



# friendship force

## SACRAMENTO

[www.thefriendshipforce.org](http://www.thefriendshipforce.org)

[www.ffiisacramento.org](http://www.ffiisacramento.org)

MAY 2024

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## President's Message

In April FF Sacramento received a check from the widow of Helmut Schroeder, the founder of our club, in his memory. We have to think of a good way to maintain his memory.



On 10 April we visited the Sikh Gurdwara in West Sacramento. I was disappointed in Friendship Force of Sacramento. Thirteen people signed up but only 8 arrived. We had a wonderful presentation about the Sikh religion followed by a delicious vegetarian lunch. I was impressed that the Sikhs never request donations; however, there is a donation slot in their prayer area for anyone to use. In spite of the lack of participation we will try to reach out the members of the following religions to brief us about their precepts: Islam, Bahai, Hindu, Judaism, Quaker. I was disappointed that the local Buddhist Temple was not interested. I am wondering who reads this newsletter. If you get to this sentence, would you send an e-mail to: [geowmeyer@icloud.com](mailto:geowmeyer@icloud.com) Subject Line: "Got it!"

The April General meeting was a disappointment. Thank you to the 17 members who braved the storm to hear the excellent presentations about the Peace Corps experience by 4 of our members. On the good side, we had 3 potential new members. Ten members joined us for dinner. Thanks to George Galamba (Uganda), Ray Missman (Kenya), Nancy Sinnwell (Ivory Coast) and Audrey Wiechman (Togo). Nice Job and Thanks!!!

In Friendship  
— George Meyer, President

## Upcoming Events

See FF Sacramento website for latest schedule and to register for an event: [\(link\)](#)

Calendar view: click [\(link\)](#) [must sign in to see all events]

May 4	Sat	Planning Meeting for Lake Simcoe Journey – 1 PM
May 7	Tues	Opening Doors – 12 PM ( <a href="#">register</a> )
May 8	Wed	Planning Meeting for Inbound Journey – 2 – 4PM (learn more – <a href="#">here</a> )
May 11	Sat	General Membership Meeting 3:30 Aiden-Diminick Library ( <a href="#">register</a> )
May 13	Mon	Board Meeting – Zoom 4:00 PM ( <a href="#">register</a> )
May 18 – June 4		Outbound Journey to Iringa, Tanzania

## Opening Doors – Learn How to Help

*By George Meyer*

Opening Doors stands with immigrants, refugees, and survivors of trafficking as they pursue their right to stability, self-sufficiency, and belonging – building the life they deserve and an even stronger Northern California for everyone. As we walk alongside our newest neighbors, we connect them with resources, help them navigate complicated systems, and support them in gaining access to education, employment, and health care.

Join us on **May 7 at 12:00 noon** for this brief overview just for the Friendship Force. Opening Doors staff will discuss its impact on economic development. We will learn how the immigrant community has leveraged our low cost loans and business training to pave the way for a brighter future. Please register so we know how many are attending. ([register](#))

Opening Doors' mission is to enrich communities by supporting immigrants, refugees, and survivors of trafficking on their path to stability, self-sufficiency, and belonging.

Join us for lunch (no host) at a nearby restaurant afterwards.

## General Membership Meeting

*By George Meyer*

Please come to our May General Membership meeting at the **Arden-Dimick Library**, 891 Watt Ave, Sacramento, on **May 11 at 3:30 pm**. At the meeting Ken Cross will share his adventure on the Camino de Santiago. The Camino de Santiago or Way of St. James is the pilgrimage to the Cathedral of Santiago de Compostela in Galicia, Spain. This pilgrimage has traditionally been a religious pilgrimage, but today many people choose it as a walking holiday for other reasons. Maybe you will learn of a new destination for your “bucket list”.

## 2024 Inbound Journeys

Activity is ramping up with our upcoming journeys. Check out where you might help.

Chris Smith, Journey Coordinator, is holding a Planning meeting for an inbound journey from Saskatoon, Canada. Twelve visitors will be in Sacramento October 18 – 25.. The meeting will be held at the Rancho Cordova Library on May 8 to discuss where we might take our visitors, the parties, dinners, etc.

Need more information? ([Click here](#))

## 2024 Outbound Journeys

### Iringa Tanzania Journey

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*By Ray Missman*

12 Ambassadors are packing our gear and getting the details taken care of for our upcoming Journey to FF Iringa, Tanzania, with add-on safari trips.

One of FF Iringa's projects is to support a couple of the local schools in the area. Few children get a chance to finish high school. Our ambassadors will be giving one of the schools two scholarships. We will also be giving other school supplies.

I have been working with Tito Kilale, the President of FF Iringa. Tito is also one of the founders of Mt Calvary Open School. This school covers our grades 7-10 (approximately). Mount Calvary Open School in Mtitu village is indeed a beacon of hope for many students facing obstacles to accessing education. The school is becoming a vital institution in the community, apart from offering academic education, it also is planning to offer life skills and livelihood training.

By embracing open schooling, Mount Calvary Open School caters to the needs of learners who may not thrive in traditional educational settings due to various challenges such as distance, family responsibilities, or financial constraints. Its emphasis on self-directed learning and personalized pace enables students to take ownership of their education journey, ultimately fostering a sense of empowerment and agency.

We are exploring ideas for connecting Sacramento school(s) with Mt Calvary School – via email, zoom, pen-pal or whatever. Possible collaboration projects? It would give each class insights into life in another world, and appreciation for the difficulties each student is facing. If you have some ideas for schools we might connect with, let me know – either now (before our trip) or after we get back (June).

Please contact Ray Missman ([ray@missman.org](mailto:ray@missman.org)) with any questions!

## Journey to Lake Simcoe

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*By Helen Flach*

Journey # 24171 to Lake Simcoe will take place August 21 – 28. A planning meeting is being held for this journey on May 4 at 1:00 PM at the home of Helen Flach, 4104 El Macero Drive, Davis, CA. If you are interested in this journey, you might want to take advantage of attending this meeting.



## Quick Journey to Oregon?

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*By Linda Basuki*

Linda Basuki is coordinating a 4 night Journey to Oregon's Mid-Willamette Valley September 4 - 8, 2024. She would like to see who might be interested. The welcome dinner is Sept 4th, then over the next three days you'll visit wineries, Oregon State University, day trip to the coast, have home hosted dinners and free time to explore. You'll depart on Sept 8th. Please contact Linda at [lbasuki@yahoo.com](mailto:lbasuki@yahoo.com) ASAP if this is something you might like to do.



## ANNOUNCEMENTS

### Save the Date

*By George Meyer*

After discussion at our April General Membership meeting we have decided to celebrate the end of the year with our Holiday Party on **8 December at 1 PM** at the Casablanca Moroccan Restaurant - 3516 Fair Oaks Blvd. Sacramento, CA 95864. Be sure to add us to your calendar and plan to join us as we celebrate the holidays.

### Treasurers' Message

*By Charlene Taylor*

#### **CURIOUS HOW YOU CAN PAY FOR YOUR MEMBERSHIP FEES, EVENT, JOURNEY-RELATED EXPENSES, ETC. ????**

Just a little background info for you:

Our club has two treasurers who are elected each calendar year. We have a journey treasurer, who is Dan Ortiz. Dan is responsible for all journey income and expenses, in-bound and out-bound. If you are participating in a journey event e.g. a welcome or farewell party, you need to be reimbursed for journey expenses e.g. decorations for a party, or you are going on a journey and need to pay (FFI fees go directly to FFI via their website, not to Dan), Dan or your journey coordinator is your contact.

I (Charlene Taylor) am the general Treasurer this year. I am responsible for all non-journey-related income and expenses e.g. membership (dues) fees, non-journey-related events e.g. the holiday party, craft sales (Julia Smith normally collects for crafts and sends the \$ to me for deposit), operating expenses such as our zoom bill, tax and license fees etc. You may pay in many ways e.g. PayPal via our website when you have registered for an update, by check or, we even take cash!

If in doubt about what you should do, ask us. We'll be happy to point you in the right direction.

Our contact information is on our club's website but I'll also provide it here:

Dan Ortiz  
916-690-1741  
[sleedortiz@gmail.com](mailto:sleedortiz@gmail.com)  
9445 Emerald Cove Lane  
Elk Grove, CA 95758

Charlene Taylor  
916-600-6224  
[charlenetaylor2@comcast.net](mailto:charlenetaylor2@comcast.net)  
9303 Edensbury Ct  
Elk Grove, CA 95758

## Sunshine Corner

*By Donna Kincannon*

Happy Mother's Day from your Sunshine Corner!



Memorial Day is the 27th, the day to honor all who died while serving in the U.S. Military.

It is with great sadness to report that Mona Martineau's sister passed away last month. A sympathy card was sent. A "Thinking of You" card was sent to Pete Martineau as he recovers from surgery that he had early this year. Ken Mellor had surgery in April. A card was sent wishing him a speedy recovery.

### BIRTHDAY GREETINGS FOR MAY:

Ken Mellor 5-1  
Mona Martineau 5-11  
Paul Stark 5-12  
Dianne Faulkner 5-15  
Bonita Thomas 5-22  
Mary Hufft 5-27



Wishing you all a wonderful birthday!

If you would like to be included in the birthday greetings, please let me know.

Is there a happy occasion in your family this year that you would like to share? Call, text, or email me: (916) 390-1479 or [dlkincannon@att.net](mailto:dlkincannon@att.net)

## Memorial Day

*By Dan Ortiz*

Memorial Day was first celebrated in 1868 to honor both Union and Confederate soldiers who died in battle or died after injuries sustained in battle during the Civil War. It was initially known as Decoration Day as friends and family members visited cemeteries and decorated the graves with American flags, flowers, and mementos. In addition to the national observance, it also established the first national cemeteries for burial and memorial services to veterans. Today, there are 155 national cemeteries in 42 states. Many cities hold annual parades and ceremonies and participate in the national moment of remembrance at 3 pm local time. During World War II (WWII), Decoration Day was renamed Memorial Day. In 1971, it became a National Holiday on the last Monday of May as the official day of remembrance.

According to the Department of Defense, the American Civil War ranks number 1 by the total of U.S. military deaths at 655,000 (estimate for both Union and Confederate soldiers). It is followed by World War II (WW), at 405,399 military deaths and WWI at 116, 516. The Vietnam War ranks 4 th at 58,209 casualties, followed by the Korean War at 34,574, and American Revolutionary War at 25,000. The Iraq War had (2003-2011) had 4,476 and War in Afghanistan at 2,432 (2001-2021) casualties, respectively.

Please note that it is impolite to say “Happy Memorial Day” because for many families it is a day to mourn the grandparent, parent, spouse, child or friend that died in the service of our country. Instead, according to the Code of Support Foundation, the proper thing to say is:

- I wish you a meaningful Memorial Day.
- I hope you enjoy your weekend and pause to remember its purpose.
- Help remember those who served in our military on this Memorial Day.



## Warren K Lee – Awarded Congressional Gold Medal

By Dan Ortiz

On March 9, 2024, Warren K. Lee, the father of Sandee Lee (Friendship Force Sacramento member), was awarded posthumously the Congressional Gold Medal, for his dedicated military service during WWII. This is the highest military award in the United States awarded by Congress. It was awarded to Warren Lee for his bravery, valor, and patriotism in defending and protecting democracy at home and overseas.

The majority of Chinese Americans serving in the armed forces were in non-segregated units. However, Warren served in the segregated unit of the 14th Air Service Group in the China, Burma, India theater. By having segregated units, the U.S. Army thought the Chinese American soldiers could work and fight cooperatively with the Chinese Nationalist allies under Generalissimo Chiang Kai-shek. As many as 15,000 Chinese Americans enlisted in the U.S. military, representing about 20 percent of the Chinese American male population in the United States. Warren's two brothers also served in the military. An estimated 40 percent of the troops of Chinese ancestry were not native-born citizens nor could they obtain citizenship due to the Chinese Exclusion Act. Soong Mei-Ling, wife of Chiang Kai-shek, advised the US government to repeal the Chinese Exclusion Act to boost Chinese American morale and increase the number of enlistments in the armed forces. This act was repealed in 1943 by Congress and many soldiers were able to become naturalized citizens. Thereafter, many Chinese American servicemen were also able to bring their wives home to the United States from China.



These Chinese American troops, in partnering with the Chinese National allies, were instrumental in defeating the Imperial Army of Japan in China. As a soldier, Warren was able to witness the surrender of the Japanese to the Chinese Nationalists in Nanjing, China, on September 9, 1945. After the war, Warren married Sandee's Mom Hope Chinn, and owned and operated a grocery store in southeast Bakersfield for many years until his retirement.



## Recent Events

### Visit to the Sikh Gurdwara

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*By George Meyer*

As reported earlier 8 members of Friendship Force of Sacramento visited the Sikh Gurdwara in West Sacramento on 10 April. We had a wonderful presentation about the Sikh religion followed by a delicious vegetarian lunch. Those who attended felt it was a great experience.

We learned about the core Sikh beliefs which are:

1. One God;
2. All are equal in the eyes of God;
3. Earning an honest living;
4. Share with others (time, money, etc) ;
5. Remember God throughout one's day;
6. Sikhs do not believe in fasting, superstitions, ritualism, caste system;
7. Sikhism prohibits smoking, drinking alcohol or taking any intoxicants.

They have the 5 "K"s (Kara or iron bracelet to remind them to do good deeds; Kesh: uncut hair (both men and women); Kirpan (sword or dagger for protection); Kanga (comb) for cleanliness; and Kachera (long underpants for self discipline).

Thanks to Gurdip Singh Rehal for his time and excellent presentation.

### Visit to the Sacramento Zoo

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*By Elaine Armstrong*

On April 16 four members of Friendship Force Sacramento met Stephanie Turner for an unofficial zoo tour. Stephanie, a Friendship Force member, is also a volunteer at the zoo. We all enjoyed learning about the zoo and hearing Stephanie's stories about the different animals. Her enthusiasm for the zoo and its animals was infectious. If Stephanie ever offers another tour, we would highly recommend that you not miss it.



## Mission & Vision

Experience Different Views. Discover Common Ground.

**Mission:** Explore - Understand – Serve

To promote global understanding across the barriers that separate people.

**Vision:** Each individual will contribute to global goodwill.

- The Friendship Force worldwide network of clubs and individuals will overcome differences among people and nations.
- By connecting the world, one friend at a time, we will create a world of friends that becomes a world of peace.

## Board Members

2024 Board Members	
President: George Meyer	Membership: Pat Ghiglieri and Serena Williams
Vice President: Marty McKnew	Crafts: Julia Smith
Secretary: Nancy Sinnwell	Special Events: Helen Flach
Treasurer: Charlene Taylor	ByLaws/Parliamentarian: Ray Missman
Journey Treasurer: Dan Ortiz	Sunshine: Donna Kincannon
Past President: Charlene Taylor	Publicity: .Paul Bardwil
Sister Cities: Chris Smith	Newsletter: Elaine Armstrong
Webmaster: Chris Smith	Ex-officio: Sandee Lee

If you wish to contact information for any of our board members please use this [link](#)

**Next Newsletter Deadline: May 28, 2024**

Submit your articles & photos to Elaine Armstrong:

<mailto:mellomom.elaine@gmail.com>