



# friendship force

CENTRAL  
NORTH CAROLINA

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

## Fast Facts ~ JULY 2014

### Laughter **IS** the Best Medicine!

Friendship Force members and guests had another pleasurable day at Marilyn Baird's Lake Norman house on Saturday, May 31, 2014. A welcome by a room full of attendees wearing crazy hats was a new experience. There was also a huge pile of hats on the floor available for each arrival. One's willingness to wear one seemed to be the ticket for admission.

This hat scenario was part of Lundee Amos' "Laughter and Your Health" presentation. Since we are a group that welcomes adventure and risks, everyone joined in with the "frenzies of laughter." When she asked for volunteers to hold signs announcing its benefits, those responding were almost more than she could manage. We learned that some great reasons for laughter include: it boosts one's morale; improves relationships; relieves stress, depression, anger, and anxiety; increases productivity; is a natural pain killer; improves memory and concentration; burns calories; destroys limits to our thinking; assists in the process of problem solving; and strengthens the immune system.

Good food, fellowship, laughter and the calming effect of viewing Lake Norman were enjoyed by all. A member who was asked what she enjoys about these gatherings responded: "I really enjoy having occasions for contact, friendship, and conversation with this group."

Thanks go to Marilyn Baird for another gathering at her lake house and to all those who assisted with preparations and cleanups. That, plus all the good food and laughter, made for a very enjoyable time.



*Lundee Amos prepares to tell FFCNC members about "Laughter and Your Health."*

Check the final page of this newsletter for a group photo you will definitely want to print.

## Moldova Out-bound Exchange Update

Our fourteen ambassadors traveling to Moldova are progressing with their plans despite one disappointing setback. No sooner had the FF club in Ankara confirmed their interest in hosting FFCNC after the Moldovan visit and all the ambassadors had purchased their plane tickets, than exchange director Barton Parks received notification that Ankara had to rescind their invitation. After a flurry of activity researching other possible travel options, most of the FFCNC members chose to join a land tour in Turkey which will allow them to maintain most of their flights. Those not traveling on to Turkey have made arrangements to visit Greece and Amsterdam. In addition, most of the group will spend two nights and a day of sightseeing in Munich during their journey to Moldova. So there will be lots of interesting travel stories to hear when the group returns in September.

Also in June the Parks hosted an orientation session at their home. The group enjoyed the comments and insights from three speakers: Deborah Kintzing, Director of Campaign and Community Relations of the Jewish Federation, Dr. Stephen Mackler, a Greensboro dentist who has led numerous humanitarian trips to Moldova in conjunction with his Rotary club, and Dr. Bill Crowther, Professor and Political Science Department Chair at UNCG. Just one of the many interesting things the ambassadors learned is that the state of North Carolina and Moldova have had agreements to work together for many years now; we are currently in the middle of our third five-year agreement. As a result of this, at every level people from North Carolina are helping people in Moldova to the point that Moldovans think any good deed from the US originates in North Carolina!

Later this month, the group will meet again to plan the mentoring activities and presentations planned for the new Moldovan FF club.

## 2015 Exchange Directors Named



Ray and Doris Kiszely have agreed to serve as the incoming exchange directors for our exchange from Cleveland County, United Kingdom tentatively slated for October 2015. It's never too early to begin planning an exchange, so if you would like to assist, please contact Ray at 301-580-3253 or [RayKiszely@hotmail.com](mailto:RayKiszely@hotmail.com).

Laura Lennon, who previously served as the exchange director for our inbound domestic exchange from FF of Pikes Peak (Colorado Springs, Co.) has agreed to serve as exchange director for our reciprocal outbound exchange to visit this club. She has already been in contact with her counterpart in Colorado and learned that a spring exchange in Colorado should not begin any earlier than late May!



Just prior to her recent conversation with them, her Coloradan guests were shoveling snow in order to ready their mountain home for the warmer months. However, with the exchange to Moscow scheduled for June 2015, Laura will be exploring possible dates for a late August/early September visit to Colorado.



While waiting to confirm dates for the home hosting in Moscow next June, exchange director Martha Brown has been researching travel options for the days following the home hosting in Moscow. This second

week of travel will most likely end in St. Petersburg during the White Nights. Though there are many details yet to be defined, if you would like to discuss this exchange with Martha, please contact her at 946-0105 or [brownfamily@triad.rr.com](mailto:brownfamily@triad.rr.com).

## Passport, Please

If you are considering participating on the out-bound exchange to Russia, it is time to pull out your passport and determine if it should be renewed.

Entry into Russia requires a visa. The application for this must be completed well in advance of your travel dates. The application is somewhat long and we are told that approximately 10% of the initial applications are denied due to minor technicalities committed when completing the application, thus making the application process even lengthier. With tentative travel to Russia falling in the month of June 2015, the visa application process may begin as early as January 2015. You will be required to submit your passport with your visa application, so plan to be without it for a month or two in early 2015. The Russian Federation requires that your passport not expire within six months of your entry into the country, so for our exchange that may be as soon as the end of 2015. Additionally, you must have at least two blank pages remaining in your passport on which they can affix your visa.



You should consider applying for a new US passport in the next few months if

1. Your current passport will expire on or before Dec. 1, 2015 or.....
2. By June 2015 you anticipate (considering your international travel plans in the next eleven months) you will no longer have two blank pages in your passport.

If you have questions concerning this, please contact our out-bound exchange director, Martha Brown, at [brownfamily@triad.rr.com](mailto:brownfamily@triad.rr.com) or 946-0105.

## What do Other FF Clubs Do?

Do you ever wonder what other Friendship Force Clubs do? What activities do they pursue to keep their members involved? How do they recruit new members? Do they have the same challenges and concerns that we do? What innovative ideas have they developed?

Recently FFI in Atlanta surveyed all the presidents of the US and Canadian clubs. If you are interested in this topic you can view a summary of their survey results at this website:

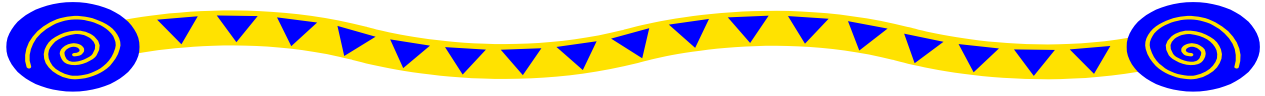
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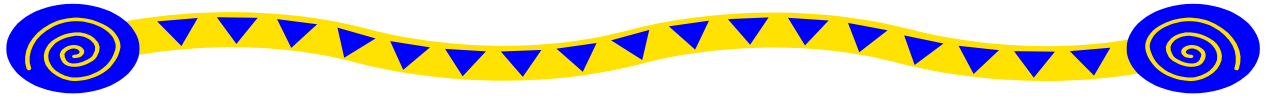
## Mentors for New Members

We encourage ALL experienced members to reach out to our newer members - get acquainted and help answer questions about FFI and FFCNC. You may 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).**



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) 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.



### **2014 - 2015 Calendar Highlights**

September 25  
Aug 24 – Sept 17  
October 30  
November 6  
June 2015  
Aug/Sep 2015  
October 2015

Board Meeting; 10:30 AM MSUMC; Kernersville  
Out-bound exchange to Moldova  
Annual Membership Meeting; MSUMC; Kernersville  
Board Meeting; 10:30 AM MSUMC; Kernersville  
Out-bound to Moscow, Russia  
Domestic Out-bound to FF Pike's Peak (Colorado Springs, Co.)  
In-Bound from Cleveland County, United Kingdom



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