



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

Event Chairman *Patty Sclater*
 Fund Raising *Dave & Sally Zabranski*
 JAG *Linda Burns*
 Membership *Peggy Colville*
 Outreach *Carol Donahue*
 Journeys..... *Deb Winslow*
 Communications *Walt O'Connell*

President's Message

Monica Notaro

One of the most relaxing and enjoyable traditions of our club is to have a picnic on Labor Day with the international Judge Advocate General (JAG) students whom we sponsor as special guests. The students may be in the basic three month program, or in the more advanced ten month program. It is an ideal time for sponsors and other club members to get to know the JAG students, and for them to spend time with us because there is a break from their rigorous schedule of classes. Thank you to Laura and Bob Keaton for hosting this year's picnic at their lovely home on Monday, September third! Good conversations, tasty food and cooling off in the pool while playing games made for an enjoyable time for all.

Pam Hokanson, the Journey Coordinator, and the planning committee have been preparing for an in-bound journey of Australians from the Bundaberg Club. The ambassadors will arrive on October 2, and depart on October 9. I urge you to attend any, or all of the activities we will be having. The Doodles and charts we send out to you will help us all be informed about participation and fees required. If you haven't already please fill out the information, and direct any questions you may have to Pam Hokanson at 434-390-2702. I look forward to seeing you very soon.

In friendship, *Monie*

September, 2018
 Volume XXVII, No. 5

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Events Committee in Action

Patty Sclater, Chair

Our next event, an inbound journey from the Friendship Force of Bundaberg, Australia will soon be upon us. Journey coordinator, Pam Hokanson, and her committee have planned a chock-full schedule of enriching experiences for our visitors from “down under.” Details of this activity are outlined elsewhere in this newsletter.

Our November activity will take the form of a travelogue, with members sharing their experiences on the club’s recent outgoing journey to Japan and trip extensions. In addition to the two one-week homestays, hosted by the Ota (Gunma) and Mie Friendship Force clubs. some of the members extended their explorations, with independent travel to Tokyo, South Korea, and Taiwan.

Come hear of their adventures on Sunday afternoon, November 11 at 3:00 p.m. at the downtown branch of the Jefferson-Madison Regional Library. This program will be open to the public, and members are encouraged to bring guests. The club will provide light refreshments for this free event. We’ll be sending out a Doodle in the near future with additional details. Stay tuned ...

Membership Chairman’s Report

Peggy Smith Colville, Chair

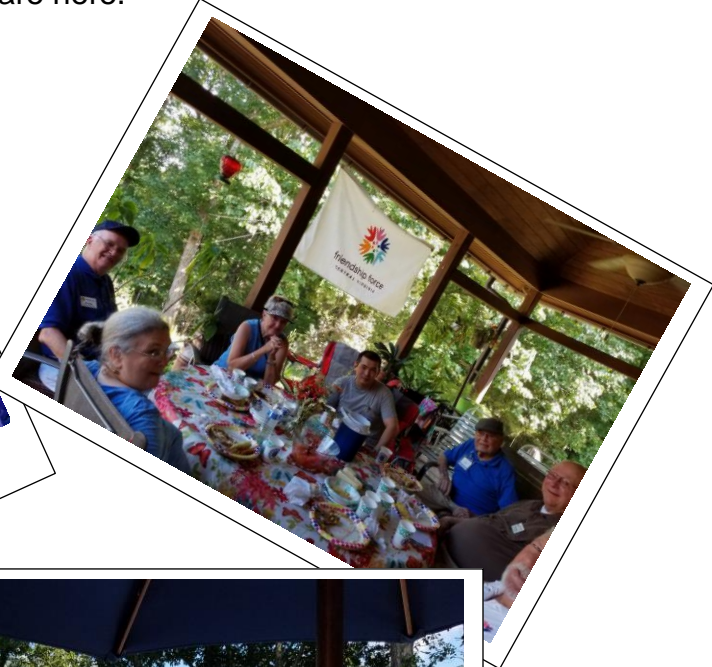
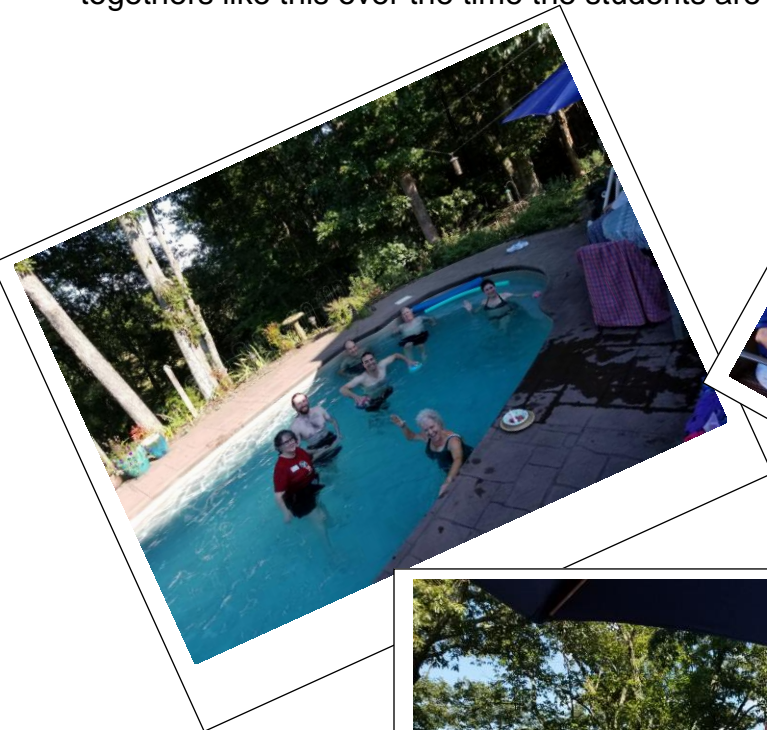
Glad to say we have one new member aboard, Beverly Stewart. She is Deborah Nixon’s sister. That brings our total for the year to 8 new members. Would like to have more as our goal was 15. If you have any friends or relatives interested in all you do and like people as well as travel, please invite them to come see what we are all about. We have many activities coming up as we welcome our Australia friends in October. Look over the activities and even if you are not hosting come on out and enjoy the fellowship we always have at these activities. Hope to see you soon! Remember growth only happens when we all get involved!!

JAG School

Linda Burns, Chair

We have received the new students for the 10-month course. They are, MAJ Kim (Korea) sponsored by Bing & Joyce Spitler, MAJ Lobovsky (Israel) sponsored by Dave Winer, MAJ Suwa (Japan) sponsored by Al & Peggy Colville and LTC Khattab (Egypt) sponsored by Carol Smith. The students from Egypt and Japan have their family coming at the end of September. Looking forward to meeting them.

We had a VERY good turn-out at the Labor Day picnic held at the Keetons' house (33 + people). We had a wonderful group of people, great conversations, the food was amazing and we also went swimming in the Keeton's pool. It was a great way to meet our new students and share time with them. Thank you to everyone that came and everyone that contributed to bringing the food and special thanks to the Keetons for opening their home to us. Hopefully we will arrange for more get-togethers like this over the time the students are here.



Outreach

Carol Donahue, Chair

You can contact Carol @ camd68@gmail.com or 434-589-7613.

Journey Committee

Deb Winslow

2018 Inbound: Bundaberg, Australia, 2-9 October 2018 We are only weeks away from our Bundaberg's multi-week visit to the U.S. which will include our club, one in central North Carolina, a few days in Nashville, and finally the FF club in Baton Rouge, LA. We are expecting 9 ambassadors. Hopefully, everyone has responded to the doodle poll about what activities you wish to participate in with our down-under guests.

2019 Inbounds: FF Flathead Valley, Kalispell, Montana will be arriving April 30, 2019 for seven days. We are in need of a host coordinator with assistance from a committee to help plan an exciting journey. Anyone interested in participating please contact me. I can also get you in touch with previous coordinators to answer questions and learn more about how it all works. There will be a doodle coming out shortly.

Saratov, Russia will be visiting us starting September 16. Keep your eye out for news in the near future.

2019 Outbounds: Harrisburg Pennsylvania has invited us to visit them next 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.

East Coast Super Regional Conference, Charleston, SC, Nov 7-9

Dave Burns

Suggest you really think about attending this as it should be very interesting. For those not familiar with how these things work, in past years there were annual conferences in each FF region, which largely was for club leaders, and those who were really into Friendship Force. Well things have changed as World Conferences, previously held every year around the world, will now be every two years and we now will have so-called "Super Regional Conferences" those years when there is no World Conference. Our region, the Mid-Atlantic and Northeast Region will be combining forces with both the Florida and Southeast Regions. Having this first Super Regional Conference in Charleston is a really good deal as in addition to workshops, speakers and the like we also will have plenty of time to sightsee and wander around the Charleston Historic District where the conference will be held. Conference organizers, of which I am one, just started planning the conference and we are only in the early stages of putting it together. Since I am a member of this club I will be keeping everybody up to date on what is going on. But again put some serious thought into participating.

Serving as a Home Host

Dave Burns

The most important thing to remember is that you are hosting Friendship Force members who share the same interest in learning about different cultures. They will surely enjoy their trips to the Central Virginia area, museums, and nearby attractions, but meeting your friends and family and understanding your lifestyle will enrich their travel experience. Hosts might consider taking them to their place of worship, the grocery store, the library or even the post office. Walks through your neighborhood, bike rides, or a backyard barbeque with neighbors --- these everyday experiences might be the best memories of their visit to your club.

A home host provides a comfortable bed, preferably in a private room, for an ambassador throughout the duration of an exchange. You may opt to host either a couple or a single person, and may specify if you prefer to host a woman, a man, or either.

In addition to providing a place to sleep, as a host you are responsible for *providing* breakfast daily--- providing, not serving. Remember, you are not a B&B. Ambassadors are to be treated as if they were a member of your family. They are expected to serve themselves, clean up after themselves, and to assist you.

Organized activities are pre-planned by our club for most of the days of an exchange. You have the option of accompanying your ambassador(s)---with the entire group---on any or all of the days. The ambassadors have prepaid for their activities. You will need to do so, in advance as well. You are encouraged to participate in as many of the daily activities as possible, though keep in mind that this can cost you up to a hundred dollars. The more you participate, the stronger the bond you will create with your ambassadors.

If you choose to opt out of any of the day's activities, you **must** inform the day host coordinator (prior to the exchange), and a day host will be assigned to take your place. It is advisable to introduce your ambassadors to their day hosts at the welcome dinner or whenever possible at the earliest time. If you are hosting a dinner in your home, you are encouraged to invite your day host(s). It is also an opportunity to introduce friends and family to your ambassadors. It is an excellent way to expose them to the world of Friendship Force.

Expect to be asked to provide a bag lunch for your ambassador(s) for several of the days during the exchange. It is fun to involve them in preparing the bag lunch's assembly line style. It is also an experience to bring them to a supermarket to select the food for the bag lunches.

Our exchanges traditionally include a welcome dinner, a farewell dinner, a mix/match dinner and maybe a dinner at a local restaurant. If you are home hosting, one member of your household is entitled to attend, at no charge, either the welcome or farewell dinner. (The Journey Coordinator will decide if this is one or both). It is also customary for ambassador to treat you to dinner or lunch one day during the course of the exchange.

In many exchanges, but not all, one of the exchange days is called a "free day". On that day, only, you and your ambassador(s) may choose to either stay home and relax, or explore a place of mutual

interest together. Be flexible. Keep in mind you are representing the USA and your club and you want them to have a positive experience.

It is customary to exchange small gifts (preferably made in the USA) with you ambassadors. Suggested gifts: a picture book of the local or state area, handmade crafts, a tea towel printed with a map of the local area or state, a club baseball cap, or other memorabilia from the local area. In addition to any gifts you provide to your ambassadors, the club will put together a bag with various mementoes, pamphlets, maps, etc.

How Do I Make an Ambassador Comfortable?

It is very important to communicate with your ambassador(s). Once you receive the “match” from your ED, contact the ambassador by email (or snail mail) to invite them to your home. It is customary to tell them about yourself in this introductory email. You might want to attach pictures of yourself and your home in the initial email. If you don't hear from them with a reasonable amount of time, try once more. **If you still receive no response, communicate this to the ED.**

When you communicate with them, ask them about special interests so that you can plan the free day activity in advance. Let them know if you have WIFI in your home. And let them know whether or not they will be able to use your washer and dryer. It will aid them when they pack for the trip.

Be Sure to Ask Your Ambassadors about Allergies and Physical Limitations

Though they should have, they might not have listed these on their applications. It is also customary to ask them about their food preferences as it relates to breakfasts and lunches. If they are willing to experiment, introduce them to regional foods such as barbeque, fried chicken, etc.

If you have pets let them know what and how many you have. They should have noted any allergies or problems with pets on their applications but you want to make sure this will not be a problem.

Once they arrive at your home, give them a tour. They will be curious about your home, garden, neighborhood, etc. especially if they are from a foreign country. Show them to their room and give them privacy so they can settle in. If it is early in the day, this would be the ideal time to take them to your local supermarket.

At a supermarket let them know what you and the club plan on providing for the week and ask if there are any other items they would like to purchase for the time they will be staying with you. You might also want to ask if your ambassador likes beer, wine or other alcoholic beverages and tell them what you can provide and if they want anything else you will take them to a place where they can purchase them.

After the first breakfast, give them a tour of your kitchen; showing them where the breakfast food is, where the plates, cups, etc. are, and how to operate the microwave, the toaster, coffee maker, etc. Most Friendship Force members understand they will be on their own for the rest of their stay, unless you offer a special hot breakfast, i.e. bacon and eggs, or other option. Again, remember you are not expected to be a B&B.

After a busy day's activities, take your cues from your ambassadors. They will be with you 24 hours a day. If they need “space” and alone time, so be it.

Have fun sharing your community, your country, and your culture. Compare and contrast differences and similarities. In our area, a trip to Walmart, Costco, and even Lowe's are an adventure. If they like to garden, a trip to a local nursery will fascinate them. An avid reader would love to visit your local library or one of the many bookstores in and around Charlottesville.

Home hosting need not be complicated. Above all, relax and enjoy this unique experience of learning about another culture or part of our country, and sharing your lifestyle with them.

A final note, if you encounter a problem with your ambassador(s), whether personality or medical, etc., it is important to communicate with the ED. He/she and his/her counterpart Journey Coordinator will work through the issue. Let them handle it.

News from FFI

[Journeys](#)

[Member Resources](#)

[Contact Us](#)

SEPTEMBER JOURNEY CATALOG



Fortaleza and the Amazon Village, Brazil

November 7 to November 19, 2018

[Discover More](#)



Utah National Parks

April 28 to May 10, 2019

[Discover More](#)



Moscow and the Cities of the Golden Ring, Russia

September 7 to September 21, 2019

[Discover More](#)

WANT TO EXPLORE MORE JOURNEYS?

Click below to view our full catalog of available experiences.

[SEE FEATURED JOURNEYS >](#)

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



SAVE THE DATE

2019 FFI World Conference
New Location and New Dates

BOULDER, COLORADO, USA
JULY 23-27, 2019

Workshops/Pfenaries: July 23-25 | Social/Local Activities: July 26-27

Due to Hurricane Maria's lasting impact on Puerto Rico, our 2019 World Conference location and dates have been changed.
Please save the *new* date and location, and plan to join us in Boulder, Colorado next July!

friendship force
INTERNATIONAL

How to study abroad — at any age

An interesting article written by Rick Steves extolling the benefits of “reality travel”. Friendship Force is cited as an example.

https://www.seattletimes.com/life/travel/study-abroad-at-any-age/?utm_source=Members+List&utm_campaign=3df7d49b61-STUDY-ABROAD&utm_medium=email&utm_term=0_5feca96946-3df7d49b61-86884145

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/>

We are getting organized for 2018 and one of our goals is to encourage our members to play an active role in the affairs of the club. While some positions require a bit more time and effort (such as Exchange Director) there are many that only require a couple of hours a month (e.g. contributing to the newsletter, helping maintain our Web page, helping to plan an event, or working on one of the committees). You will find that if you participate actively you will have a lot more fun and add your ideas to making our club even better.

If you are interested in making a difference and getting a better return on your investment, contact one of the directors or committee chairs. They are listed on the front page of the newsletter.

We are looking forward to hearing from you.

***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

434.591.0532

Member News



Joanne Harris	9/1
Susan Roberts	9/7
Henry Haefele	9/7
Laura Keeton	9/17
Robert Harris	9/20
Peggy Colville	9/27
Patricia Sclater	10/3
Mary Ann Doucette	10/5
Joyce Spitler	10/5
Deborah Winslow	10/22
Jean Busboso	10/25

The minutes of the BOD meetings and copies of the Ambassador Newsletter are available on our Web site, www.ffc.avenue.org

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



Alan and Willow Drinkwater	10/6
Barry and Mary Ann Doucette	10/29

*Did we miss your special day?
 Let Peggy know so we can update our records
peggysmith1@hotmail.com*

2018 Calendar Meetings and Events

Month	Board Meeting		Events		Participants
	Date	Time	Date	Event Details	
-					-
Oct	10/9/2018	3:00 - 5:00 PM	October 2 - 9	Australia Inbound	FFCV Members, Australia Visitors
Nov	11/13/2018	2:00 - 4:00 PM	November 7-9	East Coast Regional Conference – Charleston, SC	FFCV Members
Nov			November 11	Travelogue – Jefferson Madison Regional Library, Market St. , C'ville	FFCV Members, Guests/Prospective Members
Dec	12/11/2018	2:00 - 4:00 PM	December, Date TBD	Holiday Party - Keeton Home, Scottsville, VA	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, 434-591-0532) and he will add it to the store front.



Embroidery

BOD Minutes

**Friendship Force Central Virginia Inc.
Regular Board of Directors Meeting Minutes
Tuesday, July 10, 2018, 3:00-5:00 PM
Clubhouse at Villages at Nahor, Palmyra, VA**

Board Members Present:

President Monica Notaro, Vice President Patty Sclater, Secretary Pam Hokanson, Deb Winslow, Al Colville, Linda Burns, Dave Burns, Walt O'Connell

Board Members Absent: Treasurer David Lea

Committee Chairs Present:

Membership Chair Peggy Colville

Guests:

None

Call to Order: President Notaro called the meeting to order at 3:02 pm.

President's Comments: Monica had no additional comments.

Treasurer's Report: No report.

Secretary's Report: The minutes were approved as written

Old Business:

The team that worked at the Pavilion on July 5th collected \$139.00 in tips. They did both wine and beer so we should be paid for 8 people.

Margaret wants to continue the revisions to the FFCV RRP and Dave has agreed to help her. Monica would like to begin to look at it and would like to see the revisions that are completed at the next meeting.

New Business:

East Coast Super Regional Conference in Charleston, South Carolina November 7 – 9: Dave & Linda Burns, Peggy & Al Colville, and Monica are planning to attend. Prices go up Aug. 15th. Dave requested input for the strategic plan for FFI and asked the BOD to email their input to him as he wants to discuss it in August. Dave also reported that details for the World Conference being held at the University of Colorado next year in late July should be available in September.

Many clubs are having problems with Visas and FFI will be sending out further guidance for getting Visas. As a precaution, don't reserve ahead of getting your Visa without guaranteed refunds.

FFI is also redoing their awards. In 2019 each region will have one individual of the year award and one club of the year award. At next year's World Conference there will be an FFI regional award and a FFI member award.

Mystery Dinner: Peggy reported that she has 5 hosts and 20 guests. This is the best turnout we have ever had.

Committee Reports:

Membership: Peggy reported that we have had several visitors at our events, but no new members. We need to make sure there is a follow-up with all guests.

Fund Raising: No report.

Journeys: Deb reported the Outbound Journey to Des Moines has been canceled. Bundaburg, Australia Inbound Ambassadors will be coming here October 2 - 9. This journey has just been opened up. Pam Hokanson agreed to be the inbound journey coordinator. Lisa from Harrisburg contacted Dave and still wants us to come. We are unable to go in November due to the regional conference. Dave asked Deb to come up with a date possibly next April or May and said he is willing to lead the journey. The date for the Inbound Montana Journey is still being decided. That needs to be set before setting a date for Harrisburg. Deadline for requests for Inbound/Outbound Journeys in 2020 is approaching. Monica has the form. September in the deadline for inbound requests: 1 domestic and 1 international. Nov.1 is the deadline for outbound requests.

JAG: Linda reported there are 5 JAG students arriving August 6th. Currently she has 3 hosts for these students. Willow has agreed to host the JAG picnic is Labor Day, Sept. 3. She is concerned about space if it rains so it was decided that in the event of rain only the students and their hosts would attend the picnic.

Events: The Mystery Dinner will be July 14.

Communications: Walt wants to get back on schedule with the newsletter and asked that all news be sent to him this week.

Outreach: No report. Linda reported that Dale's daughter is in Hospice of the Piedmont. There is Remembrance of Linda Okun at Art's home on Sunday, July 14th from 1:00 – 5:00.

Next Board Meeting: the next board meeting will be Tuesday, August 14th, from 3:00-5:00 PM at the Clubhouse at the Villages at Nahor.

The meeting was adjourned at 4:32 pm.

Respectfully submitted,
Pam Hokanson, Secretary

**Friendship Force Central Virginia Inc.
Regular Board of Directors Meeting Minutes
Tuesday, August 14, 2018, 3:00-5:00 PM
Clubhouse at Villages at Nahor, Palmyra, VA**

Board Members Present:

President Monica Notaro, Vice President Patty Sclater, Secretary Pam Hokanson, Treasurer David Lea, Deb Winslow, Al Colville, Linda Burns

Board Members Absent: Dave Burns, Walt O'Connell

Committee Chairs Present:

Membership Chair Peggy Colville, Fund Raiser Chairs Dave and Sally Zabransky

Guests:

None

Call to Order: President Notaro called the meeting to order at 3:08 pm.

President's Comments: Monica had no additional comments.

Treasurer's Report: David reported a balance of \$6640.82 as of July 31, 2018.

Secretary's Report: patty moved the minutes be approved as written; seconded by David Lea. Motion carried.

Old Business:

Forms for Inbound for 2020 are due August 15.

JAG picnic – need to find another host, Several members will be asked and a doodle will be sent out for attendance.

New Business:

Pam reported that plans are underway for the Bundaberg Exchange October 2 – 9. There was a question as what to do about the 3 ambassadors from Kampala as they are still waiting to get their Visas.

Committee Reports:

Membership: Peggy reported that we had the best participation ever for the Mystery Dinner with 30 guests and 5 hosts.

Fund Raising: There is a concert on Tuesday, August 25 at 5:45. We need 12 people to volunteer and currently we have 6.

Journeys: Deb reported the date for the Inbound Montana Journey is tentatively April30 – May 6, with ambassadors leaving the morning of May 7. She needs a host coordinator
Deadline for requests for Inbound/Outbound Journeys in 2020 is approaching. Monica has the form.
September in the deadline for inbound requests: 1 domestic and 1 international. Nov.1 is the deadline for outbound requests.

JAG: Linda reported there are 4 JAG students. They are from Korea, Israel, Japan, and Egypt. On Aug. 24 they will meet the new Dean of Students for the JAG School.

Events: Nothing new to report.

Communications: Walt wants to get back on schedule with the newsletter and asked that all news be sent to him this week.

Outreach: Dale's daughter died July 19th. Linda sent a card. Laura Keeton is in the hospital. Carol needs home addressed of members.

Next Board Meeting: the next board meeting will be Tuesday, Sept 11th, from 3:00-5:00 PM at the Clubhouse at the Villages at Nahor.

The meeting was adjourned at 4:51 pm.

Respectfully submitted,
Pam Hokanson, Secretary



**CHANGING THE WAY YOU
SEE THE WORLD**

Name: _____ Email: _____

Address: _____ City: _____

County*: _____ State: _____ ZIP: _____ Phone (land line): _____

*Note: in city = C^oville; 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, paying particular attention to the tabs "Who We Are /History and /Mission" and "FAQs" and our club at www.ffc.avenue.org. If you don't have access to the Web, please contact a member for information about our 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 2018. (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 Committee
<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 Party Host

Other Club Work and Activities

<input type="checkbox"/>	Serve on Communications/Publicity
<input type="checkbox"/>	Serve on Fund Raising including Fridays After Five
<input type="checkbox"/>	Serve on Member Meeting Organizing
<input type="checkbox"/>	Serve on Event Planning and Organizing
<input type="checkbox"/>	Serve on Membership Committee

Community Activities and Service

<input type="checkbox"/>	Sponsor a JAG student
<input type="checkbox"/>	Work on a Community Project (e.g., International Refugee Committee, World Friendship Day, or outreach to community)

What areas of the world are of particular interest for an Exchange?

Asia__Canada__Europe__Eurasia__Latin America__Middle East__Africa__South Pacific__USA__

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