



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, Peggy Colville

Committee Chairs

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

May/June 2019

President's Message

Monica Notaro

I hope you are enjoying the longer and warmer days!

Last Saturday, May 11, some of our members participated in the 16th Annual Festival of Cultures in Charlottesville's Washington Park. The rain held off until 2:00 p.m. and even then spirits were not dampened! Friendship Force was one of 39 non-profit service agencies and 36 cultures represented at tables to share information. There were 23 performers who provided lively entertainment on the Pavilion stage, and delicious international food was available from 8 vendors. We are looking forward to finding opportunities to coordinate with other agencies around common goals. Ideas and feedback are always welcome! You can send us an email by clicking on "Contact Us" when you are checking on "Upcoming Events" on our website: <http://friendshipforcecv.org>

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The festival was another reminder that we are more alike than not alike. I would like to invite you to help us get the word out about Friendship Force and grow and improve our club. Do you have friends, or family who:

- Like meeting people
- Like learning about new places and cultures
- Want opportunities to travel safely and inexpensively

Come yourself, and if possible bring someone with you to:

C'ville Coffee (in the adult room)
1301 Harris Street n Charlottesville
Any 2nd or 4th Thursday from 9:30-11:00 a.m.

Friendly members of our club will be there and welcome you to join in conversation and share information. No need to register. Just stop by.



TRIVIA QUESTIONS

1. Where was the March meeting held?
2. What is the name of Pam Hokanson's brother?
3. What event will be held June 15th?
4. Who did Al and Peggy Colville host from Flathead Valley, Montana?

If you find the answers, be the first one to text or email Monica to receive a \$5 certificate for C'ville Coffee! She can be reached by email at: salandmonie@yahoo.com or by text at: 608-358-0352

Events Committee in Action

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



MYSTERY TIME IS JUST AROUND THE CORNER – OH YES!

By Peggy Colville

We will be holding our Annual Mystery Dinner on **June 15th** (This is a change from the original date of June 8th.) For all of you who are new to this activity, it is a great way for all members to get to know each other in a small setting, with food, conversation and hopefully some laughter.

The evening goes something like this. The hosts will let me know the entre' they plan to serve that evening. We will check with members to make sure everyone would be happy with their main course. The hosts will not know who will be coming to their house and what side dishes they will be bringing. The hosts will only have to prepare the entre' and drinks for the evening. The guests will be asked to bring a side dish or dessert to share. If they would like to bring a bottle of refreshments, I am sure the host would not mind. Some years we have had hosts who wanted to have a theme for the evening but that is entirely up to them.

This has always been a fun evening and we are looking forward to organizing it again this year. Last year we had more participation than ever before. I am hoping we can build upon that and have even more of our members enjoying the evening this year.

We will be sending out a Doodle Poll around the first of June asking for hosts and guests to sign up.

Ask yourself – WHY NOT – LET'S DO THIS THING UP RIGHT AGAIN THIS YEAR WITH LOTS OF HOSTS AND GUESTS!! YUMMY, YUMMY

March Membership Meeting

Peggy Colville, Chair

We had a great time at the Elks Club for our March membership meeting. Monica started us off with a nice welcome and invitation to a great meal. There were 22 people in attendance, three prospective member guests and Major Kentara Suwa, the JAG student who was our speaker from Japan.

Our program also had a presentation from Al Colville and Susan Roberts on the club's trip to Japan, South Korea and Taiwan last May.



Inbound Journey

Friendship Force of Flathead Valley, Montana

By Peggy Colville

What a wonderful week we had with the folks from the Friendship Force of Flathead Valley, Montana. I can't say thank you enough to all the club members who jumped in and made this exchange so successful. And I can't speak for everyone, but the Ambassadors Al and I hosted, Twila and Bud Moss, were very happy with the format of the exchange. After spending a week in Richmond, they were ready for a little down time. They loved having their afternoons free to come back to the house and relax, although I must say Bud really relaxed in our stressless chairs as he was asleep within minutes. I believe we are due a commission, as they were talking about buying two of those chairs when they got home.

I know the timing was not right for some of our members, but I was truly surprised to look back and see we had all but 14 of our members participating in one way or the other, opening up their homes to host people, doing day hosting, having small dinner parties and coming out to the farewell party to wish them well on their journey home. Al and I would love to have your feedback as we would like to have a follow up meeting to see how we could improve all exchanges to come. We will also be sending out a request to the Montana Club to get their feedback.



On the steps of the UVA Rotunda



At Ashland-Highland with James Monroe



At Monticello with Thomas Jefferson

Fund Raising

Dave Zabransky, Chair

A big thanks to our volunteers, Peggy and Al Colville, Laura Keeton and her son, Bev Stewart, Monica Notaro, Vern Buchanan and Deb Winslow, who braved the cold, rainy weather at our first fundraiser of the year, the **Rockn to Lockn Finals** on April 20th. We just received a check for \$270 this event. We will need 6 volunteers for our next event, Fridays After Five on June 28, 2019. I will be sending an email looking for volunteers for the June 28th event in the next couple of weeks, so please check your calendars!

JAG School

Linda Burns, Chair

Graduation for our three-month students was on May 15th at the JAG school. The Graduate course students are graduating on May 30th. Dave and I plan to attend along with the Colville's. I hope others sponsors can be there. We wish all our students the best and a safe trip home.

Journey Committee

Deb Winslow, Chair

2019 Inbounds: We have just completed our FF Flathead Valley, Kalispell, Montana inbound and Peggy Colville wrote a wonderful article about that journey.

Our next inbound is Saratov, Russia. Their visit starts September 16 and we are in need of a host coordinator with assistance from a committee to help plan an exciting journey for our guests. Keep your eye out for a doodle poll in the near future.

2019 Outbound: Our fall trip to the Sunshine Coast and Bundaberg, Australia and Marlborough, New Zealand is in the works. The journey will take place in October/November. Pam Hokanson with support from Dave Burns will be the Ambassador Coordinators. Information about this wonderful trip will be coming out soon.

Outreach

Carol Donahue, Chair

We have had quite a few members that needed a shoulder this past quarter. Still needing prayers and positive thoughts are Joanne Harris, Walt O'Connell, David Wirth and Sal Notaro. Also, remember to keep their caregivers in your prayers.

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 or 434-589-7613.

News from FFI

David Burns

Join the Fun! (Even if not with Friendship Force of Central Virginia)

As a member of FFCV I would hope you are aware there are many ways to experience Friendship Force journeys without going on one assigned to our club. As you also should know we generally only have one international Club-to-Club Journey a year, though that journey can consist of visiting more than one club. However, the opportunity to experience Friendship Force homestays and other activities does not stop there. A number of years ago I was in an interesting situation as I had been elected FFCV President, but low and behold had never been on an outbound (at that time "exchange") journey. Looking at the FFI website I found a rather interesting Global Journey "Discover Argentina", which was a combination of hotel stays and tours of Buenos Aires and Iguazu Falls, followed by a home stay with the FF club in Villas Maria, Argentina. Having never been to South America, Linda and I bit and it became our first journey. What was interesting, and this is true of most FFI Global Journeys, is there is no "lead" club and participation is by individual FFI members, not clubs. In our case, ambassadors for the journey included folks from clubs in Florida, Ohio, California, North Carolina, and Virginia. We selected one of the folks from California to be our Ambassador Coordinator (then known as Exchange Director), since he had quite a few journeys under his belt. In summary, this was a great trip as we got to see and tour both Buenos Aires and Iguazu Falls (unbelievable), and spend time with fabulous hosts in Villas Maria. Yes, the costs were considerably less than if we had been on our own, but the best part of the journey was getting to know the folks in Villas Maria. This was a number of years ago and to this day we still communicate frequently with not only our host and her two children (they are now in their 20s), but a number of other folks from that club we met and got to know on that journey. That is what Friendship Force is all about.

So what does this mean to you? I would hope you are signed up for FFI communications, most importantly the monthly US eFlyer. Next, you can go to the FFI website to look at the Journey Catalog that lists upcoming journeys by region. Finally, the FFI website posts a "Complete List of Upcoming Journeys" that allows members to see who is going where. The eFlyer is a great vehicle for clubs to

advertise vacancies for upcoming assigned Club-to-Club Journeys and for Global and other journeys open for U.S. members. A quick peak at the latest eFlyer shows various clubs are looking for people to fill slots in international journeys going to various cities/towns in Germany, Hungary, Romania, and Canada, domestic journeys to Wyoming and Pennsylvania, and Global Journeys to Brazil, Chile, Japan and Iceland. We have a number of members who have taken advantage of these programs (right Dale Walden, Deb Winslow and Patty Sclater?) and you might want to bend their ears when you see them. If you are interested in visiting a specific country or region, check out the Journey Catalog that lists journeys to various world regions open to members worldwide. The other resource, the “Upcoming Journeys” listing is found under the “Member Resources” tab on the FFI website, and lists all upcoming Club-to-Club Journeys. Scroll through the listing, look for where you would like to go, and then contact the ambassador coordinator for the journey to see if they have a vacancy. FFI supports an amazing array of journeys and they are there for you if you want to travel, learn new cultures, and meet new friends. And of course, there is the cost factor. For the most part, I doubt you can find experiences in foreign travel anything like Friendship Force offers for such a low cost. Check it out!

Be sure to check the journeys available on the Friendship Force Website:

<https://www.friendshipforce.org/journeys>

A Nice Friendship Force Story

Dave Burns, FFI Field Rep, Northeast and Mid-Atlantic Region

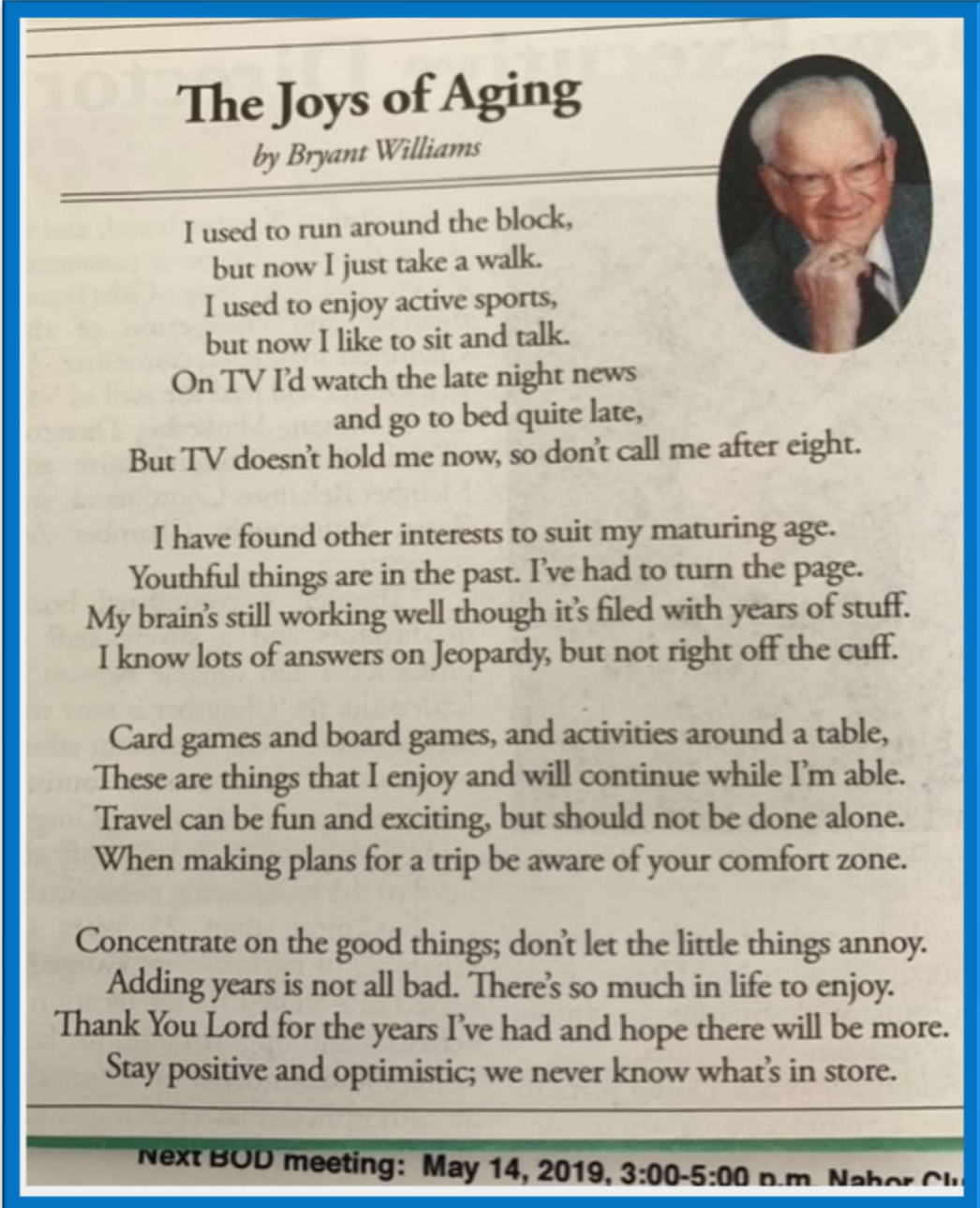
Last year, Pam Hokanson’s brother, Mike, tragically lost his wife of many years, and Pam recommended he look into joining the Friendship Force club in his area. Mike did just that and went on his first outbound journey late last year, participated in the recent FFI-sponsored “Festival at Sea”, and just completed his first home hosting. Here, with Mike’s permission, is what he recently posted on Facebook:

“I just completed a week of helping to host the Friendship Force group from Ottawa Canada. It was my extreme privilege to host Mervin and Jessica Sullivan. They are the most gracious people. It is amazing how complete strangers can walk into your house and spend a week with you and then walk out as your best friends. We had a wonderful time introducing our friends from Ottawa to the Oklahoma culture. Friendship force is a wonderful organization.”

Mike Kruck, The Friendship Force of Oklahoma

Article submitted by Linda Burns

Dave and I were at Lake Lure a couple of weeks ago and I was reading the local newspaper, The MountainBreeze, when I came upon the following poem. I thought it was quite fitting for our group, or at least for Dave and I. I hope you enjoy it.



The Joys of Aging
by Bryant Williams

I used to run around the block,
but now I just take a walk.
I used to enjoy active sports,
but now I like to sit and talk.
On TV I'd watch the late night news
and go to bed quite late,
But TV doesn't hold me now, so don't call me after eight.

I have found other interests to suit my maturing age.
Youthful things are in the past. I've had to turn the page.
My brain's still working well though it's filed with years of stuff.
I know lots of answers on Jeopardy, but not right off the cuff.

Card games and board games, and activities around a table,
These are things that I enjoy and will continue while I'm able.
Travel can be fun and exciting, but should not be done alone.
When making plans for a trip be aware of your comfort zone.

Concentrate on the good things; don't let the little things annoy.
Adding years is not all bad. There's so much in life to enjoy.
Thank You Lord for the years I've had and hope there will be more.
Stay positive and optimistic; we never know what's in store.

next BOD meeting: May 14, 2019, 3:00-5:00 p.m. Nabor Clu

Member News

Copies of the Ambassador Newsletter are available on our Web site, www.friendshipforcecv.org

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



Monica Notaro	5/4
Albert Colville	6/16



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Monica and Sal Notaro	5/4
Dave and Linda Burns	5/9
Mark and Margaret Dryer	5/16
Pam and Paul Hokanson	6/12
Bob and Dee Schwagerl	6/16
Peggy and Orion Birdsall	6/26

Did we miss your special day?

*Let Peggy Colville know so we can update our records
434-589-2844 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, 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 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, 434-591-0532) and he will add it to the store front.

