



friendship force

CENTRAL
NORTH CAROLINA

Our mission is to promote global understanding across the barriers that separate people.

March 2021



Every great dream begins with a dreamer.
Always remember, you have within you
the strength, the patience, and the passion
to reach for the stars to change the world.

Harriet Tubman

This edition of the FFCNC Newsletter is devoted to the celebration of National Women's History throughout the world.

We are pleased to share with you a celebratory message developed by Lorrie Guess, daughter of Dr. Barbara Guess. It was launched at Google, and was shown at the recent Grammy Awards.

It is worth a few moments of your time.

<https://www.youtube.com/watch?v=Oy-L-OVwmZQ&feature=youtu.be>



A MESSAGE FROM YOUR FFCNC PRESIDENT

I hope all is going well for all our FFCNC members. I also hope you have gotten your Covid vaccinations, or have been able to schedule a time to get them. Our dream is that the new normal will soon allow us to travel and enjoy the company of our friends around the world.

I recently attended a meeting with club presidents from around the world. It was a joy to get to see them and talk with them about how things are going in their countries. The purpose of the meeting was for FFI leaders to share with us the launching of a new platform (website) for Friendship Force members. This new technology will help facilitate our mission and will provide better data protection and online security. News and information will all be in one place and you will have direct access to news, blog posts, Journey information and event notices.

This new platform will provide better security for handling membership data and financial transactions. By placing all information behind a login and password, FFI can ensure that we are better protected from hackers and bots.

Each club member will be assigned an ID number by logging into the new website at my.friendshipforce.org. Every member does not have to login to the new website. However, every member will have to have an ID number in order to enroll for trips. The first time you sign up for a trip you will be assigned an ID number. Very soon, you will receive a message from Ray Kiszely, Communications Chair, which will explain how to enroll and when and how you will get an ID number. The Board will sponsor a Zoom session to walk you through the process. Mary Davis, Membership Chair, will be the site administrator for the platform. She will be assisted by Eleanor Stoller, Board Member at Large, and Laura Graham, Treasurer.

The Board members will be available to assist you with this process. As with anything new, there will be a learning curve. I think you will enjoy the site and find it to be very helpful and easy to understand. I hope you will be happy with what you see when you login. Once you have logged in, you will have to wait for Mary Davis to validate that you are a member of FFCNC before you will get your ID number and can get into the site. All of this information will be explained in the letter that Ray will send and in the Zoom session the Board will sponsor. I hope you will try it. I think you will like it.

Sincerely, Ann Barefield

"Love, Food and Friendship"

Several Club Members, who met via Zoom for the February 13th LEO, were treated to shared stories of the meaning and value of "Love, Food and Friendship". Lucy Kaplan introduced the discussion by sharing her story of receiving a special gift of a cooking class. During that class, Lucy fell in love with cooking, baking in particular, and experiences joy in sharing the fruits of her labors with friends. Some of you know about her annual Valentine's Chocolate Parties for women friends. She has also hosted one especially for FFCNC. One of her recipes, Chewy Oatmeal Cookies*, is included in this newsletter for all to share--NO mixer needed!

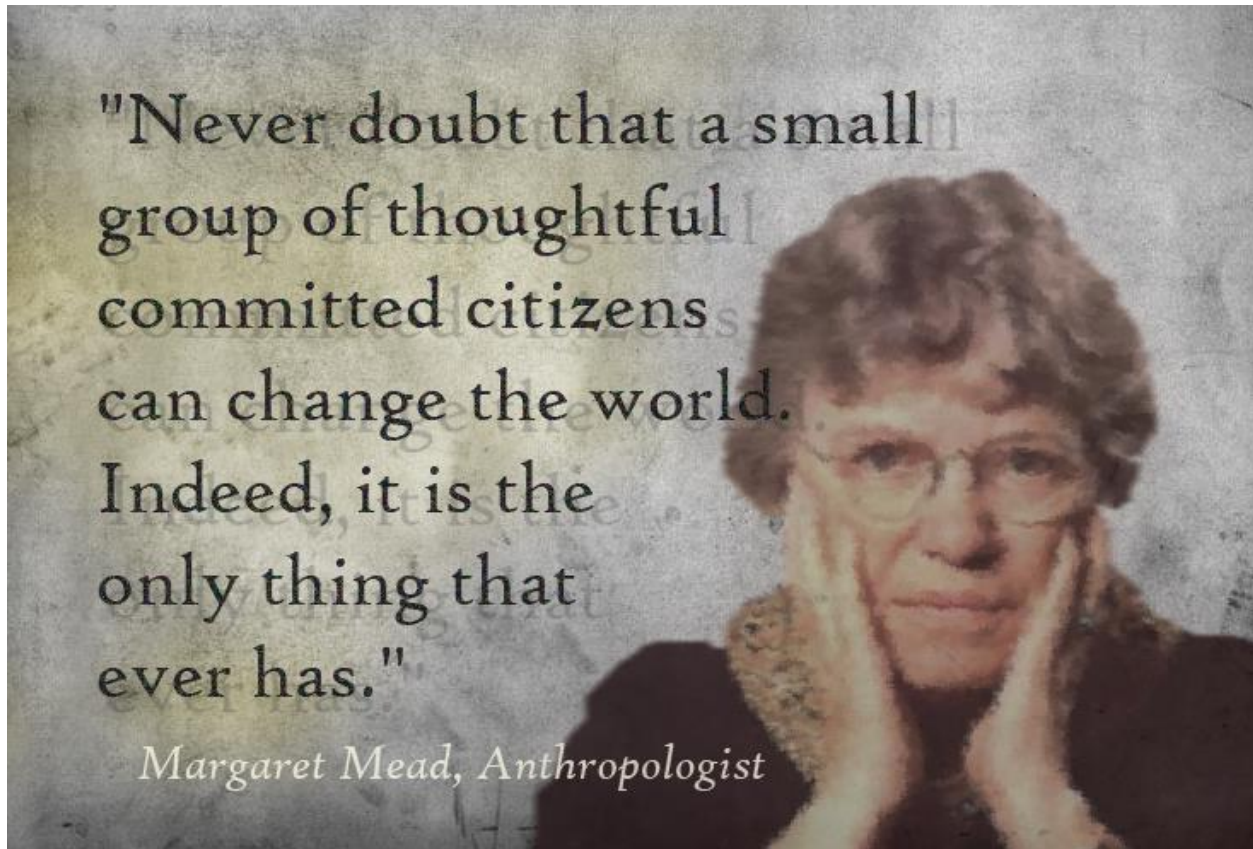
Each participant related a favorite memory or highlight occasion related to the theme. Several involved Friendship Force moments as well as family and friends. One example was offering a traditional US Thanksgiving Dinner when visiting or hosting our international friends--regardless of time of year. Another, when hosting a FF group, the guests decided they would prefer to stay home and have leftovers instead of eating out. Most agreed that the ability to share a meal with family and friends, old and new, not only provides a means of sharing culture, but it also provides time to slow down and have meaningful interactions with others. Most of us believe sharing food helps us to share our love of and with others, as well as to facilitate the creation of new friends and deepen existing relationships. No wonder potlucks are so popular!

In gratitude, Karla, Donna, Cheryl, Judy

***Chewy Oatmeal Cookies**

1 cup all-purpose flour	$\frac{3}{4}$ tsp salt
$\frac{1}{2}$ tsp baking soda	4 TBS unsalted butter
$\frac{1}{4}$ cinnamon (or more to taste)	$\frac{3}{4}$ cup packed dark brown sugar
$\frac{1}{2}$ cup granulated sugar	$\frac{1}{2}$ cup vegetable oil
1 large egg plus 1 large yolk	1 tsp vanilla extract
3 cups of old-fashioned rolled oats	$\frac{1}{2}$ cup raisins (optional)

1. Adjust oven rack to middle position and heat oven to 375 degrees. Line 2 baking sheets with parchment paper. Whisk flour, salt and baking soda together in a medium bowl; set aside.
2. Melt butter in 8 inches skillet over medium high heat, swirling pan occasionally, until foaming subsides. (I never get the foam to completely subside.) Continue to cook stirring and scraping the bottom of the pan until the milk solids are dark golden brown and butter has nutty aroma, 1 to 2 minutes. Immediately transfer butter to a large heatproof bowl, scraping skillet with spatula. Stir in cinnamon.
3. Add brown and white sugars and oil to bowl with the butter and whisk until combined. Add the egg and yolk and vanilla and whisk until mixture is smooth. Using a wooden spoon or spatula, stir in flour mixture until fully combined, about 1 minute. Add oats and optional raisins and stir until evenly distributed (mixture will be stiff).
4. Divide dough into 20 portions, each about 3 TBS. (I make mine slightly smaller using an ice cream scoop for consistency. I get more cookies per recipe.) Arrange dough balls 2 inches apart on baking sheets. Using your damp hand, flatten each ball to approximately a 2 $\frac{1}{2}$ inch circle.
5. Bake, 1 sheet at a time, until cookie edges are set and slightly browned and centers are still soft but not wet, 8 to 10 minutes, rotating sheet halfway through baking. Let cookies cool on sheet on wire rack for 5 minutes then remove each of them with a spatula to a wire rack to finish cooling completely.

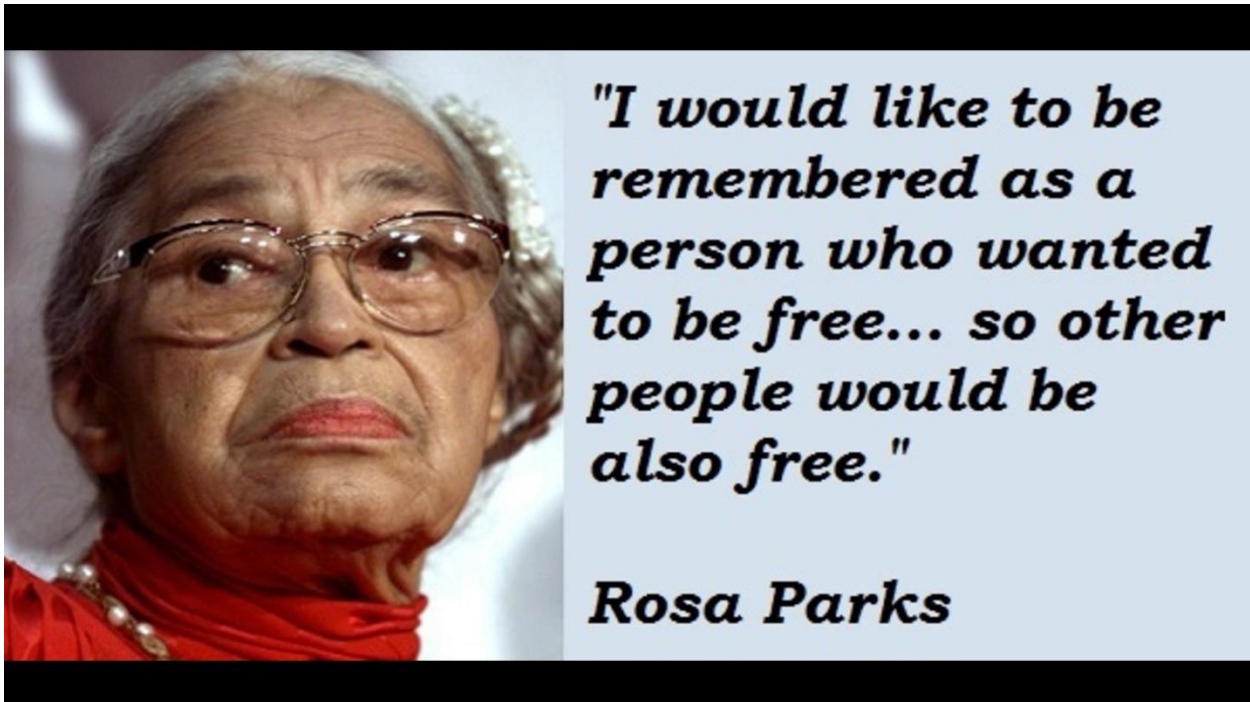


Coming in May to a picnic shelter near you:

Your Social Committee is planning an outdoor gathering in May. Mark your calendars now for Saturday May 15th. We have reserved the Picnic Shelter at Harmon Park in Kernersville, NC for our first actual gathering of the year. Hoping that most of us will be fully vaccinated by then, we will still follow all safety protocols of masks and safe distancing. Details to follow.

Covid-19 Vaccine has been made widely available to most seniors throughout the Triad. We hope that you have been able to schedule your own vaccinations.

Continue to observe social distancing, hand washing and mask wearing as appropriate. We are all looking forward to our Club having regular meetings and social gatherings in the future. We will look forward to planning for 2022 for our Journeys.



At our March Board meeting, Mary Davis, our Membership Chairperson updated our 2021 Membership Roster. We now have 52 members for which we are grateful. We are confident that we will continue to grow our Club to meet our goals of Journeys during 2022.

Next week you will receive the complete detailed instructions and FAQ's about the new FFI website and security changes.