



friendship force

CENTRAL
NORTH CAROLINA

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

Fast Facts ~ MAY 2014

Homestay in Ankara, Turkey

Exciting news was received this week from FFI in Atlanta. FFCNC will be hosted in Ankara, Turkey following the mentoring homestay in Moldova! This second homestay offers the possibility of an international homestay that we hope will be of interest to many of our members.

Currently the homestay in Moldova is scheduled for Aug. 27 – Sept. 3. (This does not include travel time.) The homestay in Ankara will begin on Sept. 10 and last one week. At this time consideration is being given to adjusting the dates of the homestay in Moldova so that the duration between the homestays will be shorter, but still allow a few days of travel between them. This travel will probably include some time in Istanbul and possibly other locations.

Now that confirmation has been received from Ankara, Barton Parks, exchange director for the Moldova exchange, and his wife, Evelyn, who will be the exchange director for the Ankara homestay, will nail down final travel dates, plans for the days between the homestay, and then total costs of the trip can be calculated.

FFCNC members interested in the homestay in Ankara may join the Moldovan ambassadors (probably in Istanbul) for the second homestay. If you would like to consider this option, contact

Barton *as soon as possible*. He will keep you informed as decisions are made in the next few weeks. Deposits for these exchanges will be due June 1 and the amount will vary depending on whether each ambassador participates in one or both exchanges. You may contact Barton at 292-4699 or bapjr@bellsouth.net.



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Ankara is the capital of Turkey and the country's second largest city with a population over four million. Centrally located in Anatolia, Ankara is an important commercial and industrial city, strategically located at the center of Turkey's highway and railway networks, and serves as the marketing center for the surrounding agricultural area. The city was famous for its long-haired Angora goat and its prized wool (mohair), a unique breed of cat (Angora cat), Angora rabbits and their prized Angora wool, pears, honey, and the region's muscat grapes.

The historical center of Ankara is situated upon a rocky hill, which rises 492 ft above the plain on the left bank of the *Ankara Çayı*, a tributary of the Sakarya river. Although situated in one of the driest places of Turkey and surrounded mostly by steppe vegetation except for the forested areas on the southern periphery, Ankara itself is considered a green city. Average high temperatures in September are 78° F.

Ankara is a very old city with various Hittite, Hellenistic, Roman, Byzantine, and Ottoman archaeological sites. The hill which overlooks the city is crowned by the ruins of the old castle, which adds to the picturesqueness of the view, but only a few historic structures surrounding the old citadel have survived to the present day. There are, however, many well-preserved remains of Hellenistic, Roman and Byzantine architecture.

Despite its age, Ankara is a surprisingly modern city. There are numerous museums to visit, mosques, monuments, archaeological sites, parks, shopping and more. (Taken largely from Wikipedia.)

## **SE President's Regional Conference**

The Friendship Force Southeast Presidents and Leadership Conference was held April 25 – 27 on the campus of Guilford Technical Community College in Jamestown. Twelve participants attended (presidents, presidents-elect, and a few spouses) representing Friendship Force clubs from Big Canoe (Georgia), Raleigh, Western NC, Florence, Lake Hartwell (GA/SC), South Central Tennessee and FFCNC. Also in attendance were our Southeast Field Representative, Tom Laggy and his wife, as well as FFI Chief Operating Officer, Kathy Thomas. The attendees were hosted by the Guesses, Parks, Cauthens, Stokes, Peiffers, Woody Clinard, and Marta Rhodes.

Barbara and Jim North hosted a Meet and Greet Reception at their home on Friday evening as most of the attendees arrived by car. The guests then departed with their hosts for dinner and to settle in for the weekend. Saturday's agenda consisted of a full day of speakers and presentations followed by dinner at Mimi's Café and wonderful entertainment by our own storyteller, Charlotte Hamlin. Sunday was a free day and guests departed according to their own schedules.

Many thanks go to all those who hosted as well as additional FFCNC members who helped in the planning: Leroy Stokes, Marta Rhodes, Ruth Jackson, Dottie Blanchard, Nancy Russell, and Patti Gilmour-Sylvester.

A brief summary of the conference topics follows:

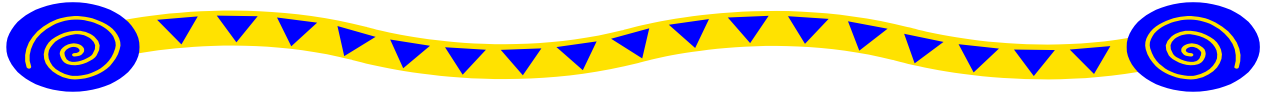
- ❖ The three-year Global Expansion Plan begun in 2012 will conclude at the end of this year. Among other objectives, this included the plan to start 45 new clubs and themed exchanges. With the arrival of new CEO, Joy DiBenedetto, work is beginning on a new strategic plan. One of the initial efforts to develop this plan is to collect information through the use of two surveys – one of all FF members and the other of FF leaders. ***Soon you will be receiving an email asking you to complete one or both of these surveys. Please do so in a timely manner as your responses will be important to the direction of FFI in the next few years.***
- ❖ The new strategic plan will be launched at the 2014 FF International Conference in Auckland, New Zealand in October. The 2015 conference will be held in Vancouver, Canada in August of that year. Sites for the 2016 and 2017 conferences are being

researched. The desire is to hold these conferences in locations that have never had FFI conferences and where there is little FF presence.

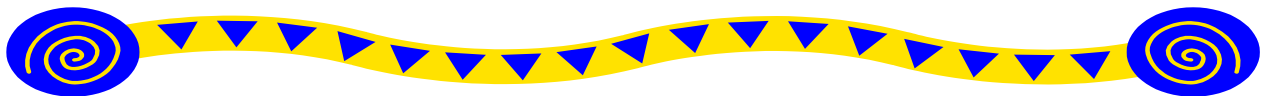
- ❖ FF has been involved with Open World since its inception in 1999. Annually FFI applies for a grant to host these delegations. This has proved to be very successful for all involved. Open World loves working with FF clubs because of their strong preference for delegates to be home hosted. FF clubs love the Open World programs because it gives them visibility in their communities, thereby helping to increase membership. It also provides an opportunity of an in-bound exchange for those clubs who were not able to receive a traditional FFI in-bound exchange in a given year. For FFI, this program not only contributes to the fulfillment of FFI's mission, but also provides valuable funds that help keep other FF program fees lower.
- ❖ Travel insurance is required when participating on out-bound exchanges. In the early days of FF this had to be purchased through FFI; in more recent years ambassadors were free to purchase their travel insurance independently. FFI maintained a relationship with Travel Guard and was able to offer travel insurance at a discount. Going forward, Travel Guard is changing their products and will no longer be offering discounts to FF ambassadors. However, their new plan is not age-based which generally lowers the cost of the insurance. When FF ambassadors purchase their travel insurance through FFI using Travel Guard, FFI receives a commission. These funds, as with the Open World funds, have been a boost to the bottom line of FFI thereby keeping other costs low. It is the hope of FFI that ambassadors will find Travel Guard's new products attractive and competitive price-wise. If there are claims or issues, COO Kathy Thomas stated that she has a very good working relationship with the manager at Travel Guard and is willing to assist with these issues if needed.
- ❖ There have been concerns expressed by many clubs around the world about the health and mobility of ambassadors on out-bound exchanges. A check list was created in 2010 asking host ED's to clarify expectations in these regards so that those traveling can make appropriate decisions about their participation. In March the FFI Board made a stronger statement about mental and cognitive issues. Nonetheless, concerns are still being raised that some ambassadors are participating on exchanges that are not appropriate for their capabilities. When the need arises to deny a member participation on an exchange for these reasons it can be a difficult situation to address due to the close friendships among club members. If needed Kathy Thomas is willing to intervene on behalf of a club dealing with this challenge.
- ❖ In 2013 a survey of all clubs was conducted related to membership. Various statistics were shared at the conference, the most pertinent one being that 61% of clubs are getting older. That is to say that the average age of a club's membership is getting older or to put it differently, these clubs are not recruiting younger members as they lose older members. Most clubs have 31 – 70 members. Based on that measure, FFCNC is considered a large club with approximately 100 members. The current age range for most clubs is 60 – 80; whereas, an age range of 50 – 70 is needed for a club to be sustainable.
- ❖ 70% of clubs say that the \$100 hosting fee provided by FFI is insufficient to support their in-bound exchanges. FFI clarified that clubs may ask the in-bound club for additional fees if that is needed to support the activities of the exchange.
- ❖ 61% of clubs offer some form of reimbursement for outbound exchange directors and 26% offer compensation for inbound exchange directors. FFCNC's policy is to cover an out-bound ED's travel cost if the group has ten or more ambassadors traveling and the

board is currently discussing creation of a policy to provide some level of compensation for inbound exchange directors.

- ❖ Discussion was also held on the topic of recruiting new members. Various ideas were shared including providing members with FF business cards that can be given to new acquaintances when interest in FF is shown.



With the help of Marvin and Linda Scherl, your FFCNC board has decided to provide every member with personal FFCNC business cards if he/she would like to have them. These are great to have on hand when you meet someone and strike up a conversation about Friendship Force. They are also nice to give to our visiting guests. Contact Marvin at [marvin-linda-scherl@triad.rr.com](mailto:marvin-linda-scherl@triad.rr.com) (preferred) or 969-5923 if you would like to have some. There is no charge. On one side of the card your personal information will be printed: name, phone #, email &/or mailing address – you choose. Your photo may be included as well if you like. On the reverse side will be printed the website addresses for both FFI and FFCNC along with the FF logo. Also, tell Marvin the quantity you would like in increments of ten.



### Laughter is the Best Medicine

The annual FFCNC summer picnic at Marilyn Baird's Lake Norman home will be held on Saturday, May 31. Look for your invitation containing all the details in next week's email. FFCNC member, Lundee Amos will entertain us with a fun program about the JOY of laughter! You will feel soooo good after laughing with your friends! We will laugh for no reason! Can you believe it? It is true! Have a great time laughing together!! So.... **Save the Date!**



### 2015 Exchanges



Both FF clubs in Moscow and Cleveland County, United Kingdom have accepted their matches with FFCNC, so mark your calendars for June 2015 in Moscow and hosting in October of 2015. Our domestic outbound exchange to FF of Pikes Peak (Colorado Springs, Co.) is tentatively scheduled for spring of 2015.

The out-bound exchange to Moscow will be planned by Martha Brown and more



information about this exchange will be available later this year. Exchange directors are still needed for the out-bound exchange to Pike's Peak and the in-bound exchange from Cleveland County, UK. Please contact Barbara North ([woodnotes2004@yahoo.com](mailto:woodnotes2004@yahoo.com) or 643-0985) to learn more about the duties of an exchange director. These exchanges both present good opportunities for a novice exchange director.

## Changing the World in Which We Live

On Saturday, March 29 Friendship Force of Central North Carolina's first new member orientation was held at the lovely home of Barbara and Jim North. A 'bumper crop' of twelve new members learned about the mission and activities of FFCNC. Judy Greene, Membership Chair, welcomed everyone and introduced the presenters. Our new recruits were given folders that included a copy of the by-laws, a list of current officers, the email policy and a membership list.



Several active members shared their perspectives concerning the importance of the organization's work. Ralph Cauthen spoke about the mission, values and goals. Barbara North, President, explained how the club is organized and a little of the history of the group. Judy described the exchange opportunities and several people commented on how enriching and exciting their travel exchanges have been. Ophelia Jones and Marta Rhodes talked about communication among group members. Everyone in the room introduced themselves and shared a couple of sentences about their interests.

A short film was shown that gave an overview and history of the national organization which was founded by President Jimmy Carter in 1977. In the film Andrew Young, former US Ambassador to the UN and member of the FFI International Advisory Council, addressed FF members stating, "You run tremendous risks in going to new places. Places that are unknown and frightening. And yet you go and as a result of your going, you build new relationships with people that I think contribute to changing the world in which we live."

A big thank you goes to Barbara and Jim North (the artwork and pottery collection in their home was a real treat!) as well as the nine experienced members who gave presentations and shared their stories.

## Mentors for New Members



We encourage ALL experienced members to reach out to our newer members - get acquainted and help answer questions about FFI and FFCNC. You may especially want to invite a newer member to carpool with you to the LEO at Lake Norman on May 31<sup>st</sup> for example. You may wish to invite one or more new members to join you in an FFCNC or a non-FFCNC activity that you enjoy. Whether it's lunch or dinner out, a potluck, coffee or tea, concert, theatre, walking, bowling, game night, visit an art gallery or any other activity—you can use it as a vehicle for making friends within FFCNC. **If you are willing to be a mentor, please call 768-1732 or email Judy Greene at [jgreene@udel.edu](mailto:jgreene@udel.edu).**

## Welcome Wagon

We'd like to introduce you to a few more of our new members.



*Crista Douthit* grew up in Buffalo, NY in a diverse, multi-ethnic, multi-racial community which developed in her an interest in other peoples and lands. She is retired from Reynolds-American where she worked as a procurement professional in a career that provided many opportunities to travel both nationally and internationally. Since retiring she has not traveled as much and is looking forward to getting to know Friendship Force members from around the globe.

*Karen Moore* retired to Greensboro after working for 23 years in real estate in Conn. and Florida. Her love of music has been a theme throughout her life - majoring in piano in college, singing in a very active church choir, and always looking for interesting music events to attend. She has four children and ten grandchildren, mostly living in the northeast. Karen is very excited about the upcoming "Iron and Ice" cruise offered through Friendship Force that she will take with her sister to visit Iceland, Denmark, Ireland, and England.

*Marcia Rhodes* (not to be confused with our own Marta Rhodes) learned about Friendship Force through Ralph and Jane Cauthen who invited her to meet some of their visitors and join in on a few of our gatherings. She is a native of Greensboro, moved away, then returned. After her children were grown, Marcia returned to UNCG and earned her Bachelor's degree in English, then a Masters of Education in Counseling. She enjoys young people and finished her work career as a school counselor in Davidson and Guilford Counties.

*Marcy Maury* came to NC from Delaware in 1970 to attend Guilford College. Volunteer work in the School for the Deaf was her introduction to sign language. Attending NYU for the interpreter training program launched her career as an educational and community service interpreter. Marcy provides interpretation services for the Guilford College graduation ceremony every year! Recently retired - Marcy does pottery, painting, sculpture, duplicate bridge and as much babysitting for grandchildren as she can.

## Table Talk

The work of Friendship Force is to change the world, one friend at a time. Is there a more productive way toward trying to succeed with that goal than sharing a meal together, catching up with everyone over table talk, and hearing the latest and future happenings of Friendship Force?

We did all of this during the March LEO gathering at the Moose Cafe. Joining us were four international guests in Greensboro under the auspices of the Department of State's International Visitor Leadership Program. They were English teachers from Peru, Morocco, Armenia, and El Salvador. Their presence and interest in our group added some real ardor to the conversations.

One might come to these gatherings expecting to hear a speaker with a message related to our work. There was a surprise in store when new member, storyteller Charlotte Hamlin, shared entertaining stories that produced laughter and inspirational reflections.

Join in at the next LEO!

## Exchange Opportunities

- ❖ The Friendship Force Club of Oregon's Mid-Willamette Valley has four seats remaining on their tour to Iceland, "Discover the Geology, History, and Animals of Iceland." The dates are July 16 – 29, 2014 and the estimated price is \$3895. If you are interested in more information, contact one of the exchange directors: Kathy Butler at 541-926-9897 or [4192butlerkw@comcast.net](mailto:4192butlerkw@comcast.net) or Shirley Karstens at 541-967-8309 or [svkarstens@comcast.net](mailto:svkarstens@comcast.net).

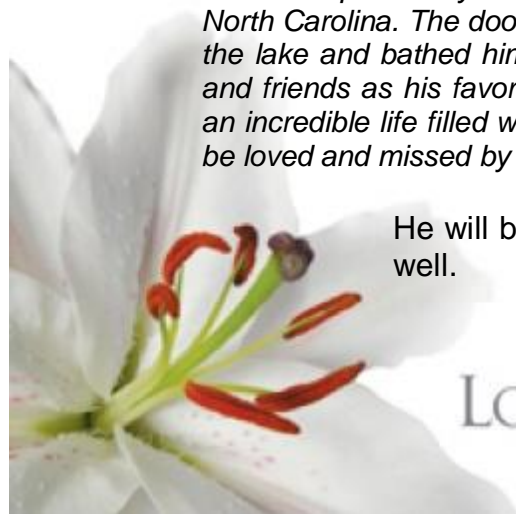
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Bill Doran - Dec, 31 1938 - April, 2 2014

We are sad to share with our members the news that fellow FFCNC member, Bill Doran, passed away last month. Bill and Pat joined FFCNC in 2011 and traveled on our out-bound exchange to Ottawa that fall. Bill was a member-at-large on our board this year.

The following announcement was posted by his children on Facebook on April 3:

Dad died peacefully and painlessly yesterday afternoon here at his house in North Carolina. The door to his bedroom was open and a spring breeze came off the lake and bathed him for his final breaths. He was surrounded by his family and friends as his favorite Irish music played softly in the background. He lived an incredible life filled with amazing adventures both at work and in play. He will be loved and missed by all. We love you Dad!



He will be greatly missed by his Friendship Force friends, as well.

LOVING MEMORY

2014 - 2015 Calendar Highlights

May 31	Annual Summer Picnic at Lake Norman
June 26	Board Meeting; 10:30 AM MSUMC; Kernersville
September 18	Board Meeting; 10:30 AM MSUMC; Kernersville
Late Aug – early Sept	Out-bound exchange to Moldova & Ankara, Turkey (date tbd)
November 6	Board Meeting; 10:30 AM MSUMC; Kernersville
Spring 2015	Domestic Out-bound to FF Pike's Peak (Colorado Springs, Co.)
June 2015	Out-bound to Moscow, Russia
October 2015	In-Bound from Cleveland County, United Kingdom