



friendship force

CENTRAL
NORTH CAROLINA

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

FALL 2015

2015-16 Upcoming Events

October 1-7, 2015	In-Bound from Cleveland County, United Kingdom
October 5, 2015	Welcome and Farewell for UK, 12 p.m., at Triad Park
November 5, 2015	Annual Membership Meeting, MSUMC, Kernersville
July 13-20, 2016	Domestic Out-bound to Colorado Springs, CO
Fall 2016	Out-bound to China



The British are Coming!!!!

Mark your calendars for the first week of October. Our club will be hosting a small group of ambassadors from Cleveland County, United Kingdom.

While not all the plans for our English visitors are finalized, we will have a combined Welcome and Farewell on Monday, October 5, 2015 at beautiful Triad Park in Kernersville. A potluck will begin at 12:00 noon at Pavilion #4. Members from W-S and Kernersville will find the park on East Mountain Street and Greensboro area members can travel on

West Market Street to the Park.

During their stay in North Carolina our ambassadors will be visiting historic sites in Winston-Salem, Greensboro and Jamestown. We also have a trip planned to the Pottery Capital of the Carolinas at Seagrove. Southern Cooking classes and a wine blending and tasting will be at Stonefield Cellars in Stokesdale. A special event will be

attending a performance of “Wit” at Hanes Brand Triad Stage on Sunday afternoon, October 4th.

The Ambassadors will travel to their next U.S. destination by some of our club members’ private automobiles. We will drive to Town Creek Indian Mound in Mt. Gilead on the morning of Thursday, October 8th to meet with the Friendship Force Club of Florence, South Carolina. While there we will have a tour, enjoy a picnic lunch, and learn more about the Native Americans that inhabited this region of North America.

For more information or to take part in some of the events call the ED, Ray Kiszely, at 301-580-3253 or send an e-mail to Raykiszely@hotmail.com.



Help Wanted: Local Non-profit organization needs future Exchange Directors. Challenging work. Must be able to develop interesting programs for visiting global travelers. Some foreign travel opportunities may occur. Experience not necessary, but must be willing to learn new skills. Enthusiastic applicants are encouraged to apply.

If you saw this ad in the newspaper, would you be interested?

If the answer is Yes, call Ray Kiszely at 301-580-3253 or Martha Brown at 336-978-9958

Whet your appetite for a “Rocky Mountain High”



[pun intended]!

Join us for the week of July 13-20, 2016 and enjoy the natural beauty of the Pike's Peak region as well as many other attractions. Our next OUTBOUND exchange is to the **Colorado Springs** area. The itinerary may include natural attractions such as: the Garden of the Gods with its red rock formations, Manitou Springs offering history of the spa era, Cripple Creek for a taste of the mountains and the Fossil Beds National Monument. A typical visit may include Old Colorado City (a restoration area with boutique shopping), the Broadmoor Hotel complex (a five diamond property), and the Air Force Academy and its famous chapel. Pikes Peak at 14,110 feet; Seven Falls; the Cave of the Winds; the Olympic Training Center, Fine Arts Center, Ice Skater's Museum, Pro-Rodeo Hall of Fame, Museum of the American Cowboy, the Pioneer's Museum, or the spectacular views

in nearby Royal Gorge may also appeal to you for optional activities on one of 2 free days or individual extended travel.

Colorado Springs is located in Southern Colorado has a population of approximately 350,000 with a metro area of over 500,000. The dry, sunny climate makes summer is the best time to visit! Our friends in the Pikes Peak Area Friendship Force (whom we hosted in 2013) are eager to provide home hospitality! Up to 20 spaces available.

Want your name on the interest list?
Additional information will be sent after
October 15th.
Contact Exchange Director, Judy Greene
at judygreene155@gmail.com

Preview the area here:

https://www.youtube.com/all_comments?v=XozdRY-ipbs



To Russia and Back

On Tuesday, June 9 our Triad ambassadors to Russia gathered at Sheetz in Greensboro to travel by mini-bus to the Charlotte airport. The thirteen ambassadors representing FFCNC were the Cauthens, Norths, Kiszelys, Danny Crump, Lundee Amos, Karla Shanahan, Karlyn Shankland, Tomoko Thornburg, Barbara Guess, and Exchange Director,

Martha Brown. Also included in the group were the Giddings of FF Western Michigan who drove to the Scherl's home the previous day. In Charlotte the group grew by three when joined by Sandy White of Austin, Texas and the Holsingers of Indiana and FF Sarasota, Florida. Upon arrival at the Munich airport Wednesday morning the group found its three Brazilian ambassadors waiting for them at the next gate and at baggage claim in Moscow's Domodedovo airport the group was joined by Joyce Elferdink, also of FF Western Michigan, Linda White of FF Greater Detroit, and Phyllis Donnelly of FF Greater Hamilton and Burlington, Ontario, Canada. All that remained was to meet our host families near the Kremlin in Moscow along with our final ambassador, Connie DuBois of FF Florida Suncoast who flew into Moscow's Sheremetovo airport. Our group of twenty-five ambassadors had arrived safe and sound and were greeted by their host families with signs, flowers, and balloons. As it was dinner time on Wednesday by this point, the ambassadors parted ways to travel to their host family homes in various parts of the city.

Over the course of the next six days FF Moscow club members escorted our group on a city tour, a visit to the Tretyakov Gallery of Russian art, Sergiev Posad (a monastery dating back to the 14th century), a tour of the Kremlin and a visit to the Armory Museum which houses beautiful artifacts of the tsars. During the days just prior to our departure, Ray Kiszely arranged a tour of the US embassy in Moscow and the host of Martha Brown made arrangements for an optional tour of the Bolshoi Theater. The weekend days were unscheduled and many of the ambassadors found themselves visiting Russian dachas (cottages) outside of the city where they swam in rivers, sweat in saunas, and joined in birthday celebrations. Those who remained in the city visited palaces, convents, and parks to name a few of the activities which were pursued.



Another highlight of the week in Moscow was the opportunity to reunite with Nikita Bekasov, an Open World delegate who visited FFCNC in 2007. Though not an FF member, over the course of the next few days, Nikita led several of the Moscow excursions and assisted with translation. Ralph Cauthen and Martha Brown, who were co-ED's for the 2007 Open World program, very much enjoyed the opportunity to reconnect with Nikita and meet his wife.

Our days in Moscow flew by and before we knew it we were at our farewell party while cruising the Moscow River. Though the week began with some trepidations about who would be our host families, would they speak English, and what kind of homes would we live in, the week ended the next morning with lots of smiles and some tears as we said "До свидания" to our new friends. This farewell expression literally translates as "until the next meeting," and indeed, in July Barbara Guess hosted the daughter of her host for a one week visit in North Carolina!



The following week was spent on an eight-day guided tour, first traveling by bus to several cities of the Golden Ring (a group of ancient cities to the northeast of Moscow), then by train to St. Petersburg. During these days the ambassadors visited countless churches (some dating to the 12th century), a few more monasteries, several kremlins, the summer palaces and gardens of Peter the Great and Catherine the Great, and of course, the Hermitage museum. In addition to these well-known sights, our ambassadors walked in the footsteps of Dostoevsky as Raskolnikov (the protagonist in *Crime and Punishment*) plotted the murder of the pawnbroker, learned how to cook blini and potato cakes, and attended a 19th century ball. Along with these sights, some of the sounds experienced during the trip which will not be forgotten were the bells ringing in Suzdal and Rostov, monks singing in a Suzdal church, and folk music sung in the Museum of Wooden Architecture in Suzdal.



Our trip ended much as it began, but in reverse as various members departed for different destinations. Joyce and Linda flew back to Michigan together. Martinelli and Edinaldo, two of our Brazilian ambassadors, flew to Riga, the first stop of several more on their itinerary. Lundee and Connie flew to Copenhagen where Lundee traveled on to visit three of her "kids", former exchange students, and Connie traveled on to visit friends in Germany. Phyllis, who arrived via Ireland, returned to Ireland via London on the

same flight as Silvana, our third Brazilian ambassador, who was on her way to visit her daughter in London. Those remaining, all of whom were heading back to the Charlotte airport, spent one night in Munich before the final flight to the US. Goodbyes were said in Charlotte to Sandy White and the Holsingers, and the remaining ambassadors completed the final leg of the journey as they did the first leg - via mini-bus. However, there was one more surprise for our group. As in Moldova last year, our ambassadors experienced another flat tire, this time on Interstate 85! Is this becoming an FFCNC tradition? We'll have to wait and see what 2016 brings.

Our ambassadors to Russia liked the concept of keeping a journal as we did in Moldova last year and many volunteered readily to write one day's entry. Terri Holsinger accepted the mammoth task of pulling together entries for eighteen days and incorporating photos. If you are interested in knowing more about our trip and the wonderful personal experiences enjoyed during our homestays, you will find this journal along with many photos on our website at:

http://www.ffcnc.org/uploads/final_journal_Friendship_Force_of_Central_North_Carolina.pdf

Submitted by Martha Brown, ED

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## FROM RUSSIA WITH LOVE



On August 15, the FFCNC ambassadors reunited for dinner and the opportunity to share their photos, souvenirs, and stories with fellow FFCNC members and guests. Approximately forty-five members and guests were present to enjoy the festivities. They were greeted by cheerful centerpieces created by Doris Kiszely - potted plants that were blooming photos taken during the trip. While perusing the display table of books, Russian scarfs, matryoshka dolls, and a Faberge egg arranged by Jim North, guests were entertained with a slideshow of photos and Russian music. Our potluck dinner, as always, was abundant and tasty, but this time it included a few Russian dishes such as stuffed cabbage and Russian Chicken prepared by some of the ambassadors.

After dinner, our ambassadors described their host families and living arrangements in Moscow. Several ambassadors lived with families that included two generations, and in some cases, three. On the other hand, Karla Shanahan enjoyed the wonderful company of a retired geographer. The hosts of many ambassadors offered their guests the use of their bedrooms and slept on their sofas. The Kiszelys enjoyed the use of an entire apartment located on the floor below their host family!

Following this discussion the ambassadors shared various stories and impressions of their days in Moscow. One frequently mentioned observation was the efficiency of the Moscow metro and the volume of traffic on the roads. Barbara Guess described the tour of the US embassy and her surprise to learn that it is virtually a self-contained city. Jim North described the short walk he and Barbara took with their host while at their dacha. Their destination was an underground abandoned communication center for Russian nuclear rockets which were located elsewhere. No doubt they are the only Americans to have ever stepped inside these underground bunkers built during the Cold War.

The evening concluded with comments from several of the ambassadors that their visit to Russia was the best trip they ever took and from several of the guests in the audience that they now had a much better understanding of the home host experience. Already Judy Greene, Membership Chair, has been contacted by several of the guests expressing their interest to join FFCNC. Clearly the evening was a successful event for all in attendance.

Submitted by Martha Brown, ED

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 A note from Exchange Director, Martha Brown:

It was not only a privilege to lead our outbound exchange to Moscow, but also a lot of fun! I will confess to spending a little time planning the details of the trip, but it would not have been as successful as it was without the assistance of many other FF members, some of whom were not even able to participate on the exchange. I would like to take a moment to recognize and thank these individuals.

First and foremost, **Tim Prout**, our Treasurer, faithfully collected numerous payments, paid our bills on time, and kept a meticulous record of all. **Peter Peiffer** planned our first cultural orientation session on Russian history and was assisted by several members (all of whom I cannot remember) who provided refreshments. **Carol Andresen** planned our second cultural orientation on Russian literature, art, and

religion; provided the refreshments; and coordinated a visit to Holly Cross Orthodox church in High Point. **Karla Shanahan** coordinated our dinner and evening at the UNC School of the Arts concert "Russian Fireworks." **Terri Holsinger** compiled a profile booklet of all of our ambassadors. This allowed us to know each other before we ever met face to face. **Marvin and Linda Scherl** hosted the Giddings the nights prior to our departure and following our return. The **Norths, Kiszelys, Cauthens,** and **Holsingers** served as our team leaders during the trip. The primary function of their role was to assist in counting heads. We could confirm the presence of all 25 ambassadors in less than 30 seconds! **Karla** assisted during the trip with birthday cards (we celebrated four birthdays together), thank you notes and tips for our guides and bus driver. **Ray Kiszely** arranged for a visit to the US embassy. **Mary Giddings** led the group to the evening performance of Russian folk music and dance, while I attended a performance of "Swan Lake" with Karlyn Shankland and Connie DuBois. Meanwhile back at the hotel, our two ambassadors who opted for free time that evening, **Sandy White** and **Joyce Elferdink**, arranged a little farewell party/celebration when the two groups returned from the theater performances. (Someone had to drink the leftover wine and vodka!) Upon our return home, **Terri Holsinger** took on the task of compiling sixteen journal entries and photos into a 28 page document. What a wonderful keepsake for all the ambassadors! Many people (**Russ Nussbaum, Karlyn Shankland, Doris Kiszely,** and **Jim North** to name a few whom I can recall) led by Activities Chair, **Dian Nussbaum**, assisted with the planning, setup and cleanup for our Aug. 15 social. Another unseen and unknown FF member who made a big impact on our plans was **Shirley Hauck** of FF Whidbey Island, Washington. She led an exchange to Moscow the previous year. Early in the planning stage, Shirley provided me with two pieces of advice that proved very important to the ultimate success of the trip. Last but not least, I am truly indebted to my "advisory council." As this was the first exchange I led, I asked **Peter Peiffer, Ralph Cauthen,** and **Barbara North** to advise me when needed. Their combined experience and guidance truly catapulted me from beginner to experienced ED and insured a successful enjoyable exchange for everyone. Thank you all! Martha



RUSSIAN CHICKEN

From Martha Brown

It can be made in a crock pot or in the oven. Super simple.
Shop Harris Teeter for the Russian Dressing.

1 16oz bottle of Russian Salad Dressing or Catalina Dressing

1 envelope of Dry Onion Soup Mix

1 jar of Apricot Jam/ Preserves (10 oz.)

Chicken pieces (can use bone in breasts as well as boned thigh meat.)

Salt and Pepper

Combine first three ingredients in a bowl. Season the chicken with Salt and Pepper and place in the bottom of crock pot. Pour sauce mixture over the chicken. Cook on low for 6-8 hours or on high for 3-4 hours.

This can also be made in the oven. Follow same steps except place chicken in a casserole dish and bake at 350 degrees for one hour.

Can be served over rice, pasta or whatever you choose. I put cooked pearl couscous in the pot just for convenience of serving at the pot luck.