



Let's Travel Down Under

March 2016 Exchange Confirmed

In March of 2016, we will be heading to the South Pacific region of the world. Two clubs have graciously agreed to host us: Horowhenua, which is in the north island of New Zealand and North Moreton which is located in the Sunshine Coast of Australia.

North Moreton is just north of Brisbane, the capital of Queensland. Beautiful beaches, scenic mountains, lakes, rainforest walks, boutique wineries and kangaroos on the door step; they have it all! Marvel at the calls of the whip birds as we walk through the rainforest. Get close to a koala at the fabulous Australia Zoo, the creation of legendary Crocodile Man, Steve Irwin. Walk along some of the most beautiful beaches in the world. This area is also rich in culture and history. Redcliffe was the first settlement in Queensland and was once a penal colony.

Horowhenua is the name of this region and is steeped in Maori history. Levin is the center of the Horowhenua region and is nestled between the Tararua Ranges and the beautiful Tasman Sea ocean beaches. Orchards, fresh vegetable stalls and garden nurseries can be found on the outskirts. Enjoy the reserves and beaches and outdoor activities such as swimming and bush walking. Golf,

hobby shopping or a Maori cultural experience will enhance our visit. Visiting with extended families are likely to be included in our visit also.

An optional pre or post tour to another region may be added if there is sufficient interest. The group will make this decision.

Let me know if you are interested and I will add your name to the list. Also let me know your level of interest: high, medium, or low. There is no obligation at this point. If you have questions, contact me, and stay tuned for further information.

Barb Emer, Exchange Coordinator

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Minnesota Ambassador

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Destination
New Zealand and
Australia

Austin, Texas Exchange

Thirteen Ambassadors participated in the exchange to Austin, Texas with Evelyn Pallas serving as the Exchange Director. Evelyn was joined by: Sallie Frye, Les and Marianne Gable, Ken Scherber and Rose Foreman, Barbara Corbusier, Sandra Johnson, Janet Kramer, Douglas Barr, Heather Halen, and a FF member of the Las Vegas club, Helen Purkitt. The exchange was held from February 11-17 and was filled with activities including a welcome breakfast, a tour of the Capitol, and a tour of the Bullock History Museum. Other activities included a tour of Austin City Limits and a tour of the LBJ library. The Ambassadors visited Lady Bird Johnson's Wild Flower Center and the LBJ ranch. A day trip was made to San Antonio where they visited the San Jose Mission, the Alamo and the River Walk.

We have added Facebook to our Website: "Friend Us"



Mitzi McGlove, Exchange Director for FF Austin and Evelyn Pallas, Exchange Director of FF-Minnesota-Twin Cities.

Fun for All in Texas



Ken Scherber, FF-Minnesota-Twin Cities Club Treasurer, touring Austin City Limits.

Changing the Way You See the World



Being an Exchange Director

Exchanges are what our club is all about. It's what we do. FFI states it as: Explore, Understand, Serve. Of course we have LEO's in between exchanges and they are important in helping to keep us connected. The other part of our club are the exchanges, for without exchanges, we would no longer be a Friendship Force club.

As our club becomes more active and involved, it means more in-coming and out-going exchanges. This translates to a need for Exchange Directors and lately it has become more difficult to get ED's. Our membership is down and many of you have been an ED and/or have served generously in other ways. Our president and board is actively involved in the recruitment process and as we gain new members, tasks such as being an ED can be spread around. But in the meantime, the need for ED's continues.

For those of you who have never been an ED and are wondering what it is all about, let's meet and talk about it and get your questions answered. Admittedly, an exchange is a responsibility of an ED, but something to keep in mind is that you are not alone. There is a planning committee that has been in place for several years, which completes the bulk of the planning. Additionally, I am here to answer questions and help in any way I can. There are also incentives for being an ED that we can talk about.

For those of you who have been an ED, your experience is invaluable and we need you to continue! I'd like you to consider working with a member who has never been an ED and sharing your expertise. We can explore and discuss this further in a meeting. We can also talk about being a Co-ED.

Whether you've never been an ED or you haven't been an ED for some time, let's meet over some snacks and talk about it and answer questions. No obligation! We will shoot for a convenient location and time to meet. I look forward to hearing from you!

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LEO'S

By Dagmar Runyon and Donna Leak

When: Sunday, May 3, 2015 2:00 p.m.

Where: History Theater, Cedar Ave at E. 10th Street, St Paul 55101

Phone: 651-292-4323 For More Information: www.historytheater.com

What: "River Road Boogie: The Augie Garcia Story". A musical production that blends the sounds of Garcia's Mexican heritage with rhythm and blues. The Augie Garcia Quintet found their groove at the River Road Club in Mendota. They opened for Elvis Presley in 1956 at the St. Paul Auditorium.

Cost: 12 or more- group-\$28 each. Individual tickets \$36/seniors, \$38/adults. To buy individual tickets call 651-292-4323

Contact: Dagmar Runyon 651-698-7956 for group tickets.

LEO: After theatre performance – bring your suggestions and we will decide together on an activity following the performance.

When: Friday, June 19, 2015 at 4:00 p.m.

Where: GermanFest Minnesota, located on the grounds of the historic Schmidt Brewery in the Schmidt Artist Lofts at 882 7th Street West, St. Paul, MN. For more information and a schedule of events go the website: www.germanfestmn.org

What: The GermanFest strives to be the premier German cultural event of the Midwest. This weekend festival will feature many aspects of the German cultural including a rich selection of activities, foods, and drink

Cost: Free admission and free parking

Contact: Dagmar Runyon 651-698-7956 for more information and to let her know you if are coming.

LEO: The group will meet at The Glockenspiel, a German restaurant, 605 7th Street West, St Paul, and walk to the festival together.

Mark Your Calendar: Lord Fletcher's hamburger event being planned for Monday, August 17 at 11:30 a.m.

LEO is an acronym for Let's Eat Out

*Lunch at Patrick's Bakery and
Café at Bachman's
March 25*



Thanks to Donna Leak for organizing this event.



Jacquie and Floyd Hagen enjoyed the event. Jacquie played the piano for members at our Holiday party in December.



Mary and Gordon Elscott wondered who was taking their photograph. Mary and Gordon generously donate their party room for our Holiday party each December.

Explore

Understand

Serve

INCOMING EXCHANGE FROM MEXICO CITY

We will be hosting the FF club of Mexico City the first week of July. Originally it was to be another city in Mexico, but we are pleased to have Ambassadors from their capitol city.

Mexico City Ambassadors will first spend several days in Milwaukee, and then come to the Twin Cities for six days. From here they will go to Chicago. Most of the Ambassadors are couples with a couple of singles and one person they describe as “new generation”. We think there will be about 16 ambassadors. They describe their English as “poor”.

Very soon the planning committee will meet. If you would like to be a part of that, contact me. I have asked for suggestions on what they would like to do, but have not received a reply yet. If anyone has spent a significant amount of time in Mexico, you would be a great asset to have on the committee. We also need an Exchange Director. Please give it serious consideration. (See the article in this issue on Being an ED.)

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Mexico City has a population of 21.2 million making it the largest metro area in the western hemisphere.



Wanted: Editor

This job includes gathering, proof-reading, and editing articles for the FF newsletter. Computer skills needed. Contact Louise Anderson at 612-333-2713 if interested.

Website

www.friendshipforcetwincities.org

Check out our website for more information on our Board of Directors, LEO activities, and for the latest information on exchanges.

Thanks to Marge Runnakko for keeping our website current!