



The Friendship Force of Wisconsin

Changing the Way You See the World

September 2013



A NOTE FROM THE PRESIDENT

This will be my last article for the newsletter as president of the Friendship Force of Wisconsin. I would like to thank the club officers who gave me their support for the last two years. I would like to give a big thank you to Vice President Helen Ann Rugowski and my best wishes as she assumes the president's position. To our outgoing club secretary, Mary Lou Martino, I extend a thank you for taking the minutes at our sometimes confusing meetings. Last but not least I would like to thank Margo McKnight for her work as the club treasurer. I would also like to thank the board members for their hard work and support. As my last official duty as president I will glue together the gavel for the new president (I think the gavel was glued once before).

A big welcome to the new officers taking over in September that include President Helen Ann Rugowski, Vice President Mary Babula, Secretary Jan Weber, and Treasurer Margo McKnight. I know the new officers will do an excellent job for our club and that you will support them as you supported us. They will be offered and will have many exciting exchange ideas to present to you in the next year. I will be involved with the recruitment of EDs and open committee chairs.

In Friendship,

George Wysock, President

EXCHANGE DIRECTOR NEEDED

We have been offered and accepted for the month of October 2014 an incoming exchange with Campinas Brazil. It's a great opportunity to serve your club. If you are interested or know of someone who might be, please let me know. My e-mail address is

georgewysock@msn.com.

George Wysock, President



2013 CLUB ACTIVITIES

Monthly Board Meeting - Third Friday - 11:30 am
Everyone welcome - 615 E. Washington Ave., 2ndfl.

September 14-18 -Vyborg, Russia Inbound Exchange*

September 28 - Adopt A Highway*

November 3 - Fall Festival, Coliseum Bar**

November 23-25 - World Conference, New Orleans**

December 7 - Holiday Party, Vintage Brewery**

February 15-28, 2014 - Tucson/Phoenix Outbound Exchange*

Spring 2014 - Berlin/Poland Outbound Exchange*

August 23-28, 2014 - Global "Arts & Architecture" Exchange**

October 2014 - Campinas Brazil Inbound Exchange**

* Information in this newsletter

** Information to be announced later or previously announced



GUESS WHO'S COMING TO DINNER?

International Institute of Wisconsin (IIWI)

Another dinner hosting opportunity with five journalists from Syria is available. Please contact me with any questions or for an application.

Helen Ann Rugowski, 608-238-9731

Explore • Understand • Serve®



Incoming Vyborg Russia Exchange, September 14 -18, 2013

Planned Itinerary

The membership is invited to join us in the activities during the exchange with Vyborg, Russia. Space is limited for some activities. Please sign up using the form included with this newsletter.

September 15: Free Time with Family and Small hosted dinners

September 16 : Wisconsin Dells Area

8:45 AM Depart from Park and Ride located at intersection of Highway 12/19. Entrance is on Highway 19
 10:00 Tour Crane Foundation
 11:45 Arrive Wintergreen for lunch
 1:00–3:00 PM Dells Upper Boat ride, Return to Madison via Merrimac Ferry
 4:30 Estimate arrive Madison
 6:30 Social time followed by dinner at 7:00 PM at Prime Quarter 3520 East Washington, Madison

September 17: Madison Area Activities

8:45 AM Walking Tour UW Madison: Meeting point to be determined; Babcock Hall ice cream at Memorial Union
 10:30 Free time to walk up State Street: Lunch on your own
 12:45 Meet at Overture
 2:00 Capitol Tour
 3:40 Monona Terrace Tour
 4:40 Arrive Historical Society for tour, Native American Dinner and Farewell

September 18

7:00 AM Group Departs from Dutch Mill Park and Ride via Van Galder bus

Any questions, please call 608-833-5326 or send an email to Sandrawysock@msn.com

Sandy Wysock, Exchange Director



CRAFTER'S GROUP

Fall meetings dates are yet to be decided and will be announced via email. Please share this information with

other club members who may be interested. For more information contact **Helen Helen Ann Rugowski**, 608-238-9731 or haharrin@hotmail.com.



Arizona Outbound Exchange February 15-28, 2014

Applications are being accepted for this exchange to Tucson and Phoenix with a deadline of **SEPTEMBER 6, 2013**.

The dates of the exchange are February 15 to 21 in Tucson and February 21 to 28 with the Phoenix club. On February 20th we will be amid the thousands who attend the Tucson Rodeo and see Western-themed floats and buggies, historic horse-drawn coaches, festive Mexican folk dancers, marching bands and outfitted riders in the parade. The Desert Museum and Garden and Sabbino Canyon are also on the Tucson schedule. In Phoenix we plan to tour the Heard Museum, Taliesin West, and the Musical Instrument Museum.

The planning committees from the two clubs are still preparing schedules and associated costs. At this time an estimate of the per person cost for the two weeks is \$600.

Ambassadors will arrange their own transportation to Arizona. Depending on our personal plans, there are several options between cities such as ride sharing or a prearranged shuttle which will be discussed at our workshop. The workshop is tentatively set for October 3.

The clubs can host 15-20 ambassadors. Since this is a reciprocal exchange because Tucson visited Madison in 2010, to continue the relationships begun, preference will be given to those who home hosted. To encourage new FF members, preference will be given to those who have not yet gone on an exchange. Phone interviews will take place as needed.

You can print the application form from the website [http://www2.thefriendshipforce.org/forms/exchanges/Ambassador Application and Agreement.doc](http://www2.thefriendshipforce.org/forms/exchanges/Ambassador%20Application%20and%20Agreement.doc). Complete it and send it with a \$25 application fee payable to Friendship Force of Wisconsin to Nancy Mueller, 3668 Rivercrest Road, McFarland WI 53558. The ambassador selections will be made by October 1.

Any questions, please call me at 608-838-3575 or RNMUELLER@yahoo.com.

Nancy Mueller, Exchange Director



CLUB PINS AVAILABLE FOR \$2

To purchase, contact our sales volunteer, Fannie Hicklin (608-233-5748). Pins can also be purchased at club activities.

Vyborg, Russia Exchange Activities Sign-up Form

Name _____ Phone # _____

- **Note!!!!!! Need your deposit no later than September 1, 2013 if you plan to attend the Native American dinner. For all other events the deadline is September 7th.**
- Send to Sandi Wysock, 102 Acadia Drive, Madison, 53717
- Make checks payable to The Friendship Force of Wisconsin

Activities September 16--Monday

Note: transportation by car, no transportation provided

Activity	Cost	Number of people	Total cost
Upper Dells Boat trip	\$20.50		
International Crane Foundation	\$7.00		
Lunch at Wintergreen Choice of Salad or soup and sandwich	\$8.00		

Total \$35.50

Dinner at Prime Quarter Sept 16: Select your steak from the refrigerator and grill your own steak. Select any steak or catch of the day for \$21.95 (40 oz steak excluded). Price includes gratuity, potato, texas toast, salad bar and coffee, tea. Steaks range from 10 oz filet to 23 oz T Bone. Steaks may be split with a friend/spouse. If sharing, please provide the name of the person who is sharing a steak with you! Potato and salad bar only and salad bar only options available.

Prime Quarter Sep 16 6:30 cash bar 7:00 dinner	Cost	Number of People	Total Cost
Steak or fish	\$28.00		
Sharing a steak with _____ (name)	\$19.00		
Baked potato and salad bar only	\$14.00		
Salad bar only	\$13.00		

September 17--Tuesday

Day time activities will involve a lot of walking *Be prepared to walk, rain or shine.*

Activity	Cost	Number of People	Total Cost
Walking tour of the University	Free		
Tour Overture	See note		
Tour Capitol	Free		
Tour Monona Terrace	\$2.00		
Native American Dinner	\$30.00 per person		

Total for all activities for the day is \$32.00 * see note

The menu for the Native American Dinner is:

Corn & Peach Soup, Sunflower cakes
 Chicken with juniper berries, wild rice and Squash
 Cranberry Bars. Veggie version with Seitan
 Lemonade, coffee, tea

Please let me know if a vegetarian option is required

Total for all activities

Note: Overture may charge \$4.00 per person. This has been waived for non profits. We are waiting for confirmation on the price for our group. If there is a charge, I will collect on the day of the activity.



Berlin Outbound Exchange 2014 with a side trip to Poland

Mark your calendar and save your money for an adventure in Berlin

(home hosted FF) and Poland (commercial tour). Preliminary plans are to arrange this trip to occur between mid May and mid June of 2014 - likely lasting a bit over two weeks. Vague information at this point indicates we will need to charge somewhere between \$2500 and \$3000 for the ground portion. We will do our best to keep costs down while seeing as much as we can with some level of comfort, but not luxury. Europe is no longer cheap, and that pesky Euro is still worth more than the Dollar. You can anticipate airfare will be between \$1000 and \$1400 depending on whether you fly from Madison or Chicago (at current prices in June of 2014). We expect to have 5 full home hosted days in Berlin plus an arrival and departure day and will get as many days as we can in Poland that fit with the calendar and the price, concentrating on Warsaw and Krakow.

It would be great to know who is interested in this trip soon as well as your "must sees" so that we can incorporate that into our planning - so let one of us know. Thanks!

Exchange Directors, Stephanie Sorensen (stevils@charter.net) 819-6646, and Lise Skofronick (lrparadis@yahoo.com) 274-7732



Oregon and Washington Outbound Exchange July 5 to 19, 2013

Fourteen ambassadors completed a fantastic exchange with the Friendship Force of Oregon's Mid-Willamette Valley from July 5 to 12 and with the Friendship Force of Lower Columbia in Washington from July

12-19. This group of companionable travelers was comprised of Barbara Banks from Tucson, Judi Blodgett, Cecilia Coyle, Jan Gruetzmacher, Kay Kinney, Mary Lou Martino, Mary Mastaglio, Margo McKnight, Nancy and Richard Mueller, Lisa Simon, Lois Statz, and Judy Taylor, and was led by Gail Holmes, Exchange Director.

On Friday, July 5, we arrived at the Portland, Oregon airport. However, we'd made individual flight arrangements and arrived on different flights and times in the afternoon. The suspense was would the four people arriving on different flights at 4:20 make it in time for our entire group to board the 4:45 Hut Shuttle for a two-hour ride south down the Oregon valley to our hosts' cities. Not to worry, all of us and our luggage made it on time! We were delighted to be met in Salem and Albany by hosts, many of whom had visited Wisconsin in June 2012. New friends were quickly introduced and we were off on our adventure for a week of perfect warm, sunny weather.

Greetings and hugs were exchanged as we gathered for a welcome lunch on Saturday of salmon burgers on the grill and never-ending bowls and platters of tasty foods. We ate delicious fresh raspberries, blueberries, and marionberries (indigenous blackberry), and also ate our way through Oregon at picnics, buffets, BBQs, restaurants, ice cream parlors, and concluded our stay with a memorable farewell lunch. After the welcome lunch, many of us visited the carousel museum to watch artists create animals from a block of linden wood to the finished painted creatures ready for the forthcoming carousel.

A free day on Sunday allowed for attending church services, sightseeing Oregon's covered bridges and waterfalls, meeting family members, playing games, visiting lush gardens of fruits, vegetables, and flowers, and learning about endless fields planted with rye grass which is marketed internationally.

We began our journey with a two-day trip to Crater Lake with 26 of us in two rented vans. Along the way, we stopped at a fish hatchery to view trout ponds and huge sturgeon. Almost 8,000 years ago, Mount Mazama, a 12,000' volcano erupted. This emptied the mountain and it collapsed, creating the brilliant blue Crater Lake caldera. The ranger gave an entertaining presentation of ten fun facts. We had many picture stops around Crater Lake before arriving at Diamond Lake Lodge for overnight, dinner, and a singalong at a bonfire with s'mores. The next day we walked in the black lava caves with LED lights on our heads, but, of course, the black cave was dark with nothing to see and the frigid air from our breath made seeing and walking more difficult so most of us just turned around. It would have been more enjoyable if the cave had some lighting. We did enjoy the return trip over the 10,000' Cascade Mountain peaks.

The day trip to Newport on the coast included participatory science labs where we held sea creatures and sea stars at the Oregon State University Hatfield Marine Science Center, saw lighthouses and sea birds, ate clam chowder and shrimp salads, saw fishing boats arrive with the day's catch and watched efficient fish fileting, experienced great shopping in tourist boutiques, and walked over small sand dunes to put feet into the cold Pacific Ocean.

On the last tour day, we went to the Hull Oak Lumber Company and Saw Mill. The process began with trees cut in the area, debarking, cutting to specifications, sorting and bundling the lumber, and making saw blades. Every part of the wood is used. Too soon it's time for our farewell lunch at the Thyme Garden. After a tour, we are served a most unusual and delicious array of food made from garden plants and colorful flowers, and we took pictures of the courses to visually enjoy this experience again. Gail Holmes presented Friendship Force of Wisconsin shirts, two large, heavy Atlas of North America books, a thank you card signed by everyone, and a certificate and check for \$150 to the Friendship Force International Legacy Fund to Pat Byers and Juanita Wiegel, Exchange Directors. The Oregon club also donated \$50 to the Legacy Fund in our honor. The hit of the party was presentation of a black-and-white cow wearing yellow sunglasses printed with "Got Milk?" After some moos and much laughter, they decided it will become a new member at their Board of Directors meeting!

Time for fond farewells to our dear Oregon friends with pictures and hugs at the Hut Shuttle bus stops in Albany and Salem. We're returning to the Portland airport where our Washington hosts are waiting for our arrival. Soon we're on our way north on Interstate 5 for another week of warm, sunny days in another beautiful part of our country. Our hosts live in six towns between Vancouver and Longview, which is not too far from Mount St. Helens.

Our welcome potluck dinner was attended by about 25 people from the small Lower Columbia Friendship Force club plus the 14 of us. From the home high on the hill, we could see the Columbia River. Dinner included salmon caught on the Columbia, roasted pork loin, a wide array of salads, and marionberry cobbler plus more desserts than one could taste. Plenty of time for visiting and laughter and to get to know each other.

We began our Washington journey in two comfy vans to see Mount St. Helens from three vantage points. At Silver Lake visitor center, the ranger explained in detail the 1980 explosion, An earthquake triggered the landslide and a lateral blast ripped through the avalanche of debris. The volcano just fell apart and went from 9600' to 8300' and 57 people lost their lives. Continued to the Weyerhauser Forest Learning Center where we learned about reforestation. Here we saw through binoculars over a dozen elk on the Toutle River, which had been the path of the flood debris. Our hosts provided a picnic which we enjoyed near Cold Water Lake created by the eruption. Traveled on to the Johnston Learning Center just across the valley from the blown out side of Mount St. Helens. We saw a graphic movie of the explosion and at the end, the screen went up and we were looking directly at Mount St. Helen's across the divide! Awesome experience!

Sunday, Tuesday and Friday before our departure were free days. Some picked berries, visited covered bridges and a grist mill, went to the backside of Mount St. Helens, explored the towns where we stayed, swam at the YMCA pool, got a facial, went to downtown Portland on the TriMet train to the artisan's market and the Japanese and Chinese gardens, the Oregon botanical garden in Silverton with the Frank Lloyd Wright Gordon House, the Wolf Haven International Sanctuary, the Pendleton Wool Outlet, and, of course, shopping. Tuesday night we enjoyed wonderful "cottage dinners" and conversation at the homes of four Dinner Hosts.

Monday was a trip to the Oregon coast in the two rental vans. We learned about Lewis and Clark's 4,000 mile expedition in 1803-5 from the Mississippi to follow the Columbia River, finally arriving at the Pacific Ocean. At an interpretative center, the ranger gave an informative presentation and we saw an educational film. Also here is the 1856 lighthouse on Cape Disappointment. We crossed the Columbia River to Astoria, Oregon for a delicious lunch of Alaskan wild cod. On to Fort Clatsop, the winter home for the expedition party of 35 people—31 men including Clark's black manservant York, the Shoshone woman Sacagawea and her baby Jean Baptiste Charbonneau, plus Lewis' dog Seaman. We drive on to Ecola State Park to view the beautiful scenery of Pacific Ocean waves on Cannon Beach and Haystack Rock. Heading home, we stopped at Costco which started in Washington. For \$1.50 we "dined" on a hot dog and a pop; for another \$1.50 you could

buy a gigantic hand-dipped chocolate bar with nuts! Another educational and adventurous day.

The vans were returned and we now rode with our hosts in a sort of caravan. Our first stop was at Vista House on Crown Point, 700' above the Columbia River overlooking miles of forest, cliffs and flowing river. Driving downhill, we were at the base of Bridal Veil, Wahkeena, and Multnomah waterfalls; it plummets 620' from Larch Mountaintop where it's fed by an underground spring. Another delightful spread appeared from car trunks for a picnic lunch on the grounds of Bonneville fish hatchery. At Bonneville Dam, we watched salmon swimming up the fish ladders from above and also from an underwater fish viewing window. Another highlight of our Washington exchange was a delicious dinner cruise on the Columbia Gorge Sternwheeler. We saw many Native American fish platforms on the river where they are the only ones who can catch wild fish here. Another grand day!

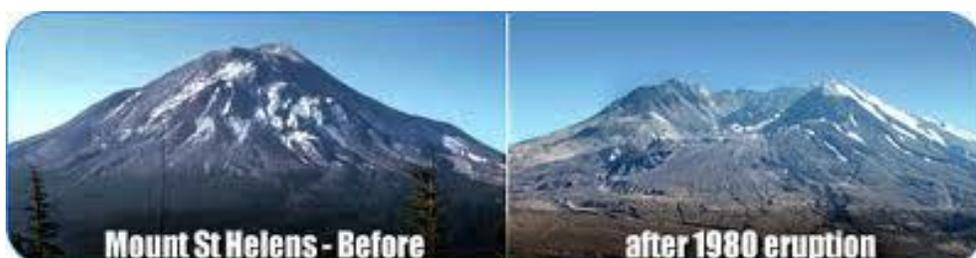
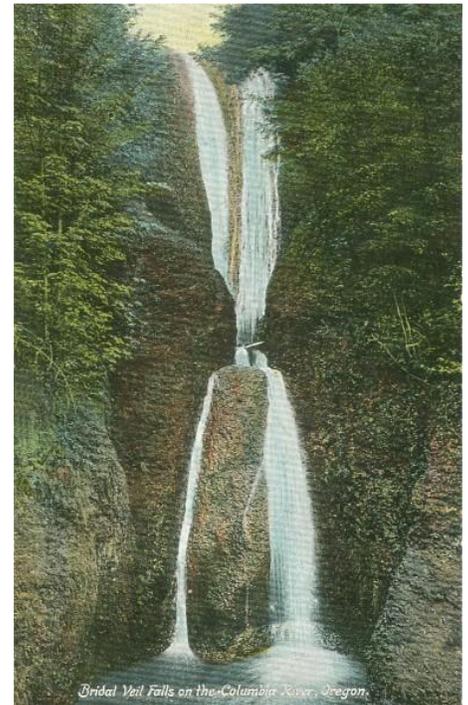
The time has flown quickly with so many activities, and already the farewell dinner is Thursday evening at Hickory Hogs BBQ with 30 people in attendance. Our gifts to Washington were similar: Friendship Force of Wisconsin sweatshirts for both Judi (Exchange Director) and Neil Smith, an Atlas, a thank you card,

a certificate and check for \$150 to the Legacy Fund. Again, the hit of the party was the mooing black-and-white Wisconsin cow in yellow sunglasses. This cow will be going to their Executive Committee meeting on Sunday. Lots of laughter and good will among our Washington friends and Wisconsin club members.

These fifteen days ended as we flew home on individual flights. A group of eight of us had booked the 11:11 p.m. "red eye" flight out of Portland, to Chicago, and arriving in Madison about 9:00 on Saturday morning! We were travel mates to the end of the day and then some! What a magnificent adventure we experienced!

Many thanks to the following club members who helped make this exchange efficient: Joan Calkins—treasurer; Kay Babcock, Donna Calvert, and Patrick Fleming—interviews; Janet Longeran—workshop; Mary Lindquist—biographical booklet and travel journal booklet; Maggie Dohm—vests; Jerry Fuller—inflatable Wisconsin cows. And, of course, my appreciation to the thirteen wonderful ambassadors who made this exchange so pleasurable and memorable.

Gail L. Holmes, Exchange Director



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September 2013
Incoming Russia Exchange
Outbound Arizona Exchange 2014
Outbound Berlin Exchange 2014



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Vice Pres: Helen Rugowski 238-9731
Secretary: Mary Lou Martino 467-2966
Treasurer: Margo McKnight 345-6827
Newsletter: Donna Hussin 845-3393

Adopt - A - Highway

The date is September 28. Meet at the Park and Ride lot at Hwy. 12, Exit 249. We will get organized and start at 8: 30 am.

Ten volunteers are ideal. With enough help we can cover about a one mile section in 1½ to 2 hours. If you are willing and able to HELP, we need you.

If you are willing and able to HELP, I would appreciate it if you would **please call me before September 21.** I would prefer not to make a lot of phone calls.

Thank You.

Don Gostomski, Chairperson
608-249-8250