



# Friendship Force of Cornwall



**CHANGING THE WAY YOU  
SEE THE WORLD**

- Newsletter August 2011 -

**[www.ffcornwall.org.uk/](http://www.ffcornwall.org.uk/)**

## Presidents' Message

2011 is turning in to a landmark year for The Friendship Force of Cornwall. The very successful International Gardeners' Exchange in May was highly enjoyable for both ambassadors and hosts. The great teamwork of Jennie, Sue, Liz and Maggie made for a week packed with visits, receptions, dinners and fun.

Well done to the team.

Filling an outgoing exchange with 22 ambassadors all from our own club was a first and a really special experience with FF Pau. Their club pulled out all the stops and it was a memorable exchange.

Club membership is growing and we have now well surpassed the 50 mark! Other clubs in the UK are asking what the secret of our successful growth is. We put it down to our regular social events and a loyal and caring membership core. Support is always forthcoming and we make every effort to ensure that everyone feels part of the club and is valued for whatever they can bring to it.

Attendance at our social functions has been excellent and we have enjoyed sausages and mash in the Spring sunshine, discovered Wadebridge on the Treasure Trail and relished Dave and Gill's splendid barbeque. Thank you Christine for overseeing the programme and to all those who helped.

Teamwork is our strength. Ideas for social gatherings are always welcome, so please bring any ideas to the committee.

We are delighted to welcome new members Christine Evison and Paulette Edwards.

***Jennie and Margie***

### **Gardeners' Exchange - May 2011**

*"My 7<sup>th</sup> exchange and one of the best in terms of planning for the intended purpose"*

*"Hosts and day hosts were exceptional"*

*"This exchange was probably the most pleasurable and trouble free exchange I have been on, thanks to the 'team' and entire Cornwall club. They were well organised, caring and sociable. Due credit should be given to the group of ambassadors who were all pleasant and undemanding"*

***"EXCELLENT IN ALL ASPECTS"***

*"Great choice of gardens with excellent amount of time spent at each- not rushed"*

*"Great FF club here in Cornwall - delightful people"*

*This was a well planned exchange from beginning clean through, we appreciate the efforts of all involved. THANK YOU"*

These were just some of the comments from the ambassadors who participated in the Garden Lovers Exchange in May.

This was our first International Exchange, with 6 nationalities and thanks to the team, it went without any hitches.

Thank you again to everyone who helped to make this such a successful exchange, especially the 5 non member host families.

**Could you all put on your thinking caps about further themed exchanges, any hobbies or interests that you think could appeal to an international group and that might attract a local group to FF.**

**Jennie**

## **FF Hamburg Incoming 21<sup>st</sup> to 28<sup>th</sup> September**

18 Ambassadors are due to arrive and I would like to say a big thank you to everyone who has agreed to host, day host, provide pot luck suppers, the Welcome Party or help in any other way including being part of the organising team. It is this support and the full participation of so many club members which makes an exchange a success.

On Friday 23<sup>rd</sup> September, there will be a coach trip to West Cornwall with the afternoon in St. Ives. We will leave Truro at 10 am and return at 5.30 pm.

The bus is a new 39 seater and it would be nice if as many members as possible can join in. There is no charge, but please bring your own packed lunch.

Contact Josie on 01726 75339 if you will be able to take part.

The Farewell Dinner will be on Tuesday 27<sup>th</sup> at Probus Village Hall, 6.30 for 7pm. This will be a catered meal costing £10 but members will only be charged £5, which is very good value. So please come and give the Germans a good send-off. Let me know by Friday 9<sup>th</sup> of September.

**Josie**

## **Outgoing Exchange to FF West Alajuela, Costa Rica 22<sup>nd</sup> February to 8<sup>th</sup> March 2012**

Our group, together with those from Cleveland, now totals 27 Ambassadors and it is really good that four of these will be new members of our Cornwall club.

Regrettably we can accept no more applications unless someone withdraws, but there is a waiting list if anyone else would like to be put on it. Everyone has now booked their flights and the total cost should be only about £1600 Cornwall to Cornwall for sixteen nights. We believe that this represents really good value for money. This should be a fantastic exchange as our Hosts, many of whom we know and welcomed here last year, already have some exciting outings planned and the seven nights follow-on tour

should give us a real chance to see more of the country and its amazing wild life.

## **Exchange Visit to FF Pau**

We are still suffering withdrawal symptoms after the wonderful hospitality we enjoyed with FF Pau!

It soon became apparent that the club enjoyed a closeness between members and the friendly atmosphere made for a memorable week.

The programme took us to the coast, the churches, the castles, restaurants and many members' dining tables.

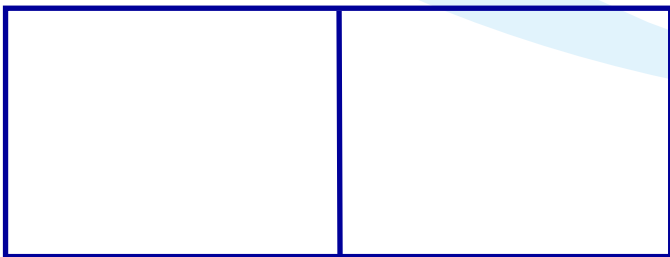
The highlight, though was the coach trip into the Pyrennees past tumbling waterfalls and majestic mountains, where we found an idyllic spot to enjoy a picnic.

As a bonus, we had time to stop in a charming medieval village and take a drink in the afternoon sunshine before an unscheduled stop in Lourdes. Here we joined the throngs of priests, nuns and the sick; a moving experience.

Ending with a very generous Farewell Party in a brewery, it was with great sadness that we said goodbye, but we are sure that we shall see FF Pau again.

Please take a look at our website [ffcornwall.org.uk](http://ffcornwall.org.uk) to view the great photos taken by Martin and the diary compiled by the ambassadors.'

**Margie**



## **Exchanges in 2013**

FFI will want to know our requests for the 2013 exchanges by the beginning of November. Your committee is researching suitable countries and clubs for a one week exchange, taking into consideration accessibility from Cornwall and travel costs. The destination is likely to be within Europe this time around and we also hope to find a club with whom to do another short exchange. Jennie will use her time at the International Conference to network with other clubs. We will bring ideas for the 2013 exchanges to the AGM for consideration.

Please remember that all exchanges need volunteers to be Exchange Directors and we hope that members will be prepared to take on these rôles.

## **Dates for your diary**

- **Sunday 4<sup>th</sup> September**

**Walk** from National Trust Car Park Kibberick Cove, Nare Head. Weather permitting. 10.30 start. Approx. 5 miles. Picnic lunch. Please let Margie know if you are joining in: 01726 882714 / margielundie@me.com)

- **Tuesday 13<sup>th</sup> September**

Committee meeting **7.30pm** at Shirley's.

- **Wednesday 21<sup>st</sup> to Wednesday 28<sup>th</sup> September**

Incoming Hamburg exchange. Please see separate paragraph.

- **Sunday 30<sup>th</sup> October**

**AGM** at Probus Comrades Club. 12 noon.

Bar available and Pasty lunch provided but please notify Shirley by 23rd on 01872 520372 if attending, as pasties have to be ordered. Papers will be circulated in advance.

- **Thursday 10<sup>th</sup> November**

### **Hall for Cornwall**

Alan Bennett's "The Madness of King George". Pre theatre supper at Indaba or Saffron. Gavin is the contact for this.

- **Friday December 2<sup>nd</sup>**

**Xmas dinner** at Killiow. Information to follow.

- **January 2012**

### **Quiz**

**Date and venue to be circulated**

- **February**

### **Sushi evening**

Learn how to make Sushi from an expert.

- **Sunday March 18<sup>th</sup>**

**Archery for Beginners** followed by **Sunday lunch** at The Four Season's. Details to follow, but numbers limited to 24.

**During the last week of March, Pallie Savoie, our contact person in FFI Atlanta will be in the UK to meet with clubs. FF Devon will join us here in Cornwall. Date and venue to be announced.**

- **April**

**Treasure Trail and Supper.** Date and venue to follow.

- **May**

**Incoming from Greater Atlanta.** Dates to follow.

*To avoid having to phone around, it would be extremely helpful if members could let the relevant person know by the due date whether or not they will be attending any of these gatherings. Thank you.*

At this time of year, finding ways of using up those prolific courgettes is a challenge. This recipe was made by Gavin and Maggie's host in Pau and is delicious. Lovely as a lunch dish and good for picnics too.

## **Courgette and Goat's cheese cake**

Serves 6

Preparation 30 minutes, cooking time 1 hour

### **Ingredients**

4 courgettes

2 goat's cheeses

3 soup spoons of olive oil  
salt and Pepper

5 eggs

250 g of flour and a teaspoon of baking powder.

15 cc Oil

15 cc Milk

Preheat oven to gas 6/180 °C.

Wash and coarsely grate courgettes.

Cut the cheese into small cubes.

Heat the olive oil in a pan, add the courgettes and sauté for 5 minutes, stirring.

Add salt and pepper.

In a bowl crack the eggs and beat, incorporate the flour, the baking powder, oil and milk.

Mix well and add the courgettes and cheese.

Line a cake tin with buttered greaseproof paper and pour in the mixture.

Place in the oven and cook for 45 minutes. Check from time to time with the blade of a knife.

Remove from the oven and turn out on to a plate and allow to cool.

Serve with a salad.

## **STOP PRESS**

It is with great pleasure that we can announce that our very own Jennie Dyson has been awarded Friendship Force International Volunteer of the Year.

She will be presented with the award at the International Conference in Hamburg at the end of August.

This is a very well deserved accolade for Jennie, who formed FF Cornwall some 13 years ago and has worked tirelessly since then to promote the club and the ethos of Friendship Force.

This year in particular she led a great team in organising our most successful International Gardeners' Exchange.

## **CONGRATULATIONS JENNIE !**

What a superb choice. We look forward to hearing about the conference on your return.