



Mountain Friends

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March 2025

FFWNC Club Website: www.ffwesternnc.org

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

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

President's Message

"There are no strangers in this world, only friends I haven't met yet."

-- William Butler Yeats

I recently came across some research that noted it takes approximately 40-60 hours of interaction to transition from an acquaintance to a casual friend. Time and activities shared can lead to friendship. If you think about an FFI journey being one week or five full days of activity, that is only eight hours a day with your host to become more than just an acquaintance. Doable, yes!

But how does that requirement for time and shared activity translate to club friendships? If as a club member you attended the bi-monthly General Meetings, Happy Hours, "Pass the Spoon," as well as inbound journey events, you would reach the suggested hours of interaction within a year. You, participating, joining that committee, or suggesting and coordinating a club social activity encourages friendship right here in Western North Carolina. Your willingness to put yourself out there will make a difference both in the lives of local club members as well as your own. What's in it for you? Within a year, you'll have made many more friends here as well as have furthered the mission of Friendship Force International.

So give it some thought. From our January General Meeting we have a marvelous list of member-suggested social activities. We just need help putting those ideas into motion. You need not chair the social committee for the year. But perhaps you can help coordinate one event. Give me call and let's talk about it. I'd love to hear from you.

Nancy Wood, FFWNC President

New Member Spotlight

Please welcome new member Sabrina Pittillo, recently seen at the February Saint Paul Winery Happy Hour. Sabrina's contact information can be found on the FFWNC website.

FFWNC Activities

Happy Hour at Saint Paul Winery – February 20th –

Our February Happy Hour was very well attended, despite the wintry weather. It was good to see everyone, and we enjoyed socializing with our Friendship Force friends.



*** NEW* Hike to Wintergreen Falls – Saturday, March 15th – 10:00 am**

Join Club guides Susan Harvey and Ellen Brazauskus on a 3.1 mile hike to Wintergreen Falls with 252' elevation gain. You will want to dress with good foot gear, bring water and a lunch/snack to enjoy at the Falls. Meet up at Guion Farm Access Area at 10:00 am. Please email Ellen or call her for additional details and to sign up to attend.

Tuesday, March 11th Board Meeting – 10am

The next Board meeting will be held at 10:00 am on Tuesday, March 11th, at Interfaith Assistance Ministry. Members are always welcome to attend.

Next General Meeting – Sunday, March 16th – 5 – 7 pm First United Methodist Church, Hendersonville

We will meet at the First United Methodist Church, 204 6th Avenue West, Hendersonville, NC at 5:00 pm. *Enter the building through the portico entrance.* For anyone needing a ride or assistance getting to the meeting room, contact Susan or Larry Harvey.

Please note – the March General Meeting IS NOT A POTLUCK! Just bring yourself and enjoy the program. The Board will provide drinks and light eats!

It will be wonderful to see you.

Snag your name tag before you walk out the door to the next FFWNC event, whether it be Happy Hour, the General Meeting, or Pass the Spoon. Many conversations start with, Hello, my name is _____ and additionally, it is great advertisement for the Club. Thanks!

Thursday, March 20th – Happy Hour - 4:30 pm Dry Falls Brewery -

Please come for a libation or a soft drink and socialize with Club members at Dry Falls Brewing Company, 425 Kanuga Road, Hendersonville, NC 28739. Please feel free to invite a friend, *and remember to wear your name tag.*

“Pass the Spoon” – coming in April

Lucky 13! On February 5th, thirteen FFWNC members enjoyed a Mexican lunch at Taco Fiesta in Horse Shoe. Carol Mullen won the “Spoon” for the next Pass the Spoon April luncheon. Location, date and time will soon be determined by Carol. Stay tuned!



FFWNC Book Club – April 25th – 1:30 pm
(Location to be determined)

Head to the library to pick up a copy or don those headphones to enjoy the audio version of *11/23/63*, a novel by Stephen King. Host Ellen Brazauskas has noted that the meeting location will be announced in the April Newsletter.

Should you have questions about the Book Club, contact Gerri Gurbuz, FFWNC Book Club Chair for more information.

-- The FFWNC Book Club is held quarterly on the 4th Friday in January, April, July and October and always welcomes new members. --

-- Journeys for 2025—

Fort Worth – Inbound Journey
May 13 - 19, 2025

The itinerary is set. Ambassadors are being matched to hosts. We just need one more dinner host for Friday, May 16th. If you can provide a simple meal or order in to serve six (including yourself) we would love to add you to the itinerary. Please contact Harriett Hilton or Nancy Wood if you are able to dinner host.

Thank you in advance for opening your home and heart to ambassadors from Fort Worth.

Western Michigan Club – Outbound Journey
September 18 – 24, 2025

Ginger Zemp and Ellen Brazauskas are our outbound journey co-coordinators for this journey. If you have never visited Western Michigan, this will be an excellent opportunity to experience life with locals. Please contact Ellen Brazauskas or Ginger Zemp for more information.

2025 Mid Atlantic Outdoor Activity Journey Special Club-to-Club Event – October 6 – 16th

The Friendship Force Mid Atlantic Outdoor Journey with Richmond, Raleigh and WNC is happening! The dates have been revised to October 6th - 16th, 2025. FFWNC will be the last Club on the tour, hosting for three nights, October 14th - 16th. Please check your schedules and be ready for sign-ups at our next March 16th General Meeting.

The hosting responsibilities will be less than usual and will be a great opportunity for new Club members to give it a try. The Journey Coordinators for this journey are Sarah Poppenhouse and Susan Harvey.

A Note from Betty Doll

--Below is a note from Betty Doll, in response to the card the Club sent to her. Included in the card were Club members' notes, collected at the January General Meeting: --

Thank you SO much for the notes from FFWNC members. It was wonderful to find those in the mail when I returned and to hear the supportive and caring notes from both members that I know and those I don't know.

The South Africa trip was wonderful!! I would highly recommend that as a destination out. I loved it...and it was good to get away from the constant discussions about the storm.

I'm hoping to be able to attend more FF gatherings soon. Right now I feel like I'm in totally "reactive" mode to calls from FEMA, the Army Corps of Engineers, and anybody else who might be able to help our community rebuild. It truly is exhausting and it picked right back up when I got home. Ugh!

Thanks for caring!

Betty

Spotlight - Open FFI Special Journeys – August

Are you ready for a unique adventure? How about fourteen days in Brazil, discovering the Amazon and the Pantanal? Or, how about the history and culture of Vietnam? Log on my.friendshipforce.org and check them out!

Club Member Birthdays

March Birthdays

1 - Carol Mullen
19 - Chuck Elston

April Birthdays

2 – Susan Gaston
7– Gerri Gurbuz
20 – Kay Manley, Jack Mullen

Newsletter Deadline

If you have club news for the newsletter, please submit your information to Nancy Wood *no later than* the 15th of the month.

2025 Meeting Calendar

MEETING DATE	EVENT	TIME
Sunday, Jan. 19	General Meeting	3:00 pm
Sunday, Mar. 16	General Meeting	5:00 pm
Sunday, May 18	General Meeting & Farewell Dinner	5:00 pm
Saturday, July 12	Annual Picnic-- Mills River Park Pavilion	12:00 Noon
Sunday, Sept. 21	General Meeting-TBD	5:00 pm
Sunday, Nov. 16	General Meeting	3:00 pm
Friday, Dec 12	Holiday Party	3:00 pm
Tuesday, Jan. 14	Board Meeting	10:00 am
Tuesday, Feb. 11	Board Meeting	10:00 am
Tuesday, Mar. 11	Board Meeting	10:00 am
Tuesday, Apr. 8	Board Meeting	10:00 am
Tuesday, May 20	Board Meeting	10:00 am
Tuesday, June 10	Board Meeting	10:00 am
Tuesday, July 8	Board Meeting	10:00 am
Tuesday, Aug. 12	Board Meeting	10:00 am
Tuesday, Sept. 9	Board Meeting	10:00 am
Tuesday, Oct.14	Board Meeting	10:00 am
Tuesday, Nov. 11	Board Meeting	10:00 am
Tuesday, Dec. 16	Board Meeting	TBD

General Meetings are usually held on the third Sunday of alternate months, starting with January. 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. Please check the FFWNC website and the monthly newsletter for Board Meeting locations.

Monthly Calendar of Events

Third Thursday – Happy Hour at a local brewery/winery – Chuck Tokarski

Fourth/last Friday, Quarterly – Book Club – Gerri Gurbuz

“Pass the Spoon” Lunch/Dinner – Bi-monthly, dates and hosts vary

FFWNC 2025 Full Year Calendar at a Glance
(Subject to change, as year progresses)

Updated: 2/26/25	
<p style="text-align: center;">January</p> <p>1/14 (Tues) - Board Meeting – 10am - IAM 1/16 (Thurs) - Happy Hour – 4:30pm – Trailside Brewing Company, Hendersonville 1/19 (Sun) - General Meeting – 3-5pm – First United Methodist Church 1/24 (Fri) – Book Club – 1:30pm – The Buzz - - <i>Man’s Search for Meaning</i></p>	<p style="text-align: center;">February</p> <p>2/5 Wed – Pass the Spoon –12:30 pm – Taco Fiesta – Horseshoe 2/11 Tues – Board Meeting – 10am – Community Foundation, 3rd Floor, 401 N. Main St, H’ville. 2/20 (Thurs) – Happy Hour – 4:30pm – St. Paul Winery, Hendersonville</p>
<p style="text-align: center;">March</p> <p>3/11 (Tues) - Board Meeting – 10am - IAM 3/20 (Thurs) – Happy Hour – 4:30pm – Dry Falls Brewing Company, Hendersonville, NC 3/16 (Sun) - General Meeting – 5-7pm –First United Methodist Church</p>	<p style="text-align: center;">April</p> <p>4/8 (2nd Tues) – Board Meeting – 10am – Cty Ext Office 4/17 (Thurs) – Happy Hour – 4:30pm – TBD 4/25 (Fri) – Book Club – 1:30pm — 1:30pm – <i>11/23/63 by Stephen King</i>, hosted by Ellen Brazauskas. Location TBD <i>Pass the Spoon – Date, Tlme and Location TBD</i></p>
<p style="text-align: center;">May</p> <p>5/13-5/19 (Tues – Mon) - INBOUND JOURNEY – FORT WORTH 5/15 (Thurs) – Happy Hour – 4:30pm TBD 5/18 (Sun) – Fort Worth Farewell and General Meeting – 5-7pm – Middleton Place Clubhouse 5/20 (3rd Tues) – Board Meeting – 10am – Cty Ext Office</p>	<p style="text-align: center;">June</p> <p>6/10 (Tues) – Board Meeting – 10am – Cty Ext Office 6/19 (Thurs) – Happy Hour – 4:30pm - TBD</p>
<p style="text-align: center;">July</p> <p>7/08 (Tues) - Board Meeting – 10am - IAM 7/12 (Sat) – Annual Picnic – Noon – Mills River Park 7/17 (Thurs) – Happy Hour – 4:30pm - TBD 7/25 (Fri) – Book Club – 1:30pm - TBD</p>	<p style="text-align: center;">August</p> <p>8/12 (Tues) - Board Meeting – 10am – Cty Ext Office (Tentative) 8/21 (Thurs) – Happy Hour – 4:30pm - TBD</p>
<p style="text-align: center;">September</p> <p>9/9 (Tues) – Board Meeting – 10am - IAM 9/18-9/24 - OUTBOUND JOURNEY – Western Michigan 9/18 (Thurs) – Happy Hour – 4:30pm - TBD TBD (Sun) - General Meeting – 5-7pm - TBD</p>	<p style="text-align: center;">October</p> <p>10/14 (Tues) - Board Meeting – 10am – Cty Ext Office (Tentative) 10/6-10/16- INBOUND &OUTBOUND JOURNEY – Mid Atlantic Outdoor Activity 10/16 (Thurs) – Happy Hour – 4:30pm - TBD 10/24 (Fri) – Book Club – 1:30pm – TBD</p>
<p style="text-align: center;">November</p> <p>11/11 (Tues) – Board Meeting – 10am - IAM 11/16 (Sun) – General Meeting – 3pm Election of 2025 Officers - TBD 11/20 (Thurs) – Happy Hour – 1:30pm - TBD</p>	<p style="text-align: center;">December</p> <p>12/12 (Fri) – Club Holiday Party – 3-5pm - TBD 12/16 (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 \$65 **per person** \$ _____
- Renewal Membership \$50 **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 9-22-24)