



friendship force

CENTRAL
NORTH CAROLINA

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

Fast Facts ~ February 2014

Let it Shine!

Do you remember the children's gospel song many of us sang as a child? It begins: "This little light of mine, I'm gonna let it shine!" Charlotte Hamlin taught it to our Kosovar guests at the Welcome Dinner and it truly became the unofficial theme of the Open World program that began the day before on January 10.

The Welcome Dinner itself was a great success. Held on the Salem College campus, it followed an intimate get together with Salem College President, Dr. Susan Pauly, during which she spoke of the benefits of a single sex education and the accomplishments that grow out of such an education for women, particularly in the area of leadership skills. The dinner was attended by approximately fifty guests and included comments by exchange directors Ralph Cauthen and Ray Kiszely, introductions of all our Kosovar guests by their host families, and presentations by Charlotte Hamlin and Open World delegate, Albulena Sadiku, who spoke about Kosovar elections.



The week's educational program on Women's Leadership Issues included no less than thirteen sessions on a wide variety of topics. Some highlights and personal favorites of the delegates included an introductory workshop conducted by FFCNC member, Charlotte Hamlin, on social styles of leaders using the well-known Myers-Briggs psychological types assessment and the final session which was conducted by Janet Carlson, Innovation Operations Manager of the Center for Creative Leadership, on individual leadership philosophies and how these play out in work and other environments.

Along the way, each Kosovar delegate made a presentation to Open World program participants who work in similar professional areas. Following Albulena's presentation during the Welcome Dinner, at the Triad Health Project, a Greensboro non-profit addressing HIV/AIDS issues, Rajmonda Sylbije made a presentation on LGBT (lesbian, gay, bi-sexual, and transgender) issues in Kosovo; at the Nussbaum Center for Entrepreneurship Lendita Kastrati made a presentation about the Kosovo Women's Chamber of Commerce; and at the Greensboro Police Department Fjolla Raifi made a presentation about women working in the security sector in Kosovo.



The smiles never ceased during the course of the week. Here Rajmonda and Fjolla are full of laughter during one of the dinner parties they attended with Rajmonda's hosts, Doris and Ray Kiszely

Our guests enjoyed meeting US Representative Howard Coble while in Washington, DC for their orientation. While in the Triad they met several local women politicians including Executive Associate Dean for Academic Affairs at the WFU Law School, Suzanne Reynolds, who ran for the NC Supreme Court; former NC State Senator Linda Garrou; and Greensboro Mayor Pro-Tem Yvonne Johnson and City Council Member Nancy Hoffmann.

As is always the case with an in-bound exchange, and even more so with an Open World program that includes an educational component, many FFCNC members contribute to the success of the program. In addition to our exchange directors,

many thanks go to Tim Prout, Charlotte Hamlin, Peter Peiffer, Joy Griffin and Sandy Bundgaard who helped with planning the program and day hosting; to Marilyn Baird, Marta Rhodes, the Norths, Browns, Kahls, Parks, Nussbaums, Kiszelys, Catherine Magid, and Margot Robinson who hosted our guests; and to the Andresens, Cauthens, Charlotte Hamlin, Karla Shanahan, and Judy Greene who hosted dinners. You may notice a few new names in this list; FFCNC was excited that several non-FFCNC members participated in these activities.

Also due to the efforts of FFCNC members and several of the Open World presenters, an article was published about this program in the Greensboro News and Record. You may view it and the accompanying photos at:

http://m.news-record.com/news/local_news/article_62a04ee5-af54-5425-baec-67fd42275fb7.html?mode=iqm

The week concluded with a Farewell dinner at Taste of Thai in Greensboro on January 17 during which time each of our guests shared a few parting comments:

Albulena said that she was initially reluctant to be involved in the program, but that it proved to be a great learning experience. She added that hospitality is very important in Kosovar culture and we taught her about American hospitality which she appreciated very much. She hopes to visit FFCNC members when the club travels to Moldova in the fall and would like to establish a FF club in Kosovo someday.

Rajmonda described the week as the “best visit of my life” and thanked everyone for a perfectly organized program. She was grateful to meet parents of gay and lesbian North Carolinians and learned that she will have to be patient in her quest for equal rights in Kosovo. She feels that in time they will be able to talk openly in Kosovo about these issues and will be able to worship side by side.

Lendita echoed the comments of her fellow delegates and said that she has many messages to take home.

Fjolla said that she learned the difference between a leader and a boss and also that she should not be afraid to bring up challenging and taboo subjects. She plans to put into action everything she learned including that she should never give up where women’s issues are concerned nor give up on her dreams, one of which is to return to the US for graduate studies. She ended with a quote she learned while in the US: “If you educate a man, you educate a person. If you educate a woman, you educate a nation.”

All of the delegates had glowing thanks for Charlotte Hamlin who led all the dinner guests in a final rendition of “This Little Light of Mine,” the key verses of which were:

*This little light of mine, I’m gonna let it shine.
Everywhere I go, I’m gonna let it shine.
Back in Kosovo, I’m gonna let it shine.*

Let’s Toast to Moldova

Exchange Director, Barton Parks, continues to work on plans for our 2014 out-bound exchange. Though dates are not yet set, the last week of August is being targeted. Along with the mentoring activities that will take place to assist the Moldovans in establishing a Friendship Force club, there will be many cultural activities, including a one night stay in a small village outside of the capital city of Chisinau. Also expected is a visit to an underground winery and a large annual festival held at this time of the year.

Barton has been told that we may bring as many as 18 ambassadors, slightly more than originally thought. If you are interested in knowing more about this exchange or think you may like to participate, please contact Barton at 292-4699 or bapjr@bellsouth.net.

Wine Industry in Moldova

Moldova is known for its wines. For centuries viticulture and winemaking were the general occupation of the population. It has a vineyard area of 360,000 acres. Most of the country’s wine production is exported. Many families have their own recipes and strands of grapes that have been passed down through generations. Cricova, not far from Chisinau, is one of the largest wine cellars in the world with 75 miles (yes, MILES!) of tunnel-like storage galleries. But the largest in the world is Milestii Mici, founded in 1969, with 120 miles of tunnels. The limestone in these galleries maintains constant humidity and temperature. Milestii Mici holds 2 million bottles of wine – 70% red, 20% white, and 10% dessert.

How is a Speech Like a Woman's Skirt?

I can still remember the night I was at Ralph and Jane Cauthen's home for a dinner party that welcomed a group of international visitors from Korea. The visitors were part of a group that was in Greensboro through the U.S. State Department's Leadership Development Program.

I was new to the Piedmont Triad Council for International Visitors and Ralph was my mentor as I learned how to become a programmer for PTCIV.



So Ralph said, *"You ought to consider joining Friendship Force, since you seem to enjoy foreign travel and like to meet people from all over the world."* My response was, "What is Friendship Force?"

Well, here we are five years later, and I now know the answer to the question. But more importantly, we want everyone to know the answer! It is my goal this year to promote Friendship Force International and its mission to our Triad communities. We want our neighbors, co-workers, church congregations, and fellow volunteers to know about FFCNC and its activities such as our in-bound and out-bound exchanges, the Open World programs, LEO's, and so forth.

If you belong to an organization or social group that would like to learn about Friendship Force, I am prepared to answer the question to your group at a future meeting. In keeping with the advice of Winston Churchill, "A good speech should be like a woman's skirt: long enough to cover the subject and short enough to create interest," I am developing several presentations from five to fifteen minutes that will help others in our community learn about Friendship Force and consider becoming an active participant in our activities at home and abroad.

Beginning in late May 2014 I will take the "show on the road." Just send me an e-mail at Raykiszely@hotmail.com or call me at 301-580-3253 and let me know how I can help you spread the word about FFCNC.

Ray Kiszely

FF Southeast Regional Conference

FFCNC has agreed to host the Southeast Regional President's Conference on April 25 – 27, 2014. President Barbara North has assembled a committee of Leroy Stokes, Ruth Jackson, Dottie Blanchard, Marta Rhodes, Nancy Russell, and Patti Gilmore to assist in the arrangements. Based on our experience in 2010 when we hosted the roundtable, we anticipate needing about eight host families. This is difficult to predict as some attendees may choose to stay in the a and others may prefer home hosting. Please pencil in these dates and consider hosting if that is possible.

One of the first tasks for the committee to complete is the selection of a venue for the conference meetings and they would love to hear your suggestions. The location could be anywhere in the Triad and, once selected, a hotel will be selected as a recommendation for those participants wishing to stay in a hotel. So a conference site near a hotel would be convenient, though not essential. Also, it would be helpful if the conference site was easily reached by car (i.e.: simple driving directions.) The venue needs to offer a large meeting room sufficient for 25 participants. A break area nearby for refreshments would be nice. Needless to say, there are many hotels in our area with meeting rooms, but if FFCNC members know of

other options such as nice club houses they have access to, please share this information with Barbara (643-0985 or woodnotes2004@yahoo.com.)

Look for more details in our next newsletter regarding this event and FFCNC member participation.

Welcome Wagon

The New Year has greeted FFCNC with many new members and we are pleased to welcome four of them below. Look for information on our other new members in the next newsletter.



Catherine Magid was introduced to FF by Ralph and Jane Cauthen. She jumped at the opportunity to host a Kosovar delegate and enjoyed every minute of it. She is a retired fashion designer, having worked for several well-known fashion designers in NYC and has the distinction of having designed the packaging for Whopper malted milk balls! She has also taught at UNCG and is currently involved in politics, women's organizations, mentoring and playing bridge.

Bonnie Cook has always called Winston-Salem home, but loves to travel. Her career has been in education and she currently supervises student teachers for Appalachian State University. Her hobbies include reading, playing the flute, and practicing yoga.

Molly North travelled to China in 1985 with FF and Woody Clinard has re-introduced her to FF. She retired in 2011 from work as an asset manager at Public Buildings Service which is a part of the General Services Administration in Washington, DC. Previously she had a career in music. She now volunteers as a docent at Reynolda House, tutors Hispanic children, directs a handbell choir and plays the organ at St. Anne's Episcopal Church.

Carol and Bill Cochrane travelled on two cultural exchanges while members of Citizens for International Understanding. They enjoyed this unique way of learning about people in other parts of the world and decided to join FFCNC. They currently reside in High Point where Bill is a semi-retired building contractor and Carol is a retired reading teacher.

Let's Eat Out

Join us Saturday morning at 11 AM, March 22 at the Moose Café at the Piedmont Triad Farmer's Market; Sandy Ridge Rd., Colfax for our next LEO. Charlotte Hamlin will share some of her entertaining stories to help us temporarily move beyond our worlds of reality. There is no need to RSVP. Just bring a friend and come share the fun.



Thank you , Buddy!



Buddy Leasure has successfully completed an audit of the last four years of financial records for FFCNC. We owe him many thanks for taking on this task as it required a good bit of time and effort. He has submitted a list of recommendations for improvements in our recordkeeping which Tim Prout, Treasurer, and Judy Greene, Membership Chair, will be reviewing.

Exchange Opportunities

- ❖ The Friendship Force Club of Western North Carolina has an exchange to Belgium/Germany this spring from May 15 to June 2nd. They are looking for a single woman to participate and share a room in Amsterdam with another woman. The cost, excluding the airfare, is \$1925. This includes all the fees, transportation between locations, hotels and some costs in Amsterdam. For more information please contact Carol Mullen: cem42@aol.com H.828-277-5571 C.828-712-5571.
- ❖ The Sarasota and Orlando clubs of Florida invite FF members to join them on an exchange to Australia and New Zealand in Sept. 29 – Oct. 27, 2014. This exchange will feature two home stays, the opportunity to attend the 2014 World Conference, and a commercial tour following the conference. For more information contact Judi Stratton: jaspetime@comcast.net or 941-497-5684.



P. S.

Don't forget to check out our newest photo albums for the in-bound domestic exchange from Pike's Peak which took place last fall, as well as our recently completed Open World program from Kosovo. Go to the Exchanges & Photos page on our website:

<http://www.ffcnc.org/Exchanges.html>

2014 Calendar Highlights

March 6	Board Meeting; 10:30 AM MSUMC; Kernersville
March 22	LEO (Let's Eat Out), 11 AM; brunch at the Moose Café; Piedmont Triad Farmer's Market; Colfax
April 25 – 27	Southeast Regional Conference
May 1	Board Meeting; 10:30 AM MSUMC; Kernersville
July 10	Board Meeting; 10:30 AM MSUMC; Kernersville
September 4	Board Meeting; 10:30 AM MSUMC; Kernersville
September	Out-bound exchange to Moldova & Ankara, Turkey (date tbd)
November 6	Board Meeting; 10:30 AM MSUMC; Kernersville