



friendship force

CENTRAL NORTH CAROLINA

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

October 2022



The classic photo above appeared last year on the October newsletter. With the damage of Hurricane Ian we may have a diminished look at the moment, but hope for scenes like this in the coming weeks.

This is a usually a gorgeous time of the year in North Carolina and we hope we will experience these views in the near future.

We have a very busy schedule over the next three months, and if you want to participate it is not too late to get involved.

First



Don Woodward has been working diligently putting together a great program for our Ukrainian Delegates later this month.

We will have 5 delegates from Ukraine that are Emergency Care Specialists and Physicians dealing with the crisis in their country. Don has secured the assistance of Forsyth County's Emergency Preparedness experts and the EMT's and Physicians of our Community and our Hospitals to share helpful information about important life saving techniques.

We are planning a Welcome Picnic for the Delegates and you are invited to join us on Saturday, October 15th from 11:00 am to 3:00 pm at Leinbach Park, 3635 Sally Kirk Road, W-S, NC

More details about the event will be coming in a few days.

Second



Ralph Cauthen and his team have been developing a special program for our Students from Moldova and the ALEX program. The American Leadership Experience program is a special two week program for International Students that were unable to come to the United States for their Senior Year of High School due to the Covid-19 Worldwide Pandemic.

The students will be arriving in the Triad on November 12th and we will have robust program for them including a trip to the Capital of North Carolina, Raleigh. More information about the details of the Moldovan program will be announced in the coming days.

A report from Martha Brown, the Journey's Coordinator for our Outbound to Kathmandu, Nepal for the spring of 2023



Did You Know.....?

- Nepal has the densest concentration of world heritage sites.
- Eating food with your right hand is considered good manners.
- In Nepal the cow is worshipped as goddess Lakshmi and it is illegal to kill one.

Below is a photo of a traditional Nepalese meal known as Momo.

- It is the most popular fast food. It is made of flour and filled with chicken, meat or vegetable fillings.





Pictured above is a classic scene in Nepal, a cow is resting in the courtyard of a Temple as pigeons are searching for food.

[Reminder from Membership Chair Mary Davis](#)

Have you signed up yet?

The new FFI portal is: my.friendshipforce.org

For FFI communication and news, journey listings and transactions and anything else regarding FFI.

They track our club membership, post upcoming events, the Journey catalog and other vital information.

Signing up is necessary to go on a journey.

**It's so simple to sign up and takes only a few minutes.
Go to the FFI website - friendshipforce.org**

Click on the member login and follow the prompts.