



# friendship force

## SACRAMENTO

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

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

October 2018

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## President's Message



Several of us just returned from journeys to Leuven, Belgium and Kiel, Germany. Our hosts were incredible, and we all enjoyed learning more about their beautiful countries. Be sure to attend the November 3rd general meeting to hear how traveling with FF is unique, and get an overview of both journeys. Our Ambassadors kept a daily blog with lots of great photos of the journey. The blog can be found [HERE](#). In addition, we had daily updates on the FF Sacramento Facebook page. If you use Facebook, you should ask to join our group so you can see our posts. Thank you Marty for coordinating all the ambassadors, plus all the extra work you did on the pre, middle and post trips for everyone!

Our club enjoys so many fabulous outbound journeys in part because we are such a strong hosting club. We need a volunteer to be the Host Coordinator for the 2019 Inbound with Banjarmasin, Indonesia. It is tentatively scheduled for next July, and the club plans to visit Oregon after Sacramento. Please let me know if you are interested.

We will be voting on our 2019 board members and an international outbound journey destination for 2020 at the Oktoberfest party on October 5. Please register ASAP if you plan to join us ([sign up here](#)). The party will immediately follow an afternoon meeting of our Photo group called Sacramento Shutterbugs. If you cannot attend the Oktoberfest and want to give input on the journey destination, let me know and I'll send you a ballot to vote via email. Your vote needs to be received by October 4, so don't wait!

Our Montreal Ambassadors will be here October 11-17. There are some great events planned, so be sure to get out the Upcoming Events-FF Sac page to register for the fun.

Nancy Sinwell is the Host Coordinator for the inbound with Gifu, Japan Nov 8-15. Let her know if you can help, and check the [Upcoming Events-FF page](#) to register for the events you can attend. Part of the purpose of FF is meeting people from all over the world at these events and social gatherings. Remember, it's Faces not Places, so participate as much as possible so our ambassadors have the chance to meet and enjoy lots of American club members. You'll be glad you did!

– Kathy Hart, President

**Explore - Understand - Serve**

## Upcoming Events

See FF Sacramento website for latest schedule and to register for the event: ([link](#)) [must sign in to see all events]

Oct 5	Fri	Pre-Oktoberfest Shutterbug meeting 2:30 – 4:00 PM at Camp Pollock, 1501 Northgate Blvd., Sacramento. <a href="#">Sign up here.</a>
Oct 5	Fri	Oktoberfest party 5:30-7:30 PM at Camp Pollock, <a href="#">1501 Northgate Blvd., Sacramento</a> ; <a href="#">Sign up here</a> Business meeting to vote on outbound and elect board members.
Oct 11-17		INBOUND Montreal, Canada
Oct 17	Wed	Hospital Art to the Sacramento Children's Home, 11:30 AM. <a href="#">Sign up here</a>
Oct 23	Tue	Shutterbugs Lunch Meet Up. 1-3 PM <a href="#">Round Table Pizza, 7867 Lichen Drive, Citrus Heights, CA 95621</a>
Nov 3	Sat	Board Meeting 5:00-6:15 at Rancho Cordova Library meeting room General Meeting-overview of Int'l outbound journey 6:30-8:00
Nov 8-15		INBOUND Gifu, Japan
Nov 29	Thurs	Shutterbugs Lunch Meet Up. 1-3 PM <a href="#">Round Table Pizza, 7867 Lichen Drive, Citrus Heights, CA 95621</a>
Dec 18	Tue	Shutterbugs Lunch Meet Up. 1-3 PM <a href="#">Round Table Pizza, 7867 Lichen Drive, Citrus Heights, CA 95621</a>
Dec 9	Sun	FF Sac Holiday Party at Sun River church (gym floor). ~3pm

## Journey Listing

◇ = more detail in following pages. See FF Sacramento website for details and latest info: ([link](#))

### **In-Bound Journeys 2018**

- ◇ Montreal, Canada                      Oct 11-17      Kathy Hart, Host Coordinator
- ◇ Gifu City, Japan                        Nov 8-15      Nancy Sinnwell, Host Coordinator

### **In-Bound Journeys 2019**

- Banjarmasin, Indonesia              July (TBD)      Journey #15147-1. Need Host Coordinator
- Huntsville, AL                            September      Marty McKnew, Host Coordinator

### **Out-Bound Journeys 2019**

- Tuxtla Gutiérrez & Xalapa, Mexico March      Journeys #15010-1 and #15010-2.  
PJ Missman, Host Coordinator
- Toronto, Canada                        May 10-17      Journey #15104-1.  
Kathy Hart, Host Coordinator

## October 2018 Calendar

See FF Sacramento website for latest calendar: [\(link\)](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>30</u>	<u>Oct 1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
					2:30 PM FF <u>Sacramento Shutterbugs</u>	
					5:30 PM <u>Oktoberfest &amp; Annual Meeting</u>	
<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>
				<u>Inbound Journey - Montreal Canada</u>		
					8:00 AM <u>Tahoe Day - Montreal, Canada Inbound Journey</u>	1:45 PM <u>Late Lunch at Joe's Crab Shack in Old Sacramento</u>
<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>
<u>Inbound Journey - Montreal Canada</u>						
	10:45 AM <u>Montreal Inbound Journey: Helwig Wine Cave Tour</u>	5:30 PM <u>Farewell Dinner for Montreal</u>	11:30 AM <u>Hospital Art to the Sacramento Children's Home</u>			
<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>
		1:00 – 3:00 PM Shutterbug Lunch Bunch				
<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u>	<u>Nov 1</u>	<u>2</u>	<u>3</u>
						5:00 PM <u>Board Meeting- Rancho Cordova Library</u>
						6:30 PM <u>General Meeting at Rancho Cordova</u>

## Recent Activities

### Belgium-Germany Journey

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*By Ray Missman*

Our Journey to Leuven, Belgium and Kiel, Germany has finished. You can see what we saw at our [blogspot link](#) (this link is also on the FF Sacramento home page).

### Sunshine Corner

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*By Barbara Beland*



Karen Smith received a Sympathy card on the loss of her son.

Please let the Sunshine Corner know of all news of deeds of wonder, amazement and accomplishment, as well as any illness or situation that needs a card mailed out. The Sunshine Committee of one is: Barbara Beland, (530) 886-8600, or email [bdbeland@gmail.com](mailto:bdbeland@gmail.com)

## Announcements

### Vote for 2019 Officers

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*By Kathy Hart*

All FF of Sacramento members in good standing will be voting at the Oktoberfest. Below is a list of the nominees. You must be present to vote per the By-Laws.

#### 2019 Board of Directors Nominees for Elected Officers:

- President: Helen Flach
- Vice President: Sandee Lee
- Secretary: Stephanie Shurilla
- Treasurer: Pat Ghiglieri
- 

#### Additional Board Members:

- Exchange Treasurer: Charlene Taylor
- Membership: Jodi Vicario
- Publicity: Dan Ortiz
- Newsletter: Ray Missman
- Crafts: Judy Maas
- Activities: Nancy Sinnwell
- Past President: Kathy Hart

## Oktoberfest

*By Kathy Hart*



*The Beer Taps are busy at this German restaurant*

The party will begin at 5:30 PM at Camp Pollock, [1501 Northgate Blvd](#)

Join us for our annual club meeting and social. We will be voting on our 2019 board members and an international outbound journey destination for 2020.

Online registration is required. [Sign up here.](#)

The celebration will be a potluck assigned as follows:

Last name begins with:

- A-G Main dish
- H-R Hearty side dish or salad
- S-Z Dessert

The club will provide paper products, coffee, water and soda. Please bring your own alcohol.

We need help with set-up and clean-up. Please let me know how you can participate.

Hope to see you there!

*FFSAC ambassadors made efforts to explore the Belgian and German beer heritage while they were there – but we did not bring any back. You will need to bring your own.*



## Montreal Inbound

By Kathy Hart

We look forward to hosting 15 ambassadors from Montreal from October 11-17. Several of the events are posted online and are open to all members. We have a lunch in Old Sacramento on October 13, the Helwig Cave Tour and Wine tasting on the 15th, and the Farewell dinner at Old Spaghetti Factory on Tuesday, October 16.

Be sure to register if you plan to attend any of these events so we have an accurate headcount (For more information and online registration go to: Upcoming Events- FF Sacramento, or see links below).

### Schedule

Thurs	Oct 11	Arrival (late arrival, no events scheduled)
Fri	Oct 12	Tahoe Day ( <a href="#">register</a> )
Sat	Oct 13	Capitol tour, Stanford Mansion tour & other optional sightseeing. 1:45 PM: late lunch at Joe's Crab ( <a href="#">register</a> )
Sun	Oct 14	Open morning with hosts, optional activities including Farmers Market, Public Art, Sacramento Historic Homes 1:50 PM: Track 7 Craft Brewery Tour and Tasting Home-hosted dinners
Mon	Oct 15	Amador Wine and Gold Rush Country 10:45 AM at Helwig Cave Tour & Wine Tasting ( <a href="#">register</a> ) Home-hosted dinners
Tue	Oct 16	Open morning with Hosts <ul style="list-style-type: none"> <li>- 12:30 PM Lunch at Four Seasons Community Garden</li> <li>- 5:30 PM: Farewell dinner at Spaghetti Factory in Rancho Cordova (<a href="#">register</a>)</li> </ul>
Wed	Oct 17	Montreal Ambassadors depart for Salt Lake City (10:25 AM flight)

I hope you can join us. Let me know if you have any questions.

## Artwork Presentation to Sacramento Children's Home

by Dan Ortiz

This month, the Friendship Force Club of Sacramento will be presenting to the Sacramento Children's Home three canvases that were painted in collaboration with the Friendship Force of Big Canoe, Georgia. The paintings, commonly known as "hospital art", were jointly purchased by the FF clubs and painted by our members alongside with their members during our homestay in Big Canoe, Georgia this past May.

These colorful paintings of a beach scene, African animals and a hot air balloon will be donated by our club to the Sacramento Children's Home at a special presentation at 11:30 am, Wednesday, October 17, 2018, at main lobby of their site located at 2750 Sutterville Road in Sacramento. Kathy Hart, our Club President, will do the presentation to their Chief Executive Officer David Ballard.

Lunch will follow after the presentation at their on-site restaurant, Casa Garden. The cost of the lunch is \$20 for FF club members. Registration for the event is in the FF Sacramento website under Upcoming Events. The deadline to register for the event is October 11th. There are no refunds for this event.



## Gifu, Japan Inbound

*By Nancy Sinnwell*

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### **Gifu visits Sacramento November 8 – 15, 2018**

Plans are well underway for the Gifu Journey. We are still in need of some help from club members for a few scheduled events. If you can help with any of these items, please contact Nancy Sinnwell at [nlsinnwell@gmail.com](mailto:nlsinnwell@gmail.com).

Let me know as soon as possible –Thank you in advance for your assistance. – Nancy

### ***Home Hosted Dinners***

We need places for people to have dinner on either Friday, November 9 or on Sunday, November 11. If you can host a small (or large) dinner party one of those nights please let me know. Our Japanese ambassadors have requested American food at these dinners.

### ***Tahoe Day Guide***

Chris will have all his notes available and the day will be planned, but we need someone in charge to guide people through the day. If you've done this trip before and can help, it would be great since Chris will be in Egypt and Jordan on Friendship Force Journeys.

### ***Tentative Schedule***

If you'd like to join in on any of these events, please let me know. Some places have a limited number of participants. We'll have some of the activities on the website so check there as well. If you can help with anything that would be appreciated.

- November 8 Afternoon arrival - Welcome Potluck Dinner
- November 9 Wakamatsu Tea Colony, Marshall Gold Discovery Park, Home-Hosted Dinners
- November 10 Unscheduled Day for Ambassadors to enjoy with their hosts
- November 11 Veterans Day Parades - Capitol Tour, Old Town, Home-Hosted Dinners
- November 12 Morning Free Time, Cosumnes River Preserve viewing Sandhill Cranes
- November 13 Donner - Truckee Lunch - Tahoe tour
- November 14 Farewell "Thanksgiving Dinner" at Plates
- November 15 Farewell to our friends



## Shutterbugs

By Rozlynn Worrall

FF Sacramento Shutterbugs (Photography Cluster) is back from a summer hiatus, and here we have some great photos to share!

Our first fall Shutterbugs meeting will be at Camp Pollock, Friday October 5 from 2:30-4:00 prior to our club's Oktoberfest and Annual Meeting. Shutterbug members will each be sharing 10 favorite summer photos and planning upcoming meetings. After our meeting we will pitch in and help with set-up for the Oktoberfest. For more information about our photography cluster, visit FF Sacramento [Shutterbugs Share Site](#). Members and interested photographers are welcome to attend. [Register for all Shutterbugs meetings here](#).

FF Sacramento Shutterbugs will then be meeting at [Round Table Pizza, 7867 Lichen Drive, Citrus Heights, CA 95621](#), directly off Interstate 80 for the last 3 meetings of 2018. We will be gathering for an under \$10.00 all-you-can-eat pizza/salad buffet in the private dining area with a large screen TV where we can enjoy lunch, review photographs, learn and practice skills, and make presentations.

Mark your calendar and register for the "Shutterbug Lunch Bunch"

- Tuesday, Oct 23, 1:00-3:00
- Thursday, Nov 29, 1:00-3:00
- Tuesday Dec 18, 1:00-3:00

### ***Photos Themes for October and Fourth Quarter.***

The Monthly FOCUS for October MF10 is "[Relationships](#)". Photos for this theme must be taken in the Month of October and submitted by the end of the month.

The Quarterly Challenge QC4 is "[Finding Common Ground](#)". If you have taken any photos in 2018 that fit this theme, please submit them by December 31, 2018.



New to Friendship Force Sacramento or interested in improving your photography skills? Consider joining Shutterbugs. Send an email to [FFSacShutterbugs@gmail.com](mailto:FFSacShutterbugs@gmail.com), and we will add you to our mailing list.

## 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

2018 Board Members	
President: Kathy Hart <a href="mailto:president@ffsacramento.org">president@ffsacramento.org</a>	Membership: Jodi Vicario <a href="mailto:jodi.vicario@gmail.com">jodi.vicario@gmail.com</a>
Vice President: Helen Flach <a href="mailto:vp@ffsacramento.org">vp@ffsacramento.org</a>	Crafts: Judy Maas <a href="mailto:jemaas@aol.com">jemaas@aol.com</a>
Acting Secretary: Kathy Hart <a href="mailto:secretary@ffsacramento.org">secretary@ffsacramento.org</a>	Activities: Nancy Sinnwell <a href="mailto:nlsinnwell@gmail.com">nlsinnwell@gmail.com</a>
Treasurer: Pat Ghiglieri <a href="mailto:pat.ghiglieri@sbcglobal.net">pat.ghiglieri@sbcglobal.net</a>	Shutterbugs: Roz Worrall <a href="mailto:worralltravelrs@gmail.com">worralltravelrs@gmail.com</a>
Journey Treasurer: Charlene Taylor <a href="mailto:charlenetaylor2@comcast.net">charlenetaylor2@comcast.net</a>	Historian: Open
Past President: Chris Smith <a href="mailto:smithinsac@gmail.com">smithinsac@gmail.com</a>	Sunshine: Barbara Beland <a href="mailto:bdbeland@gmail.com">bdbeland@gmail.com</a>
Sister Cities: Chris Smith <a href="mailto:smithinsac@gmail.com">smithinsac@gmail.com</a>	Publicity: Daniel Ortiz & Sandee Lee <a href="mailto:dmortiz2013@yahoo.com">dmortiz2013@yahoo.com</a> & <a href="mailto:sleedortiz@frontiernet.net">sleedortiz@frontiernet.net</a>
Webmaster: Marty McKnew <a href="mailto:webmaster@ffsacramento.org">webmaster@ffsacramento.org</a>	Newsletter: Ray Missman <a href="mailto:ray@missman.org">ray@missman.org</a>

**Next Newsletter Deadline: October 24, 2018**

Please submit your articles & photos to Ray Missman at [ray@missman.org](mailto:ray@missman.org)

*Montreal visits Sacramento*

