



## *Friends Connection*

### Friendship Force of Sarasota

[www.friendshipforcesarasotaflorida.org](http://www.friendshipforcesarasotaflorida.org)

#### **June, 2013**

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#### **President's Message**

Our club has gone from famine to feast in planned exchanges for the rest of 2013 and 2014. Two exchanges are planned for fall 2013. ED Ramona McGee has a full slate of ambassadors and is accepting applications for a waiting list for our club international outbound exchange to Greater Yalta, Crimea, and Rostov-on-Don, Russia in September/October. And in November we will host La Libertad club from Trujillo, Peru, and EDs Mary and Walt Prouty along with their host committee are organizing the exchange.

Catch your breath now, because we will be very busy in 2014! ED Gloria Grenier and her committee are beginning to plan our club global themed inbound exchange for January/February: Experience the Arts of Greater Sarasota. Sao Carlos, Brazil will make a stopover visit here in March, giving our club and especially our 2011 ambassadors to Brazil an opportunity to return the gracious hospitality we received from their club. Bob & Judy Joyce will coordinate plans for this stopover. And late April brings a scheduled domestic outbound exchange to Albuquerque NM for which Don Nicholson will serve as ED.



And the fall will be just as full of opportunities. Our international outbound exchange will be a cooperative one with the Greater Orlando club. We will be hosted by Central Coast, Australia, and Whangarei, New Zealand in October 2014 before the World Conference in Auckland. Club members interested in this exchange should contact me as lead ED. And Sarasota will host ambassadors from Albuquerque in a reciprocal visit in November.

Club members in attendance thoroughly enjoyed Bill Wallace's witty presentation on Scotland and Charlie Murray's performance of traditional music on the bagpipe at our May 2 meeting. Our June 6 general meeting promises to be just as entertaining as Bob and Judy Joyce do a slide show and presentation on their participation in an adventure oriented global themed exchange to Costa Rica. I hope to see you all there

and also at our Summer Happening Wine Tasting event on July 18. Then enjoy your summer travels and return refreshed and reinvigorated in the fall. We will all need lots of energy and enthusiasm as we enjoy all the opportunities laid out for us for building friendship and cultural understanding.

Judi

One's destination is never a place, but rather a new way of looking at things.  
Henry Miller

### Calendar of Events\*\*more info inside\*\*\*

June 6	General Meeting at Waldemere Fire Station 7pm**** <b>No Board Meeting in June</b>
July 18	Summer Happening <b>SAVE THE DATE!</b>
September 5	General Meeting at Waldemere Fire Station 7pm
September 10	Board Meeting at home of Debbie Boyd
September 24	Outbound Exchange to Ukraine, Russia****
October 3	General Meeting at Ethnic Restaurant
October 22	Board Meeting at TBA

### June 6 General Meeting at 7 pm at the Waldemere Fire Station



Members **Bob and Judy Joyce** will entertain us with their Costa Rica Friendship Force adventure. They recently returned from a 2 week ecological-themed exchange and will share with us the extraordinary flora and fauna of this Central American paradise.



### **SUMMER HAPPENING** - **JULY 18 – 5:30 pm to 7:30 pm**

Our summer gathering will be a **Wine Tasting** at **Sarasota Fine Wine, 4333 S. Tamiami Trail, Sarasota**

We'll sample 5 or 6 wines, enjoy hors d'oeuvres and great camaraderie.

Cost is **\$10.00 per person**. Reservation deadline is July 11. Send your check, payable to FFS, to: Gloria Grenier, 4211 Cascade Falls Dr. Sarasota FL 34243.

## **September 5 General Meeting at 7pm at the Waldemere Fire Station**

Our September speaker will be Debi Frock, Founder and Executive Director of Ghanaian Mothers' Hope, Inc. a non-profit whose mission is to empower children in Ghana, West Africa, to become future leaders.

Debi began her journey in 2004 when she travelled to Ghana as part of a leadership team from the Episcopal Diocese of Maryland. Visiting a bush village and interacting with children changed her life forever. In 2005 she founded the Ghanaian Mothers' Hope (GMH) to build schools in villages thus allowing older girls to attend primary school.



Since its inception GMH has built a preschool, a primary school and a health center. Currently they are building a new primary school and a residence for nurses. More than 80 teens and adults have travelled with GMH to Ghanaian villages on short-term missions, providing programs in health and wellness, education for teachers and children and also assisting in construction. Under Debi's leadership, GMH has qualified for the Combined Federal Campaign and the Maryland Charity Campaign.

A graduate of Stevenson University with a degree in accounting, Mrs. Frock was honored by the college in 2010 as a Distinguished Alumni. She has also received honors from the National Episcopal Church, the Episcopal Diocese of Maryland and the Ghana Professional Achievers. She is married to Scott Lyons and lives in Sarasota. In between her work travel, Debi enjoys spending time with her 11 grandchildren and singing with the Gulf Coast Community Choir.

## **OCTOBER 3 – ETHNIC DINNER @ 6 pm**



Our second Annual Ethnic Dinner will be held at the Peruvian restaurant Inkanto in preparation of the inbound International exchange from La Libertad, Peru. The restaurant is located at 4141 S. Tamiami Trail in Chili's Plaza.

Cost of the 3-course dinner, including tax and tip is **\$25 per person**. Cash bar. Send your check, payable to FFS, to Bob Joyce, 1232 Pine Needle Rd. Venice FL 34285.



## Meet Our New Members

**Rose DiRenzo** is from Ontario but has been visiting the area for over 10 years and purchased a home in Venice in 2004. Rose taught at both the college and the high school level.

She obtained a counseling degree which enabled her to counsel at risk high school students. She retired from counseling about 10 years ago. She has two daughters, one in British Columbia and one in Ontario. She spends time in this area but goes home for Canadian Thanksgiving and Christmas and, of course, the summers. She has done some extensive traveling alone, with friends and with groups. She traveled to Peru and Guatemala on church missions. Rose is a very busy lady. She plays tennis and is a member of SOTG. She is looking forward to her first Friendship Force Exchange this August/September to Australia and New Zealand. Thanks to Grace Rowland for bringing us this very interesting new member and we look forward to the tales from her first FF Exchange.

## Member News

**Rae Aloisio**, one of our Sarasota FF members is looking for someone to join her on the FF Semester at Sea voyage, December 18, 2013 to January 3rd, 2014. If you are interested in this Exchange, please email Rae at [ralo682806@aol.com](mailto:ralo682806@aol.com) or call her at 941-923-7385 for details. There is a good discount for signing up early and Rae would like to know to finalize her plans. There have been excellent reports from previous Semester at Sea Voyages and this one looks very promising.

Get well soon wishes go out to **Robert Farley**, who fell during a recent cruise. He is recuperating at SMH and may be transferred to Health South soon. Please send any cards to his home address.

**Don Nicholson** is experiencing health problems after a hospital procedure. We wish him a speedy recovery.

## Social Corner



Thanks to all who brought snacks in May and to those who have signed up for June. We appreciate your help with clean-up. Please sign up for the Sept. meeting with Janet Eubanks. All of your support is deliciously appreciated!

Bonnie and the Social team.



**FF PUBLICITY:** This Spring, Peggy Hayden has contacted the following organizations to see if they would like someone from FF to speak to their membership in the coming year: Encore Club of Sarasota, Newcomers of Venice, Newcomers of Venice Alumni (NOVA), New Sarasotans, Rotary Club (1 or 2 in Sarasota – this one meets at Marina Jacks), Singles on the Go, Unitarian Church of Venice and Women's Interfaith Network (WIN) of Sarasota-Bradenton (Center for Religious Tolerance). FYI, in 2012, Ramona spoke to Kiwanis Club - Sarasota and Judi spoke to Kiwanis Club – Siesta Key. We now have presentations scheduled: (1) WIN in January 2014 presented by Peggy and (2) Singles on the Go in February 2014, hopefully presented by one of our members who is also a member of Singles on the Go. Peggy is still waiting to hear from some of the other groups. Also, Mary Prouty plans to speak to Sun City about Friendship Force. Thanks to Linda Vendeland for letting us know that WIN might be interested in a speaker and getting the contact information for us. Seems she happened to be speaking with someone who is in that group. **WHAT CAN YOU DO:** If you know of an organization that might be interested in having a speaker OR if you would be willing to give a presentation some time, please contact Peggy at [hayden.peg@gmail.com](mailto:hayden.peg@gmail.com) or 941-306-5197.

### Friendship Force Stuff For Sale

For all of our new members, and "seasoned" members as well, we have a closet full of stuff to sell - pins, small flashlights, and shirts.  
Florida Friendship Force Pins - \$ .75 (good to give to hosts on exchanges)  
Small Blue Flashlights with Friendship Force Sarasota printed on side - \$1.  
Black Friendship Force polo shirts with Friendship Force Logo, Sarasota and your name embroidered on the shirt - \$25.  
Contact Bob Joyce via email: [bobjoyce@gmail.com](mailto:bobjoyce@gmail.com) to order any of the above.

### NEWS FROM THE WEB



Pictures of our inbound exchange from the states of Washington and Nebraska are posted on our website and Facebook page. If you do any traveling this summer, and would like to share some of your photos, please send them to me. Have a fun summer! [www.friendshipforcesarasotaflorida.org](http://www.friendshipforcesarasotaflorida.org)



Linda Vendeland, Web Administrator E-Mail [linvende@aol.com](mailto:linvende@aol.com)

## WINE TASTING GROUPS



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Thanks to all of you who signed up for the wine tasting groups. When we return to Sarasota in September we will be contacting you. Our fun tastings will be followed by dining out at a restaurant. E-Mail us if you would like to join this activity.

Jack and Linda Vendeland [linvende@aol.com](mailto:linvende@aol.com)

## Exchanges

### Outbound

#### Rostov-on-Don, Russia & Yalta, Ukraine- Sept. 24 - Oct. 12th

Our exchange is now full and we have a waiting list if someone should find it necessary to cancel.

We'll start our adventure with a 3-day visit to the ancient and historical city of Kyiv. During our stay, we'll explore the famous Kyiv-Pechersk Lavra (The Cave Monastery) and the beautiful and historic **St. Sophia's Church** (see photo), plus other sights of interest.



We'll then fly to Rostov-on-Don, an industrial transportation hub along the Don River. We'll meet our home hosts for the following week and share their lives and enjoy the sights of their city and surrounding areas. When we say our good-byes, we'll board the train for an overnight journey to Simferopol. Our ED for our second week of home hosting in Yalta, Ukraine will meet us at the train. We'll take about a 1-1/2 hour ride through the mountains to the beautiful coastal resort region of the Crimean Peninsula. This should be a wonderful week as we assist the people of this region to form a new Friendship Force Club, as well as enjoy the many sights of their region.

Ramona McGee – ED [RMcGee0806@comcast.net](mailto:RMcGee0806@comcast.net)

### Inbound

#### La Libertad, Peru – November 2013

Mary and Walt Prouty are in Indiana for the summer. They are working on this exchange and will let us know when more information is available. In the meantime if you would like to help, email Mary and Walt and offer your services at [waltmaryprouty@gmail.com](mailto:waltmaryprouty@gmail.com).