



# friendship force

## HOUSTON

September  
2009

A World Of Friends Is A World Of Peace.  
A Non-Profit Organization Promoting Peace through Citizen Exchanges

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## President's Corner

Greetings to Friendship Force Houston!

September is finally here, the beginning of the Fall season, and in Houston, the temperatures are beginning to drop. It's much more pleasant to be out-and-about when the weather is a little cooler, so why not come to our September 26th meeting at the Ocean Palace Chinese Restaurant? We'd love to see you again, and this time, it's just for lunch! No speakers! Just a time to enjoy a delicious lunch with your fellow Friendship Force Houston members. And even though it'll be Chinese cuisine, it'll still be in keeping with our Oriental theme for this year. Our telephone committee members, consisting of Chrm. Shirley Hooks, Katie Payne, and Sidney Formanek, will be calling for your reservations. The cost of the lunch will be \$15.00 per person, and while we will not be required to pay in advance, if you reserve, you will be held responsible for payment. As usual, guests are always welcome to join us.

It's time to start thinking about where you would like to go in 2011! While Peru and England have already been suggested by some of our members, we are open for other suggestions, so begin dreaming, and let us know which country you would enjoy visiting. We will be voting on a designation at the October meeting. As far as 2010 is concerned, we will be traveling to California for approximately three weeks, visiting Orange County, Kern County, and Santa Barbara. If you would like to go on this trip, please see Exchange Director Ruby Reviere to make your reservation. The trip will take place at the end of February, through the beginning of March. And remember, the Friendship Force Southwest Regional Conference will take place over the weekend of February 5th and 6th, 2010, in the Rio Grande Valley and of course, all of us are invited to attend. In October 2010, we will be hosting the Friendship Force Newcastle, Australia, Club here in Houston. We will be looking for home hosts, dinner hosts, and day hosts for that time so be thinking about volunteering. We will also need an Exchange Director.

Our October 24th, 2009 meeting will be most interesting as Professor Dale Hamilton from the University of Houston will speak to us about the University's International Student Exchange Program and the way we can become involved in this program. And remember, also in October, we will be electing officers for 2010.

So---we have some busy times planned for the future, but this month, we'd like to see you at the Ocean Palace Restaurant on September 26th, so be sure to make your reservation(s) when our telephone committee members call. Until then, enjoy this wonderful time of year, and I will look forward to seeing you on the 26th!

In friendship,

*Priscilla Bruyere*

## September 26<sup>th</sup> Event: Dim Sum at Ocean Palace

This meeting has three agenda items: getting together, having a good time and eating good food!! So the plan is to meet at Ocean Palace and have some Dim Sum, in keeping with our Japan theme.

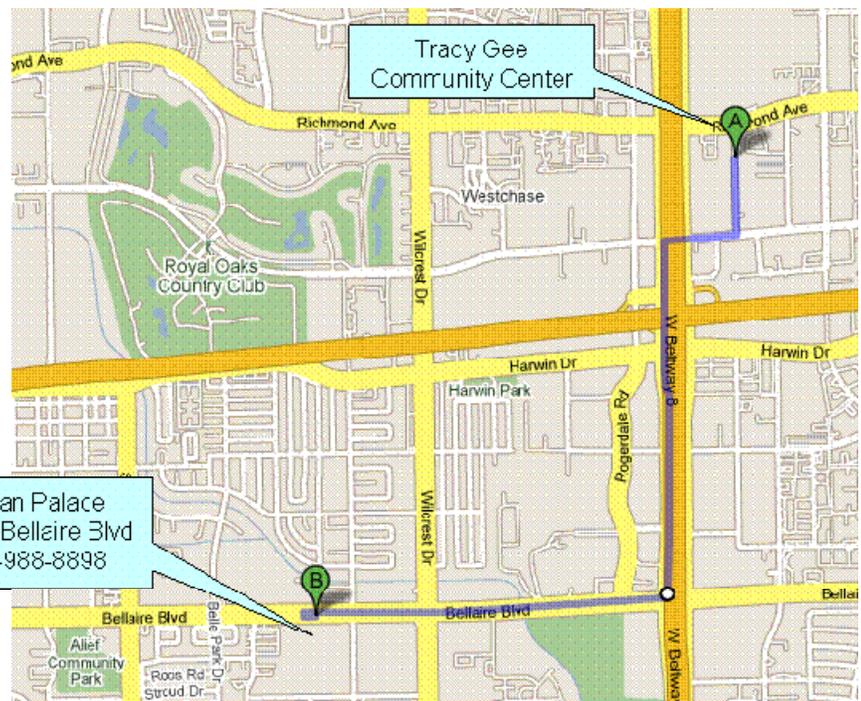
OK, OK – you're right. It's Chinese, not Japanese. But it will still be good!



We'll meet for lunch at 11:30 A. M. at Ocean Palace Restaurant. It's just 2 miles from Tracy Gee, our usual meeting place (read carefully as we are NOT meeting at Tracy Gee). Just go south on the Beltway 8 feeder road to Bellaire, exit to the west and proceed 1.2 miles. Pass the Wilcrest and Boone intersections, then you'll see it on your left (the south side of Bellaire).

Our club tries very hard to keep the price of our luncheons and dinners to \$15.00 or less. So the manager of Ocean Palace set up a special menu for us for \$15.00 which includes dessert, tea and tip. The menu is:

- ★ Steamed pork & shrimp dumpling (Xiu Mai)
- ★ Steamed shrimp dumpling
- ★ Steamed BBQ pork bun
- ★ Deep fried pork puff
- ★ Sweet & sour pork
- ★ Sautéed mixed vegetable
- ★ Special fried rice
- ★ Sweet sesame ball
- ★ Baked egg custard



We need to provide the restaurant a guarantee of the number of meals three days before. The Phone Committee will be calling soon so get ready to say **YES!!** and tell them how many, including any guests, in your group. All reservations must be in by September 23<sup>rd</sup>! Just a caution: if you reserve, you pay – even if you can't come.

If you have questions, call Ray Missman at 713-529-4619. See you on the 26<sup>th</sup>.

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## Recap on August meeting

We had a delightful and educational presentation in August from two flight attendants for Continental Airlines, Ms. Latonia Jackson and Ms. Mary Murray, who also are trainers for the flight attendant school. They prepared very informative packets for everyone in attendance regarding the rules and regulations set by the Transportation Security Administration, which they went over in general and pointed out the most important details. They shared their experience and expertise in packing and preparing for international travel and entertained us with some of their more unusual personal experiences. They demonstrated packing techniques to allow us to maximize the use of one carry-on bag for our entire trip. Ms. Jackson noted that rolling your clothing items would allow you to take up to 15 slacks and/or skirts and still have plenty of room left for shirts/blouses, shoes, and toiletries. Plan to take items that can be washed in a sink and hung to dry overnight, particularly underwear. Take things that dry quickly and do not wrinkle (not cotton). If you would like one of the packets of printed information, please ask Joy for one.



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## Goodbye to Divya

We are sad to be losing our friend and club Treasurer, Divya Matai. She will be leaving us around September 21st to take a position as Chief Financial Officer of a company in Atlanta, GA. So since she will be gone before our luncheon this month, you might want to contact her and give her your regards. Her email is [divyamatai@yahoo.com](mailto:divyamatai@yahoo.com). She has been a member for about two years and has been an active participant in all our activities even though she has had a very strenuous work schedule for Hermann Hospital in the Medical Center. She shared with us her Indian heritage by taking us to the Chinmaya Hindu Temple last year for a tour and very informative lecture by the head priest. We also were able to participate in one of their holy days which was being celebrated that day by their congregation.

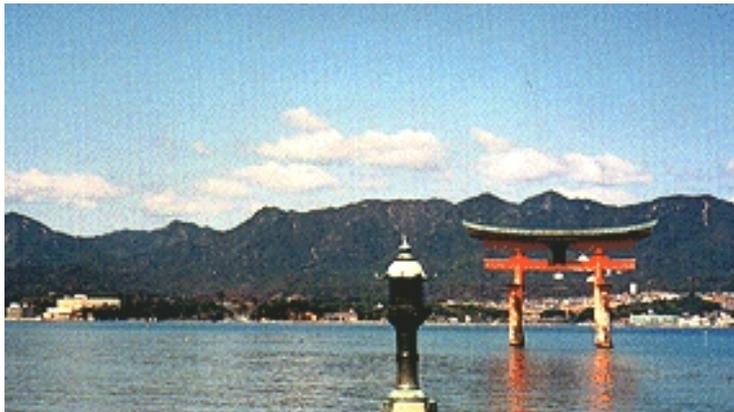


## 2009 Outbound Exchange to Japan

by Outbound Exchange Director, Joy Huntington

Our fourth city to visit is Hiroshima which is located about 230 miles west of Kyoto on the west side of the big island of Honshu. Hiroshima-city is the capital of Hiroshima prefecture and is known as the first city attacked by an atomic bomb on August 6, 1945.

Atomic Bomb Dome is located in Peace Memorial Park in Hiroshima. It is one of buildings severely damaged by the atomic bombing in 1945. The ruins are preserved as a reminder of the tragic history. The building used to be Hiroshima Prefectural Industrial Promotion Hall. Atomic Bomb Dome is inscribed on UNESCO's World Heritage List and is now a symbol of Hiroshima-city.



Itsukushima Shrine is also inscribed on the UNESCO's World Heritage List. A large red torii gate which guards the shrine stands in the Seto Inland Sea. The diameter of a pole is about 13 feet and the height of the torii is about 52 feet. The shrine was founded in the 6th century, and one of Japan's most powerful men, Taira no Kiyomori, rebuilt the shrine in 12th century. The shrine appears to be floating at high tide. Walking on the walkways between the buildings is an interesting experience. It houses Japan's oldest Noh theater and bugaku (ancient music and dance) is staged there.



Miyajima Island (where the Itsukushima shrine above is located) in the Seto Inland Sea is one of Japan's most scenic sights and attracts many visitors throughout the year. To give birth, to die, or to be buried were forbidden on the island, so there are still no hospitals or cemeteries on the island.

Although Hiroshima castle was destroyed by the atomic bomb, it has been reconstructed exactly as the original one. In the five-story donjon, Hiroshima's historical and cultural items are exhibited.



Hiroshima is famous for its delicious okonomiyaki. Okonomiyaki is known as a kind of Japanese-style pancakes or pizza. As the name indicates (okonomi means favorites in Japanese), you can add your favorite ingredients in okonomiyaki. It usually includes chopped cabbage and various toppings like thinly sliced pork, red ginger, yakisoba noodles, tenkasu (tempura crumbs), corn, green onion, squid, shrimp, dried bonito flakes, bean sprouts, and more. In some

okonomiyaki restaurants, customers cook their own okonomiyaki on the iron table. Also, okonomiyaki can be fast food, and there are lots of vendors selling okonomiyaki in Japan. In Japan, there are two areas where okonomi-yaki is very popular: Osaka and Hiroshima. Okonomiyaki is cooked differently in the two regions. In Hiroshima-style okonomiyaki, chopped cabbage is cooked on top of thinly spread batter. Also, yakisoba noodles are usually added in Hiroshima-style okonomiyaki.

## 2009 FF Houston Calendar

Date	Day	Activity	Location	Time
September 26	Sat	Lunch	Chinese Dim Sum Palace	11:00am
October 6	Tue	Board Meeting	Tracy Gee Comm. Ctr.	7:00pm
October 24	Sat	Dale Hamilton of UH's international student program	Tracy Gee Comm. Ctr.	11:00am
November 4	Wed	Board Meeting	Tracy Gee Comm. Ctr.	7:00pm
<i>Nov. 4-28</i>		<i>Outbound Exchange, Joy Huntington, ED</i>	<i>five cities in Japan</i>	
December 1	Tue	Board Meeting	Tracy Gee Comm. Ctr.	7:00pm
December 5	Sat	Holiday Party @ Carolyn Lanier's son's ranch	Address & Directions later	12:00noon

## Contact Us

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## WHAT IS FRIENDSHIP FORCE INTERNATIONAL?

The Friendship Force is a non-profit organization sponsoring **people-to-people** exchanges between people in over fifty nations of the world. It brings people together through home stay exchanges – creating unforgettable experiences that build lasting bonds of friendship.

As an Ambassador you share lifestyles in a private home in other countries for a week. In return, you may home host people from that nation or other nations to share your lifestyle. The ever-widening Friendship Force global network represents a powerful and growing force that can overcome differences between people and nations.