



Reflection & Laughs at Annual Dinner & Roast

200 Seacoast community leaders gathered on March 21st to celebrate Jim Jalbert, the 2019 Eileen D. Foley Award recipient. Lots of laughs were had during the roast part of the evening, and Natalie's (our 2019 Eileen D. Foley Fellow) moving speech brought the crowd to their feet.

You could hear a pin drop as Natalie led a moment of reflection for all 200 attendees.

FRIENDS FOREVER INTERNATIONAL Newsletter Spring 2019



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Get Involved with Friends Forever International!

Upcoming

- April 23: **Poetry and Expression, an FFI Conversation**
Join Sam Rush for an interactive workshop!
- May 21: **Burnout, What it is & how to combat it, an FFI Conversation**
Take a breath and learn how to identify and deal with burnout in your professional life with Linda Douglas from NHCADSV.

For more info, visit www.ff.international/ffi-convo.

Recurring

- Monthly on the 2nd Saturday: **Bowen Clinic**
Bowenwork is a holistic approach to healing and is gentle enough to use on everyone.

For more info visit www.thebowenteam.org.

SUMMER PROGRAM DATES!

July 1-15

New England Host Community
Middle East & Europe/UK Programs

July 9-23

Bloomington-Normal Host Community
Middle East Program

July 17-31

New England Host Community
Middle East Program

Contact our program staff, Chelsea@ff.international or Tegan@ff.international, to suggest a team activity!



TEAM TAJIKISTAN

Businesswomen, nonprofit founders, and lawyers

For ten days in early March, FFI hosted a remarkable team of six adult women from Tajikistan as part of our Professional Leadership Program. These six women are leaders in their fields and had never met before coming on the program!

During their time in the United States, Team Tajikistan spent several days in Washington, D.C. before traveling north to Durham for an abbreviated but rigorous version of our youth program. The team met with women leaders from around the Seacoast, including a lunch (pictured at left) hosted by FFI board members, and a breakfast at the office with Seacoast philanthropic and business leaders.

Despite their widely varying interests and fields, Team Tajikistan found common ground learning about fundraising from FFI staff and supporting the new Spaulding High School team by attending their Pancake Breakfast. They also bonded over their shared nationality and enjoyed talking about the history and beauty of their country with the people they met.

To round out their whirlwind experience, the team presented their stories and an overview of their country to FFI supporters as part of our Conversation Series. The assembled crowd learned about Dilafruz's work as a human rights activist, Firuza's NGO supporting woman's empowerment, and the rest of the team's varied accomplishments. You can watch their presentation on our YouTube channel, www.youtube.com/c/friendsforeverinternational.



Team International Sisterhood raised money for their program through several fundraisers.



Alumni from Spaulding High School, including 2019 Foley Fellow Natalie, led workshops during the seminar.

TEAM INTERNATIONAL SISTERHOOD

Our 2019 Spaulding High School team out of Rochester, NH is the first ever all female team to go through FFI's leadership program. These ten remarkable young women completed their Team Building Seminar at the FFI Durham Campus during the last weekend of March. They came together to get to know each other more through team-building activities and complete the first workshops of their program. Alumni from last year's Spaulding team helped to facilitate the weekend.

In late April, Team International Sisterhood will travel to the new FFI Campus in Annalong, Northern Ireland (learn more on the back page) for their 10-day Skill Building Phase. Alumni Jessica Maye ('18 Raiche Fellow) and Noam Aziel Baronovsky ('18 Foley Fellow) will be their Site Managers. These alumni will guide the team through their packed schedule of service learning, public speaking, team building, and workshops!

Once they return home, the team will continue to meet and develop their social action project. Team International Sisterhood will also meet our 2019 Middle East and Europe/UK Program teams when they are in New England this summer!

Follow Team International Sisterhood's journey on their Facebook page, "Spaulding High School-Friends Forever International" or on FFI's social media accounts!



The team determined their name and logo during a workshop on collaborative decision making.

12th Annual Eileen D. Foley Award & Roast

JIM JALBERT, 2019 FOLEY AWARD RECIPIENT!

On March 21st, Friends Forever International presented Jim Jalbert with the 2019 Eileen D. Foley Award. Jim is the president of C&J Bus Lines and his passion for this work is equaled only by his passion for giving back to the community he calls home. Jim has helped to further the mission of many organizations over the years, including most recently, The Dover Triangle Club, Prescott Park Arts Festival, Cochecho Valley Humane Society, and The Portsmouth Music Hall.

Jim's roast was quite the hit with five hilarious roasters chosen from Jim's family and friends. Guests were able to hear inspiring words from our 2019 Eileen D. Foley Fellow, Natalie Gauthier, an alumna from our first Rochester team. An excerpt of her speech can be found below.

Many thanks to all of the sponsors and guests who made this night so successful for FFI! Photos and videos from the evening can be found here: www.ff.international/roast.

EILEEN D. FOLEY FELLOW: NATALIE GAUTHIER

"My journey started with my family and I will continue to remember what they have taught me about acceptance, patience, generosity, hard work, and strength. I will also never forget or stop sharing the most impactful lesson that Friends Forever has taught me... but in order for me to do that...would you all please close your eyes for a few moments...

I want us all to think about our own stories, for me it has been my family, but for you it may be someone different. I want you to think about what has made you who you are. Who are the people that you are a combination of? What are the experiences that have changed your life, the experiences that brought you to your lowest points? Think about the times where you thought you just could not keep going.

Now think about the things that have motivated you. Think about the moments that make the struggle worth it. Who has pushed you to keep going? Now, widen your thoughts. Think about everyone around you, in this room, in this city, in this country, and in this world. Think about how you have all felt the same emotions of pain, happiness, sorrow, and joy, but for so many different reasons. Think about the stories that are being shaped all over the world, even if we have not heard them. They all come with beautiful moments and painful moments.

Always remember that no matter where we are in the world... we are not so different from the people around us. We are all people with experiences and emotions. You may open your eyes now...

So, tonight, and tomorrow, please take the time to get to know one another. Hear the stories of people that you've never met before and feel completely different from. Find commonalities with one another. Hear each other. Support and respect each other. These are the first steps in changing the world."

To watch Natalie's speech in full, visit www.ff.international/roast



FFI CAMPUS AT ANNALONG



FFI is pleased to announce our new campus in Annalong, Northern Ireland! This 70-bed campus will house our American teams for their Skill Building Phases, as well as offer opportunities for Middle East teams.

There are currently naming opportunities, including the four cottages on the campus, that we would love to talk to you about. Give Steve a call at 603.397.5301 to learn more or visit www.ff.international/annalong.



Top: The campus in Annalong with the Mourne Mountains in the background.

Bottom: The dining hall, which seats 70.



Amelia, FFI's 2019-2020 AmeriCorps VISTA

Our New VISTA

FFI is pleased to be hosting Amelia Burke for her year of AmeriCorps service! It's hard to believe she only started in January as she has settled in quickly as a friendly and skilled member of the team. Amelia has a background in international studies and worked in immigration services at a large hospital in Boston before finding FFI.

She is the third AmeriCorps VISTA that FFI has hosted. VISTAs join the office full-time for a year, providing almost 2,000 volunteer hours. Amelia is focused on Volunteer Engagement, Grant Writing, and Development. If you are interested in starting a volunteer project with FFI or have a grant opportunity to suggest, email Amelia's FFI inbox, amelia@ff.international.

From Intern to Admin

Although she'll be leaving when she graduates from UNH in May, Zoe Zeller has been an incredible addition to our FFI staff! She started as an intern last summer and stood out among our intern team as a hard worker and warm personality. In January, Zoe stepped into the Administration Assistant position to continue working on in-depth projects. Good luck on your next chapter, Zoe! You're always welcome at FFI!



Zoe, Admin Assistant

Interested in interning at FFI during the summer or fall? Visit www.ff.international/interns to apply!

Register Today!

10th Annual Golf for Peace Tournament

FRIENDS FOREVER INTERNATIONAL | Monday, June 24, 2019
Wentworth By the Sea

To learn more...

Call Tegan, 603.397.5301, or email her, tegan@ff.international, if you have any questions about how to join our 10th Annual Golf for Peace Tournament!