



# friendship force

## CENTRAL VIRGINIA

Changing the Way You See the World

# The Ambassador

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*President* ..... *Monica Notaro*  
*Vice President* ..... *Patty Sclater*  
*Treasurer* ..... *David Lea*  
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*Al Colville, Deb Winslow, Peggy Colville*

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*Events* .....  
*Fund Raising*..... *Dave Zabransky*  
*JAG*..... *Linda Burns*  
*Journeys* ..... *Deb Winslow*  
*Membership* ..... *Peggy Colville*  
*Outreach* ..... *Carol Donahue*  
*Webmasters*..... *Al Colville and Dave*  
*Zabransky*

March/April 2019

## President's Message

*Monica Notaro*

What new things are you excited about this spring? My friend, Rose said this is her favorite time of year when the daffodils spring forth in patches of yellow and white all around us. My friend, Linda liked more hours of daylight to enjoy the sunshine and outdoor activities. I'm sure we all could add to these and come up with a great list of our favorite signs of the season.

As for me...what I'm most excited about this spring is our club's **brand new website!**

Please check it out at the following link:

<http://www.friendshipforcecv.org>

Our goal is to make this new website a place members will want to visit regularly. For example, you may easily find the club's calendar and news about our current and future events. Please pass it on to friends and new people you meet who are interested in finding out what Friendship Force is about locally, nationally, and internationally.

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New visitors to our site can easily find more about us by reading our club's profile, or learn what is entailed in hosting someone visiting us, or what it is like to be an "ambassador" from our club when you visit another country or take a domestic journey in the USA.

In addition, we are in the process of updating our Policies and Procedures Manual, and it will be available in the near future. This document is not regulatory, but provides guidance on how our club operates. You can always call a Board member, but you can also leave us a message on our "Contact Us" area of the website and receive an answer from someone in a timely fashion.

The Board welcomes your ideas to make this website a user friendly place that is representative of what you would like it to be. We want to emphasize you are welcome to become more involved in any capacity in our club! For example, do you have an idea for an activity, or event you'd like to see included for club members in the upcoming months? Do you have a particular skill that may be helpful to the club? Would you like to write an article for our newsletter. Our club strives to be inclusive of all people's interests and talents.

Enjoy this new season...spring forward, everybody!

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### TRIVIA QUESTIONS

1. Who was the guest speaker at the January event?
2. What classic movie was enjoyed as part of the February event?
3. What city will our members be enjoying activities in for our April event?
4. The featured speaker(s) at the March event will focus on what country?
5. Name someone having a March or April birthday or anniversary.

If you find the answers, be the first one to text, or email Monica to win a secret surprise! She can be reached by email at: [salandmonie@yahoo.com](mailto:salandmonie@yahoo.com), or by text at: 608-358-0352.

### **Announcing FFCV's New Website**

Al Colville, Webmaster

Our club now has a great new facility for communicating with its members. The new address for our website is: <https://www.friendshipforcecv.org/>

Please give it a try and use it as one of your main sources of information about our club and its activities. From now on, all major communications to and from FFCV will be available at this new location. Some of the key features include a calendar of events that is updated instantly once a change is made, latest news postings of coming events, easy access to major features of the FFI website and historical listing of our previous journeys, both inbound and outbound. We hope it will help us in recruiting new members.

Of special interest to other Friendship Force clubs that may wish to visit us is a facility that allows our website to be translated into other languages. We also provide access to tourist type information

about both Central Virginia and the State of Virginia. Another special feature allows viewers of the website to contact our club directly by email. So please, give it a try and hope you will find it an excellent way to keep up with what is happening at the Friendship Force of Central Virginia. Let us know if there are any changes or additions that you would like to see in the new website.

## Events Committee in Action

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

### January Membership Meeting Update: Peggy Colville

Thanks to the many who came out for our January event “Soup and Dessert” January 26th at the Northside Library. We had 5 wonderful crockpots full of yummy soups and 5 delicious desserts. Our speaker for the day was one of our sponsored JAG students from Liberia, Captain Joseph Palay. His sponsor, Beverly Stewart, could not be with us that day so she asked her twin sister, Deborah Nixon, to introduce him. As her husband, Duncan, said “we could have just changed her name badge and most people would not have known it was not Beverly.” What an informative talk it was, with lots of slides.



Many questions at the end of the talk were followed by members and guests enjoying a meal together and socializing. Not only was Joseph’s talk captivating, his dreams are far more interesting. As he stated, someday he hopes to become “President” of his country.

### February Event at Omni and Paramount

FFCV had an event on Friday, February 22<sup>nd</sup> including lunch at the Omni Hotel and a screening of “Rear Window” at the Paramount Theater. About a dozen of our members enjoyed this outing, including Laura Keeton, who is pictured below.



You might want to take a closer look at Laura’s picture, particularly her feet. It appears she has three feet, but that’s not the case. She and Bob were in such a hurry to get to this event, she went running out of the house in her most comfortable shoes, her “house shoes.” After getting to the Omni and realizing this, she decided she must go purchase another pair of shoes after lunch. So, Bob and Laura went off on a shoe shopping adventure. After showing up at the movie, she showed us her purchase of these golden slippers that were just right for the occasion. Clearly, Laura, this was a moment to remember. Take note ladies, if you want a new pair of shoes, talk with Laura, she knows the way.

## **March Event**

**Save the Date: March 27<sup>th</sup>**

**Submitted by Peggy Colville**

After our February events at the Omni and Paramount, we will be meeting on March 27<sup>th</sup> at the Elks Club for our March Membership meeting. Some of you might remember when we used to meet there regularly. It is located at 389 Elk Drive off Route 20 in Pantops. They have changed management there and with that came some policy changes. Even so, we will still be able to meet in the large room on the pool side of the building. Our meeting will be on a Wednesday evening because that it is the only night we can get the room. It will be a buffet meal as always, but the buffet will be set up in another room. The buffet will be shared by Elks Club members as well as ourselves. The meal cost for the evening will be \$14.00 inclusive per person. Anyone wanting an alcoholic beverage can order one at the bar. We hope to have a Japan JAG student talk to us as well as have a presentation on Japan from the "journeymen" who went there last summer. Within this group there were a few who traveled to South Korea and Taiwan. They will also be telling us some highlights of their visits there.

Please be watching for the **Doodle Poll** on this event which will be coming out around the middle of March. It is VERY IMPORTANT you go to the Poll and register your name and let us know if you **will be coming or not**. If you just ignore the poll we do not know your intentions. Please, this is very important for all events. In this case we have to give the Elks club a pretty close count for the room set up and amount of food for the cook to prepare. This will be an excellent event to invite your friends to join us and see what your club is all about.

## **April Event**

**Save the Date: April 6<sup>th</sup>**

**Submitted by Dale Walden**

On Saturday, April 6<sup>th</sup> FFCV will head off to Lexington. We will visit several places of interest, have lunch (possibly Bull and Oyster Fest at the VA Horse Center) and allow time for you to explore on your own. Lexington is a Norman Rockwell town set in the Blue Ridge. More information will be sent to you the end of March.

Any one of us on the Events Committee would love to receive your ideas for future events for our club.

## **Membership Chairman's Report**

*Peggy Smith Colville, Chair*

As Membership Chairperson, I would like to ask all of you to continue to support the activities of our club. Please keep in mind, we can only be as strong as our weakest link. In trying to get new members, all of us need to continue to bring up how great the Friendship Force is among our friends. I am more than happy to follow up on any leads you may have. We should be directing any prospects to our website and newsletter which are great tools in letting new people know what we are all about. But then, that person needs your enthusiasm in getting them to a group activity or meeting. Membership of any club or organization is helped by people to people communication. One such opportunity will be our March 27<sup>th</sup> meeting at the Elks' Club where we will have a JAG student from Japan speak about his country and our members will speak about the wonderful exchange there this past summer. Hope to see you there and hopefully some new faces as well.

## **Fund Raising**

*Dave Zabransky, Chair*

Based upon the input received from the FFCV membership through the February 20<sup>th</sup> doodle poll, last year's fund raising efforts will support Literacy Volunteers Charlottesville/Albemarle. Its mission is to help individuals become better workers, consumers, neighbors, citizens and parents primarily through one-to-one tutoring. For further information, please visit their website [www.literacyforall.org](http://www.literacyforall.org)

The Club has received our first assignments from the Sprint Pavilion for the 2019 season. We have been assigned to work the beer carts at the **Rockn to Lockn Finals** on Saturday April 20, 2019 and at Fridays After Five on June 28, 2019. We'll need 8 volunteers for the April event and six volunteers for the June event. I will be sending an email looking for volunteers for the April event in the next couple of weeks, so please check your calendars!

## **JAG School**

*Linda Burns, Chair*

We had graduation for our two Basic students, 1LT Kimura and CPT Palay. Duncan and Deborah Nixon attended. Thank you. Hope it was an enjoyable event for you.

With our basic course students leaving, we had new students who arrived February 25<sup>th</sup>. These students are CPT Islam Mohamed *from Egypt* and 1LT Salem Rhama *from Kuwait*. We have sponsors for these two students, Judy Lesiak and David Lea. It is always a pleasure to spend time with these talented individuals. You may want to think about being a sponsor in the future

## **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.

## **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 7<sup>th</sup>. 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 additional home 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.

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

David Burns

### 2020 Outbound Assignments – Northeast and Mid-Atlantic Region

As the FFI Field Rep for the Northeast and Mid-Atlantic Region, I am really pleased to report that for the first time in many, many years all of the clubs in our region who requested one received outbound journeys for 2020. FFCV was awarded a two week journey to Brazil, to the clubs located in Campinas and Blumenau (see separate article on these locations). Brazil was our second choice among those we requested last November. We also will be hosting a club from Penticton - Okanagan, British Columbia, Canada in 2020. Several of the clubs in our region received interesting assignments, and all of you need to remember that if any of these clubs cannot fill their ambassador quota, folks in our region get first shot at filling them, as opposed to the rest of FFI. Here is the list of what our region received for outbounds:

Greater New Hampshire	Toulouse, France
Connecticut	Cornwall, England
Long Island	Sydney and Sunshine Coast, Australia
Boston	Lamphun, Thailand
Greater Harrisonburg, PA	West Alajuela, Costa Rica and Tbilisi, Georgia
Southern New Jersey	Salisbury and Blue Mountains, Australia
Richmond, VA	Ottawa, Canada
National Capital Region	Greater Taipei and Taichung, Taiwan
West Virginia	None requested

### FFCV 2020 Outbound Assignment

Our 2020 outbound assignment to Campinas and Blumenau, Brazil gives us an opportunity to go to a country FFCV previously has not visited. In addition to homestays in the two cities we also will have an opportunity to visit Iguazu Falls, the largest waterfall system in the world. Recommended date for the journey would be October, 2020

## Campinas, Brazil



**Campinas** is a city in [São Paulo state, Brazil](#), and the core municipality of the [Grande Campinas](#), a metropolitan area with 2.8 million people, the second largest in the state after [Grande São Paulo](#). Campinas is a major center of industry, services and research, holding the 11th highest GDP of Brazil and being responsible for 15% of all scientific research of the country. The city is home to State University of Campinas (UNICAMP), considered (QS Ranking 2012) the second best university in Brazil and the third best of Latin America. For a visitor, besides the obvious business/academic opportunities, Campinas offers the shopping, gastronomy and nightlife typical of a large city, but with ease of access to the beautiful landscape and the scenic towns of the Mantiqueira mountain range. Campinas also hosts a considerable historical heritage from the late 19th century, associated with coffee farming during this period.

## Blumenau, Brazil:



Located in the Itajaí Valley, **Blumenau** is the 3rd biggest city in Santa Catarina State, with approximately 298,603 inhabitants. The city is in an average altitude of 14 meters above the sea level and its municipality has 510 square kilometers. Blumenau and the surrounding regions became home to a large number of German immigrants in the late 19th century, leading to a culture that's distinctly different from the common image of Brazil. After Germans, the second largest ethnic group is Italians. The Oktoberfest is held every year in October, and is the world's second largest beer festival. It attracts over one million tourists during the sixteen or seventeen days it's held. German-style half-timbered buildings line XV de Novembro Street, site of an annual Oktoberfest parade. At one end of the street, the Beer Museum exhibits equipment from the city's brewing history. The Hering Museum tells the story of the city's famed clothing manufacturer. To the north, Itoupava Village is a farming community that preserves the culture of German immigrants.

## Iguazu Falls, Brazil



The exquisite **Iguazu Falls** are also known as the Iguassu Falls and the Iguazu Falls. The magnificent spectacle of these 275 individual drops has awed tourists, locals and indigenous inhabitants for centuries. They originate from the Iguazu River and are located on the border of Brazil (in the state of Paraná) and Argentina. In fact, the Iguazu Falls are what divides the river of the same name into its upper and lower portions, a fact that has given rise to several myths and legends as to their origin. This river forms the boundary between Brazil and Argentina, making it a significant part of the political and geographical structure of the continent of South America. The Iguazu Falls stretch in width for 2.7 kilometres (or 1.7 miles). Their height varies between 60 metres (200 feet) and 82 metres (or 269 feet). This makes the Iguazu Falls taller than Niagara Falls and twice as wide.

Special walkways have been built around the Iguazu Falls to allow visitors to get close up to this wonder of their natural beauty and power. A long pathway along the canyon (on the Brazilian side of the falls) is complemented by helicopter flips over the water to allow a completely uninterrupted, unlimited experience of the splendour of Iguazu. Busses of visitors arrive frequently, and travellers are encouraged to arrange such tours well in advance to secure their trip. The Iguazu Falls are so

exquisite that they have been used as the backdrop for many films, including Happy Together (1997), Mr. Magoo (1997), Miami Vice (2006) and Indiana Jones and the Kingdom of the C.

## Major Changes to Open World Program

Open World (OW) is a ten-day program which brings emerging leaders from [Eurasia](#) to the [United States](#) to engage with professional counterparts. The program was established in 1999 to foster cultural and political ties with Russia but has since expanded outreach to other countries of the post-Soviet region. Recently there have been major changes in how the OW program will work. First, the program is being expanded to include other countries; I believe those in Latin America and Africa. Second, in the past OW would contact FFI, asking if a club could tackle a particular topic and host a small group of professionals interested in that topic. You may remember in 2016 FFCV was asked to host several folks from Tajikistan who wanted learn about government structures below the state level, which we did. My understanding is FFI was getting the “left overs” of topics other organizations, such as Rotary, could not fill. That will change with us getting priority. In the future, FFI will let OW know on an annual basis what subjects/themes the clubs can provide, and FFI is going to request each club interested in hosting an OW group put together a list of themes they can support. The list can contain whatever topics the club believes can be supported and I believe is wide open in terms of themes. Themes FFCV might want to look at include “Development of the Declaration of Independence and U.S. Constitution”, “Development of Vineyards and Wineries”, or “Education and Professional Development in Medicine”. If you have a suggestion for a theme please contact anyone on the FFCV Board of Directors. Also, for those of you not familiar with OW, I have requested FFI put together a video, webinar, or briefing on the program and they promised to do so soon.

Be sure to check the journeys available on the Friendship Force Website:  
<https://www.friendshipforce.org/journeys>

### Please welcome our officers, board members, and committee chairs for 2019:

President	Monica Notaro		Board Member	Dave Burns
Vice President	Patty Sclater		Board Member	Linda Burns
Secretary	Pam Hokanson		Board Member	Al Colville
Treasurer	David Lea		Board Member	Peggy Colville
			Board Member	Deb Winslow
Communications	Sally Zabransky		Journeys	Deb Winslow
Events	Run by Committee		Membership	Peggy Colville
Fund Raising	Dave Zabransky		Outreach	Carol Donahue
JAG Schools	Linda Buns			

## Member News

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

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



David Burns	3/11
Barry Doucette	3/12
Sal Notaro	3/16
Linda Burns	3/25
Pam Hokanson	3/29
Sally Zabransky	4/4
David Winer	4/15
Patricia O'Connell	4/24
Barbara Drinkwater	4/26
Paul Hokanson	4/27



Walt and Patsy O'Connell	3/14
Al and Peggy Colville	3/17
Laura and Bob Keeton	3/20

*Did we miss your special day?*

*Let Peggy Colville know so we can update our records  
434-589-2844 [peggysmith1@hotmail.com](mailto:peggysmith1@hotmail.com)*

**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.

## Show Your Club Logo with Custom Merchandise



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.

