



# Mountain Friends

Volume 24, Issue 9

September 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

*"The world is a book and those who do not travel read only a page."*

--from St. Augustine quoted within *A Pilgrimage to Eternity*  
by Timothy Egan, page 114

I look forward to traveling with FFWNC members this month to Romania. Many thanks to our local coordinator, Susan Harvey, for keeping the pages in order and ensuring this journey will be successful.

Chuck Stevenson searched out several informative videos for us to review. Each participant is bringing their own unique style and interest and peaceful friendship goal to this journey. My goal is to read many pages of this particular book, both in terms of the sights, my FF fellow travelers, and our hosts. Eastern Europe has its current share of conflict. However, I am certain that our club ambassadors will spread individual peace and friendship in Romania and Hungary. While physical travel brings many opportunities for insight, reading itself is an alternative travel method, as are travel videos. Whatever method is best for you, I hope you will find knowledge, excitement, and connections as you turn the pages.

*Harriett Hilton, 2024 FFWNC President*

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

Our next General Meeting will be held on September 29<sup>th</sup> at the 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. *As usual, this will be a pot luck dinner, so please bring a dish to share, along with you own plate, cup and cutlery.*

***Our guest speaker will be Sonja 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. Sonja will be staying with Harriett from Friday, September 27<sup>th</sup> until Monday, September 30<sup>th</sup>. She will also be speaking at the First United Methodist Church on Sunday morning and also to a condo association of homeowners on Saturday, Sept 28.

## August 15<sup>th</sup> - Happy Hour – Trailside Brewing Company

Ten members attended Happy Hour at Trailside on a sunny summer afternoon. Good times and good conversation abounded.

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



## **“Pass the Spoon”– Next Outing – Dinner on October 3<sup>rd</sup> - 5:30 pm at Thai Spice in Hendersonville**

Fourteen FFWNC members enjoyed a delightful breakfast/lunch at Abeja’s House Cafe in South Asheville on July 31st for a healthy Mexican meal. Betty Doll was the host and coordinator. Thanks, Betty, for a great luncheon at a place new to most of us. The staff was very accommodating, and the dishes ranged from vegan, gluten free to traditional American items. The presentation of the dishes was impressive, plus the food was tasty.

This time, Jeanne Resen was the lucky person to hold “The Spoon.”



She has selected Thai Spice for our next culinary option. The October “Spoon” date is Thursday, October 3<sup>rd</sup>, at 5:30 pm – *Dinner this time around*. Thai Spice is located at 220 S. King Street in Hendersonville. If you are interested in attending, please contact Jeanne *by Tuesday, October 1<sup>st</sup>*.



*Jeanne Resen, Lucky Spoon Holder*

## **FFWNC Journey Coordinator Training - Thursday, Oct. 30, 2024 2:00 – 4:00 pm - Henderson County Extension Office 100 Jackson Park Road in Hendersonville**

Our club is recruiting members to become journey coordinators (JCs) for 2025. JC(s) are needed for the inbound Dallas Fort Worth journey. (An application for the JC position for the Western Michigan outbound journey has been received, and an additional member has expressed interest in becoming a Co-JC for this journey.)

On October 30<sup>th</sup> Jan Partin and Susan Harvey will conduct a training session for new JCs at the Henderson County Extension Office from 2 - 4 pm.

For past journeys, occasionally two inbound or outbound JCs have been selected for journey coordination, which lightens the load for both JCs and provides the

opportunity to share input and duties. The major duties for in and outbound journey JCs will be reviewed in detail and will be fully explained at the October training session.

Please contact Susan Harvey or Jan Partin, if you plan on attending.

### **--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 and will have an opportunity to appreciate Romanian culture as well as a chance to form new friendships with the Sibiu, Romania Club members.

#### **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.

An application for the JC position for the Western Michigan outbound journey has been received, and an additional member has expressed interest in becoming a Co-JC for this journey.

#### **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 for this journey.*

#### **Possible 2025 International Journeys**

The club is in communication with FFI about a possible Sri Lanka journey as a stand alone or in connection with an FFI India journey. We hope to have more information soon. Several members are already inquiring about this option. Let us know if you wish to be added to the list of interested people. Signup sheets will be available at the September and November General Meetings for all upcoming journeys.

## Fall 2024 Nearby Journey Option

Deb Martel of Florida, an ambassador on the inbound Western Michigan/Florida journey our club hosted in April, 2024, has slots available for a journey to Big Canoe, Georgia. The dates are October 27 to November 2, 2024. Please contact Deb directly if you are interested. Big Canoe, Georgia is a northern Georgia, southern mountain area.

### Itinerary

Sun 10/27	Arrival Day- settle in with home host		Weds 10/30	Hardman Farm 10 – 11:30 am
	Dinner at home host			Pottery Museum
				Old Sautee Museum for Lunch
				Sautee General Store
				Ambassadors take hosts to dinner
Mon 10/28	Tour Big Canoe in morning			
	11:30 meet at Lodge for brunch		Thurs 10/31	Echola State Park
	3:00 Pontoon Boat Ride			Rock Sculpture Garden in Calhoun
	Dinner at hosts discretion			Lunch at own expense
				Buckee's
Tues 10/29	10 am Amicalola Falls Visitor Center		Fri 11/1	Free Day
	12 Lunch in Dohlonoga-own expense			Farewell dinner 5 – 10 pm
	Eat/shop then nearby vineyards			
	Or apple orchard		Sat 11/2	Departures
	Trivia at 7			

### FFWNC Book Club – Friday October 25<sup>th</sup> – 1:30 pm

Our October book selection is *The Last Castle* by Denise Kiernan, a nonfiction piece about the Vanderbilt family before and during their time at the Biltmore. Nancy Wood will host the discussion. The location is TBD. Please contact Gerri Gurbuz, if you would like to participate.

The FF Book Club is held quarterly on the last Friday in January, April, July and October. The Book Club welcomes new members.

## The 30-Second Elevator Speech

by Nancy Wood

In the business world, we called it an elevator speech. That's roughly the time you ride in an elevator with someone. That's just enough time to introduce yourself, get across a key point or two, and make a connection with someone. Why would I bring this up? While attending gatherings where a handwritten nametag may be provided, I often wear my FFWNC nametag instead. It's colorful, eye-catching, and almost always produces the question – What is Friendship Force? And there it is...time for the elevator speech. Now, what do I say?

Here's some options from FFI:

*One:* At Friendship Force International, we focus on promoting global good will and cultural understanding through home-stay journeys and cultural immersion experiences. By connecting people from different countries, we help foster friendships that transcend borders, benefiting participants by creating a more empathetic and interconnected world.

*Two:* Our mission at Friendship Force is to create a world of friends through home-stay programs between people from different cultures. This unique approach encourages deeper cultural understanding and peace, benefiting participants by providing first-hand experience of daily life in another country and by building lasting international friendships.

Too Wordy? Possibly. Not really your style? Okay. But, have you given any thought to what you do say or want to say? We are all, always, in ambassador mode needing to share this best-kept secret with our friends, neighbors, and new acquaintances. Go ahead, wear your nametag at that next event and be ready with your practiced 30-second elevator speech. Who knows? You may be at the right place at the right time with the right words that cause curiosity and desire to learn more about FFWNC.

### --Upcoming Events--

#### 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.*



## October

- Thursday, October 3<sup>rd</sup> - 5:30 pm – “Pass the Spoon” Dinner – Thai Spice
- Tuesday, October 15<sup>th</sup> – 10:00 am - Board Meeting – Henderson County Extension Office
- Thursday, October 17<sup>th</sup> – 4:30 pm – Happy Hour - TBD
- Friday, October 25<sup>th</sup> – 1:30 pm – Book Club – *The Last Castle* by Denise Kiernan. Host: Nancy Wood – location TBD
- Thursday, October 30<sup>th</sup> – 2:00 – 4:00 pm – JC Training at Henderson County Extension Office

## September Birthdays

2 Debbie Francis  
14 Sharon Cooper

## Newsletter Deadline

If you have club news for the newsletter, please submit your information to Harriett Hilton 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 <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, 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

<b>FFWNC 2024 Events Calendar</b>	
<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>  <i>--No Happy Hour in September--</i></p>	<p style="text-align: center;"><b>October</b></p> <p>10/3 (Thurs) Pass the Spoon <b>Dinner</b> – 5:30pm – Thai Spice, Hendersonville</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 – <i>The Last Castle</i> - Location TBD</p> <p>10/30 (Fri) – JC Training – 2 – 4 pm – Henderson County Extn. Office</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)