



friendship force
OREGON'S
MID-WILLAMETTE VALLEY

Friendship Connections

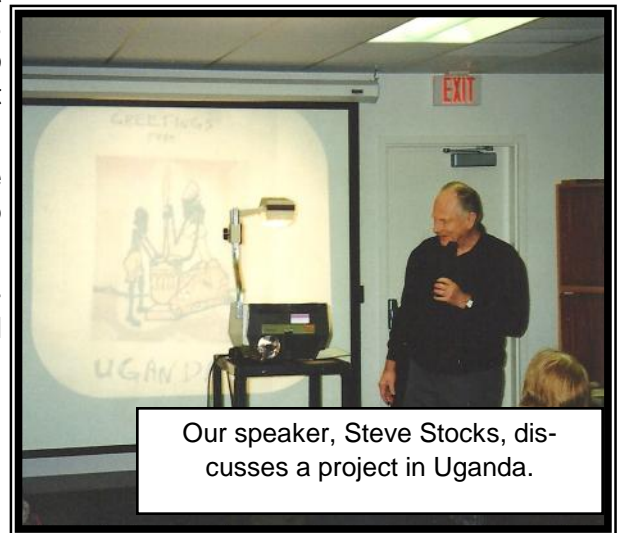
The Friendship Force of Oregon's Mid-Willamette Valley
Club of the Year — 2000

January 10 Gathering

At the January 10 gathering our speaker, Steve Stocks, shared his business and travel experiences with the club. Working with Rotary International he has set up numerous projects in various countries. These projects have included several wheelchair building programs. The typical American style wheelchair is not appropriate in most developing countries. Consequently it is better to set up facilities for construction of wheelchairs in the country where the chairs are needed rather than to donate used wheelchairs which are sent to the target country.

During the business portion of the meeting held at the Albany Public Library, Juanita recognized the 2009 club officers and installed the 2010 officers.

2009 officers were: President Juanita Weigel, Vice President/membership Marilyn Bervin, Secretary Carol George, and Treasurer Van Nichols.



Our speaker, Steve Stocks, discusses a project in Uganda.



Officers Van Nichols, Cheeri Nichols, Louise Claassen, and Juanita Weigel
(pictures by Warren Harmon)

2010 officers: President Juanita Weigel, co-Vice President/membership Marilyn Bervin and Louise Claassen, Secretary Cheeri Nichols, and Treasurer Van Nichols.

A hearty thank you to all the officers, past and present, for your contributions to our club's success.



February 12, 2010 Gathering, 5:30pm; Chinese New Year Celebration
Campus Commons, Calapooia Center,
Linn Benton Community College
\$25.00 RSVP required

Return form on back page of this newsletter with payment today.

CHANGING THE WAY YOU SEE THE WORLD

President's Greetings



Another year is upon us and we are forward to what 2010 will bring our club. At our last meeting in Albany our new officers were introduced. Louise Classen has joined us as co-vice president with Marilyn Bervin and Cheeri Nichols has volunteered to be our secretary. We can expect great things in 2010.

Dorothy Garrett is getting ready to lead her group of ambassadors from her club to Florida. Many of us have received calls from our host families in Florida welcoming us to their home on January 20. It sounds like a great exchange and the weather has warmed us for us (according to the weather man). On July 12 we will be welcoming ambassadors from Florida into our home.

Steve Stocks at our last January 10 meeting explained to us why Americans donating their wheelchairs to third world countries is not a good idea. Other countries can not find parts locally to repair our wheelchairs when they break and a different wheel base is needed as the people do not always have pavement upon which to operate these wheelchairs.

I hope that everyone is planning on attending our celebration for the Chinese Year of the Tiger on February 12 at LLBC. Sue Stein, Kathy Butler, and Marilyn Peterson are working hard on this celebration. We have invited the Columbia Cascade, Olympia and Southern Oregon Friendship Force to join us so let us hope that if some of them are able to attend we will show them a good time and they will enjoy themselves. It will be a chance for many of us to try first hand the culinary program out at LLBC. This celebration is in place of our February meeting so I hope to see all of you there.

I need some ideas from our members what they would like to do this coming year. The board has several things planned but we need the input from our membership of what you would like to do in 2010. We have invited the Santa Barbara FFI Club here in 2011 and we plan on going there in 2012. It will be an opportunity to see part of California that many of us drive by without stopping.

On February 27 at 1:00 PM the group going to Georgia will be meeting at the Weigels' home to make final plans on the side trips that they wish to make. By meeting separately from our membership meetings we will be able to take our time and hash out routes. Some of our group would like to visit Armenia but it might be impossible because of the road conditions. The roads are in bad shape and take a long time to travel so it is hard to go for 3 or 4 days but this will be discussed. Anyone interested is welcome to come with their ideas and suggestions for the group.

The fundraising dinners and entertainment nights seem to be going great and everyone has been having a great time at them and it is a great way of get to know each other better. Those who did not sign up for at least one event have really missed out and hopefully when we do this again more people will take the opportunity to join us at these events. In Friendship,

Juanita

2010- 2011 Calendar

February 5 - 1pm Board meeting OSU CU Monmouth
 February 12- 5:30pm Dinner at LBCC
 March 14 - 3pm Gathering
 May 2010 - Outbound to Tbilisi, Georgia
 July 12 - 17, 2010 - Inbound from Florida
 October 16-18 - FF International Conference, Washington DC
 2011 - Northern Colorado outbound
 Nov., 2011 - Asia Pacific Loy Krathong Festival Lamphun, Thailand

Friendship Force Gifts

The following items are available from Dorothy Stewart, 503-364-3969
 dstewart854@msn.com. For more products with the new FFI logos, visit
 the FFI website and the online store.

| | |
|---|----------------------------------|
| Friendship Force name pins | Friendship Force ball point pens |
| Friendship Force aprons (one size fits most) | Friendship Force Story |
| Friendship Force note cards | Friendship Force mugs |
| Friendship Force luggage straps | Friendship Force tote bag |
| Friendship Force T-shirt | Club lapel pins |
| Friendship Force Logo magnets | International Cookbook |
| | Fabric for Vests |

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

Friendship Shared events- January 2010



This month we had three gatherings of our club members for socializing and giving to others.

"Queue up for Quarters" at Barb Callner's home on Jan. 7 taught everyone a new game. A meal of Pizza, Green Salad, followed by Lemon Angels for dessert set the jovial mood for the dice game played with quarters. Everyone put out 3 quarters and turns were taken rolling 2 dice. Each "5" rolled caused a quarter to be given to the person on the right, each "6" caused a quarter to be passed to the left, "4"s put the quarters in the kitty, "1"s, "2"s and "3"s kept the quarters at "home". Last one standing was allowed to keep all the quarters. Lilo Rawlands was first winner, Van Nichols won the second round, and Betty Rae won the third round. Lilo led the way in donating her winnings to the charity CARDV, (Center Against Rape and Violence), Van and Betty quickly followed suit. Don Rae, Cheeri Nichols, Louise Claassen, and Sue Stein were other participants in the evening. A total of \$100 was donated.

CARDV's website is www.cardv.peak.org Barb told us of the prevalence of domestic violence and how CARDV works with the police in helping both men and women. She is a volunteer in this organization as a hotline worker and advocate helping with restraining orders. The decline in the economy has picked up their "business" as frustrations about jobs and money are added to the prior existing problems.

On Jan. 9 the home of Lloyd and Juanita Weigel was the location for Green Salad, Baked Salmon (caught by Lloyd) with Lemon Dill Sauce, Twice Baked Potatoes, Medley of Winter Vegetables, and to die for Fresh Pear Tartin for dessert. Ted and Rita Powell, John and Ruth Wyse, Van and Cheeri Nichols, and Marie Madson gathered to share the evening of good food and conversation with the Weigels. Educare Africa founded by Pavla Zakova-Laney, (who we are lucky to have as a club member) was awarded \$105. More information on Educare Africa can be found at: www.educareafrica.blogspot.com

After dinner everyone had the unusual experience of thinking of, laughing at, and composing fortunes to be used at our club's Chinese/Lunar New Year Celebration on Feb.12 at Linn Benton Community College. It's not as easy as it sounds-but a whole lot of fun.

Pub Grub—an interesting name for an interesting evening at the Corvallis home of Don and Joan on Jan 16 where ten guests gathered for an English evening of fun and laughter to celebrate "Guy Fawkes Day or Bonfire Night" with a typical English Pub Grub Menu. We started out in their home by throwing an English Penny in a bucket to make a wish. In England the children roam the streets begging for pennies on November 5 to buy fireworks to celebrate. We all wore our hats with a feather in them to represent the hat the Guy Fawkes wore on that day. We had appetizers which included a puff pastry wrapped around a lumberjack sausage which was very good, shrimp cocktail, and a Plowman's lunch (cheese and pickled onions). Joan said that her Mother used to make these sausage pastries in England and they were quite popular by the locals.

After that we had veggies and Shepherd's pie for dinner. We crowded around her dining room table. Joan did not think that all 11 of us could make it but we did. After dinner while we eating our bread pudding and /or treacle pudding we discussed where the \$150.00 they collected from the dinner would be donated. After much discussion we decided on a local of charity of Northwest Medical Team.

After dessert we gathered in the family room and Don and Joan taught the group about Guy Fawkes and his group of conspirators who took part in the 1605 Gunpowder plot, a failed attempt to blow up King James I of England and the House of Parliament. They wanted to blow the King to Scotland. Guy was caught guarding 36 barrels of gunpowder in the basement of Parliament and he after he was caught, he was tortured and executed. Now the English gather around bonfires every November 5 to burn effigies of Guy Fawkes and watch fireworks.



Sue Stein and Jean Townes listen as Joan Rodgers explains the customs and history of Guy Fawkes Day.

Joan and Don did not demonstrate, but they showed us a film of putting a Mento in a bottle of Coke and it how it creates a volcano. If you try this, it is suggested you do it outside as it makes a mess.

I believe that Art and Marilyn Bervin, Jean Townes, Tom Smith, Sue Stein, Kathy Butler, John Stefan, Lloyd and Juanita Weigel could not had a better time. You who did not sign up for one of these dinners missed a great time.

Articles and picture contributed by Cheeri Nichols and Juanita Weigel

Exchange News

Outbound to Southwest Florida and Spring Hill, Florida (Sarasota and Ft. Myers areas)

Jan. 20-30, 2010 - ED Dorothy Garrett Our ambassadors will report on their adventures at the March 14 gathering.

Inbound from Southwest Florida and Spring Hill, Florida (Sarasota and Ft. Myers areas)

July 12-17, 2010 - ED Dorothy Garrett Florida Clubs will visit us in July. We still need some hosts. Please contact Dorothy Garrett at 503-838-0274. We need you ~ and it will be fun.

Outbound to Tbilisi, Georgia - May 2010, Exchange Director, Juanita Weigel

Tbilisi club website: <http://www.gefriendshipforce.org.ge>

The Republic of Georgia - Customs and Courtesies by Rita Powell

Greetings: When they greet, Georgians shake hands and say, "Gamarjoba," for "Hello," but which literally means, "Let you win." "Rogora khar?" (How are you?) is an informal way to begin a conversation. "Mshvidobit" (Peace be with you.) is used for a parting. In cities it is uncommon for people to greet strangers on the street. In rural areas, people commonly greet, smile at, and sometimes speak to strangers passing by. Shaking hands is common, even at casual meetings. Embracing or kissing on the cheek is also common. Adults are addressed by professional title and last name.

Gestures: Eye contact is appreciated. The "thumbs up" symbol is used. Pointing with the index finger, though "improper," is used. Chewing gum in public, though "improper," is done. Legs may be crossed at the knee, but feet should never touch furniture.

Visiting: Hosts expect to offer at least a cup of coffee or cookies to guests. Guests bring gifts only on special occasions, but flowers are considered a polite and welcome gesture; something for children is always appreciated. In Tbilisi people have long enjoyed strolling in the evenings. During the unrest, they retreated to their homes; slowly life is stabilizing and these old pleasures are returning.

Eating: Family meals are eaten together. Early breakfasts are light; if eaten around 9 a.m., they may be more substantial. Lunch is called a "second breakfast" if eaten before noon and "dinner" if after noon. The evening meal is described as "dinner" if consumed before 5 p.m., but "supper" after then. Usually, supper is taken at 6 p.m. Georgians eat in continental style with the fork in the left hand and the knife in the right. They do eat some fish and meats with the hands.

Georgia is known for a traditional table ritual. Before a meal, a toastmaster (Tamada) proposes toasts, to anything from national values to each person at the table, and drinks the entire glass after each toast. Women only drink symbolically, but men do as the Tamada does.

Men - if you are a non-drinker, you need to state that clearly on your application form or when you write to your hosts, so that your host family is aware of your needs.

The hostess serves the meal, and eventually joins the group if other women are present. Guests do not have to ask for seconds and can decline offers of such without insulting the hosts, especially since hard times have affected Georgians. One is, however, expected to eat everything on one's plate and compliment the hosts on the food.

Though the drinking water is chlorinated, bottled water is recommended for visitors. Milk is pasteurized and safe to drink. Butter, cheese, yoghurt and ice-cream are safe. Local meat, poultry, seafood, vegetables and fruits are also safe to eat.

FFI and Club Communications

FFI provides timely news about exchanges, festivals, conferences and other Friendship Force activities through their website at www.thefriendshipforce.org. If FFI has your email address, you will receive the FFI catalog of activities sent directly to your email in-tray. This catalog contains information on the exchanges that are open to any ambassador. To sign up go to the FFI website. On the left side about halfway down you will see where to click to join the distribution list.

To minimize duplication and reduce wear and tear on your e-in-tray our board agreed not to forward the regular catalog of exchanges. Your editor was receiving 3-4 copies of each issue. Sign up today to receive your own copy.

Our club website may again be accessed via the address: www.fforegon.org Thank you to Rita and Allen Tolbert and Kathy Butler for their part in renewing our club's friendly website address.

Our members enjoy hearing from others in the club – letters from friends, trips taken. Please send your contributions for the newsletter via email to our club's email at: fforegon@comcast.net Keep your article short, simple, no fancy formatting needed. A Word document attached to an email works the best.

Finally, stay tuned for news about a new and hopefully improved club website. If you would like to test drive the website as it is developed, please contact Marilyn Peterson.

Board Meeting Minutes, January 8, 2010

Meeting was convened at 1:04 by president, Juanita Weigel. Others in attendance: Van and Cheeri Nichols, Marilyn Bervin, Marilyn Peterson, Rita Powell, and Kathy Butler.

Minutes for Nov 6 meeting approved MSP/Kathy, Marilyn P.

Treasurer/Van: With swearing in of new officers we need to get someone's name on the "Jim Tolbert" account. MSP/ Rita, Marilyn P. Bun Doerfler is exchange treasurer and so designated to be on account. Louise Claassen 2010 co-vice-president, also in Albany, is designated to be the second signer on this account. The money is to be transferred to the club's general bank account. MSP/ Cheeri,Rita. The minutes are needed Sunday 10, so this can be attended to this next week. There are 62 paid members at this time.

Newsletter/Marilyn P.: Deadline is early, Jan 17. Need minutes. Article on how to sign up for direct FFI messages for those wishing to receive them. Florida inbound/outbound exchanges, application for hosting Dorothy G. Outbound Tbilisi- Juanita. Lunar/Chinese New Year- Kathy.

Website: Problems have been encountered. Registry agency of our domain name was delisted by international organization who monitors domains because of lack of maintenance. Our website was registered to Jim Tolbert. It took death certificate, passports, \$10, and a lot of time to sort it out. Thanks to Rita Tolbert and son Allen, Kathy and Marilyn P. our website is now registered under both of Marilyn's email addresses. Rita Powell volunteered to be the 2nd email address. We are looking to transfer the website to FFI's web hosting service. Marilyn will research and use the one month free trial service before making a switch. This costs \$130/year, \$5 extra /month for our own email address. MSP/Rita, Marilyn

Thank you card signed for Rita T. and Allen. Get well to Pat Byers and Sue Stein.

Membership/Marilyn B- Van to order new brochures. Marilyn B to call unpaid- Rita to send note.

Florida/ Outbound to leave Jan. 20.- Dorothy G. will work on inbound upon return.

Santa Barbara wants exchanges with us. MSP/ They can

come in 2011 we can go there 2012. Juanita to reply.

Northern Colorado-outbound 2011

Tbilisi/Juanita-Meeting at 2pm Jan 10 via satellite/ SKYPE, Lia Danelishvili will attend to answer questions. Cheapest route is via Chicago, stay 1-2 days in Istanbul to rest up/etc and arrive Tbilisi at 10am. Otherwise one day of the exchange will be lost as arrival time would necessitate resting up from over 24 hour plus traveling.

Tentative year calendar-general meeting.

March 14-Monmouth Fire Dept.- Florida outgoing report.

April 11- Corvallis area, Thai speaker (the 2011 Asia Pacific Festival will be in Thailand)

May- ? outbound to Tbilisi 18 or 20

June13- Report on Tbilisi

July- to coincide with -Farewell for Florida -Dorothy

August 8- Albany, Annual Meeting picnic potluck. Kathy to reserve Park

Sept.12- Dallas open program to learn & share about FF, UN Peace Day, Rita to look into park

Oct. 16-18 International Conference Washington DC

Nov.14- Conference report

Dec.- Holiday Brunch

Positions empty on board-activities (v-pres currently), hospitality (now rotates), projects (when project occurs place will be filled)

Jan 10 meeting- ask for ideas for general meetings. Money for dues all due. Installation of officers.

Feb 12 dinner- LBCC, choir to sing. Help needed at 5:00. Gathering at 5:30. Check-in Marilyn B. Door prizes-Rita. Fortunes to be made up at Weigels' Salmon dinner Jan 9. No confetti, glitter.

Board meetings for 2010:

Feb 5.- no March- April 2- no May- June 4- no July- Aug 6 -no Sept -Oct 1 - Nov. 5- no Dec.

Meeting adjourned at 3pm by Juanita.

Respectfully submitted by Cheeri Nichols, Secretary

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.

**CHANGING THE
WAY YOU SEE
THE WORLD**

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
4192butlerkw@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 Stewart 503-364-3969 dstewart854@msn.com

Club Exchange Directors—Outbound

January 20 -30, 2010 - Florida, Dorothy Garrett
TBD - May 2010 Tbilisi, Georgia Juanita Weigel

Club Exchange Directors—Inbound

July 12 - 17, 2010 Florida - Dorothy Garrett

Chinese New Year? Lunar New Year?

The most important of the traditional Chinese holidays is Chinese New Year or Spring Festival. Wikipedia says it is "often called the Lunar New Year, especially by people in mainland China and Taiwan." Many other cultures that have adopted or have been influenced by Han culture, such as the Korean, Japanese, and Vietnamese, also celebrate New Year using the lunisolar calendar. My source of information did not say whether the terms in other cultures for New Years translate as "Lunar New Year" or "Chinese New Year." I'm guessing that they mean lunar new year. Otherwise, it would be like Americans calling our celebration the American New Year.

The Lunar New Year dates from 2600 BC, when the Emperor Huang Ti introduced the first cycle of the Chinese zodiac. Because of cyclical lunar dating, the first day of the year can fall anywhere between late January and the middle of February. On the Chinese calendar, 2010 is Lunar Year 4708.

On the Western calendar, the start of the New Year falls on Sunday, February 14, 2010 – the Year of the Tiger. Our club's party is as close as we could get it to that date.

In China, customs and traditions concerning the celebration of the Chinese new year vary widely, as they do wherever many people of Chinese descent gather to celebrate. Some common customs are exchanging gifts, getting new clothes, especially red ones, thorough cleaning of houses, feasting with families, dragon dances or lion dances, and setting off fire crackers. Popular themes are happiness, wealth, and longevity. In some parts of China giving oranges is popular, because in Chinese, the word "orange" sounds like "ji", which means good luck.

If you were born in 1914, 1926, 1938, 1950, 1962, 1974, or 1998, you were born under the sign of the tiger. This is one of the most caring and thoughtful signs in the Chinese zodiac. You are good at righting society's wrongs and quite capable of defending children, friends, and loved ones against all enemies.

At our club's dinner on Feb. 12, we can think of celebrating all the positive characteristics of those who were born in the year of the tiger.

Article by Kathy Butler

Reservations Needed for February 12 Dinner

On February 12 at 5:30 pm we will gather at LBCC to celebrate Chinese New Year. Dinner is a buffet including soup, chicken or vegetarian stir fry and pot stickers. The cost of dinner is \$25.00 per person. RSVP's are necessary with payment. We have invited the members of other clubs to join us, and we will host those who wish to spend the night. For questions or information please contact: Sue Stein at 541.928.4003 or Kathy Butler at 541.926.9897.

Please fill out the following RSVP form and mail it with payment **immediately** to:

FF of Oregon's Mid-Willamette Valley, PO Box 1703, Albany, OR 97321

Name(s) of guest/guests: _____

Address: _____

Phone: _____ **Email:** _____

Amount enclosed: \$ _____

We would like to host _____ **(number of guests) Preference: Male, Female, couple**

Special notes: _____

(for example: bedroom on second floor, home with dogs/cats/birds, non-smoking only)

Directions: LBCC is located at the south end of Albany at 6500 Pacific Blvd SW (highway 99E). Turn right on Allen Lane and park in the south/main parking lot area 1 which is the first entrance on the right off Allen Lane.

The Campus Commons, location of the Chinese New Year dinner, is in the Calapooia Center on the second floor. The Calapooia Center is the building on the southeast end of the campus. Elevators are straight ahead a short distance down the hall. For maps of the campus visit: www.linnbenton.edu/go/campus-maps.

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