



friendship force
OREGON'S
MID-WILLAMETTE VALLEY

Friendship Connections

The Friendship Force of Oregon's Mid-Willamette Valley
Club of the Year — 2000

What a Great Exchange! July 12 - 17

The Florida Exchange is now a thing of the past, but never to be forgotten. We had such good cooperation from our members. Thank you to hosts Kay Macpherson, Kathy Butler, Evedene Bennett, John and Beth Stefan, Art and Marilyn Bervin, Louise Claassen, Ed and Joyce Dart, Ann Sickles, Ted and Rita Powell, Paul and Mary Ann Scheele, Pat Byers, Polly Davenport, and especially to Juanita and Lloyd Weigel who hosted three ambassadors. Sixty-five were in attendance at the Welcome Potluck at the Weigels'. And, the food, well, our members outdid themselves. Another thank you goes out to Joyce Dart who did all the beautiful, typical Oregon-type decorations for the dinner and to Donna and Juan Ulep who provided the beverages.

Kay Macpherson and Barb Callner planned an outstanding trip to the Hatfield Marine Science Center on Tuesday and 26 of our members enjoyed that experience. Those of us who attended learned new things about parasites on shrimp, sea-stars, mole crabs, and clams. Plus we viewed a large male octopus and learned how to determine an octopus' sex. So, next time we meet an octopus we will know whether it's a "he" or "she".

On Wednesday, 25 of our members and a soon-to-be new member plus the 20 ambassadors trekked to the Thyme Garden for a delightful tour of the garden and salmon restoration area. After the tour all enjoyed a fabulous meal of grilled wild fresh salmon, fruit salad, three kinds of fresh made breads and three different spreads, herb flower salad, pesto and veggie salad, dilled cucumbers, green beans with almonds, lemon verbena cheesecake, lemonade, and iced rooibos spiced tea. Yummmmm!

Following the marvelous lunch, some went to visit Alsea Falls. Unfortunately, one of the ambassadors, Elaine Orlando, slipped on some gravel near the bottom of the falls and broke both bones in her right ankle. Miraculously, an emergency nurse from the Salem Hospital came down the trail, followed by a young man with ice and duct tape. Using a small pillow donated by Polly Davenport, they made a splint for the ankle while we awaited the arrival of a marvelous team of EMT's. They put Elaine on a rescue stretcher and hoisted her up the hill to the ambulance. They delivered Elaine to the Good Samaritan Hospital in Corvallis where she had surgery the next day. Fortunately, Elaine had travel insurance - wise woman!

On Thursday, sixteen from our club joined the ambassadors to enjoy the beauty of Multnomah Falls. That delightful trip was planned by Jan Doerfler. Snacks of buffalo jerky and blueberries were enjoyed by the adventurous travelers. Some had lunch in the lodge, some ate at the snack bar, and some brought picnic lunches to enjoy in the beautiful surroundings.

Members who enjoyed every excursion on the exchange included Pat Byers, Ed and Joyce Dart, Polly Davenport, Dorothy Garrett, Carol Hall, Cheeri and Van Nichols, Gerald and Carol Rucks, Ann Sickles, and John Stefan. That's the way to support your organization! Thank you!

Friday was a "Free Day" for hosts and ambassadors. Some enjoyed the Art Fair in Salem, some went to see the Lava Beds, some visited Wildlife Safari, and some enjoyed the Guthrie Park music after another delicious potluck supper.

On Saturday the ambassadors boarded the train in Albany or Salem for their next homestay in Portland and surrounding areas. Hugs and tears were exchanged as we bid farewell to our friends from Florida, Canada and Minnesota.

A big thank you to all those who assisted with the planning of this exchange and a special thank you to Warren Harmon, photographer; Marlyn Peterson, booklet producer and photographer; Bun Doerfler, treasurer; and the day hosts: Van and Cheeri Nichols, Juan and Donna Ulep, Marilyn Peterson, Don and Jan Grove, and Dorothy Garrett. It is no wonder that our club was voted "Club of the Year" in 2000, and ten years later we're even better!

Article by ED Dorothy Garrett

Picnic at 2pm!

August 8, 2010 Gathering, 2pm: Annual Meeting and Picnic Potluck Full details on page 6

CHANGING THE WAY YOU SEE THE WORLD

President's Greetings



We have finished another successful exchange, and I hope that all the host families are recovering so they can be involved with our next exchange on October 1 with our Japanese ambassadors. At our welcome dinner I think that everyone did an outstanding job for the potluck as we had lots of different types of food. If anyone went home hungry, it was their own fault. We had one mishap with Elaine from the Florida exchange breaking her ankle in two places. Our ambassadors seem to have had a good time, and I even experienced two new locations on this exchange that we visited. Everyone raved about the Thyme Garden. My ambassadors enjoyed an extra experience while visiting the Guthrie Community Hall and listening to the local farmers play old time music on their different instruments. They made up quite a band and played well together as there was always at least 12 to 23 playing instruments from time to time, we heard hillbilly songs, old time music, and some ballads.

I hope that we have a good turn out on August 6 at 2PM at the OSU credit union in Monmouth to help Van Nichols plan our Incoming exchange for October 1 -8 with Saitama, Japan. Van will need some ideas and help. I have always said that the best thing about our club is the volunteers that we have; that is what makes everything so fun.

Our August meeting will be our annual picnic with more food. It looks like we are always thinking about food but food brings a lot of people together. At our annual meeting we are going to be electing officers for our 2011 year so I hope that you will be there to vote for them and encourage the nominees what fun they will be having. If you want to nominate anyone make sure that you have their permission, so please don't surprise anyone.

We have lots of activity planned for September and October so plan on being busy and involved with our activities. It will be a good way to start the fall season. See ya'll in August at the picnic and bring your ideas on what you would like to see happen in the club.

The nominating committee has met. Election of officers will occur at the August 8 gathering. The newly elected officers take office in January, 2011. Nominations may be made at the August meeting, but please obtain the permission of the potential nominee before making the nomination.

Juanita



Fun at the Hatfield Marine Science Center Photo by Marilyn Bervin



All Aboard! Photo by Art Bervin

Friendship Force Pledge

As a member of the Friendship Force, I recognize that I can make a difference. I recognize that I have a mission. That mission is to be a friend to the people of the world. As I embark upon this adventure, I know that others will be watching me. I know that through my example to my fellow citizens and the people of other nations, the cause of friendship, love and peace can be furthered. I can make a difference.

Board of Directors 2010

Officers:

President: Juanita Weigel 503-375-9967
rufus2000@comcast.net

Vice President: Marilyn Bervin 541-929-5633 bervins@peak.org
Louise Claassen 541-928-8057 louclasen@comcast.net

Secretary: Cheeri Nichols 503-581-1414 vpncheer@comcast.net

Treasurer: Van Nichols 503-581-1414 vpncheer@comcast.net

Standing Committees:

Past Presidents: Kathy Butler 541-926-9897 f4192butlerkw@comcast.net
Dorothy Garrett 503-838-0274 globetrek3r@yahoo.com

Sunshine: Sue Stein 541-928-4003 sstein123@comcast.net

Membership: Marilyn Bervin 541-929-5633 bervins@peak.org

Historian: Warren Harmon 503-3991654 warrenharmon@q.com

Archivist: Rosella Workinger 541-926-4105 rworkinger@comcast.net

Newsletter/website: Marilyn Peterson 541-926-7431 peterson.marilyn@comcast.net

Merchandise: Dorothy Steward 503-364-3969 dstewart854@msn.com

Club Exchange Directors—Outbound

May 2010 Tbilisi, Georgia Juanita Weigel
Oct. 1 - 8, 2010 Saitama, Japan Van Nichols
2011, Kaohsiung, Taiwan
2011, Northern Colorado

Club Exchange Directors—Inbound

July 12 - 17, 2010 Florida - Dorothy Garrett
2011 Whangarei and Wanganue, New Zealand

Adventures in Georgia (part 2) by Cheeri and Van Nichols

The exchange was not the end of the adventure in Georgia. We extended our stay for another six days. The six days involved a lot of travel time on a small bus over rough roads sometimes occupied with livestock or vehicles coming at us till the last minute. Our tour started with a daylong ride up into the mountains. The road was winding, steep and perched on the edge of cliffs, but the scenery was worth it.

We arrived at our destination travel weary and ready for a nice relaxing evening. The guesthouse at least had a bedroom for each couple or single ambassador. However, there was only one bathroom. It was late and we were hungry. No food was in evidence and the kitchen did not show any signs of preparation. As if by magic a meal appeared in about 45 minutes. Unbeknownst to us there was a kitchen in another building where the chicken was being fried up and other tasks preformed.

One person decided she would take a bath that night to erase all the travel grime from the day. She had a nice hot bath and presumably slept well. The next morning we found no hot water in the guesthouse. Apparently the instant hot water heater decided to take a break. We huddled around in the cold with no opportunity to enjoy a little warmth from a bath or even sink full of hot water and wondered what the rest of the day held in store for us.

After breakfast we divided up into several small vehicles for a drive up the mountain to a monastery. Several members decided to stay at the guesthouse near the single bathroom. There must have been something in last night's dinner. For the rest of us we were off to a high adventure.

Up, up, up a steep deeply rutted muddy track. What a way to start the day going up a mountain path with extreme switchbacks hanging on to the edge of a cliff. Rocks appeared unexpectedly in the track, which the driver dodged expertly. The cars were small, 4 wheel drive, with a compound transmission to get to an ultra low gear. A lot of the climb was in the lowest gear 4-wheel drive.

After a 45-minute climb to 2000-meter (6,500 feet) elevation we ended up at the Holy Trinity Monastery. It was built in the 1400's to hide treasures from invading Turks. All the materials and water were carried to the site on oxen. The stones in the church walls were at least 2'x4' and 2' thick.

Behind the church stands Ice Mountain. It is 5,700 meters (18,500 feet) high. The view from the grounds could not be captured with a mere camera. Snow capped mountains behind, a valley below and on the other side of the valley, more mountains. The grounds are grassy with yellow, purple and white flowers.

The church is built in the shape of a cross with a high dome; this style is common in Orthodox churches of the era. Workers were busy roofing an addition adjacent to the church at a lower level. We were told there is a guesthouse—maybe this structure. The monks have cells below the church plaza. They have electricity, hot and cold water and gas (hot water would have been nice at our guest house).

The church is medium in size. A lot of icons hang on the walls. During the Soviet times all of the frescos on the walls were painted over with white paint. There is a large wooden throne. A stand in the center of the church with an embossed silver icon has the images of the Holy Trinity.

The trip down the mountain was not as frightful as the trip up. The surprise came when we reached the bottom. Instead of turning towards the guesthouse we went in the opposite direction. We were following a roaring river—white water. Juanita said she would like to have her kayak to go down the river. However, it looked too rough for any thought of floating down stream to any sane person. Even Juanita had a change of heart after going along the river for a few kilometers.

After about 30 kilometers we came to the end of the road or at least as far as we could go without a visa to visit Russia. We were stopped on the Georgian side of the border with Russia. There is a neutral zone between the Russian and Georgian border checkpoints. We could not see the Russian checkpoint. The guard said "no pictures of guards". It is okay to take photos of buildings, but not people. Some cars passed through while we were there. Armenians can pass. A car with a Russian license went through.

Cheeri went down the road to take a photo of a new church under construction. A guard came out and prohibited the taking of pictures. We managed to take some from the car as we passed on our return to the guesthouse. We have no idea about why the building of a church should be a big secret.

It was a great beginning for our bus tour of Georgia. This country is full of surprises and extremes. We ended up going from Russia on the North to Turkey on the West; from the heights of the Caucasus to the Black sea, from extreme cold in the mountains to tropical heat at the Black sea. This was a Friendship Force experience to remember.



Cool ambassadors enjoy a spectacular view
Photo by Nichols



Border crossing Photo by Nichols

Exchange News

Inbound from Saitama, Japan, October 1 - 8, 2010, ED, Van Nichols

Saitama is the capital and most populous city of Saitama Prefecture in Japan. It is located about 20 kilometers north of Tokyo. The city was established on May 1, 2001 by incorporating the former cities of Urawa, Omiya, Yono and Iwatsuki.

Just because the city is young does not preclude ancient monuments. Hikawa Shrine is a major Shinto shrine in the Omiya district of Saitama. It claims to have a 2400-year history.

We will be hosting 16 ambassadors from Saitama. There are 4 couples, 7 single women and 1 man. They will be arriving October 1 at 8:15 in Portland. Planning for this exchange comes right on the heels of the exchange from Florida. We need to pull together to make this one of our memorable events.

A few more hosts are needed. There is still an opportunity to become involved in planning. Help is needed for host/ambassador matching, transportation, welcome and farewell events, and excursions. Please call Van Nichols, 503-581-1414 or email vpncheer@comcast.net to get in on the action. We need a total of ten hosts. You do not have to fill out a host application form if you filled one out for the Florida incoming exchange. Please contact Van right away. We already have the ambassador list from Japan. None of the applicants are smokers. We would like to start matching them next week if possible.

There will be a planning meeting after the August 6 board meeting at 2pm OSU Fed Credit Union in Monmouth next to BiMart on highway 99. Please attend and help make this inbound exchange a success.



Hikawa Shrine

Exchange Directors Urgently Needed

Inbound 2011 August exchange from Whangarei and Wanganue, New Zealand

Outbound 2011 November Kaohsiung, Taiwan

Outbound 2011 Northern Colorado

Contact Juanita Weigel to volunteer. Often two people share the exchange director position and the planning is traditionally done as a group. Many hands make the burden of being an ED much lighter and much more fun. Please consider volunteering today.



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2010– 2011 Calendar

August 6 - 1pm Board meeting OSU CU in Monmouth

**August 6 - 2pm Planning meeting Saitama Inbound
OSU CU in Monmouth**

Sept. 11 - Moonfall Theatre 6:30pm

**Sept. 19 - Club Gathering
Monmouth Fire Station 2pm**

October 1 - 8 Saitama. Japan Inbound

October 16 - 18 - FFI World Conference, Washington DC

2011 - Northern Colorado outbound

2011 Kaohsiung, Taiwan outbound

**2011, Nov. - Asia Pacific Loy Krathong Festival
Lamphun, Thailand**

Membership Application or Renewal

Annual dues cover the cost of the monthly newsletter and expenses for exchanges and activities of the Friendship Force of Oregon's Mid-Willamette Valley, as well as membership in Friendship Force International, which provides discounted prices on exchange travel and other benefits.

Memberships expire on December 31

Annual dues: Individual: \$27.00 Couple: \$50

This is a NEW _____ or a RENEWAL _____ Application

(please print clearly)

Name: _____

Name: _____

Address: _____

City : _____ State _____ ZIP _____

Dues enclosed: (\$27.00 individual or \$50.00 per couple)
\$ _____

Phone: _____

Email: _____

Mail To: Friendship Force, PO Box 1703, Albany, OR 97321

Sept. 11 Moonfall Theatre: Tickets Now on Sale

This year we get to experience Moonfall Theatre all over again!! Those of you who have enjoyed this in the past know how much fun we have. Those of you who have not had the chance to be part of this are missing a very enjoyable and humorous evening.

In order to be part of this fun evening this year, we need to start making tickets available. We are their opening night audience again – September 11. We get to cheer them on – even if they experience an opening evening “boo boo”. The evening starts at 6:30pm with finger foods followed by the entertainment which we will all enjoy.



Tickets are on a first come first serve basis, and you might even want to share this fun evening with friends. Tickets cost \$20 each and can be purchased by sending your money, along with a stamped self addressed envelope to Kay Macpherson, 5954 SW Balsam Dr., Corvallis, Oregon 97333. I will return your tickets in the stamped envelope that you provide.

The proceeds from this evening will go to some organization to be decided upon by the board and club members. Suggestions of which charity should receive the money are welcome. Please send your ideas to any board member or attend the August 6 board meeting. Our annual meeting on August 8 will be another opportunity for discussion.

Remember to bring your yummy finger foods and help us enjoy another great evening with great cast and great friends. Volunteers to help in the kitchen and to help with clean up are needed. Please contact Kay to help.

Hope to see you all there.

Article by Kay Macpherson



JAPAN: Summary of the 2000 CultureGram by Rita Powell

Land and Climate: Japan, with its 4 main islands: Honshu, Hokkaido, Shikoku, and Kyushu, is just smaller than Montana. It has four seasons, and varies from bitterly cold on northern Honshu to a more tropical climate in the south. The western side is colder than the Pacific side. Japan is subject to typhoons in September. It has many dormant and a few active volcanoes. Mild earthquakes are fairly common and more destructive ones occur every few years.

History: Known as the “Land of the Rising Sun,” Japan’s flag symbolizes that designation. Beginning with Emperor Jimmu in 600 B.C. (according to legend), Japan has had a line of emperors that continues to the present. From the 12th to the late 19th century, feudal lords (*Shoguns*) held political control. They expelled all foreigners in the 17th century. Not until 1853 did Japan have contact with the West again. Through military victories, Japan established itself as a regional power from the 1800s until WWII. A military occupation, chiefly by U.S. forces lasted from 1945 until 1952. Under the direction of the U.S., Japan adopted a new constitution in 1947 declaring itself a democracy. Japan’s postwar focus on economic development produced rapid change. But, in 1998, facing severe economic woes, the nation slid into recession, in conjunction with a wider Asian economic crisis. A newly elected leader, Obuchi, who became prime minister, set out to stabilize the economy. In 1999, he cut taxes and increased government spending. Conditions improved slightly. In April, 2000, Prime Minister Obuchi suffered a stroke and died a few weeks later. His replacement remained in office less than a year, due to corruption charges. The next Prime Minister, Koizumi, was the hope for deep structural reform. That office is currently held by Naoto Kan. The website of the Prime Minister and the cabinet is: <http://www.kantei.go.jp/foreign/index-e.html>

Population: In 2000 Japan’s population was 127 million. But, it was only growing at 0.2 annually. It is one of the most densely populated countries in the world, with nearly 80% living in urban areas. Almost half are in Tokyo, Osaka and Nagoya. Japan is 99% ethnic Japanese. Native Ainu live mostly on Hokkaido. All non-Japanese must register annually with the police and do not have full citizenship rights. Japan’s impressive level of economic organization is diminished by the high cost of living. Its social strengths are undermined by the stress inherent in the emphasis on work, lack of affordable urban housing and the high urban population.

Language: Japanese is the official language. The spoken language is not closely related to spoken Chinese, though the written language (*kanji*) is related to Chinese ideographs (characters). Japanese also uses two phonetic alphabets (*hiragana* and *katakana*) simplified from the *kanji*. A third phonetic alphabet (*romaji*) uses Roman letters. People are losing their ability to write complex *kanji* as they rely more on computers. English is taught in all secondary schools. Japanese place worth on nonverbal communication. Much can be said with a proper bow. One is expected to sense another person’s feelings without verbal communications. Sometimes Westerners mistakenly interpret this as a desire to be vague. The Japanese are not being intentionally incomplete but think others’ inability to understand feelings insensitive.

Religion: Most Japanese traditionally practiced a combination of Buddhism and Shinto. Shinto has no recognized founder and is based on ancient mythology. It stresses one’s relationship to nature and its gods. All Japanese emperors are considered literal descendants of the sun goddess, Amaterasu.

Shinto principles of ancestor veneration and a respect for nature are obvious in Japanese culture. Many households observe some ceremonies of both belief systems, such as Shinto marriages and Buddhist funerals. Most have small shrines in their homes. It is said this is done more out of respect for social tradition rather than religious conviction. About 1% of the population is Christian.

General Attitudes: Japanese society is group oriented. Loyalty (to a business, club, etc.) takes precedence over personal feelings. Loyalty and cooperation are valued over aggressiveness. Companies traditionally provide lifetime employment to the “salary-man” (full-time male professional). The salary-man devotes long hours devotedly to his company. This group respect reaches all ages. A youth baseball team will place the team’s interests above their own.

Politeness is extremely important. A direct “no” is seldom given. A phrase like “I will think about it” can mean “no.” And, “yes” may mean only that the person is listening, not that s/he agrees to anything. The Japanese feel an obligation to “return” gifts. They honor age and tradition and feel that “losing face” is very shameful. *Gaman* (enduring patience) is a respected trait that carries one through personal hardship.

Japan’s younger generations are revising society’s views and roles. There is less economic security and less filial piety among the younger ones. Consumerism, among other things, has damaged moral standards and led many Japanese to question the future on the country. Anxiety has become commonplace and superstition is on the rise.

Personal Appearance: Conformity is a characteristic of the Japanese. The general rule is to act similar to the crowd. Businessmen wear suits and ties in public. Women wear dresses or slacks. Proper dress for certain occasions is important. The youth, however, will wear the latest fashions, as long as they are popular. Traditional clothing (*kimono* or *wafuku* wrapped with an *obi*) is worn for social events or special occasions. The designs in the fabric can be simple or elaborate. There are summer-weight robes, as well.

Sunday, August 8, 2:00pm

Picnic Potluck Gathering and Annual Meeting

Plan to attend the annual picnic gathering at 2pm on August 8 at North Albany Park. Directions to the park are below. Please bring food to share as well as your own place setting and utensils. Beverages will be provided. Bringing a picnic table cloth would be a nice touch. We have the park shelter reserved so there are a few electrical outlets.



Following the picnic will be the annual club meeting at which election of officers are held. The nominating committee (Ted Powell, Warren Harmon and Van Nichols) presents the following slate. Nominations may be made at the time of the annual meeting if prior permission has been obtained from the potential nominee. Those elected take office January, 2011.

John Wyse as President
 Louise Classen as Vice President
 Kay Macpherson as Secretary
 Cheeri Nichols as Treasurer

Moonfall tickets will be available for purchase from Kay Macpherson. Tickets are \$20.00 each. The meeting will include discussion on which charity will receive the proceeds from Moonfall 2010.

Directions to North Albany Park which is in Benton Country

From downtown Albany or from I-5 into downtown Albany --- follow signs to highway 20

Cross the Willamette on the Lyon St. bridge into North Albany

Turn right onto North Albany Road. This is at the second traffic signal after crossing the bridge.

Coming from Corvallis on highway 20, turn left onto North Albany Road at the first Albany traffic signal.

Continue on North Albany Road going up the hill until you reach the roundabout.

Turn onto Gibson Hill Rd, going west. You go 3/4 of the way around the roundabout to Gibson Hill Rd.

Turn right onto Crocker Lane.

North on Crocker until you come to the T at NW Valley View.

Turn left (west) onto NW Valley View.

Turn left at NW Hillcrest St. There is a sign to North Albany Park (a Benton County Park).

NW Hillcrest leads into the park.

We have reserved the shelter area of the park. Drive through the park until you come to the shelter. Look for our club sign and park at the shelter area. This area is shady so layered clothing might be advisable.

Please note that the parking is somewhat limited at this park. Carpooling would be a grand idea.

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Picnic at 2PM

This Issue of Connections, and more information about our club, may be found on our website: <http://www.fforegon.org>

Contact us at: fforegon@comcast.net or PO Box 1703, Albany, Oregon 97321