



# Mountain Friends

Volume 24, Issue 8

August 2024

FFWNC Club Website: [www.ffwesternnc.org](http://www.ffwesternnc.org)

FFWNC Mailing Address: FFWNC, P.O. Box 384, Hendersonville, NC 28793

FFI Website: <https://friendshipforce.org/>

## President's Message

*"Peace is a never-ending process... It cannot ignore our differences or overlook our common interests. It requires us to work and live together.*

*-- Oscar Arias, Nobel Peace Prize Winner and  
Former President of Costa Rica.*

I had selected this quote for the August Newsletter earlier, not knowing that I would be writing my newsletter piece the morning after the attempted assassination of former President Trump. Most of us in FF have lived through several assassinations or attempts on political figures. Regardless of our political side or take, I am sure we all agree that our country's form of democracy and freedom is always assaulted by violence.

My question this morning is how I and we within our local FF move forward with the peace process. Are we, as a club and as individuals, promoting peace through friendship? It is sometimes easier to reach across a wide span internationally to promote peace than to do it more locally with those closer at hand. Perhaps we accept differences in those a continent away easier than we do in a household away. Closer differences have to be lived with, tolerated, and merged into a workable plan to sustain FF clubs, neighborhoods, and communities.

Peace is not a one-and-done-action but "a never-ending process," as Arias stated. My personal goal, which will take some effort over the next months, is to look for shared interests, accept differences, and use friendship as a tool for peace within my block as well as my world.

*Harriett Hilton, 2024 FFWNC President*

## Report on Annual Picnic and General Meeting – Saturday, July 13th

A good turnout of club members gathered for our Annual Picnic and General Meeting at Mills River Park on July 13th.

Announcements were made regarding our club's 2025 inbound and outbound assigned journeys. We are scheduled to go to Western Michigan in mid-September, 2025, dates TBD, and to host the inbound Dallas Fort Worth Club in May, 2025 or possibly July, 2025. Journey coordinator selection for both of these journeys is now open, and journey coordinators are needed to move the processes along. There may also be the possibility for a journey to Siri Lanka, Nepal, or India. Harriett is following up on those possibilities.



Teri Kayne at the picnic.

The nominating committee to select 2025 officers was confirmed. The members are: Karen McDonald, Gerri Gurbuz, Tessa Levizon and Kay Manley. Many thanks to these members for taking on this task.

### Next General Meeting – Sunday, September 29<sup>th</sup>

Our next General Meeting will be held on September 29<sup>th</sup> at First United Methodist Church, 204 Sixth Avenue, from 5 to 7 pm. Parking is off Buncombe Street. Enter the church through the portico door, then bear left, then right to the end of the hall to the Roy Johnson Room.

***Our guest speaker will be Sonia Dubois, a holocaust survivor, born in the Netherlands and a current member of the Friendship Force Club of Knoxville, Tennessee. She will share an accounting of her lifesaving journey as a young toddler and how she connected parts of her earlier history of which she was not aware of until later in her life.*** Please invite your neighbors and friends to come and share this special presentation. Time is running out to hear from surviving holocaust survivors, and we are grateful for this special opportunity. Sonia will be staying with Harriett from Friday, September 27<sup>th</sup> until Monday, September 30<sup>th</sup>. She is willing to speak to Sunday School, Sabbath School, or other school groups while in our area. If you are aware of an organization that would be interested in hearing Sonia's story, call Harriett.

## July 18<sup>th</sup> Happy Hour – Stone Ashe Vineyards

Despite the rain, eighteen members enjoyed a glass of wine and appetizers at



*Ivan and Marlene Beggs*

Stone Ashe. Even with rain drops, those who participated enjoyed the fabulous mountain panorama.



## August 15<sup>th</sup> - Happy Hour at Trailside Brewing Company – 4:30 pm

Come and enjoy a beer, a glass of wine or a nonalcoholic beverage at the August 15<sup>th</sup> Happy Hour at Trailside Brewing Company, located at 873 Lenox Park Drive in Hendersonville, NC 28739.

**--Please note – there will be no Happy Hour in September--**

**“Pass the Spoon” Lunch – Wednesday, July 31<sup>st</sup> –  
Abeja’s House Café – 11:30 am**

Betty Doll was the lucky person to hold “The Spoon” at the June 26<sup>th</sup> lunch. For the upcoming luncheon on July 31<sup>st</sup>, she has selected Abeja’s House Café, 1550 Hendersonville Road # 116, Asheville NC 28803. For folks coming from Hendersonville on Highway 25, you will pass Walmart on the right.

***If you are interested in participating, email Betty Doll by July 30, 2024.*** Plan to meet at the restaurant at 11:30 am.



*Our Story:* At Abeja’s House Café, we have a passion for healthy food and creating happiness through families and community. We source quality local and mostly organic ingredients and humanely treated animal products. We serve breakfast and lunch and have a passion for blending recipes from different cultures with healthy ingredients. We specialize in amazing house-made baked goods and desserts, including Focaccia, Tres Leches, Rosca de Reyes, Nutella Pound Cake, and gluten free products as well.

## Upcoming Events

### July

- Wednesday, July 31st – 11:30 am –“Pass the Spoon” Lunch at Abeja’s House Café in Asheville.

### August

- Tuesday, August 13<sup>th</sup> - 10:00 am –Board Meeting – County Extension Office
- Thursday, August 15<sup>th</sup> – 4:30 pm – Happy Hour – Trailside Brewing Company

### September

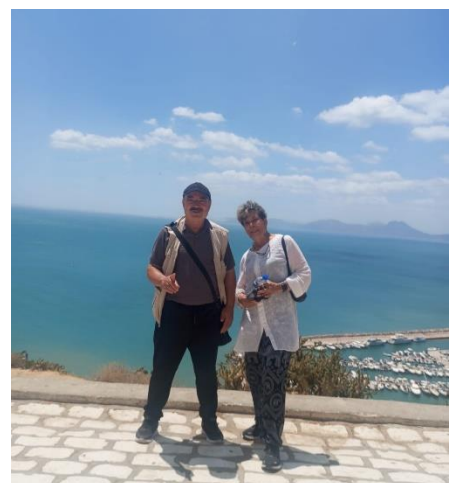
- September 7 – 13<sup>th</sup> – Outbound Journey to Romania
- Tuesday, September 24<sup>th</sup> – 10:00 am – Board Meeting - IAM
- Sunday, September 29<sup>th</sup> – 5:00 pm – General Meeting – First United Methodist Church, Hendersonville. Date change due to Romania journey.

## Gerri Gurbuz – A Visit to Tunisia – June 30 – July 7, 2024

Last June, Iceland --with glaciers, floating icebergs and volcanoes; this June, a sharp contrast with Tunisia's desert, oases, and seventeenth century mountain Berber dwellings.

This small nation, wedged between Algeria and Libya is rich in a variety of culture and antiquity, when Carthage rivaled Rome for dominance. The Bardo Museum claims (I believe accurately) the world's largest collection of Roman mosaics in splendid condition.

My multilingual guide was steeped in Tunisia’s ancient history, archaeology, architecture as well as the more recent colonial period, making the visit more insightful. And the two sites where



Star Wars was filmed was a real hoot! Then another highlight was a camel ride (option#1) (& done that) OR sunset in the Sahara with dinner at a tent campsite. Guess which option I chose!

In the future, could Tunisia become a more popular tourist destination? Perhaps....

### **--Upcoming Journeys--**

#### **September 7 - 13 - Sibiu, Romania outbound**

*(Pre and post extensions scheduled)*

*Journey Coordinators: Susan Harvey and Chuck Stevens*

Thirteen FF ambassadors will travel to Romania to learn and appreciate Romanian culture and form new friendships with the Sibiu, Romania Club.

#### **Western Michigan Club – Outbound Journey – Fall 2025**

##### **Dates to be determined**

Please consider participating in this outbound journey. The Western Michigan Club visited us in April.

#### **Dallas Fort Worth – Inbound Journey**

##### **Proposed Dates – May 14 - 21, 2025**

Our club will need home, day, and dinner hosts as well as a journey coordinator or co-coordinators.

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A journey coordinator or co-coordinators are needed for both the Western Michigan outbound and the Dallas Fort Worth inbound journeys.

#### **Become a FFWNC Journey Coordinator**

Our club is recruiting members to become journey coordinators (JCs) for 2025 journeys. JCs are needed for both the inbound and outbound journeys. In October, 2024, Jan Partin and Susan Harvey will lead training for new JCs.

As previously noted, our 2025 journeys will be Western Michigan outbound (Grand Rapids area) and Dallas Fort Worth inbound. In the past, two inbound or outbound JCs have occasionally been selected for journey coordination, which

lightens the load for coordinators and provides the opportunity to share input and duties. The major duties for in and outbound JCs will be listed in detail and fully explained at the October training.

### August & September Birthdays

**August**

7 Betty Doll  
25 Bill Hogan

**September**

2 Debbie Francis  
14 Sharon Cooper

### Newsletter Deadline

If you have club news for the newsletter, please submit your information to Harriett Hilton at [hhilton2011@gmail.com](mailto:hhilton2011@gmail.com) no later than the 15<sup>th</sup> of the month.

### FFWNC 2024 General Meetings & Board Meetings Schedule

| MEETING DATE      | EVENT                                       | TIME     | LOCATION  |
|-------------------|---|----------|---|
| Sunday, Sept. 29  | General Meeting                             | 5:00 pm  | First United Methodist Church, Hendersonville, NC<br><i>--Date change because many members will be traveling to Hungary on a post-trip addition to the Sibiu journey.--</i> |
| Sunday, Nov. 17   | General Meeting & Election of 2025 Officers | 3:00 pm  | First United Methodist Church Hendersonville, NC  |
| Sunday, Dec. 15   | Holiday Party Mtg.                          | 3:00 pm  | To be determined  |
|                   |   |          |   |
| Tuesday, Aug. 13  | Board Meeting                               | 10:00 am | Henderson Cty. Extension Office   |
| Thursday, Aug. 15 | Happy Hour                                  | 4:30 pm  | Trailside Brewing Company   |
| Tuesday, Sept. 24 | Board Meeting                               | 10:00 am | IAM   |
| Tuesday, Oct. 15  | Board Meeting                               | 10:00 am | Henderson Cty. Extension Office   |
| Tuesday, Nov. 12  | Board Meeting                               | 10:00 am | IAM   |
| Tuesday, Dec. 17  | Board Holiday Party                         | TBD      | TBD   |

*General Meetings are usually held on the third Sunday of alternate months. Meeting locations vary and will be announced on website posts and in the monthly newsletters.*

*Board Meetings are usually held on the second Tuesday of the month, with some exceptions, as noted above.*

**2024 Calendar Year for FFWNC**  
**(Subject to change, as year progresses)**

| <b>FFWNC 2024 Events Calendar</b>  |  |
|--|--|
| <p style="text-align: center;"><b>August</b></p> <p>8/13 (Tues) - Board Meeting – 10am – Cty Ext Office</p> <p>8/15 (Thurs) – Happy Hour – 4:30pm – Trailside Brewing Company, Hendersonville</p>  | <p style="text-align: center;"><b>September</b></p> <p><b>9/7-9/13 (Sat – Fri) - OUTBOUND JOURNEY - ROMANIA</b></p> <p><b>9/24 (Tues)</b> – Board Meeting – 10am – IAM</p> <p><b>9/29 (Sun) - General Meeting – 5-7pm – First United Methodist Church, Hendersonville</b></p> <p><i>--No Happy Hour in September--</i></p> |
| <p style="text-align: center;"><b>October</b></p> <p>Pass the Spoon Lunch – 11:30 am - Date and location TBD</p> <p>10/7-9 (Mon-Wed) – FFI Regional Conference – Milwaukee</p> <p><b>10/15 (Tues)</b> - Board Meeting – 10am – Cty. Ext. Office</p> <p>10/17 (Thurs) – Happy Hour – 4:30pm - TBD</p> <p>10/25 (Fri) – Book Club – 1:30pm – TBD</p> | <p style="text-align: center;"><b>November</b></p> <p>11/12 (Tues) – Board Meeting – 10am - IAM</p> <p>11/17 (Sun) – <b>General Meeting</b> -- Election of 2025 Officers – 3pm – First United Methodist Church, Hendersonville</p> <p>11/21 (Thurs) – Happy Hour – 1:30pm - TBD</p>  |
| <p style="text-align: center;"><b>December</b></p> <p>Pass the Spoon Lunch –11:30 am - Date and location TBD</p> <p>12/15 (Sun) – <b>Club Holiday Party</b> – 3-5pm - TBD</p> <p>12/17 (Tues) – Board Holiday Party - TBD</p>  |  |



friendship force  
WESTERN  
NORTH CAROLINA

## Membership Application / Renewal

**Send to: Treasurer, FFWNC, P.O. Box 384, Hendersonville, NC 28793**  
(Separate Application per person)

### PLEASE CHECK ONE:

- New Membership w/badge \$57 **per person** \$ \_\_\_\_\_
- Renewal Membership \$45 **per person** \$ \_\_\_\_\_
- Associate (if you are a member of another FFI club and pay that club's full dues) \$15 **per person** \$ \_\_\_\_\_

Name: \_\_\_\_\_ Date of Application \_\_\_\_\_

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

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

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

Year joined FFWNC \_\_\_\_\_ Birthday – Month \_\_\_\_\_ Day \_\_\_\_\_

How did you hear about Friendship Force of Western North Carolina? \_\_\_\_\_

Friendship Force is a volunteer organization. Our success depends upon member participation.

### AREAS YOU ARE WILLING TO SERVE:

- \_\_\_\_ Board of Directors or Officer
- \_\_\_\_ Committee Chair (i.e., Hospitality, Membership, Publicity, Newsletter)
- \_\_\_\_ Journey Coordinator
- \_\_\_\_ Hosting – home, dinner, day \*

\*Please visit the FFWNC website at: <https://ffwesternnc.org/being-a-friendship-force-host/>  
to learn about home, dinner and day hosting opportunities. (Rev. 05/19/24)