

FRIENDS FOREVER INTERNATIONAL

World Peace...Grown Locally



Spring 2018

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Growing the FFI Movement

After 32 years of peacebuilding, FFI has over 1,600 alumni that range in age from mid-teens to mid-forties. Alumni don't have the monopoly on the FFI experience however and we know our New England, Midwest, and Gulf Coast communities have created their own memories over the years. We're looking for your stories, what impact did Friends Forever have on your life and your community? Send your thoughts to Katiemae at katiemae@ff.international.



Alumni prepare their stories during the 2018 Alumni Training Program.

Upcoming Events at FFI!

Poetry and Peace with NH Poet Patricia Frisella

Through readings of poems by herself and others Pat will introduce listeners to some of the approaches poets have

made to peace and poetry. Most of us have a picture of what war and conflict look like, but do we have a picture of peace? What would peace look like? Where does anger come from, and what role does it play? Come find out with us! Please RSVP to Katiemae at katiemae@ff.international

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Reoccurring Events

Monthly on the 2nd Saturday: Bowen Clinic

Bowenwork is a holistic approach to healing and can evoke a powerful response to a wide range of indications, from back pain to headaches, depression to anxiety. It is gentle enough to use on everyone.

For more info please visit www.thebowenteam.org or email bowenteamME@gmail.com

Every Wednesday: FREE Yoga with Emma Adele from Lavender Solstice

Cultivating health and wellness through practices of compassion, presence, and love.

For more info visit www.lavendersolstice.com or email lavendersolstice@gmail.com

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Call for Summer Program Activities

Planning for Summer Programs is underway! Have an idea for an activity or want to host a team at your home/office/event? Contact Chelsea, chelsea@ff.international or visit our Activity Suggestion Form at www.ff.international/activity-suggestions.

April, 24th

Reoccurring Events

July & August

Friends Forever International
1 Morgan Way
Durham, NH 03824

RECIPE

Identifying RESILIENCE

We work to increase our leaders' confidence in their ability to overcome challenges by encouraging them to face their fears and view failure as an opportunity to learn.

Practicing EMPATHY

Encouraging our leaders to cultivate their curiosity about the lives of others has the ability to highlight human experiences that transcend community lines.

Strengthening COMMUNICATION

FFI is about empowering young people to best represent themselves and their communities. We give them the skills necessary to effectively share their story while at the same time truly listening to the stories of others.

Achieving IMPACT

Our program helps young people identify creative solutions to problems in their community and provides them with the tools to turn their ideas into reality.

Encouraging Playfulness

FFI recognizes the importance of play as a way to explore creativity, develop friendships, and practice skills in a fun and engaging way.

Giving EFFORT

A successful program relies on real commitment and determination from all involved. We show our young people that the more effort they put into the program, the more impact they will have.

RECIPE UPDATES

As the FFI Leadership Program continues to evolve we frequently take time to reflect on our core principles to determine if changes need to be made. In the last six months, we've made several changes to our RECIPE to better reflect the values of FFI and our hopes for the program in the future. Read explanations of our RECIPE words to the left and read about our program Phases at the far right.

3RD MIDDLE EAST ALUMNI SEMINAR

This past February saw Jewish and Palestinian-Israeli alumni host the Third Annual Middle East Alumni Seminar in Israel! Over 40 alumni from 2008 to 2017 attended. What's even more exciting, is that the entire weekend was designed and facilitated by FFI volunteer alumni. Each workshop that was led by an alum had to be submitted to a senior committee that vetted the proposal and then selected for implementation. All of the logistics from the bus that picked up alumni up and down Israel to coordinating the accommodations and meals were done by alumni. Using the skills they learned in project management with Friends Forever, they created a two-day experience that one participant (from 2008) summed up this way: *"What you are doing here...is radical. This isn't happening anywhere in Israel. No other organization empowers teens this way."*

Outcomes of the seminar included plans for the next several months including an alumni coordinated shared history and culture tour of Jerusalem, a Friends Forever International Alumni Quarterly Magazine, and an FFI Model United Nations Team. Thanks to the Threshold Foundation for sponsoring this year's seminar. If you are interested in sponsoring all or a portion of one of these specific alumni opportunities, please contact Steve Martineau at steve@ff.international



UNITED STATES PROGRAM CONTINUES TO BUILD MOMENTUM



Twine Shakers with '18 Foley Fellow, Noam, during her stay in the US

With our first U.S. team, the Twine Shakers, dig into their Social Action Project for their Community Building Phase in Boston, our first ever Spaulding High School Team is in their Team Building Phase, breaking the ice and raising funds for their 10-day Skill Building Phase Trip to Northern Ireland in April!

Since their return from Belfast in November, the Twine Shakers have met 4 times, including a weekend at the FFI Farmhouse and a visit with 2018 Eileen D. Foley Fellow, Noam for bowling and social action project planning. They plan to create a collaborative mural with local kids in a community that has recently seen an uptick in violence. They also plan to continue working as a team after graduating the program and have begun outlining a Fall project to bring care packages to the homeless. That project was inspired by one of the '17 Northern Ireland groups, Team YEP, who handed out warming kits to the homeless during a cold snap in Belfast last December.



Team Raiders for Change

The Spaulding Team has been highly active in the Rochester, NH community as they prepare for their Skill Building Trip. They've held several successful fundraisers and participated in community activities. They completed their Team Building Seminar on the weekend of March 17th.

During their seminar they participated in the Logo Workshop and chose the name Team Raiders for Change, combining their school mascot with their goals for the program. The Raiders for Change head to Belfast in April - learn more here <https://www.ff.international/spaulding>



Raiders for Change during their Team Building Seminar

THE PHASES

TEAM Building Phase

This phase occurs in the team's home country. This is when participants meet for the first time to begin to break the ice and set expectations for the remainder of their program. During this phase, each team meets at least three times, including a parents meeting with FFI staff, and attends a 2-day preparation seminar with the other teams in their region.

SKILL Building Phase

This is the two-week period spent in the United States or Northern Ireland depending on the origin of the team. Abandoning their cell phones, the team eats, lives, and travels as a single unit for the entire two weeks. On average, a team will participate in 35 activities during their Skill Building Phase, focused on volunteer service, community engagement, and leadership development. Each activity during this phase is aimed at preparing the team for their work when they return home.

COMMUNITY Building Phase

After a team returns home, they continue to meet to take what they've learned, and implement their new skills into their community. Over a series of at least 8 meetings, the team develops a Social Action Project that is designed to address a need in their community while engaging their families, friends, and neighborhoods in the process.

ANNUAL GOLF FOR PEACE TOURNAMENT: MONDAY, JUNE 25TH

Our annual golf tourney is a very fun event we host each year at the Wentworth By the Sea Country Club. This intimate tournament provides our partners an opportunity to support our mission through individual or corporate sponsorships. Participants earn bragging rights as their skills are put to the test with Longest Drive, Closest to the Pin, Hole-in-One and Putting competitions.

CALL FOR SILENT AUCTION ITEM DONATIONS

What better way to support us than by donating an item to our Silent Auction? We're looking for vacation homes, sports tickets, dinners out, etc. To pledge an item please fill out the registration form. Please contact Chelsea with any questions by phone, 603.397.5301, or via email, chelsea@ff.international.

We'll see you on the green!

11TH ANNUAL EILEEN D. FOLEY AWARD AND ROAST

2018 Eileen D. Foley Award Recipient: Chris Dwyer

On March 8th, Friends Forever International presented Chris Dwyer with the Eileen D. Foley Award. Among other things, Chris has played a leading role with the Music Hall, Prescott Parks Arts Festival, the Currier Museum, the African Burial Ground, the UNH Foundation, Strawberry Banke, the renovation of the Portsmouth Middle School and has served seven terms on the City Council.



Noam with Chris at the March 8th Roast

This was the 11th Annual Roast and Dinner and many friends and community leaders braved another storm to join in a lot of laughs and to be inspired by the lifetime of community building by our honoree. Also, guests were able to hear from Noam Azriel Baranovsky, an FFI alumna from Israel who is the 2018 Eileen D. Foley Fellow. Noam received a standing ovation for her speech and an excerpt can be found in this newsletter. Many thanks to all of the sponsors and guests who made this night so successful for Friends Forever, as it is one of only two fundraisers we host annually. Photos and videos from the evening can be found here <https://www.ff.international/roast>.

2018 Eileen D. Foley Fellow: Noam Azriel Baranovsky

“Three years ago, being a Fifteen-year-old ultra-orthodox Jewish girl, if you had told I would be standing here talking to you I probably would’ve laughed. Let me tell you why.

My Father lived in a settlement. Living in a settlement is being surrounded by the military. Living in a settlement is driving a bullet and stones proof vehicle. Living in a settlement is to run fearfully to the nearest house because there is an alarm warns the infiltration of terrorists. I thought that peace will never be possible and hatred is the way.

And now, I have changed to an eighteen-year-old confident woman, who is standing here and showing you a glimpse of what I have been doing for the past three years. I don’t want you to think it was easy. It was so hard. And it took a lot from me. But then, I’m so happy with who [I am] today, and I’m so thankful for my process and my change.

People think that FF ends after the first year, in reality, it is just beginning. For me, being an FF alumna is about how you take all your experiences from FF, and life in general, and become a woman who motivates people. Become a woman who has the power to impact others in a positive way. Become a woman who knows what it takes to change society, and excited about working for it. Once I understood FF gave me the tools to be the change I want to see in the world, I decided to take it with both hands. I discovered I changed from [someone] not believing in peace at all, to a peace worker.

People ask me if being changed affected my relationship with my father. It did. We don’t really communicate anymore. FF changed me, changed my chemistry. And how do I know that? Because before, Oxytocin was released in my body after I said “we will never have peace” or “You can’t possibly talk to Palestinians” or “they want me dead”. This is how I was raised.

But now, When I see a Palestinian, I don’t feel fear, I feel hope that I have a new friend. When I think about my role as a woman, I don’t feel like I am in a prison, I feel free. When I speak to all of you, with honesty, and with all my heart and say “peace is possible”, and I see us all in this room, and I know that we are all working on it, we are all doing it, I don’t feel like a child with foolish dreams, I feel warmth and joy that lets me know that my change is complete.

If peace is possible for me. Peace is possible for you. Peace is possible for everyone.”

To watch Noam’s speech in full, visit <https://www.ff.international/roast>

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