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CALENDAR

March 13, Noon - MEG - Delicias Valley Café, Corvallis (p 1)

April 23, 2 pm - General meeting and Belgium inbound workshop - Philomath (p 7)



Native Orchids of Canada
- page 6

MEG - Monday March 13, noon - Delicias Valley Cafe

Our next MEG meeting (Meet, Eat and Get Acquainted) will be on Monday, March 13, noon at the Delicias Valley Café, 933 NW Circle Blvd, Corvallis, OR 97330. This Mexican café is located in the small shopping center on the NW corner of 9th Street and Circle Blvd. Friends are always welcome to join us. No formal club business is conducted but ideas generation is common. Gail Wolcott and Carolyn Powers are 2023 MEG organizers. If you know you will attend this meeting for sure, please RSVP to either Gail (wolcottgail@gmail.com) or Carolyn (nanapowers1991@gmail.com) so that they

can work with the restaurant on group seating. That said, if you later learn you can come but didn't RSVP, just come and join us. Likewise if you have RSVPed and plans change, no worries. We are flexible!



*This Issue of Connections, and more information about our club,
can be found on our website: <http://www.fforegon.org>
Contact us at: fforegon@comcast.net or PO Box 1703, Albany, Oregon 97321*

President's Message - Sharon Harr

Looking out at all of your smiling and attentive faces as I presided over my first meeting as president last month helped me feel comfortable and welcomed; thank you all so very much. This position is a welcome challenge for me. I would like to again thank Chris Duval for her presentation at the meeting for letting us vicariously enjoy her lengthy trip to Africa. Loved the genuine attire, Chris, such a great touch! With Dennis's support, I'm on a manageable learning curve for my new role and welcome you all to draw in your arms and legs and come along for the ride. Here's an example: I became more fully aware of why we are all encouraged to sign up for My.Friendshipforce.org: among various reasons, it is required if you plan to participate on any Journey, and it is the **only** way any of us will receive the Journey Catalog.

More about the February General meeting: I didn't recognize until afterwards that the sheet sent around for volunteers for the Membership/Greeters Committee only went to half of those in attendance. And, that those who did sign up may not have realized what they had signed up for. My apologies: We'll try that again at the next meeting.

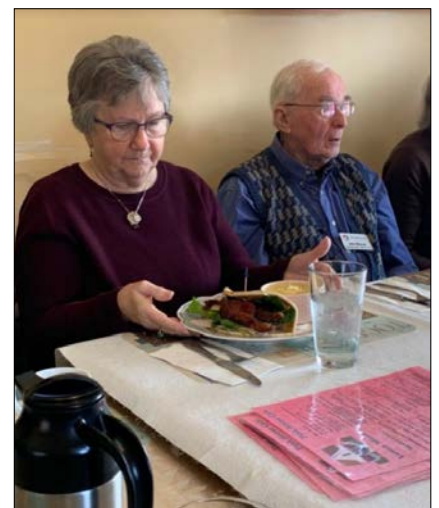
Update on International Conference in Croatia, October 2023: Tom Best, FFI NW Regional Director, conveyed that accommodations in that vicinity are filling up, thus encouraging anyone who is planning to attend to find lodging as soon as possible. There is no update for the Individual Journey Pilot Program although I will let you know if I hear anything.

Are you all as hopeful for sunshine and warmer weather as I am? Seems lately that I'm coming across more people expressing discouragement about it. On the other hand: that's yet another reason to appreciate our Friendship Force activities and friendships -not just in grumpy weather- but year around! And, just for fun, or especially if our overcast weather is getting to you, check out this website: Explore.org, to view live webcams of birds, African watering holes, surf waves in Hawaii, Koi ponds, Ocean animals, and lots more, such as my evening favorite: Aurora Borealis, live from Churchill Manitoba. The international sights and sounds are wonderful!

Finally, I hope that you'll be able to join me at the March MEG, Monday March 13th, thoughtfully planned by Gail and Carolyn. In Friendship, Sharon

MEG February 1 - Pink House Cafe, Independence

Fourteen FFOMWV members met for lunch at the Pink House Café on February 1. While the room was a bit crowded, the food and conversation were grand. MEG co-coordinator Carolyn Powers asked all participants to summarize in a word their wishes for 2023. Responses ranged from the specific (organize) to the Zen (breathe) and global (peace), but all were quite hopeful.



February 19 General Meeting Report

Our second general meeting of 2023 was held at the Lakeside Center, Mennonite Village in Albany. Thanks for Village members Marilyn Peterson and Kathy Butler for making meeting arrangements. Twenty four club members participated. President Sharon Harr conducted the meeting that included updates from FFI (“individual” one-on-one journeys will now be offered by FFI; country memberships will be available to people who are not located near an established club); introduction of possible initiatives for our club in 2023 (reestablished membership/greeting committee; training for potential club officers and journey coordinators); updates by Chris Duval and others on in-bound and outbound journeys for 2023 as well as the World Conference in Croatia; and a lovely Power Point presentation by Chris Duval of her 71-day trip circumnavigating Africa. Thanks Chris! Takeaways from her presentation were the greater awareness that we as a nation need to have in regard to China’s activities in assisting with infrastructure creation in a number of African countries in exchange for rights to natural resources; the great cultural diversity present in Africa; and reaffirmation that people are people world round, all wanting a safe place to live, stability in their lives and joy. Our next MEG meeting (March 13 - see page 1) and general meeting (April 23 - see page 7) were announced. N-Z people were wonderful snack providers. An enjoyable time was had by all.



SCHEDULE OF UPCOMING JOURNEYS (Revised February 2023)

2023	May 18-25	INBOUND INTERNATIONAL: Inbound from Leuven, Belgium to be combined with their visit to Sacramento, California, #23057; Host JC's: Marilyn Peterson and Kathy Butler
	June 17-29	OUTBOUND INTERNATIONAL: Outbound to Edmonton, Canada, (Elaine Kirschner), combined with our outbound to Manitoba, #23152, (Susan Finlay); Ambassador JCs: Mary Ellen Lind and Chris Duval
	July 31 – 8/5 or 6	INBOUND DOMESTIC: Inbound Denver, Colorado (Ilene Americus), to be combined with their visit to San Francisco, California, #23573; Host JC's need to be confirmed by board: Dennis Murphy and Jim Brabeck
	October 2-6	FFI WORLD CONFERENCE: Dubrovnik, Croatia, with pre- and post-excursions
	October 24-17	OUTBOUND DOMESTIC: 4-day Mini-Journey to Sacramento, #23574; Ambassador JC's need to be confirmed by board: Rosie Brabeck and Jim Brabeck
2024	June TBD	INBOUND INTERNATIONAL: Inbound from Tokyo, Japan #22501 Host JCs: Marilyn Peterson and Eileen Minette
	Not Scheduled Yet	INBOUND DOMESTIC: Inbound from Charlotte, North Carolina, (Tommie Craig) #21116.
	Not Scheduled Yet	INBOUND DOMESTIC: 4 day Mini-Journey from Sacramento



The two blue sections represent the city's rivers (the Sacramento and the American), green stands for the agricultural heritage, and the gold color represents the gold miners so important in the history of California and

Denver Inbound Journey - July 31 to August 5th or 6th

The Friendship Force of Denver, Colorado will be visiting us this summer! We expect 12 to 15 ambassadors, who wish to learn and experience more about our communities and this beautiful valley we live in. We need overnight hosts, day hosts, small group dinner hosts, transportation helpers, and suggestions for the program. If they choose to spend an overnight on the Oregon Coast, they will leave on August 6th, otherwise they will return to Denver on August 5th. Please contact Jim Brabeck or Dennis Murphy, your host Journey Coordinators and help be a part of an exciting visit by our future friends from Denver! Our contact information is on the last page of this newsletter.



A Moment in FFOMWV History

Board Members and Officers – 2001

Co-Presidents: Don and Bety Rea

Vice President: Dorothy Garrett

Secretary: JoAn Widmer

Treasurer: Bun Doerfler

Past President: Edla Johnson

2001 Exchange Directors:

Germany: Gloria Olson

San Antonio TX: Dick Lorenzen

Durham Co England: JoAn Widmer

Auditor: Nita Campbell

Field Representative: Rita Powell

Historian: Rita Tolbert

Merchandise: Vonda Zirbes

Communications: Clintena Olson

Newsletter Editor: Gloria Olson

Production & Mailing: Rita and Jim Tolbert

Sunshine Person: Kathy Butler

Workshop Resource: Dorothy Garrett

Activities: Joyce Dart

Our club was formed in 1992. This board member and officer list was pulled from the January 2001 newsletter. You are encouraged to review this list and compare to our current officer and board list on page 9. You will notice some similarities. Friendship Force often becomes a lifelong passion!

Leuven Belgium Inbound Update

Our inbound from Leuven, Belgium is May 18 - 25. Matching is complete, and our hosts and ambassadors are communicating. Our program is being finalized, but we need more members of our club to help during the journey. We need folks to host a small group dinner (5-8 people) on Sunday, May 21. Sue Stein will organize the dinners. If you have not already volunteered to host a small group dinner, please contact Marilyn or Kathy.

Also we need a few more folks to help with day hosting. If you have not already volunteered, please let Marilyn or Kathy know that you can help. Day hosts allow hosts time for appointments, shopping or just time to get chores done. Also ambassadors like the chance to meet more folks. Thank you, all, for helping make this journey a success.

OSU Hinsdale Wave Research Lab



Interested in Learning Another Language?



If you are interested in learning another language, a number of options are available for you to choose from.

Duolingo is an American educational technology company which produces learning apps and provides language certification. On its main gamified language learning app, users can practice vocabulary, grammar, pronunciation and listening skills using spaced repetition. Computer-based learning is also available. Basic Duolingo sessions are free of charge.



Friendship Force International is offering Spanish classes at this time and plans to offer French. There is a charge for FFI offerings. See <https://helpcenter.friendshipforce.org/language-training>

FFI Virtual Experiences

With actual journeys now taking place, FFI's virtual offerings are few. To see a current listing, visit this website in your FFI portal - <https://blog.friendshipforce.org/virtual-experiences/>

FFI Virtual Experience Recordings can be found at the bottom of the FFI member portal website listed above.



Discover Vietnam Tour and Homestay

Host: Vietnam-USA Society (VUS), Hanoi, Vietnam

This event was organized by our longstanding partner, the [Vietnam-USA Society \(VUS\)](#), based in Hanoi, Vietnam. In addition to learning about Vietnamese culture, you can find out more about next year's Special Journey "Discover Vietnam Tour & Homestay" (April 5 - 16, 2023). Please [click on this link](#) to view the presentation slides. Check out the proposed itinerary by [clicking on this link](#).



Quest for Japan

Hosts: Chizuru Marion (FF Dayton), Kikumi Shiga (FF Oita), Aki Takahasi (FF Tokyo)

In this event, you are introduced to FF Dayton's Journey plan for 2023. Which destinations were chosen and what can first-time visitors see, observe and experience? You also learn about some characteristics of Japan - geography, history, environment, lifestyle and the people and much more.



Friendraiser Kick-Off Message

Jeremi Snook, CEO, and Dana Jackson, VP of Fund Development, share an overview of what to expect from the 2022 Friendraiser event where members will receive packaged information to help them rebuild their clubs after the pandemic.

Outbound Canada Journey - June 17-29, 2023

Eleven of our club members are looking forward to visiting Winnipeg, Manitoba and Edmonton, Alberta this summer. The Winnipeg Host Coordinators have provided the following program highlights: *Our club is so looking forward to sharing our homes, our city and province with you. We are setting visits to our Assiniboine Park zoo which rehabilitates polar bears, our newly opened Leaf which is a sanctuary of botanical diversity, our Canadian Human Rights Museum, our Art Gallery which exhibits the largest collection of Inuit art, the Mint, our Brokenhead interpretive trail of our wetlands which is home to some of Manitoba's native orchids, celebrating National Indigenous day and summer solstice. We are making plans to visit a local Hutterite colony as well. Of course we especially look forward to our welcome and farewell gatherings.*

We will pass on program information regarding our Edmonton visit when it becomes available. This is looking to be a wonderful journey. Remember, a world of friends is a world of peace. Chris Duval & Mary Ellen Lind

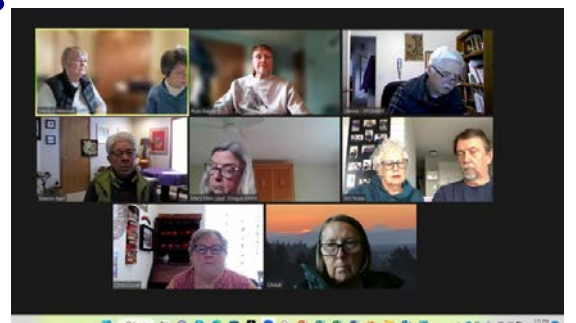
Small White Lady's Slipper Orchid - native to Manitoba



Board Meetings

The next FFOMWV Board meeting will be on Wednesday, March 8 at 1 pm. All members are welcomed to participate. If interested, send Marilyn Peterson an email and she will send you the ZOOM link.

February board ZOOM meeting screen



April 23 General Meeting and Belgium Pre-Journey Workshop

Our next general club meeting will be held on Sunday, April 23, 2 pm in the Consumers Powers Inc community room at their Philomath location. The community room is in the north east corner of the building and parking is available on the front (north side) or the north east side. Thanks to board secretary Chris Kastella for arranging for this meeting location. Consumers Power Inc, incorporated in 1939, is a member-owned rural electric utility cooperative (not for profit) serving over 23,000 members in parts of six counties in Oregon: Benton, Lane, Lincoln, Linn, Marion and Polk.



**April 23 General Meeting
CPI Community Room
6990 W Hills Rd, Philomath,
OR 97370**



The Grand Beguinage , Leuven

In addition to conducting general club business and updates, this meeting will include a pre-journey orientation for the club as a whole and after the meeting, an orientation session for homestay hosts and others assisting with the Belgium journey. A general overview of this journey follows:

- May 18 - arrive PDX - welcome event at Cascade Grill in Albany
- May 19 - OSU day - hops yard, pilot brewing plant, wave lab
- May 20-21 - small group activities days
- May 21 - small group dinners in evening
- May 22 - Chintamani Wildlife Center in Lewisburg and winery tours
- May 23 - day trip to Sisters and surrounding areas
- May 24 - Marys Peak visits and Thyme Garden farewell lunch
- May 25 - early morning departure for PDX

Additional detail and signup information will be provided by journey coordinators Marilyn Peterson and Kathy Butler in the coming weeks.

For our EV colleagues, Chris stated that the CPI charging stations are typically available on Sundays. 😊



Membership Application or Renewal for 2023

Annual dues cover the cost of the monthly newsletter and expenses for activities of the Friendship Force of Oregon's Mid-Willamette Valley, as well as membership in Friendship Force International. Memberships expire on December 31, 2023.

Annual Dues Rate for 2023 is \$40.00 per person (please print clearly). It is not too late to renew your membership or to join our organization.

This is a NEW _____ or a RENEWAL _____ Application

Name: _____

Name: _____

Address: _____

City: _____ State _____ ZIP _____

Dues enclosed: (\$40.00 per person) \$ _____

Phone: _____ Cell: _____

Email: _____

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



Let There Be Peace on Earth

Let there be peace on earth, And let it begin with me.
Let there be peace on earth,
The peace that was meant to be.
With friendship as our mission, Family all are we.
Let us walk with each other In perfect harmony.
Let peace begin with me. Let this be the moment now.
With every step I take, Let this be my solemn vow:
To take each moment,
And live each moment, In peace eternally.
Let there be peace on earth, And let it begin with me.

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.

Your 2023 Leadership Team

Board Members

President	Sharon Harr
Co Vice-Presidents	Rosie Brabeck Jim Brabeck
Secretary	Chris Kastella
Treasurer	Dennis Murphy
Journey Organizer	Chris Duval
Member At Large	Marilyn Peterson
Newsletter Editor/Archives	Russ Karow

Activity Leads

Friendship Shared	Sue Stein	
Internet Communications	Marilyn Peterson	
Inventory & Merchandise	Rita Powell	
MEG Coordinators	Gail Wollcot Carolyn Powers	
Membership	The Brabecks	See above
Navigators	Barb Callner	
Sunshine "Committee"	Sue Stein	
Welcoming Committee	Rita Powell	

Journey Coordinators

May 2023—Inbound from Leuven Belgium - Marilyn Peterson & Kathy Butler

June 2023 - Outbound to Edmonton, Canada - Chris Duval & Mary Ellen Lind

July-Aug 2023 - Inbound Denver, combined with visit to San Francisco - Dennis Murphy & Jim Brabeck

June 2024 - Inbound from Tokyo - Marilyn Peterson & Eileen Minette

COVID And Our Club

While cases are in the decline, COVID is still with us and is likely to be an on-going concern for some people. COVID is not the flu, and can do serious and sometimes permanent damage to its victims. Members of our FF club are dealing with some of those long lasting effects. The board encourages all of the members of our community to get vaccinated if no other medical conditions prevent or make it dangerous. We encourage you to wear a mask in crowded situations. It is one of the best forms of protection available to all of us. Along with the face masks, washing your hands especially after having been in crowded situations with unknown people. While COVID home tests are not always accurate, especially in the early hours of COVID, please test yourself prior to attending FFOMWV events in the coming months, and please, even if you test negative, but do not feel well in even the slightest way, do not attend. We all need to do our very best to protect ourselves and each other in every way that we can.

