



Hello members and those interested in Friendship Force!

What a year we've have—and are still going through. Each time the Board meets, we hope that Covid-19 numbers are down, and we can get our group back together for traveling, First Sunday's and just fun. At the Friendship Board



meeting in early September, we decided to gather in an outdoor shelter for our annual meeting in October. By the time you've read this, it has likely happened. We would love your feedback on this type of meeting and your thoughts of similar future gatherings as the year proceeds.

Our Christmas party, scheduled for December 3rd, will now be a Valentine party (with more information to come).

We hope to return to hosting our First Sunday gatherings as soon as possible.

2021 will hopefully include a trip to Toulouse, France. We hope to invite friends from Memphis, Colorado and the Seacoast to visit us as soon as we get the okay. There is so much to do and so many people to meet. I hope to see you and all interested friends—sooner rather than later.

Molly Kiefer, Vice President



Happy 35 years to Friendship Force of Raleigh. We appreciate, especially the members who were part of starting our group. We also appreciate all of you joining and continuing to Participate. Thank you!

2021

Officers and Directors

Officers

President: Molly Kiefer
Vice-President: Brenda Gay
Treasurer: Diana Moore
Secretary: DeAnne Dotson

Directors

Scott Cappelluti
Olga Dovoric
Carole Dubber
Mary Louise Gray
Jan Johnson
Doyle Long
Rachel Masimore
Mike Rakoukas
Liz Smith
Donna Steele
Carol Winner
Judy Wright



Everyone, meet our President & Officers

Molly Kiefer I am a psychotherapist and had been in private practice in Raleigh, NC for over 35 years. I was born in Dublin, Ireland and came to the US at the age of 3. I feel as though I grew up traveling to Europe and throughout different parts of the United States from a young age.

The travel, the cultural exchanges, and meeting people were enticing features of Friendship Force. When I joined in 2011, I was excited to learn the culture of others, to stay in their houses, eat their food. And, then reciprocate when people from all over the world came to our wonderful state of North Carolina. The connections and experiences have been an eye-opening experience. It has been fun to help organize and participate in many exchanges. I am hoping to go to France in 2021 with our group. Other exciting trips have included Kentucky, Florida, Ohio, Tennessee. The in-country trips have been terrific.

If I can help in any way, please contact me Molly.kiefer@icloud.com. 919-828-4343

Diana Moore: Hails from Louisa, KY and Northern Ohio. Lived in Germany for three years and various places in the USA to include Arizona, Texas, New Jersey, Tennessee, West Virginia, Virginia, and Florida before settling down in Raleigh, NC in 2019. Having worked for the DoD most of my career, I deployed to the Middle East from Sep 2008-Sep 2009. I retired in 2015. I have always been an avid explorer enjoying walking, traveling, and experiencing different cultures. I enjoy the beach as well as the mountains but prefer warm weather over cold. Shoes are a personal passion of mine.

Though not an expert, I do enjoy gardening and plan to expand my herb garden to include vegetables next year. I enjoy movies...especially good comedies and action adventures. I help out in our community's Greenway clean-up program and am a lover of the outdoors, trails and parks. Physical fitness and eating well is something I focus on every day.

Scott Cappelluti: Born in the pastoral borough of Brooklyn, NY before migrating to Staten Island, NY, I settled in Germantown then Frederick, Md for my first career position with the DoD as a cartographer in 1985. Having held several positions over the next 32 years in the Intelligence Community, I retired from the DoD in 2017 then again as a defense contractor in 2019. I received my B.S. in Geology from Brooklyn College then my M.S. in Strategic Intelligence from the National Intelligence University. I met Diana Moore while deployed to Qatar in 2008. Though "retired" now, I am building a business to direct individuals seeking information about potential career paths.

I love traveling and did a USA cross country RV tour with friends back in 2018. I look forward to traveling to unexplored (by me) places outside the USA to meet new people, learn of their customs and culture, and take lots of photos (I also enjoy photography and am learning more about videography). I do a lot of writing - especially keeping a daily journal and writing lyrics. My passion for music is boundless as I can appreciate most types (still battling to enjoy rap even though my niece loves it). I claim no talent for playing any musical instrument even though I have 2 guitars and a small keyboard. Sports wise, baseball is a passion and the NY Yankees are my favorite team (ok, no booing...let's keep this civil ;-). I read a lot of baseball books as well as finance books as I'm always seeking ways to best care for my finances. I try to exercise daily and eat well most of the time (confession, I do have a sweet tooth). Though I currently have no pets, I have had dogs, cats, ferrets, etc in the past and am an animal lover. I joined Friendship Force to meet other people, share experiences, and foster new friendships.

Stay tuned for our next newsletter and meeting the rest of us

My Friendship Force Trip to Japan by Doyle Long
March 31 - April 14, 2005



After spending the first week in Machida City, a suburb of Tokyo, our club members took the Bullet Train to Nara, south and west of Tokyo. My hosts there were Sawako and Katsu Goda. After being treated to tea, we drove to their GARDEN - it was six rows, about 25 feet long. They were very proud of it, had their boots in the car plus a bucket for carrying water and bags to put the

spinach in - we picked their ENTIRE crop that day, and she fixed every way imaginable.

Sawako was an excellent cook, loved to entertain, and was a great organizer. Most nights she had a potluck, unless we occasionally went to someone else's home. I was the only guest in this home and had a room to myself with a bed!! but the hardest pillow I had ever slept on - didn't complain though.

We had been instructed to end the names of our host and hostess with sat/sun which is the title of Mr. or Mrs. Sawako let me know right away that she was Sawakosan and he was Katsusun - and her granddaughter's name ended in Chan - so I called them that for the duration. However, her friends, my day hostesses, asked me to call them by their first names - Ami, Masa and Hata - as we had with all the Japanese in Machida City. Nara was a little more formal club, but it was a new Friendship Force club and so anxious to please and entertain.

Our first day we went to Nara Park, home to some 1200 white tailed deer who are protected because of the ancient tale that the famous Great Buddha was brought to Nara on the back of a deer. The Great Buddha Kasuga is a Shinto Shrine and is housed in the largest wooden building in the world. The Buddha is a large bronze cast statue that was constructed in 749 by Emperor Shoomu in wishes for the peaceful world and the welfare of Nature. There are many shrines, temples and monuments in the Park.



Our “Box Lunches” brought by our hostesses were in beautiful lacquered boxes with dividers and had the best food in them. That evening I was introduced to sushi, grape leaves, many different vegetables and fish. Of course, they watched me to see what I’d do, but I joined in with gusto eating and enjoying

everything!!

On our “free” day, Sawakosan and two other hostesses had the Japanese ladies to bring their kimonos and dress each of us in them, followed by a Tea Ceremony. The Ceremony was very beautiful, formal and almost sacred.



At the Welcome Party they had the most beautiful platters of food ever laid out for us, along with a band performing every kind of imaginable kind of American music. Our club had been practicing Square Dancing and we performed for them. They loved it!! We wore black

slacks, white shirts and red bandanas around our necks. We had taken extra bandanas and passed them out to our host and hostesses and they loved them - some wore them for the rest of the week.

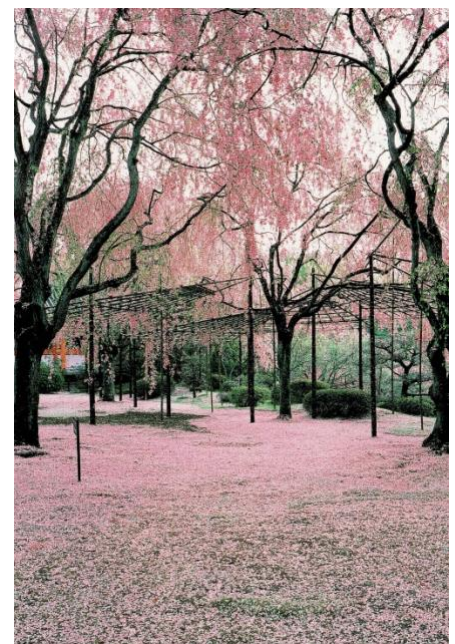


The next day several of the hostesses had gotten together and took us for A Picnic Under the Cherry Blossom Trees at a very grand home. It was the biggest house we had seen in all of Japan with sooooo many formal “living rooms” with Oriental Rugs WALL to WALL! We ate outside under the trees with delicious foods once again served in the beautiful “boxes.” We were then entertained in one of the large living/sitting rooms by five ladies playing stringed instruments - very nasal sounding, but we enjoyed. They played tunes we knew, followed by a Tea Ceremony!

The following day we learned how to make craft items – chopstick holders and cake-eating knife holders – at the Nara Community Center. These were useful items for us to bring home to share and show!!

Even though we had the most rain we had during our entire stay in Japan, we went to Kyoto via bus and saw the most beautiful temples, including the Golden Temple, and cherry blossoms in full bloom. They were all so beautiful, even in the rain.

The next day we toured “Old Nara” which was quite fascinating - very narrow streets that only one car could go down, but there were very few cars. Streets and houses remained unchanged for more than a century. Many shops and buildings there had once been used for houses where ladies of the evening entertained, but we never heard the name Geisha the entire time we were in Japan. Many Shinto Shrines in this neighborhood were easy to spot because they always had an archway and always painted orange. We saw a very large cemetery with headstones so very close together. We were told that due to lack of land, bodies had to be buried on top of one another.



My hostess taught English to Japanese children so I went with her to class that night. They were reading Uncle Tom's Cabin as a play and were pleased to read for me. Their mothers stayed with them and sat on the floor at the other end of the building. Some of the mothers helped.

On our last day, Sawakosan fixed an American breakfast, lots of food again. We took a few pictures and I said goodbye to Katsusan, then she and I headed to the bus station to join the others. We went by bus to Kyoto to catch our plane home.

I had a delightful time. I found people so much friendlier than I had expected, so warm and welcoming; they couldn't do enough for us. Their food was delicious and very plentiful, the beds were different, the smiles and friendliness beyond my greatest hopes. I saw Mt. Fuji, ate with chopsticks and was thankful for their commodes and their showers.

Friendship Force International offers "Virtual Experiences"

As an organization whose very essence involves domestic and international travel, Friendship Force International (FFI) has a challenge to keep its members engaged. I believe they are trying very hard to meet this challenge.

I would like to suggest that our Raleigh members consider taking a look at a series of "Virtual Experiences" that FFI has produced that provide an opportunity to travel and enjoy several experiences "virtually", by means of the internet. Obviously, there is nothing like "being there" and experiencing a place and its people "live", but, in the meantime, here is a fun option for you to consider: take a look at a series of "Virtual Experiences" that FFI has on its web site.

Just click on the "Virtual Experiences" tab on the red bar at the top of the main FFI web site page at www.thefriendshipforce.org . Here you will find a number of presentations among which are opportunities to see "Faces and Places" in such countries as Brazil, France, Ghana, Japan, Mexico, New Zealand, and Siberia. You will also find several "How to..." presentations about such things as Travel Photography, Culinary Arts, and even how to improve your "Zoom" experiences.

We hope you will check this out. Have fun! Hopefully soon in the new year we will have an opportunity to enjoy one another and our new friends in so many beautiful parts of our wonderful world. Happy Fall.

Mike Rakouskas

The Club petitions for a Peace Pole and Peace Garden for Dorothea Dix Park

The Friendship Force of Raleigh is initiating a petition to request the City of Raleigh to consider including a Peace Pole and Peace Garden as an element of the Dorothea Dix Park. Here is the wording of the petition:

"We, the undersigned petition the City of Raleigh to consider incorporating into the design of Dorothea Dix Park a location for a "Peace Pole" within a Peace Garden designed to symbolize the community's commitment to the concept embodied within the saying inscribed in numerous international languages on Peace Poles around the world: "May Peace Prevail on the Earth".

A copy of the petition was signed by members attending the Annual Meeting. If you have not as yet signed the petition, please contact Mike Rakouskas at 919-782-7672. Mike is coordinating the effort to solicit support and endorsement for this from several organizations in the Raleigh area with an interest in international issues. We hope to have copies of the petition from these organizations sent to Mayor Mary Ann Baldwin during Thanksgiving week.



"Bob and Brenda Gay at the Peace Pole in Dayton, Ohio"

OCTOBER FIRST SUNDAY AND 2020 ANNUAL MEETING

On October 4th 23 members of our Friendship Force club gathered under a large shelter at Forest Ridge Park near Wake Forest. It was a beautiful fall afternoon, there was plenty of space to social distance, and it was great to see so many in person. Members brought their own drinks and snacks and we socialized for about an hour.

Molly Kiefer, Vice President, then called the Annual Meeting to order. The primary order of business was the election of officers for 2021. Those elected appear on the front page of this newsletter. We appreciate all the work of the board during 2020 and look forward to 2021 and the time we can start to travel again.

Following the election, updates were provided regarding 2021 journeys. Mike Rakouskas reported that he is in contact with the Host Coordinator in Toulouse, France, and they are hoping to set September dates soon. Doyle Long reported that Memphis is planning to visit us in October of 2021, but no specific dates have been set yet. She and co-host coordinator Liz Smith already have the itinerary planned, since originally, they were coming to Raleigh

in 2020. She will be looking for home hosts in the future. Of course, all journeys are contingent on all things related to COVID 19.

Just as the chill set in, members said farewell and that we hope to do this again.



2021 renewals are due now and the renewal form is at the end of the newsletter. Just for your information, our club pays dues of \$20 per member to Friendship Force International to help support the operations of the organization.

THE FRIENDSHIP FORCE OF RALEIGH
2021 Membership Renewal Form



friendship force
RALEIGH

Today's Date _____

If no change in data since last year, just enter name
and indicate no change.

Individual Data:

Last Name _____ First Name _____ M.I. _____

Address _____ City _____ State _____ Zip _____

Primary Phone _____ Secondary Phone _____

Email _____

Second Adult Family Member:

Last Name _____ First Name _____ M.I. _____

Primary Phone _____ Secondary Phone _____

Email _____

Dues for Calendar Year January 1 – December 31, 2020

_____ \$50.00 Family membership (Two adults living in the same household
with or without minor children)

_____ \$30.00 Individual membership

_____ \$10.00 Student membership

Please make check payable to Friendship Force of Raleigh and mail to: Friendship
Force of Raleigh, P. O. Box 21022, Raleigh, NC 27609

An order Form Link for Name Badges can be found at:

<https://thefriendshipforce.org/resources/>