



July 2025

friendship force

CENTRAL NORTH CAROLINA

FF Sacramento Inbound

The week of our visit with the FF ambassadors from Sacramento began on Tuesday, June 3 with a “hand-off” in Saxapahaw – the midway point between Raleigh, where the ambassadors were hosted by the FF Raleigh club, and the Triad. This small, former mill town located on the Haw River provided a “rural NC” experience for our guests.

After lunch in Saxapahaw and on the way to the Triad, several of the FFCNC hosts suggested a visit to Replacements in McLeansville. Host Kathleen McGinley shared the following: “We took a guided tour, and everyone was delighted with the history of the business and their set up to serve so many people worldwide, their humanitarian bent and their inclusive and family-like atmosphere for their employees. And, of course, looking at all that beautiful merchandise made us smile.”



The Sacramento ambassadors along with FFCNC members listen attentively as they hear the story of the Underground Railroad and the role played by Quakers in the New Garden area of Guilford County.

The week continued with visits to Old Salem on Wednesday and on Thursday in the Lexington area visits to the Childress Racing Museum, Lexington BBQ, and the Childress Winery. Friday morning was spent near Guilford College to hear a presentation on the role of the Quakers in the Underground Railroad followed by an afternoon tour at the International Civil Rights Museum. Saturday's schedule included a visit to learn a bit more history of our area and observe art at Revolution Mill in Greensboro. This included a delightful talk with Winston-Salem artist Judy Meyler. After a great lunch of pizza, the group moved on to the Guilford Courthouse National Military Park. One of the ambassadors has a connection to a participant in the Battle of Guilford Courthouse and was especially interested in this history. After a hot day walking around a battlefield, the reward of ice cream was a welcome refreshment.

Monday, the final full day of their visit, was Mt. Airy day which always seems to be a “winning” stop – especially with the “squad car” ride. If you’ve never done this, you should try to do so.

We knew the Sacramento group had a reputation of being a physically active group. And they did not disappoint us. After lunch in Mt. Airy, the group “tackled” a hike around the Knob of Pilot Mountain. Although our guests were wrapping up two weeks of action-packed NC highlights, they did not miss a beat. Of the eleven ambassadors, nine of them eagerly undertook the short, but moderately challenging hike joined by several FFCNC members.



Throughout the week, dinner parties were held in Winston-Salem and Greensboro. We did not want our guests to starve! Special thanks go out to all our Dinner Hosts – Ann Barefield, Woody Clinard, Don Woodward, the Ostbergs, Lucy Kaplan, Lea and Natalyn Williams, Mary Davis, and Judy Greene. Also, special thanks to Social Chair Sandra Gramley and her team, who continue to plan our club gatherings. In this case, the Welcome picnic at Harmon Park and Farewell dinner at Main Street United Methodist Church – both in Kernersville. Thanks also go to our day hosts and drivers - Danny Crump, Tamara Michael, and Ralph Cauthen, as well as all those who contributed in many other ways.

Final good-byes on Monday included invitations to visit our new friends in Northern California.
California, here we come!

Wanted!

Have you ever hosted an ambassador or been welcomed as an ambassador visiting another club? If so, you may have seen other Friendship Force members wearing T-shirts with their club name on them or been given a lapel pin such as the ones that former long-time member, Marvin Scherl, collected on his hat. The FFCNC board would welcome the assistance of one of our members to research options and design a club T-shirt &/or pin. Please contact club president, Don Woodward at 336-760-1578 or woodward137@gmail.com if you are willing to assist with this.



Social Activities

June's social activity hosted by the Edens at Friends Homes West in Greensboro was a big hit as can be seen in the photos below. While Nancy demonstrated to the ladies (mostly) how to bake artisan bread and cinnamon rolls, the men enjoyed playing pool. After those activities, lunch was enjoyed in the dining hall at Friends Homes.



Sandra Gramley, Doris Kiszely, Nancy Edens,
Lucy Kaplan, Melody Glick, and Ralph Cauthen



Barbara North, Luz Kharabi,
Tomoko Thornburg, and Nancy Edens



The final result was enjoyed by all!

FF Denver Outbound

The next journey on our schedule is the outbound visit to the Friendship Force club of Denver departing on August 4. Our ambassadors are looking forward to this week-long visit. Their itinerary includes visits to the Forney Museum of Transportation and the CELL Museum. CELL stands for Counterintelligence Education Learning Lab. Now you won't find that kind of museum in most cities! Another unusual sightseeing spot they hope to visit is the Red Rocks Amphitheatre. This is the only naturally occurring, acoustically perfect amphitheater in the world. We look forward to their stories and photos upon their return.



A concert at the Red Rock Amphitheatre at sunset.



Irazu Volcano

FF Costa Rica Outbound

Most of the "i's" have been dotted and "t's" crossed for the outbound journey in September to visit FF San Jose. The FFCNC ambassadors are looking forward to learning about their host families. Likely activities planned for the homestay week include a city tour of the capital city, visits to a waterfall and a volcano, and a countryside village which is the "cradle of Costa Rican crafts." Following the homestay four ambassadors will spend a second week in Costa Rica exploring other areas of the country.

2026 Journeys

Dates for the following outbound and inbound journeys have not been determined but keep these months in mind as you make plans for 2026. As always, each journey is planned and led by a journey coordinator. In the case of outbound journeys, the journey coordinator's expenses to travel for the homestay are covered. In the case of inbound journeys, the journey coordinator receives a \$300 credit which can be applied to a future outbound journey. If you would like to know more about the role of a journey coordinator, please contact Roger at 336-337-4434 or rogerpoplin@gmail.com.

May	Outbound to FF Florida Suncoast club (on the Gulf coast in the Clearwater, Florida area)
August	Outbound to FF Kumamoto, Japan
October	Inbound from FF Pikes Peak (Colorado)

There are also two FFI led guided tours this year which have open seats available. Discover the Wonders of Armenia and Georgia will travel September 13-30, 2025.

<https://friendshipforce.myshopify.com/products/discover-the-wonders-of-armenia-georgia-25309?variant=49523859358002>. Authentic Oman will travel November 5 – 15, 2025.

<https://friendshipforce.myshopify.com/products/authentic-oman-2025-25290?variant=49535445598514>