



friendship force

SACRAMENTO

www.thefriendshipforce.org

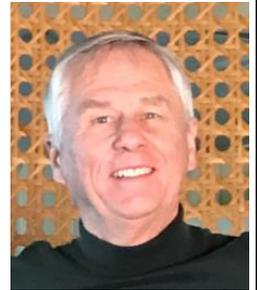
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March 2020

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Vice-President's Message



Spring is almost here and lots is going on. 17 of our members are Friendship Ambassadors on Journeys – their stay in Australia has finished and now they are in New Zealand. Sandee, our president, is with them (which is why I'm writing this). They return home later this month, and they'll share their stories with us in our April 26th meeting.

To go somewhere and learn about people there and make some friendships – that's what Friendship Force is for. A [TED Talk podcast](#) on 'The Act of Listening' shared similar ideas. "It's impossible not to love someone whose story you've heard" (at 42:30 in podcast). And this leads me to our March 25 General Meeting. We're planning to do something a little different this time, so be sure to [sign up](#) and come!

If you've travelled abroad, maybe you share my sense that you feel a lot closer to those places you've been to. For example, I was on our 2015 FF Sacramento Journey to Blue Mountains, Australia – and so the fires there seem much more real to me – especially after the California fires. Been to China? Then you must be thinking about the impact of the coronavirus outbreak there. Our webmaster and Sacramento Sister City contact Chris Smith sent out a special e-bulletin on Feb 10 asking for help for one of our Sister Cities. It's excerpted on Page 4. For current status on the COVID-19 coronavirus, please refer to the [CDC](#), and to the [mapping app](#) by Johns Hopkins U. The Washington Post ran a helpful & reassuring story ([link](#)) – but it does raise one concern that we in FF should keep alert to: "Be kind. On college campuses, ... in Chinese restaurants. and on streets every day, Asians have reported a rise in aggressions both micro- and macro-. As coronavirus has spread, so, too, has anti-Asian prejudice."

The coronavirus outbreak may cause plans to change, but we are hoping it will not seriously impact our 3 inbound journeys coming up – Tokyo, Japan; Hamilton NZ; and Brasov, Romania. And our outbound journey to Florianopolis + Blumenau, Brazil. There are lots of ways to get involved, to meet some people from other places – and go see other places. Jump in – it's fun!

– Ray Missman, Vice President

March Calendar

To view the entire March 2020 calendar in calendar view, click ([here](#)).

Note: 'Community events' (not FFSAC events, but of interest) are not shown in the link above, but are included below. To see on our website, go to UPCOMING LOCAL EVENTS on Home Page.

Upcoming Events

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

[must sign in to see all events]

Mar 5	Thurs	Shutterbugs Lunch Bunch, 12:30-3:00, Round Table Pizza, 7867 Lichen Dr., Citrus Heights, CA (register) "How to Take Dynamic Group Photos"
Mar 12	Thurs	River City Food Bank (register)
Mar 24	Tue	Shutterbugs 'FLEXPERIENCE' (register)
March 26	Thurs	Board Meeting: 2:15-4:15 (register) General meeting for all members and guests: 4:30-6:00 PM (register). LEO after! Both at South Natomas Library, 2901 Truxel Rd , Sacramento
March 28	Sat	FIRST Robotics Competition, Davis (register)
April 9	Thurs	Shutterbugs Lunch Bunch, 12:30-3:00, Round Table Pizza, 7867 Lichen Dr., Citrus Heights, CA (register) "On the Street"
April 21	Tue	Shutterbugs 'FLEXPERIENCE' (register)
April 26	Thurs	Board Meeting: 1:05-3:15 (register) General meeting for all members and guests: 3:30-5:00 PM (register). LEO after! Both at Carmichael Library, 5605 Marconi Avenue, Carmichael
May 7	Thurs	Shutterbugs Lunch Bunch, 12:30-3:00, Round Table Pizza, 7867 Lichen Dr., Citrus Heights, CA (register) "Roadways/Pathways"
May 19	Tue	Shutterbugs 'FLEXPERIENCE' (register) "Post Processing"
May 21-23		Western Regional Conference, Portland OR
June 11	Thurs	Board Meeting: 2:15-4:15 (register) General meeting for all members and guests: 4:30-6:00 PM (register) Both at South Natomas Library, 2901 Truxel Rd , Sacramento

Journey Listing

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

In-Bound Journeys 2020

- ◇ May 27 - June 2 Tokyo, Japan Dan Ortiz, Host Coordinator
- ◇ June 24 - July 1 Hamilton, New Zealand Patricia Fitzgerald, Host Coord.
Nancy Sinnwell, Asst. Coord.
- (early) October Brasov, Romania Pending – **Accepting applications for Host Coordinator**

Out-Bound Journeys 2020

- ◇ September 14 - 20 [Florianopolis](#) and Blumenau, Brazil, Brazil (Patricia Fitzgerald, Journey Coordinator)

Recent Activity

Membership Update

By Kathy Hart

February 1 was our New Member Orientation and we enjoyed beautiful weather, tasty food and great conversation. Eight newer members joined for lunch and an overview of Friendship Force. Our goal is to help new members understand how our organization operates, and how they can participate. We have several inbound journeys this year and it's a great opportunity to get involved and meet other members.



Please consider inviting a friend or two to one of our up-coming outings or general meetings. It's a great way to expose them to the Friendship Force concept and gives folks a chance to meet some members. Don't keep FF a secret, but rather help spread the word to curious and friendly people about our amazing organization!!



Photo-from L-R: Nancy Gail, Steve & Terri, Marylou, Leticia, Cecilia, James and Juan

The Journey Down Under

By Ken Mellor, Feb 16, somewhere near the antipodes

16 ambassadors were hosted by the Southern Sydney Friendship Force club. The hosts were spread over a 2,000 square mile area so it could take over an hour by bus, car or train to get to a venue or member's home. We had great hosts and activities. We visited the Southern Highlands with grand vistas, historic iron works and popular holiday resorts. We toured the iconic Opera House and saw a fun filled musical comedy "Six". One day we walked to and through some of best-known streets and sites of downtown Sydney. Couldn't miss the visit to an animal park that featured Australian flora and fauna. A trip on a ferry to Manly beach and a pub dinner where drinks were paid for by an intoxicated stranger (Kathy will tell the story). We all walked across the famous Harbour Bridge and had another pub lunch. Too many great activities and experiences to relate here, but it was a great journey enjoyed by all.

- Ken Mellor, Ambassador Coordinator

[The group is now visiting Hamilton, New Zealand]

Announcements

China Assist

By Chris Smith

Reprinted from Friendship Force of Sacramento's e-Flyer Feb-10, 2020:

An urgent plea for help:

Dear Members,

I received the following email from the President of the Jinan-Sacramento Sister City Corporation. If you can help with masks, please contact Grace Liu.

If you can make a donation, please send a check payable to 'JSSCC' noted 'Jinan medical need' to

*JSSCC
1017 L St., #1160
Sacramento CA 9581*

*Thanks,
Chris Smith*

Hi All,

I got a WeChat message from the Jinan Foreign Affairs Office late last night asking if we can get face masks for Jinan citizens. Currently every Jinan resident is only allowed to buy three, due to the limited supply and the enormous demand. The City Government of Jinan is asking anyone, any organizations, and all its sister cities for help. If you know of local hospitals, medical supply companies, and charities that can donate or spare us some masks, please let

me know ASAP. We as a 501(c)3 can accept donations or use our own fund to buy (if donation is not possible). We'll also be in charge of coordination between any US organizations and Jinan, as well as shipping to Jinan.

Needed most: **3M N95 1860/1870 for medical use** Also need and can help prevent or alleviate the spread of coronavirus in Jinan: **3M N95 8210/8511/9210+**, Any face masks with the anti-virus, surgical and flu-fighter label or effect would do. The more, the merrier. The supply will go to the most needed first, such as the elderly, the youngsters, and medical workers.

As residents try to get back to work, they are demanded to wear face masks at workplace and all public places.

Please help!!

Regards,
Grace Liu
President, Jinan-Sacramento Sister Cities Corporation
(JSSCC)
Promoting Friendship since 1984
We're a non-profit 501(c)3 organization. Tax ID: 68-0070809

Contact Information:

Grace Liu
Text: 916.792.0902
grace.liu@jsscc.org
www.jsscc.org
Call:
Gloria Espejo 916.690.2073 (English),
Teresa Yeung: 916.704.2679 (Mandarin
or Cantonese)

Kathy Matthews

Audrey Wiechman

A daughter of Kathy Matthews sent word that her mother passed away on November 26th in San Leandro, California. Kathy and her husband, Scott, were active members and traveled on several Friendship Force Journeys until Scott's illness and death several years ago.

Kathy's Celebration of Life will be held at 11:30 am on Saturday, March 7 at the WEL Garden, San Juan Water District Offices, 9935 AUBURN-FOLSOM ROAD, GRANITE BAY CA 95746. In lieu of flowers, remembrances may be sent in Kathy's name to the Sacramento Native Plant Society.

Condolences go out to her family.



Sunshine Corner

By Audrey Wiechman

If you know of anyone who might appreciate a note of sympathy, encouragement, best wishes, or congratulations, please let me know: audreywiechman@gmail.com or (916) 481-4073.

Update on World Relief

By Kathy Hart

At the 2018 Super Regional Conference here in Sacramento, members heard powerful stories of refugees relocating to the area with the help of World Relief. FF of Sacramento has been involved with World Relief in the past, and I thought I would share an update.

Did you know that in January 2020, World Relief Sacramento welcomed 165 new neighbors? If you are de-cluttering your home, please consider donating to this organization and they have some specific needs for these relocating families:

- Forks, knives & spoons
- Mixing & serving bowls
- Kitchen knives
- Cutting boards
- Bath towels
- Trashcans- kitchen & bathroom
- Toothbrushes & toothpaste
- Shower curtains & hooks
- Bed linens- twin, full & queen
- Floor lamps
- Blankets

For more information, email Jesse Burrow at sacramentogik@wr.org. Items can be dropped off at their office M-F between 9 a.m. and 5 p.m. They can also schedule pickups for larger items like couches, tables and chairs. World Relief Sacramento · 4616 Roseville Road, Suite 107, North Highlands, California.

As always, thank you for your generosity to share with others and for your willingness to **Explore - Understand - Serve** with Friendship Force!

Where in the World?

By Roz Worrall

Do you know where this photo was taken? This photo might be easier for FF Sacramento than for those clubs that have not visited here.

If you can identify, send FFIphotoCC@gmail.com a short note with your identification of photo, your name, and club name. If you are correct, you will be recognized on the [FFIphotoCC Share Site](#) the following month as an Eagle Eye Traveler.



On your phone!

By Chris Smith

Member Roster and Events Data on your phone

Members, our club has an app that can easily access the roster and the club events from your phone. If you have an iPhone [click here](#). For Android phones [click here](#).

Any questions call Chris Smith at 916-712-6979.

Upcoming Events

River City Food Distribution

Audrey Wiechman

Eleven of our FF members packaged and distributed food to 430 families at River City Food Bank's Arden-Arcade distribution center on February 1. Thank you to Ambyr and Jacob Summerhays, Lynn and George Meyer, George Galamba, Lydia Simonette, Nancy Sinnwell, Barbara Horton, Elizabeth Witdoeckt, and Julie Smith.

The next time for us to help at St. Matthew's is scheduled for Thursday, March 12, from 1:00-3:00 pm. Work will include only preparation and packaging for the following day's distribution. This will enable the food bank to open the doors earlier for distribution of the food on Fridays and Saturdays. For more information and to register, go to our website:

<https://ffsacramento.org/event-3764182>



Lydia S, George M & student volunteers



Julie S - milk distribution

Tokyo Inbound Journey

By Dan Ortiz

Tokyo inbound ambassadors will be here May 27 through June 2, 2020.

Home Hosts Needed: We are still in need of one more home host for the Tokyo Journey from May 27-June 2. Day hosts will be available if you are unable to go with your ambassador for some of the activities. If you can be a home host please contact Audrey Wiechman at audreywiechman@gmail.com or (916) 481-4073. Thank you to those who have already volunteered to host.

Hamilton, NZ Inbound Journey

By Patricia Fitzgerald

Our Hamilton, New Zealand, inbound journey is coming up: June 24th through July 1st. The committees are in place and we will be having our follow-up meeting on April 6th at 2:00 PM at Patty Fitzgerald's home. Tickets have been purchased for a River Cats baseball game on June 30th. If you are interested in attending, please contact Patty. The cost is \$17 per ticket. Hot dogs and ice cream are specials for that evening at the cost of \$1 each. Come and enjoy an old-fashioned evening at the ballgame. Thanks for all who have signed up to host the Hamilton, New Zealand, Ambassadors. Our Ambassadors who are in New Zealand at the present time texted me with their willingness to host. What a great group of friends to work with as a member of Friendship Force. I am looking forward to hearing their journey report at our next Board meeting.

Brazil Outbound Journey

By Patricia Fitzgerald

FLORIANOPOLIS/BLUMENAU, BRAZIL OUTBOUND JOURNEY:

Hey, Florianopolis and Blumenau: FF Sacramento in September is headed your way. Our first meeting was held in February and we discussed additional side trips the group might be interested in looking into, such as Rio de Janeiro, Iguazu Falls on the Argentina/Brazil border, and perhaps Buenos Aires, Argentina. So much to see and do. What a wonderful adventure we will be taking. We are looking forward to meeting our host families and learning about Brazilian culture. Our next meeting will be on April 13th at Patty Fitzgerald's home. We have room for a few more participants. Contact Patty Fitzgerald, if you are interested, and you will be added to the list. Happy St. Patrick's Day and Top of the Morning to y'all.

Shutterbugs

By Roz Worrall

Taking Dynamic Group Photographs

The FF Sacramento Shutterbugs First Quarterly Photo Challenge is “Friendships at Home”. The challenge ends on March 31. We will be exploring how to take dynamic group photos of Friendship Force “friends” and experiment a bit at our Lunch Bunch Meeting. For our March Flexperience, we will continue with this theme with a hands-on creative photo shoot.

Even if you are not a member of our Shutterbugs cluster, you may be interested in attending the Lunch Bunch meeting so that you can learn how to organize and take those *eye-catching* photos of Friendship Force in action. Photographers and Friendship Force models are welcome to attend our Flexperience Photo Shoot on March 24. Did you take a great, dynamic-group photo on your recent journey to Australia/New Zealand or at a planning meeting for a journey? ⇒ Send it to FFSACShutterbugs@gmail.com by April 3.



Chris S

Lunch Bunch Meet up: Thursday, March 5, 2020

12:30-3:00 pm. General members and friends are welcome to attend Lunch Bunch Meetings at Round Table Pizza in Citrus Heights. We learn something new and share our photos. For more details and to register, click [here](#).

Flexperience Meet up: Tuesday, March 24, 2020

See FF Sacramento’s Website [Upcoming Events](#) for details of the Flexperience - location & time, and be sure to [register](#).

See all the [Monthly FOCUS for February - Pets!](#) Here are some of the photos our members took.



“Time for a Kiss” - Nancy S



“Benjamin – Dan O



“Third Eye Vision” – Joy G



“Proud Mother” - Chris S

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

2020 Board Members	
President: Sandee Lee president@ffsacramento.org	Membership: Kathy Hart kathleen-hart@sbcglobal.net
Vice President: Ray Missman vp@ffsacramento.org	Crafts: Judy Maas jemaas@aol.com
Secretary: Stephanie Shurilla secretary@ffsacramento.org	Activities: Nancy Sinnwell nsinnwell@gmail.com
Treasurer: Pat Ghiglieri pat.ghiglieri@sbcglobal.net	Shutterbugs: Roz Worrall worralltravelrs@gmail.com
Journey Treasurer: Charlene Taylor charlenetaylor2@comcast.net	Historian: Open
Past President: Helen Flach pastpresident@ffsacramento.org	Sunshine: Audrey Wiechman audreywiechman@gmail.com
Sister Cities: Chris Smith smithinsac@gmail.com	Publicity: Daniel Ortiz dmortiz2013@yahoo.com
Webmaster: Chris Smith webmaster@ffsacramento.org	Newsletter: Debra Schaefer abracadebra25@gmail.com

Next Newsletter Deadline: March 24, 2020

Please submit your articles & photos to Debra Schaefer at abracadebra25@gmail.com