



friendship force  
WESTERN  
NORTH CAROLINA

# Mountain Friends

Vol. 18, Issue 3

*Friendship Force of Western North Carolina*

June 2018

FFWNC  
P.O. Box 1425  
Skyland, NC 28776  
Website: [www.ffwesternnc.org](http://www.ffwesternnc.org)

## Dates to save

*Saturday, July 14* - Picnic at Mills River Park – 12 Noon – 3 pm

*Friday, December 7* – Conference Room at the Grove Arcade in Asheville – 3:30 – 5:30 p.m. – more details will soon be available.

## Our annual club picnic

*Saturday, July 14<sup>th</sup>*, from Noon – 3 p.m. at the Mills River Town Park Pavilion, 124 Town Center Drive, in Mills River. Fried chicken and beverages will be provided. Please bring one of the following to share: appetizer, salad, or dessert, along with your own cutlery, plates and glasses.

## FFWNC Badges

As the name badge supplier has increased its name badge price by \$2.00, the Board at its March 13 meeting voted unanimously to increase the price of name badges from \$10.00 to \$12.00.

## From the Desk of the President

Dear Friends,

Hope you all have been able to enjoy a few days without rain and are safe and sound! What a wet spring we have had!

If you attended the May 20<sup>th</sup> General Meeting, you heard about our successful April Open World. Kudos to Kay Manley and all those involved with hosting. Without cooperation and help from FFWNC members, these endeavors simply could not happen.

Two other *big “thanks “are in order:* to Bill Hogan, our journey coordinator for the May Wichita/Albuquerque outbound journey. This was a reciprocal journey, and it was a pleasure to rekindle friendships begun here in WNC. Also, Joan Manfre and Becky Reid led an exceptional global journey called “Quilting Mountain Style,” which just concluded at the end of May. Chuck and I had the pleasure to dinner host and met some very lovely quilters.

Are you interested in learning about what is involved in being a Journey Coordinator? Training for this position is conducted by Karen McDonald, Journey Committee Chair, along with the Journey Committee. If you are interested, curious, etc., contact Karen at: [machogan2@gmail.com](mailto:machogan2@gmail.com)

In Friendship,  
*Diane Tokarski*  
[dtokarski3@gmail.com](mailto:dtokarski3@gmail.com)



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## Coming up

**Tuesday, June 26<sup>th</sup> – Lunch at Thai Spice at 11:30 a.m.** Learn a little about Thailand and enjoy some great Thai dishes. Larry Harvey is coordinating this event – please read his article contained within this newsletter.

**Our annual club picnic, to be held Saturday, July 14<sup>th</sup>, from Noon – 3 p.m. at the Mills River Town Park Pavilion**, 124 Town Center Drive, in Mills River. Baked and fried chicken and beverages will be provided. Please bring one of the following to share: appetizer, salad, or dessert, along with your own cutlery, plates and glasses.

**Sunday, September 9<sup>th</sup> – 5:30 p.m.** – General Meeting at Mills River Presbyterian Church, located at 10 Presbyterian Church Road in Mills River – regular potluck fare.

**Inbound Journey from Northern Illinois – October 17 – 22** – Becky Elston is our Journey Coordinator. This is a reciprocal journey.

**Super Regional Conference - The East Coast Regional Super Conference, "Making Connections," will be held November 7 - 9, 2018, in beautiful Charleston, South Carolina.** Friendship Force members from the Northeast, Mid-Atlantic, Southeast and Florida clubs will gather for a time of friendship building and idea sharing! Information regarding the conference and hotel registration can be found at the following website: <https://eastcoastffconference.weebly.com/>

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## Join Us For A Taste of Thailand

A series of lunches at ethnic restaurants has been proposed as a social activity and an opportunity to get better acquainted with other members of Friendship Force.

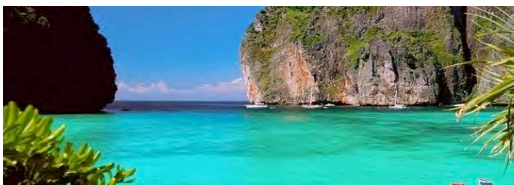
A first such activity is set for 11:30 am on June 26 at Thai Spice 220 S. King Street in Hendersonville.



Their menu may be found online at [www.thaispicehendersonville.com](http://www.thaispicehendersonville.com).

There will be the opportunity to share Thai food, information on Thai culture, and a fun quiz testing our knowledge, or lack thereof, of this part of the world.

Please indicate your interest, or direct your questions, to Larry Harvey at (316) 680-6023 or [lrharvey43@gmail.com](mailto:lrharvey43@gmail.com). We are not requiring reservations, but if you know you are coming it helps our preparation if you will let us know,



The restaurant requires payment by one check for groups. We therefore ask each person to write a check for \$11.25 payable to Larry Harvey ((covering a \$9 meal, tax and tip). Larry will then write a check for the entire group's bill. We hope you will join us.

## Quilting Mountain Style May 23 - 31, 2018

Journey Coordinators Joan Manfre and Becky Reid

Our Quilting Journey was a success with quilters from eleven states and two countries. The quilting ambassadors experienced nine days packed with activities. The Welcome Dinner was at St. Paul's Vineyard. The next day they were treated to three hours at the home of Georgia Bonesteel, who is our local and famous quilter. Over 150 quilts were viewed and Georgia showed them a technique for binding and sewing using her lap quilt method. Georgia joined us at the restaurant A Day in the Country for lunch. Home hosts then took the quilters to view our local barn quilts, visit Oriole Mills in Hendersonville and a quilt shop. Quilters from the Western North Carolina Quilt Guild joined us for dinner and showed many quilts that they had made.

Highlights of the remainder of the Journey include: demonstrations by the Greenville Modern Quilt Guild, dinner at the homes of our Friendship Force members, a demonstration for creating a table runner, an afternoon of using flowers and pounding them into fabric (which would later be transformed into artistic quilts), experiencing the music of our area



at Feed N' Seed, visits to the Blue Ridge Mountain Visitors Center and the Folk Art Museum, a picnic at the Holmes Educational Center and viewing the "high falls" area at DuPont Forest, a trip to the NC Arboretum, a day sewing at a quilt shop where a demonstration of a technique called paper piecing was shown as well as a demo on making clothing for themselves, our Farewell Dinner with musical entertainment, a tour of The Warm and Natural batting company, and a trip to the NC Quilting Symposium in Asheville.



Each of the ambassadors was asked to create a quilt block using a pattern that was sent to them. They could use any color fabric they chose to create the mountain-like block. The blocks were then sewn together with sashing and borders attached. The top of the quilt was then placed on batting and a backing fabric. The group met at a long arm quilting shop and each of them helped to quilt the quilt. The binding was then sewn on the quilt and it was completed. The quilt is the size of a twin bed. The quilt is being donated to Elizabeth House, a hospice facility in Hendersonville. The picture is of the ambassadors and the finished quilt.

This journey would not have been possible without the support of our home hosts, dinner hosts, day hosts, and the many volunteers who demonstrated techniques, showed quilts and helped to complete the sewing of the quilt and all of the locations that offered their facilities to us.

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## April 2018 Open World

Report from Kay Manley, coordinator

FFWNC welcomed twelve Open World delegates from the countries of Afghanistan, Armenia, Azerbaijan, Georgia, Kazakhstan, *Kyrgyzstan*, Mongolia, Tajikistan, Turkmenistan and Uzbekistan!



Our recent Open World delegation was a whirlwind of activity during heavy spring rains in April. The theme of Economic Development provided a framework for visits with community leaders in Asheville and Hendersonville.

The organizations and businesses we visited had

meaningful interactions with the delegates. There was a “back and forth” conversation between delegates and presenters re: legal and political considerations in their respective countries as related to economic development. “Seeds were planted” in terms of future communication and interaction. For example, one of the delegates made a connection with an artist here; he spoke of a possible collaboration in the future.

The Small Business Centers at A-B Tech Community College and Blue Ridge Community College were highlights of the visit. The respective directors made presentations regarding their services to entrepreneurs and extended themselves to the delegates regarding future communication and assistance. While at Blue Ridge Community College we also had the pleasure of a welcome by the college president. While at A-B Tech we toured the Small Business Incubator and had opportunities to talk with several entrepreneurs about their start-ups.

The Economic Development Team at the Asheville Chamber of Commerce provided a great overview of initiatives in our region. The River Arts District in Asheville was a hit with the delegates, as we had a stimulating and informative presentation by one of the artist-founders of this area of Asheville, Wendy Whitson. Another highlight involved a collaborative visit between the Open World delegates and an Asheville Sister Cities Nigerian delegation. This activity was a weekend hike and visit to the Cradle of Forestry. One weekend activity was a taste of bluegrass music at Fletcher’s Feed and Seed; a good time was had by all!

**Thanks to all Friendship Force volunteers who made this delegation a success:**

**Home Hosts:** Ivan and Marlene Beggs, Kay Manley, Marlene and Nick Grasberger, Katherine Marbois-Segall, Betsy and Al Gumpert, Chuck Stevens and Renee and Stan Kumor

**Dinner Hosts:** Marlene and Ivan Beggs, Judi Wondolowski and Chuck Stevens, Joan and Alan Manfre, and Karen McDonald and Bill Hogan

**Special Volunteers:** Mary Evers, Valerie Taylor and Diane Tokarski

Top photo: Meeting with Ben Kish, Small Business Director at Blue Ridge Community College

Right: FFWNC Open World Delegation with Asheville Sister Cities Nigerian Delegation



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## Journeys 2018

### OUTGOING

September 14-21 Cornwall, England - Jack Mullen, J.C.

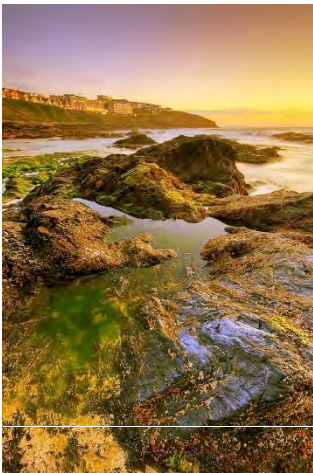
### INCOMING

October 17-22 Northern Illinois - Becky Elston, J.C.

Journey Committee: Susan Harvey, Larry McGaughy, Joe Robustelli and Karen McDonald, Chair

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## Cornwall England Journey



On Friday afternoon, September 14, 20 Ambassadors from our FFWNC club descend on Truro in Cornwall, England for a seven night home stay. Truro is the Capital of the Cornwall region. The hosts live in the area. As all the Ambassadors want to “do their own” thing beforehand or afterwards, everyone is making their own travel arrangements. Some of the planned events during the journey are a trip to Port Issac to see the studio where Doc Martin is filmed and a tour of the sites in the series; a visit to Truro that includes the Cathedral and the headquarters of "Shelterbox"; a cider farm and an ice cream farm; a visit to west Cornwall to St Michael's Mount; and, a free day with the hosts (hopefully we will see some of the sights from the “Poldark” series).

Beginning on September 10, there is going to be a four night pre-home stay visit to the Bath, England area in which 12 of the Ambassadors are going to participate. The Bath visit includes tours of the Roman Baths, the Abbey and other sights in Bath and visits to Stonehenge, Amesbury and the surrounding area. On Friday, the 14<sup>th</sup>, the 12 of us will travel as a group to Truro.

- Jack Mullen, journey coordinator

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“Massive Chihuly Chandelier”



Mural in the Eisenhower Museum, Abilene, KS

# NORTHERN ILLINOIS (CHICAGO) Journey

Here October 17-22, 2018

We are actively organizing and planning a reciprocal journey with Northern Illinois, to visit our beautiful mountains in full fall color. We are seeking dinner hosts. The dinner will probably be on Thursday, October 18.

Dinner hosting is a wonderful way to get involved with a journey and/or the activities of the club, on a smaller scale. You entertain hosts and ambassadors in your home for a meal. The meal can be as simple or elaborate as you desire. Please consider being a dinner host for this journey. Added bonus—they speak English with a Chicago accent.

We are also seeking day hosts who have a Biltmore pass to take the ambassadors into the Biltmore for their visit. The date will be on Thursday, Oct. 18. If willing and available to help with this journey, please contact Becky Elston, Journey Coordinator at [beckyelston1@gmail.com](mailto:beckyelston1@gmail.com) or 828-702-9508.

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## Welcome to Galen Reuther

I was born in Ottawa, Ontario, Canada's capital, I attended a private girls' school and lived with my maternal grandparents while my mother was involved in early television in the US. Ottawa, soaked in the spring beauty of millions of tulips, and summers in the Gatineau Region of Quebec provided me with a fabulous carefree childhood.

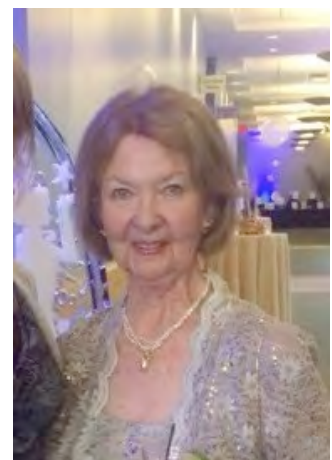
My mother remarried when I was in my early teens. That is when I moved to Shaker Heights, Ohio in winters and Nantucket in summers. Nantucket is where I became enthralled with historic preservation, NY School of Design as a night student. I maintain dual citizenship with the US and Canada. My half sister lives in Maryland and my half brother and his family living on Nantucket.

While living in NY, I worked in the advertising department for Clairol Inc. (Bristol Myers), Parsons School of Design, and for fifteen years as a travel agent with Williams World Travel where I specialized in commercial accounts and private tours for Museums.

I met my future husband in NY. He was a NY native, educated at Columbia College, a WWII fighter pilot, and Special Agent in charge of the Criminal Division of the FBI in the NY office.

When he retired, we moved to the Green Mountains of Vermont (Dorset) where I became a real estate broker and opened a small antique business. When winters became difficult for my husband, once again we retired to Seabrook Island SC, where I was involved with the Charleston Home and Garden tours, plus a little golf. My husband passed away in 2012.

My passions are everything beautiful – gardens, houses, music, cats, writing and travel. Since moving to NC, I have served on the boards of Historic Flat Rock, Inc., Hendersonville Symphony Orchestra League, and I am an active member of the Pardee Hospital Foundation. My husband and I moved to Flat Rock in 1999.



# New Mexico Photos

The Sandia Peak Tramway has the world's third longest single span. It is the longest aerial tram in the United States.



Joe and Becky check out a home of early Puebloans in the Bandelier National Monument.



Friendship Force Western North Carolina

**2018 Board Members**

President:	Diane Tokarski
President-Elect:	Kay Manley
Past-President	Joan Manfre
Secretary:	(needed)
Treasurer:	Jack Mullen

**Club Directors**

2018	2018-2019	2018-2020
Mary Evers	Carol Mullen	Chuck Stevens
Bonnie Dees	Larry Harvey	Nancy McGaughy

**Standing Committee Leaders**

Membership Chairperson: Kay Manley

Directory: Jack Mullen/Chuck Elston

Journey Committee: Susan Harvey, Larry McGaughy, Joe Robustelli and Karen McDonald, Chair

**Communications**

Newsletter: Ron Partin

Publicity: Renee Kumor

Website: Kay Manley & Diane Tokarski

Facebook: Ron Partin

Hospitality: Meredith Applegate and Renee Zivich

Archives; Chuck Elston

Sunshine: Judi Wondolowski

Gathering in front of one of the historic churches in Santa Fe.







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## Membership Application / Renewal

**Send to: Treasurer, FFWNC, P.O. Box 1425, Skyland, NC 28776**  
(Separate Application per person)

**PLEASE CHECK ONE:**

- New Membership w/badge \$39 **per person** \$\_\_\_\_\_
- Renewal Membership \$27 **per person** \$\_\_\_\_\_
- Associate (if you are a member of another FFI club and pay that club's full dues) \$12 **per person** \$\_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Year joined FFWNC \_\_\_\_\_ Date of Application \_\_\_\_\_

**TALENTS OR INTERESTS YOU COULD SHARE WITH FRIENDSHIP FORCE:**

Foreign languages spoken \_\_\_\_\_

Countries visited or knowledge of \_\_\_\_\_

Talents and skills \_\_\_\_\_

Profession (or former) \_\_\_\_\_