



# friendship force

## CENTRAL VIRGINIA

Changing the Way You See the World

# The Ambassador

### Officers/Directors

*President* ..... *Monica Notaro*  
*Vice President*..... *Patty Sclater*  
*Treasurer* ..... *David Lea*  
*Secretary*..... *Pam Hokanson*  
*Directors*..... *Dave Burns, Linda Burns,*  
*Al Colville, Deb Winslow, Walt O'Connell*

### Committee Chairs

*Events* .....  
*Fund Raising* ..... *Dave Zabransky*  
*JAG* ..... *Linda Burns*  
*Membership* ..... *Peggy Colville*  
*Outreach* ..... *Carol Donahue*  
*Journeys*..... *Deb Winslow*  
*Communications* ..... *Sally Zabransky*

January/February 2019

## President's Message

*Monica Notaro*



Happy New Year Everyone!

I hope that 2019 is going well for you so far. I'd like to wish all of you good health so you can share happy times with family and old and new friends this year. Whatever your personal resolutions or goals are—may you be successful.

I've asked many people over the years, "Why did you join Friendship Force?" I've learned people are drawn to Friendship Force for a variety of reasons. Most people I've asked enjoy traveling. That appears to be the main reason people share with me.

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When I've probed deeper I learned some people have traveled and made arrangements individually, stayed in hotels, or condos, and have not had the people-to-people, one of a kind experiences people have in Friendship Force that aren't available to tourists.

Some people indicated they wanted to meet people from other cultures. Others felt secure having group experiences planned by Friendship Force people in their clubs, and being hosted by them. Most people believe it is less expensive to travel through Friendship Force than individually.

I was drawn to Friendship Force, because I believe in the mission of breaking down barriers between cultures and promoting understanding and cultural education. I learned first hand through a group of Egyptians, and a group of Russians who visited that our participation in Friendship Force activities with people visiting from other countries does indeed make us "citizen diplomats" who can make a difference in how people perceive one another. We can find common ground despite differences. I've learned it can, and should be fun.

There are so many ways to enjoy Friendship Force. It is definitely not a one size fits all, and it may vary from year to year depending on the mix of people and their ideas and efforts. Members have choices to participate locally in any creative ways they wish, or with our in-bound or out-bound journeys in different ways. Some people enjoy and are able to go on a journey to another country and see things through a different lens by meeting and being hosted by others in that culture.

Others may wish to concentrate on meeting and sharing with people visiting our country. That is possible in a variety of ways, such as by attending a welcome or farewell party for the visiting group, or hosting someone in your home, or not in your home but acting as a day-host. In that role you pick up a visitor(s) from where they are staying and participate with them during the day on a part of the itinerary and then bring them back to where they are staying at the end of the day. Perhaps you could host a small dinner party. You may enjoy getting to meet or sponsor international students through our JAG (Judge Advocate General) Program.

These are examples, but not an all inclusive list. We welcome new ideas. There are so many opportunities to get involved with local social events and have fun with other members, or join in and help at a Fundraising event. You'll be discovering many ways to participate locally throughout the year. No matter why you joined Friendship Force, we want your participation and input to make our club enjoyable.

Bring friends, or neighbors who you believe would enjoy being part of our club to any activity we have.

Please contact any of the Committee Chairs, or Board members with ideas, feedback or questions. Together, we can have enjoyable year!

## **Events Committee in Action**

Committee Members: Peggy Colville, Linda Burns, Mary Ann Doucette, Patty Sclater, Joyce Spittler and Dale Walden

We ended the year with the Annual Holiday Party attended by more than forty people, including one of our JAG students and his adorable family, and prospective members. Thanks to Laura and Bob Keeton for hosting the event and to Deb Winslow for the delicious catering. As you can see, one of

the highlights of the day was a holiday sing along in the Keeton's fabulous music room. Our members also came with armfuls of generously donated blankets for the International Rescue Committee. Thanks to all for your generosity and kindness.



We are off to a very good start with the Events Committee already underway. We hope many of you will make a real effort to attend as many of these events as possible. The committee has tried to spread the events around with new ideas and what we hope to be a wonderful variety for everyone. If you would like for the committee to consider anything new, please feel free to get in touch with anyone on the committee.

Please take note of the scheduled **events** which appear near the end of this newsletter and mark your calendars. Be looking out for the Doodle Polls pertaining to each of these events. All except the Mystery Dinner will be open for prospective members, please bear that in mind.

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## Membership Chairman's Report

*Peggy Smith Colville, Chair*

I would like to thank all the members who came to the Holiday Party at the Keeton's Home this year with their 2019 applications filled out and checks/cash in hand. What a wonderful event, and thank you for making this year a record year in getting most of our dues in on time. I must take my hat off to the first members to pay 2019 dues and they were Dave and Sally Zabransky. I would also like to thank Dave Winer for enlisting our very first new member for 2019 -- Mary Till. Congratulations to you both.

We now have 46 paid up members. Let's keep inviting our friends and neighbors to all of our meetings

## Fund Raising

*Dave Zabransky, Chair*

The Club has been contacted by the Sprint Pavilion and will be signing up to do events during the 2019 season. We will notify you of events and seek volunteers once the events are scheduled.

The Club raised over \$800 last year to support our charitable efforts. If you have ideas as to what charities the Club should support, please contact one of your board members.

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## **JAG School**

*Linda Burns, Chair*

If anyone is interested in hearing from our international JAG students, please come to our meeting at Northside Library on January 26th to hear from our student from Liberia, CPT Palay. He will be giving a presentation on his country. You will also be able to partake in the soup and dessert being served.

We have graduation coming up in February on the 21st for our two Basic students, 1LT Kimura and CPT Palay. Duncan and Deborah Nixon will be attending. If anyone else would like to go, please let me know so that we can get seats for you.

With our basic course students leaving, that means we have new students coming in. That date is the 25th of February. Coming are, CPT Islam Mohamed from Egypt and 1LT Salem Rhama from Kuwait. Please let me know if you are interested in sponsoring either of these students. It is always a pleasure to spend time with these talented individuals. They are only going to be here for 3 months, so not much time to get together, but the time you have will be greatly remembered.

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## **Outreach**

*Carol Donahue, Chair*

As part of our Club's comradeship, the committee sends out appropriate recognition to any member experiencing an illness, or sad/joyous event. If you have knowledge of a member in need, please contact Carol at [camd68@gmail.com](mailto:camd68@gmail.com) or 434-589-7613.

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## **Journey Committee**

*Deb Winslow*

**2019 Inbounds: FF Flathead Valley, Kalispell, Montana** Have you heard of Flathead Valley, Montana? Well, there is a Friendship Force Club in that area with 14 ambassadors very excited to visit us. They arrive April 30<sup>th</sup> and leave May 7th. It would be a nice place for a reciprocal visit some day. Flathead Valley is located in the gorgeous Rocky Mountains of NW Montana near Glacier National Park! The valley includes about 100,000 population with Kalispell being the largest city with 28,000. Tourism is a key industry, and there are various hi tech businesses, specialized cottage industries, a community college, several live theater groups, Glacier Symphony Orchestra and Choral, and micro breweries.

We need home hosts, day hosts, and people to help us plan and implement the itinerary. In case you missed the Doodle Poll, and would like to serve on the planning committee for the visit and help set up the itinerary and details, or can host, or have a small dinner party contact: Monica Notaro. [salandmonie@yahoo.com](mailto:salandmonie@yahoo.com) 608-358-0352.

We are in need of a host coordinator with assistance from a committee to help plan an exciting **Saratov, Russia** visit starting September 16. Keep your eye out for news in the near future.

**2019 Outbounds: Harrisburg Pennsylvania** has invited us to visit them this year. The tentative mini-journey will be in June, 2019. A doodle poll will be provided to determine interest.

I have not gotten all the specifics yet, but a fall trip to the **Sunshine Coast and Bundaberg, Australia and Marlborough, New Zealand** has been approved. The journey will take place in October/November.

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## News from FFI

[Explore our assortment of new & exciting Journeys](#)

[View email in browser](#)

[Journeys](#)

[Member Resources](#)

[Contact Us](#)

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## JANUARY JOURNEY CATALOG

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## FEATURED JOURNEY

### Discover Malaysia

July 2 to July 7, 2019

[Discover More](#)

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## NEW JOURNEYS

### **Global Art and Bumba Meu Boi Festival in Brazil**

June 6 to June 20, 2019

[Click for Details >](#)

### **World Conference and USA Clubs**

July 13 to August 7, 2019

[Click for Details >](#)

### **Health and Wellness: Integrating World Influences**

September 11 to September 26, 2019

[Click for Details >](#)

### **Northern California Birding**

October 11 to October 18, 2019

[Click for Details >](#)

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***WANT TO EXPLORE MORE JOURNEYS?***

*Click below to view our full catalog of available experiences.*

[SEE ALL AVAILABLE JOURNEYS >](#)

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[VIEW A LIST OF ALL JOURNEYS >](#)

Follow us for updates and inspiration...

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Concerned about traveling in these uncertain times?

You might want to check out this article

<http://www.wendyperrin.com/7-keys-traveling-without-fear-despite-terrorist-attacks/>

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*Do you need a name tag or  
business cards?*

Business Cards and Name Tags are available from Walt. New members receive a supply of cards and a paper tag. Metal tags can be ordered and the cost is \$10 +/- depending on shipping. Additional cards are available for \$1 for 20. If you are interested let Walt know.

[walt.oconnell@gmail.com](mailto:walt.oconnell@gmail.com)

434.591.0532



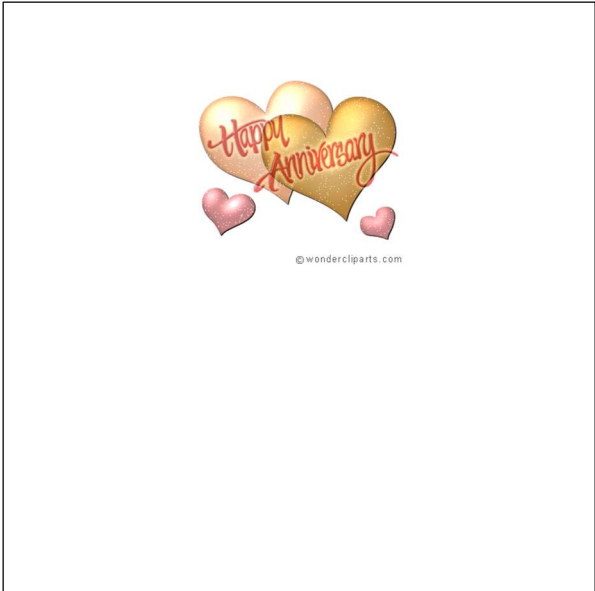
# Member News



Lynn Wirth	1/6
Judith Lesiak	1/15
Helen Moyer	1/31
Peggy Birdsall	2/24
Walter O'Connell	2/28

The minutes of the BOD meetings and copies of the Ambassador Newsletter are available on our Web site, [www.ffc.avenue.org](http://www.ffc.avenue.org)

The BOD meetings are open to anyone who would like to attend. We welcome your participation



*Did we miss your special day?  
Let Carol Donahue know so we can update our records  
434-589-7613  
camd@gmail.com*

## 2019 Calendar Meetings and Events

Month	Board Meeting		Date	Events	Participants
	Date	Time			
Jan	1/8/19	2:00 – 4:00 PM	1/26/19 10:00 – 2:00 PM Northside Library Rio Road	Soup of Day & Dessert JAG Student Speaker	FFCV Members, JAG Students, Guests/Prospective Members
Feb	2/12/19	3:00 – 5:00 PM	2/22/19 12:00 Noon	Lunch at the Omni followed by Movie: Rearview Window Paramount Theater Cost: \$7.00	FFCV Members, JAG Students, Guests/Prospective Members
Mar	3/12/19	3:00 – 5:00 PM	3/20/19	Elks Club Buffet 5:30 PM Japan Presentation	FFCV Members, JAG Students, Guests/Prospective Members
Apr	4/9/19	3:00 – 5:00 PM	4/6/19	Day Trip to Lexington to include lunch	FFCV Members, JAG Students, Guests/Prospective Members
May	5/14/19	3:00 – 5:00 PM	5/18/19	LEO (Let's Eat Out) 12:30 PM Charlottesville	FFCV Members, JAG Students, Guests/Prospective Members
June	6/11/19	3:00 – 5:00 PM	6/8/19	Mystery Dinner	Members
July	7/9/19	3:00 – 5:00 PM	TBA	Rafting on the James Lunch	FFCV Members, JAG Students, Guests/Prospective Members
Aug	8/13/19	3:00 – 5:00 PM	TBA	Carter's Mountain	FFCV Members, JAG Students, Guests/Prospective Members

Sep	9/10/19	3:00 – 5:00 PM	9/2/19	JAG Picnic Location TBA	FFCV Members, JAG Students, Guests/Prospective Members
Oct	10/8/19	3:00 – 5:00 PM	TBA	Meals from Around the World JAG Student Location TBA	FFCV Members, JAG Students, Guests/Prospective Members
Nov	11/12/19	3:00 – 5:00 PM	TBA		FFCV Members, JAG Students, Guests/Prospective Members
Dec	12/10/19	3:00 – 5:00 PM	TBA	Holiday Party Location TBA	FFCV Members, JAG Students, Guests/Prospective Members

## Show Your Club Logo with Custom Merchandise



Embroidery

You now have the ability to purchase quality merchandise with our club logo *embroidered* on it from Queensboro. Some of us have purchased this merchandise in the past and have found it to be very good quality.

We have our own “store front” that uses our approved logo and ordering products through it is quite easy. Go to <http://ffcvgbstores.com> and to see the selection of products. To make a purchase, set up an account and then select from the products available, specifying your size and color preference.

A flat fee of \$6.50 per order applies regardless of the order size so team up with a friend and consolidate your orders.

Queensboro offers many more products than we have placed in our store front. If you are looking for something in particular you can view their entire site at <http://www.queensboro.com>. You can order directly from that site but you won't have access to our logo. If you see an item you would like with the logo, let Walt know ([walt.oconnell@gmail.com](mailto:walt.oconnell@gmail.com), 434-591-0532) and he will add it to the store front.



Embroidery

## Friendship Force of Central Virginia 2019 Membership/Renewal



**CHANGING THE WAY YOU  
SEE THE WORLD**

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

County\*: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_ Phone (land line): \_\_\_\_\_

*\*Note: in city = C'ville; else Albemarle, Fluvanna, etc.*

Cell: \_\_\_\_\_ Preferred Badge Name: \_\_\_\_\_ New Member Sponsor \_\_\_\_\_

For Family Application: Partner's Name: \_\_\_\_\_ Email: \_\_\_\_\_

Partner's Cell: \_\_\_\_\_ Preferred Badge Name: \_\_\_\_\_

We like to recognize our members on their special days if you choose (month and day only, we overlook the year).

Your Birthday: \_\_\_\_ / \_\_\_\_ . Partner's birthday: \_\_\_\_ / \_\_\_\_ . Anniversary: \_\_\_\_ / \_\_\_\_ .

It is important that you have a good understanding of The Friendship Force, what we do, and what to expect. The Web site for Friendship Force International is a good source of information about the history and mission of our organization. Please review the information at [www.friendshipforce.org](http://www.friendshipforce.org), paying particular attention to the tabs "Who We Are /History and /Mission" and "FAQs" and our club at [www.ffc.avenue.org](http://www.ffc.avenue.org). If you don't have access to the Web, please contact a member for information about FFI and our club.

To make our club successful, all members contribute as they are able to our various activities. Please check the activities in which you would like to participate or learn more about in 2019. (Partners do separately when your interests diverge). **Do you want to:**

### Exchange Activities

<input type="checkbox"/>	Go on an Outbound Journey
<input type="checkbox"/>	Outbound Journey Planning Comm.
<input type="checkbox"/>	Inbound Journey Planning Committee
<input type="checkbox"/>	Inbound Journey Home Host
<input type="checkbox"/>	Inbound Journey Day Host
<input type="checkbox"/>	Inbound Journey Small Dinner Host

### Other Club Work and Activities

<input type="checkbox"/>	Serve on Communications/Publicity Committee
<input type="checkbox"/>	Serve on Fund Raising Committee
<input type="checkbox"/>	Serve on Event Planning Committee
<input type="checkbox"/>	Serve on Membership Committee
<input type="checkbox"/>	

### Community Activities and Service

<input type="checkbox"/>	Sponsor a JAG student
<input type="checkbox"/>	Work on a Community Outreach Project

**Annual Dues:** \$30 per member. Please include a check made out to **FFCV with your application**. Please submit application/renewal and dues to membership chair, Peggy Colville, 315 Village Blvd. Palmyra, VA 22963.

