if there will be an opportunity for additional travel before or following the exchange. We will keep you posted as we learn more.

## Cape of Good Hope/South Africa Trip

The Western North Carolina Friendship Force Club is traveling to South Africa next month on October 8-22. One of their ambassadors has recently dropped out of the group for medical reasons. They are looking for a single female to join them. The first week they will be staying in the homes of families from Cape Town. The second week they will be traveling around South Africa. This is very short notice, but if you are interested in this trip and able to travel next month, contact Jan Partin at [janpartin@hotmail.com](mailto:janpartin@hotmail.com) or 828-606-9191.

## Friendship Families

Every fall hundreds of international students arrive in the Triad to attend one of our many universities and colleges. The Center for International Studies at Wake Forest University, through their Friendship Family program, aims to assist WFU international students in their adjustment to life in the US. They are seeking families who are willing to be paired with an international undergraduate for the duration of the school year. They ask each family to get together with their student at least once a month, or more if the student and family wish. Suggested activities include regular family events or newly-created activities since cultural and traditional family events help the students acclimate to American life.

This fall there are 60 new international students with 42 of them being from China or of Chinese heritage. Many of the students have spent some time in the U.S. either by way of vacations or boarding school, but very few of them have previously been to Winston-Salem. Regardless of their experiences and backgrounds prior to their arrival at WFU, if the students sign up for the Friendship Family program it is because they have a desire to experience the U.S. at a different level than they experience it on campus.



*Yihua Liu, Friendship Family "daughter" of FFCNC members, Martha & Dale Brown. Christmas 2012; Winston-Salem.*

Most of the students' families are thousands of miles away so students are eager to have a support system nearby to help them learn about American culture, customs and activities, to turn to for advice or a ride to the airport, or to just hang out with for a home cooked meal.

If you are interested in applying go to <http://cis.wfu.edu/iss/friendship/sponsors/>. If you are interested in learning more about the program contact Sandra McMullen, International Student Advisor, Wake Forest University at 336-758-4889 or [mcmullsl@wfu.edu](mailto:mcmullsl@wfu.edu).

These students will bring as much friendship to your lives as you do to theirs and the rewards will be long lasting!

## 2013 Calendar Highlights

September 5  
October 16 – 23  
October 17  
November 7

Board Meeting; 11:45 AM; MSUMC; Kernersville  
In Bound Exchange from Pike's Peak FF, Colorado  
Annual Membership Meeting; MSUMC; Kernersville  
Board Meeting; 11:45 AM MSUMC; Kernersville