



friendship force

CENTRAL
NORTH CAROLINA

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

Summer 2016

2016-18 Upcoming Events

October 27, 2016	Annual Membership Meeting, Kernersville, NC
2017	Domestic Outbound to NE Ohio
2017	June, International Outbound to Brazil
2017	August 25-28, 40 th FFI World Conference, Manchester, UK
2018	Domestic Outbound to Oregon

MAIL ALERT! – Watch your mailbox soon for a letter from the FFCNC board about the new Leadership Council form of management proposed for 2017. Mark your calendars now to attend the annual meeting on October 27, 2016.

They Came, They Saw, They Learned

Open World Program for 2016, Ukrainian Journalists

FFCNC should be proud of its continuing support of Open World programs. A big thank you goes to the many club members, who provided hospitality, hosting, driving, and helping with a very large task. Our team of extraordinary volunteers deserves recognition.

Val and Leroy Stokes, Tom and Tomoko Thornburg, Karlyn Shankland, Karla Shanahan, Barb and Jim North, Martha and Dale Brown,

Patti Gilmour-Sylvester and Don Sylvester, Pam and Dr. Fred Kahl, Peter and Nancy Peiffer, Donna and Tom Lambeth, Woody Clinard, Cheryl Katz, Tamara Michael, Barton and Evelyn Parks, Tim Prout.

Our delegation of Journalists arrived at PTI on Friday, April 29, 2016 and we began a whirlwind of dinners, professional meetings, social gatherings, visits to Congressional

Offices, The W-S Mayor's Office, Local Newspapers and TV Stations and two Universities.



Our local professional/business colleagues learned a lot about Ukraine, especially with the Russian aggression in the East of Ukraine and the annexing of Crimea. Two of our journalists are actually war correspondents. It may be fair to say that we learned more about Ukraine than our delegates were able to learn about investigative journalism with an emphasis on corruption in our communities. The advantage of living in a stable society with a strong and mature form of government became clearer as we learned about the life and experiences of our delegates.



Going forward, I hope that our club will be given future opportunities to host Open World delegations. It will be advantageous for FFCNC to align with another civic-minded local organization of much younger people. This will allow us to meet the needs of young delegates for our social and cultural experiences in the evenings, thus reducing the stress for our older host members.

Submitted with a great debt of gratitude.

Ray Kiszely and Ralph Cauthen



It's All about Brazil!

Everywhere we go it seems it is all about

Brazil these days, especially with the Olympics in Rio de Janeiro - on television, on radio and in the newspapers and magazines; even in our sales catalogs.

And FFCNC is no exception. It was all about Brazil as 20+ members and guests gathered at the home of Jim and Barbara North in Oak Ridge on Saturday,



Patti Gilmore, Luis Payan, Don Sylvester, Jim North

August 13th, for a Brazilian LEO (Let's Eat Out). The Brazilian themed main course was a delicious dish called *vatapa* – made with seafood, coconut milk, finely ground peanuts and palm oil and served over rice. Black eye pea cakes, mango chutney, and salad with pineapple rounded out the Brazilian menu. After the lunch, members and guests gathered to hear Dr. Luis Payan, give his recent impressions of Brazil. Dr. Payan, who works at Syngenta Crop Protection in Greensboro, was born and raised in Colombia, but spent several years recently living and working in Brazil. Charles John, our Outbound ED for the Brazilian exchange in 2017, gave a brief description of his tentative trip plans.

Come Join Us in São Luis, Brazil in June 2017

São Luis awaits us. And, we have ample time to prepare ourselves for our June 2017 visit to this 400-year old island-outpost of Portuguese colonialism in northeastern Brazil.



State capital São Luís' historic center is an enchanting neighborhood of cobble streets and pastel colonial buildings

For many of us, especially those going to Brazil for the very first time, this is an opportunity to learn about the interesting varieties of landscapes and peoples that make up this expansive country. If, on the other hand, you, or someone you know, are knowledgeable about Brazil, help us pool those resources for the benefit of for the benefit of the ambassadors on this exchange. Yes, this is an early call to volunteers interested in helping with organizing a series of informational workshops about Brazil in general and São Luis and Maranhao in particular. The plan is for these workshops to be delivered in the months just prior to the trip. If you would like to volunteer in any capacity, please call

or email Charles John: 336.383.6432 or charlesdjoh@hotmai.com. As is evident in the pictures and the videos below, São Luis is a place of excitement and tranquility, history and culture. Says Selma Oliviera, FF São Luis host ED, "The best period is the month of June with many traditional festivals".



Bumba Meu Boi: The festival of the ox

Our tentative travel itinerary for the exchange gets us there in time for the June festivities. Upon arrival in São Luis, we settle in for the night with our respective hosts before heading out next day for the Lençóis Maranhenses, a magic landscape of deserts, beautiful white dunes and turquoise lakes. After a week of fun, fellowship and friendship with our hosts in São Luis, we round out the visit with extended stopovers in Rio de Janeiro and Iguassu Falls.

Join us for this unforgettable exchange.

Colorado Reflections FFCNC's Exchange to Pikes Peak Area FF (Colorado Springs), July 13-20, 2016

"O Beautiful For Spacious Skies...." After seeing the views from atop Pikes Peak on our last day, it was easy to understand how Katherine Lee Bates was inspired to pen the poem that later became the lyrics for the familiar song, "America the Beautiful." We were impressed by the indescribable beauty of Colorado Springs and surrounding country side. This song describes so well the views of the open fields joining the Front Range of the Rocky Mountains. This was the first thing early settlers saw as they crossed the western High Plains from Kansas. Daily clear blue skies, sunshine, low humidity and cool nights were the order of the day! What a joy to sleep with the windows open and no air conditioning! (Karla Shanahan)



Our first domestic outbound exchange was as great an experience as any international exchange we have participated in. The Pikes Peak Area Club (Colorado Springs) welcomed us with hospitality that rivals our Southern culture. Being in Colorado required some adjustments because of high altitude and intense sunshine. Lathering with sunscreen and wearing a hat and sunglasses was a daily routine. High altitude and extremely low humidity also meant we drank many bottles of

water daily to stay hydrated and ward off altitude sickness. And, what a gorgeous state in which to live! It seemed that every house had a beautiful vista of the mountains including the sites of our Welcome and Farewell dinners. [Barbara & Jim North]

After a warm welcome by Host Club ED, Judie Werschky and members the FF of Pikes Peak Area, we were sent to the woods for a fun scavenger hunt. That sent us in pairs all around the walking trails of the hilly property looking for benches named for children and grandchildren of the host family. Winning teams received a bottle of wine!



A scrumptious pot luck dinner and lots of "friend-making" followed, surrounded by panoramic mountain views. As we headed home filled with a sense of wonder and well-being; we knew we would have a great week as we nestled in for a good night's sleep.





Our second day began at the Garden of the Gods Visitor Center, a city park, “where the buffalo [used to] roam” and the “amber waves of grain” are depicted in murals and diaramas.



Outside, we could walk and drive through these ancient monoliths, often described as something only the Gods could have created.



We saw the most beautiful Aspen trees and learned they are all coming from one root organism. The Garden of the Gods is

divine! What a gift to experience such sight of Red Rock



formation...also now we know where to find the "Kissing Camels". [Karla Shanahan]



Adjacent to the Garden of the Gods is Glen Eyrie Estate and Castle; an English Tudor-style castle built for his wife in 1903 by General William Jackson Palmer, the founder of Colorado Springs. Mrs. Palmer, opened the first public school in Colorado Springs in 1871, but she died at an early age and never moved into the castle. It now serves as a spiritual retreat and conference center.



The lyrics of an old folk song came to me on mountain day: “Going up Cripple Creek, going on the run. Going up Cripple Creek to

have a little fun.” And what a fun and unique experience to visit the Old Homestead: a museum of the “Last of the Notorious Parlour Houses.”



What a unique and fascinating tour of the high class brothel that thrived during the early days of the gold mines. Miss Pearl was a very astute business woman who performed financial background checks on all applicants for “services.” Men who did not pass the financial test didn’t get an interview. Anyone failing to prove to be “gentlemen” during the interview was not allowed to “meet” her girls! [Judy Greene]



Safety gear in place, we headed to the Victor gold mining district, home of the largest gold mine in CO. In addition to the enormous pits, we saw how they grind the ore filled rocks then terrace it before applying chemicals to leach the gold from the rocks. Those earth movers are REALLY BIG!! The tires are 12’ in diameter!



More gold has been found in CO than in CA & AZ combined.



Photo below shows the mine from miles away, atop Pikes Peak! This will give you a sense of how VAST the mine is.



The National WWII Aviation Museum displays military planes and the history of their use during the war. The museum also included a Tuskegee Airman display which featured pilot Samuel C. Hunter, who did his Basic Training in Greensboro, NC! [Zella Harris]



The US Air Force Academy was truly awesome and gave reassurance that with all that's happening in the world, we are in totally good hands. (Leroy & Val Stokes)

The famous ultra-modern chapel houses multiple worship spaces for the cadets—Protestant, Catholic, Jewish, Muslim, Wiccan and Buddhists are among those included. The décor for each space reflects the history and symbols of each faith tradition. Outside in the open spaces, a new cadet class began summer training. 1200 men and women are inducted yearly and about 800 survive the stiff regimen to graduate with a first-class 4-year education. [Karlyn Shankland]



Shamrock Ranch owner, Dave Wisner, opened his barn for our picnic lunch and shared a summary of the interesting history of the ranch and its previous owners.



All Aboard! Its Pikes Peak or BUST!



Cog Rail takes us flatlanders up the mountain to the summit at 14,110 ft. above sea level. Colorado has 50 “Fourteeners”; Pikes Peak is just one of them.



Although we have hosted previous Inbound Domestic Exchanges, including the Pikes Peak

Area, for most FFCNCers, this was our first Domestic Outbound Exchange. For three of our members, it was their very first Exchange. What a way to begin! Our expectations were exceeded several times over.

Zella Harris and Charles and Marylin John, who were on their first exchange, reported that the total experience exceeded all their expectations. “The breadth of discovered compatibilities across interests and temperaments resulted in a friendship that blossomed naturally.... But, it was the ever present majesty of the mountains that gave us flatlanders a scale by which to measure ourselves.”



The food was always good and the company was entertaining and interesting. This beautiful salad was our dinner one night...made by our host and me! [Sandy Bundgaard]

Ambassadors agreed that the TIME spent with our hosts and in small group dinners were some of the most treasured moments of our stay. The free day afforded each ambassador opportunities to explore additional treasures of the area, such as: a tour of six private home gardens, the Art Museum of Colorado Springs with the most beautiful Chihuly Chandelier in the Entry Hall, the house and garden of the artist Starr Kempf, where his huge Aluminum Statues are displayed and slowly move in the wind, and “Darling of the Donkey Derby”, a Thin Air Theater Melodrama spoofing Western life.



Colorado Springs experience was proof of The worth and promise of citizen diplomacy on a global basis. [Charles & Marilyn John]

Colorado Springs was a lovely place to be hosted by a Friendship Club that is well organized, provided an interesting schedule of visits to various sites, and helped each of us feel very special while a guest in their city. And they managed to always have a lovely

Help Wanted: *Local Non-profit organization needs Domestic Outbound Exchange Director for NE Ohio in 2017.* Challenging but rewarding work. Must be able to communicate well with other travelers and enjoy coordinating activities. Experience not necessary and mentoring is available. Enthusiastic applicants are encouraged to apply.

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

If the answer is Yes, call Martha Brown at 336-946-0105.

Exchanges can't happen without your help!

and awesome view wherever we were – driving to the various locations, fellowshipping on someone's deck, all the mountains, and a rainbow that provided one of nature's works of art one evening.

The Rio De Janeiro Olympics have reminded me somewhat of Friendship Force. A recent headline in the Greensboro News and Record stated: "The opening ceremony reminds us why the Games are far more than competition, they can actually bring the world together." We can consider our clubs real troopers as we follow through on getting to know others, here and abroad, on a personal level. Thanks to the Colorado Springs Club for providing that opportunity. [Jane Cauthen]

Written and compiled by Judy Greene, Domestic Outbound ED for CO. Thanks to all the ambassadors for their contributions to this article.

