



friendship force

CENTRAL  
NORTH CAROLINA

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

**July 2021**

Happy 245<sup>th</sup> Birthday to the USA!!



This year's celebration will be very different than last year's. The Pandemic muted the holiday. Many holiday traditions will return this year, now that many of our folks have been vaccinated against the Covid-19 virus. We wish you a Happy Holiday and encourage you to stay safe as you celebrate our Nation's Birthday.

Lots of information to share with you in the next few pages, beginning with a letter from President Ann Barefield.

## MESSAGE FROM PRESIDENT

Dear FFCNC Members:

The Board members are half way through their second year of service to FFCNC. In the fall of 2020, the entire Board was elected to serve a second year due to the Covid 19 pandemic. It is now time to appoint a Nominating Committee to nominate a slate of Board members to be voted on in the fall of 2021 at our annual meeting. The following members of the Board have expressed interest in being nominated to serve on the Board for another term. They are: Woody Clinard, Charles John, Ray Kiszely, and Eleanor Stoller. Ann Barefield, Mary Davis, Laura Graham, and Karla Shanahan have not chosen to put their name up for nomination to serve on the Board again.

The following information includes the guidelines from our by-laws that will be followed for the nominating process. If you are interested in serving on the nominating committee, please notify me at [<abarefield@triad.rr.com>](mailto:abarefield@triad.rr.com) as soon as possible. All names will be presented to the Board at the July meeting and the three members of the nominating committee will be chosen from that list of names. I encourage those who know the members of FFCNC to consider serving on this committee.

### Article IV BOARD OF DIRECTORS

Section 1. The Board of Directors shall consist of seven Directors elected from the active club membership and the present Host and Ambassador Journey Coordinators. One or more At-Large members may be selected from the active club membership by a majority vote of the existing Board. Immediate past elected members of the Board and immediate past Journey Coordinators may sit on the Board for one year in an advisory capacity. The members of the Board of Directors shall be elected for a term of one year.

### ARTICLE VI NOMINATION AND ELECTION OF THE BOARD OF DIRECTORS

Section 1. Candidates for the Board of Directors shall be members in good standing and shall be elected for a term of one year. Normally, elected Directors may not serve for more than three consecutive terms. The elected Directors shall assume office on January 1.

Section 2. In order to ensure proper continuity, normally no more than three of the seven Directors should be replaced in any given year.

Section 3. The election of the Directors shall be held at the annual meeting. Only members present and in good standing may vote. There shall be no voting by proxy. In the event of a tie vote, another ballot must be taken. The affirmative vote of a majority of the members present shall be required to elect each of the Directors. If there is only one nominee for each vacancy on the Board of Directors, voting may be by voice vote.

Section 4. At least five (5) weeks prior to the date of the annual meeting, the Board shall appoint a Nominating Committee. This committee shall consist of three (3) members. The duties of this committee shall be to make nominations, with the consent of those nominated, and to report those at the annual meeting. At the annual meeting, further nominations may be made from the floor with the consent of the nominees.

## SURVEY REGARDING 2022 TRAVEL

Ray Kiszely will be sending you a survey regarding how willing you are to travel and have people in your home in 2022 and what the guidelines should be. I encourage each one of you to respond to the survey. It is very important for us to know how many of you are willing to travel and have people in your homes before we make commitments for inbound and outbound trips. We have given you some wiggle room and added a few maybes to the survey. When you receive the survey, please return it as soon as possible. We have to make commitments soon. It is wonderful to at least be considering getting on the road again and enjoying guests in our homes. I am looking forward to seeing you at the next get-together that Karla and her committee are planning for us in late July. Be watching for the announcement!

Ann Barefield  
FFCNC President

## A Report from Activities Chairperson Karla Shanahan

On Saturday, May 15th 2021, Twenty Seven FFCNC members gathered at the Harmon Lions Club Shelter in Kernersville, NC for a picnic lunch. Thanks to Barbara Guess, who kindly reserved for us.

It was our first In Person FFNC LEO since the outbreak of the Pandemic. You could feel the joy of members talking and listening and sharing their experience throughout the Covid-19 Pandemic months.

I believe there was a mutual agreement that the virus did not kill FFCNC and we are looking forward to meet again soon in the near future.



Roger Poplin, Nan Poplin and Barbara North at the Picnic



Judy Greene, Karla Shanahan, Pam Kahl and Dr. Fred Kahl .



Group photo including Dr. Lea Williams, Nancy Peiffer, with Barbara North and Karla Shanahan, Ray Kiszely, Jim North, Karlyn Shankland talking to Peter Peiffer (hidden).

We will look forward to our next gathering arranged by Karla and her team of helpers.

# Seenager

I **JUST** discovered my age group! I am a **Seenager** (senior teenager).

I have everything that I wanted as a teenager, only 55-60 years later. I don't have to go to school or work. I get an allowance every month. I have my own pad. I don't have a curfew. I have a driver's license and my own car.

I have ID that gets me into bars and the wine store. I like the wine store best. The people I hang around with are not scared of getting pregnant, they aren't scared of anything, they have been blessed to live this long, why be scared? And I don't have acne. Life is Good!

Also, you will feel much more intelligent after reading this, if you are a **Seenager**. Brains of older people are slow because they know so much. People do not decline mentally with age; it just takes them longer to recall facts because they have more information in their brains. Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is **NOT** a memory problem; it is nature's way of making older people do more exercise.

## **SO THERE!**

I have more friends I should send this to, but right now I can't remember their names. So please forward this to your friends; they may be my friends, too.