



Sunseeker



Volume 37 Number 7 - The Friendship Force of the Sunshine Coast Inc. – July 2026.

A world of friends is a world of peace.

President: Jeff Gunns

Vice-President: Jim Catt

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Treasurer: John Paine

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www.thefriendshipforce.org

FF Sunshine Coast Website:
www.friendshipforcesunshinecoast.org.au

FF Australia Website:
friendshipforce-aussie.org

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info@ffsunshinecoast.org.au

The Friendship Force pledge

As a member of the Friendship Force,
I recognise that I can make a difference.

I recognise that I have a mission.

That mission is to be a friend to the people of the world.

As I embark on this adventure,

I know that others will be watching me.

I know that, through my example to my fellow citizens
and the people of other countries,
the cause of friendship, love and peace can be furthered.

I can make a difference

Meeting Dates

Board Meeting	General Meeting	Picnic Meet-up
17 th Aug, 14 th Sept, 12 th Oct and 9 th Nov.	26 th July, 27 th Sept and 22 nd Nov (+AGM).	23 rd Aug, 24 th Oct

Dates For Your Diary

30 th July (Thurs)	World Friendship Day
5 th Aug – 12 th Aug	Inbound Blue Mountains. Host Coordinator - Gillian Brown
11 th Sept – 17 th Sept	Inbound Shelby, North Carolina. Host Coordinator- Cherie Amos
19 th – 22 nd October	National Conference, Canberra.
8 th Dec (Tues)	FFSC Christmas Party @ Twin Waters Golf Club.

General Meetings 2026

26th July, 27th Sept and
22nd Nov (+AGM).

Board Meetings 2026

17th Aug, 14th Sept, 12th Oct
and 9th Nov.

President's Musings

As I write this on **17 July**, it is from my hospital bed, where I have now spent almost three weeks. To say things have been challenging would be an understatement. What began as a mild heart attack quickly became a triple bypass operation, followed by a collapsed lung. After five and a half days in ICU, I am now back on the ward and slowly recovering.

Wendy and I have been overwhelmed by the kindness, encouragement and support shown by so many of our Friendship Force family. Your messages, phone calls and good wishes have meant more than you could possibly imagine. Thank you.

This experience has reinforced one important lesson: life can change in an instant. My family's genetics set me on this path many years ago, but by following medical advice, I have been given the opportunity to recover. Please don't wait. Make time to see your GP and follow the advice of the Heart Foundation. It could make all the difference—for you and for those who love you.

Take care of yourselves, and I look forward to seeing you all again as soon as I am able.

Jeff Gunns, President

EXTRA Bits & Bobs:

A successful Friendship Force Journey relies on the generosity and enthusiasm of our members. Whether you volunteer as a Host, Co-Host or Dinner Host, each role plays an important part in creating meaningful cultural exchanges and lasting friendships for our visiting ambassadors.

Host: Provides accommodation and shares their home and lifestyle with visiting ambassadors.

Co-Host: Supports Hosts and ambassadors through activities, outings and companionship.

Dinner Host: Welcomes ambassadors into their home for a shared meal and cultural exchange.

A link will be available in the *August* Sunseeker with more information on Journey Hosting Roles.

Journey Mentor's Report

2026 INTERNATIONAL JOURNEYS

Note: Cherie is looking for more members to become Cohosts for one or two days during **the Shelby FF journey in September**. This journey is only four weeks following the departure of the Blue Mountains FF club and many hosts are doubling up! If you can give one day to take the Ambassador/s to whatever is featured on the journey program, then please let Cherie or David know if you can help ASAP.

We also need more **Dinner Hosts** to take 2-4 people for a casual dinner at their place.

26248 Shelby USA to Sunshine Coast and Perth: Host Coordinator Cherie Amos

Journey dates: Shelby to Sunshine Coast are from Friday 11th Sept to Sunday 17th (6 nights)

Number of Ambassadors:14

Shelby Ambassadors will travel to the Sunshine Coast by train arriving at Landsborough Station.

26262 FF Sunshine Coast to FF Brasilia, Brazil and to Xalapa Mexico

Journey dates: Brasilia from Wednesday October 21st and end on Wednesday October 28th (7 nights).

Ambassador Coordinator for Brasilia: John Pane

Number of Ambassadors:10

Journey dates: Xalapa From Saturday October 31st to Saturday November 7th (6 nights)

Ambassador Coordinator: John Brown

Number of Ambassadors:10

2026 DOMESTIC JOURNEYS

#26397 Blue Mountains to Sunshine Coast: Host Coordinator Gillian Brown

Journey dates: Blue Mountains to the Sunshine Coast from Wednesday 5th August to Wednesday 12th August (7 nights).

Number of Ambassadors: 9

Note: Gillian is seeking more Cohosts to help the hosts by taking the Ambassador/s to whatever is featured on the journey program for the day. Would you please let Gillian know if you can help ASAP.

2027 INTERNATIONAL JOURNEYS

INBOUND JOURNEYS

Note: Planning to host an International journey can take from 10 to 15 months. It involves organising a program of activities, calculating costs, matching hosts and ambassadors, and keeping all members informed.

I am looking for two Host Coordinators for the 2027 Inbound clubs. You will form a committee so that the planning is shared. There are many recent journey programs with costings that you may use. If you will take on this role, please let me know A.S.A.P.

#27184 Lake Simcoe, Canada to Mount Barker and Sunshine Coast – HOST COORDINATOR WANTED

Suggested month is April 2027

Unfortunately, Mount Barker FF will close at the end of 2026 after 44 years of operation. The Director of Planning Australia is looking to give the hosting allocation from Mt Barker to another club, possibly in New Zealand.

#27190 San Antonio, USA to Sunshine Coast and Newcastle - HOST COORDINATOR WANTED

Journey Dates: From: 5 October to 12 October (7 Nights)

Contact has been made.

Journey Mentor's Report - Continued.

OUTBOUND JOURNEY

***Note:** I am looking for an Ambassador Coordinator/s for this two-phase Outbound Canadian journey. Please let me know if you would like to nominate to take on this role.*

**#27219 Sunshine Coast Australia to Greater Hamilton and Burlington and Brandan, Canada –
AMBASSADOR COORDINATOR WANTED**

Journey Dates: Greater Hamilton and Burlington from 27 May to 3 June (7 Nights)

Journey Dates: Brandan and Area 7 June to 14 June (7 Nights)

2027 DOMESTIC JOURNEYS - inbound and outbound journeys will be organised at a later date once the International Journeys are confirmed and organised.

David Allan
Journey Mentor

Member Anniversaries

For August – Glen and Judi Gordon – 26 years.

#26397 BLUE MOUNTAINS JOURNEY REPORT (5/8/26 – 12/8/26).

All arrangements are now finalised. You have all received a copy of the program. Please don't share the costings section of the program with ambassadors. Mike has forwarded on my behalf an email containing the booking form link. This should have been completed by now. **If not, to ensure your attendance DO SO URGENTLY!!!!!! Then contact me so I may alter booking numbers.**

The welcome dinner costs \$25 which includes meal and room hire. On the night **you are limited to 6 menu choices** (noted on program). You will order your meal with staff. I will let you know where on the night. Drinks are not included.

A meeting to discuss tin tacks **for hosts and co-hosts** will be held at Jenny and Davids home on **Saturday 1st August at 10.30am**. Please bring a plate of finger food for a shared lunch. Please bring a copy of the latest program which you received on 17.7.26. Thanks

See you there.

Gillian Brown

Journey co-ordinator

Social activities Report for JULY 2026.



Hi Everyone

UPCOMING ACTIVITIES

1. International Friendship Day

Here's a little background information. **Friendship Day** (also known as **International Day of Friendship, Best Friend's Day or World Friendship Day**) date varies greatly across countries and regions. In 2011, the **United Nations General Assembly** officially proclaimed the International Day of Friendship, recognising that friendships between people, countries and cultures can inspire peace and strengthen connections across communities. The resolution also highlights the important role young people play as future leaders, encouraging them to take part in activities that foster cultural exchange, international understanding and respect for diversity. Sound familiar?

We are celebrating the day **at Mudjimba Hall after our general meeting on SUNDAY 26TH JULY.**

Please bring **a main meal plate of international food to share.** You will also need your plate, cutlery and cup etc

After lunch we can join in playing some international games.

It's a relaxed celebration embodying

"Together, we can create a world where friendship and mutual respect pave the way for a better future".



2. Blue Mountains inbound journey 5/8 – 12/8

Our inbound journeys offer plenty of chances to connect, share experiences and enjoy great company. From the Welcome Function and Brisbane Day to Kawana Beach Day, the Japanese Festival, Group Dinner, Gympie Day, the Transport Museum and our Farewell Dinner, there's something for everyone. We'd love to see a strong turnout from club members at these events as we make our visitors feel truly welcome and create some wonderful memories together. For more details, see the Journey Reports. 😊

Social activities Report for JULY 2026 – Continued.

3. Picnic meetups

PLEASE CONTINUE TO POST ON SOCIAL MEDIA AND INVITE YOUR FAMILY AND FRIENDS.

Our last picnic meet-up will be held on **Sunday 24/10 @ 10.00 am at Double Bay Park**, Parrearra beside the Green Zebra and Vrina restaurants.

COME ONE, COME ALL

SPECIAL EVENTS

4. **BOOK NOW OR YOU WILL MISS OUT** on an excellent production.

- a. **Calamity Jane (Qld Theatre Co musical) – Caloundra Events Centre** (Tickets now on sale).
- b. Group of 6+ \$75 pp. **NOTE NEW TIME – EVENING Saturday 31st October @ 7pm.**

Judy and Glenn are attending. To continue to make this a club event please let me know if you are attending

5. Christmas Party

- a. Twin Waters Golf Club - 8th December @ 12 noon. \$55 for a 3-course lunch with welcome drink of beer, wine or soft drink.

6. **AFRO CARIBBEAN COLLECTIVE PARTY Saturday 18th July @ Coolum- Peregrin RSL Sub Branch**

By the time this edition of *Sunseeker* lands in your inbox, this event will already be a happy memory! At the General Meeting, I'll share how Coral, Ron, our newest members Sam and Alex, two friends, and I swayed, shuffled and grooved our way through an evening filled with the heartbeat of world music and the vibrant spirit of the Caribbean. Who knows—it may even bring back fond memories of our much-loved Brazilian evening. Come along to the meeting and see if the comparison stands up! 🌴🎵👯👯

Yours in friendship

Gillian Brown

Social Activities Coordinator

Brasilia/ Xalapa journey Report July 2026.

Planning for this leg of the Brasilia/Xalapa journey remains a work in progress. While most recent correspondence has been with the president of FF Xalapa club (Oscar Collins), the WhatsApp messaging service allows for contact with multiple persons who are linked into the connection.

While we have not yet received costings and a summary of planned activities for the 7 day journey including host/ambassador matching, there has been some initiative by at least one member of that club to communicate via email with John & Jane Paine to introduce themselves as the matched hosts for their stay.

It is unclear why this email correspondence has occurred prior to myself as the Ambassador Coordinator receiving a complete list of all the ambassador/host matching form.

A follow up WhatsApp message has been generated seeking clarification on this matter. Meanwhile transport arrangements for travel between Veracruz and Xalapa is being investigated with a local tourist/bus service.

John B (Xalapa Ambassador Coordinator)

MERCHANDISE

I have 3 Club Shirts which have been passed back to the Club for sale.

2 Men's 1xM and 1xL. 1 Ladies size 12.

These are sold to members for \$35 which is 1/2 price of new shirts I will have them at the meeting so just see me there. If this would be suitable for you please see me at the meeting or email.

In Friendship, Judi Gordon

SUNSEEKER. sunseekerffsc@gmail.com

Do you have something that YOU would like to add to Sunseeker.

Please email it through to sunseekerffsc@gmail.com and it will be added to the next edition of the Sunseeker. I'm aiming to acknowledge everyone when I receive information for Sunseeker, if you haven't received a reply from me within a few days, please feel free to contact me.

Yours in Friendship, Sonia

Dine Outs 2026

Our Monthly Dine Out

Each month we organise a **"Dine Out"** as a relaxed social activity for members. After all, we all need to eat—so why not enjoy a good meal while catching up with friends and getting to know other members a little better?

Our Dine Outs are a wonderful way to spend lunch together in a casual setting. There's no obligation to attend, and each month we try somewhere different—sometimes exploring a new café or restaurant, and other times returning to one of our favourites.

Usually, around 15–20 members come along. Everyone simply orders what they would like from the menu and pays for their own meal, which keeps things easy and relaxed for everyone.

The lunches are always great fun and very enjoyable, with plenty of good conversation and laughter.

As the current Dine Out Coordinator, I'll be announcing the location of each month's Dine Out at our Meetings, where you can add your name to the list if you'd like to join us. I'll also send out reminder emails so everyone stays informed, even if you're unable to attend the meeting. Just let me know if you'd like to come along so I can make sure we book enough seats.

I hope to see you at our next Dine Out!

Wendy Gunns
Dine Out Coordinator

Here are the dates for 2026:

***Due to journeys coming into FFSC in August and September there will not be any dineouts in August.** People who wish to join the farewell dinners for each of these journeys are very welcome to do so.

***Wednesday, 9th September**

***Thursday, 8th October**

***Thursday 12th November due to Remembrance Day**

***December, none**

Looking forward to seeing as many as possible members throughout the year.
Please wear your Club shirts when attending.

Membership Report July 2026

Membership:

We welcomed to the club, Leigh Josey, who was inducted by Vice-President Jim Catt at the June Dine-Out at Kenilworth Dairies and given her name badge.

Three new members have completed their Membership Application and Data form, have been home visited and been approved by the Board. A couple are from Twin Waters and a single man from Paradise Point will be inducted at the General Meeting on 26th July.

Another couple are very interested in joining but were not able to attend the last Dine-Out but hope to attend the General Meeting. There are two other ladies who have asked to be kept in contact regarding Dine-Outs and meetings.

At the May General Meeting, I organised a five-minute "Get to know You" session just before Morning Tea. It was an opportunity for each of our new members to learn the names of four other members in the club. It became clear that even longer-term members are not familiar with the names of all members as well. I would like to run this again at the July GM.

Publicity and Promotion: There have been no further enquiries since May. My contact details were publicized in the My Weekly Community Notes June and on our Facebook reel which was recently posted. The paid Radio advertisements on Community Radio 104.9FM have finished. The "Contact Us" email function on the new website is not working yet. We hope that, once it is operational, the new-look website will attract many more enquiries.

A recent member suggested that Friendship Force sponsor an advertisement in some of the local newsletters which have a wide monthly readership e.g. the Twin Waters Residents Association newsletter and the Kawana Waters Residents newsletter. This is being investigated for costs.

Jenny Allan
Membership Officer



FACEBOOK REPORT JULY 2026:

All Inbound and Outbound journeys, both domestic and international undertaken this year, have been showcased on Facebook with several photos and accompanying commentary. All dine-outs, picnic meet-ups and other random events attended by even a small number of members have been chronicled this way, so we are definitely a presence on this social media platform.

It is pleasing to note that various members are commenting on and sharing posts, which has the desired effect of reaching a wider audience and spreading the word about the existence of FFSC. Facebook was also used to advertise Jenny's Membership Drive in late April, through posts specifically designed to be shared to members' local Community Group pages. Although it is not known whether this has initiated any interest in the public pursuing information about club membership, Jenny and I will continue to upload advertising posts to encourage curiosity on the part of the wider public.

Please continue to send photos of any club event you attend, as I am not present on every occasion to take photos and every event needs to be uploaded, even if there are only a few members attending. I know there are several members who take excellent photos, which are much more 'professional' looking than mine!

Liz Brown.

Cleaning of the Hall.

It is mandatory that each hirer vacuums and mops after their hire. Thus, it is our responsibility to ensure we adhere to the "leave it as you find it" policy. We have made a commitment to follow the process of 'leave it as you find it'. **This means we must, after every meeting:**

- Vacuum the floor paying particular attention to the entrance/ exit areas
 - Use spray mop in kitchen area
- Use broom to access all other areas and use vacuum to clear
 - Men to clean Male toilets
 - Women to clean Female toilets
- Ensure all windows are closed and blinds drawn

Ensure all tables and chairs are tidily put away.

TO AVOID DAMAGE DO NOT DRAG CHAIRS OR TABLES ACROSS FLOOR

This task of cleaning up is not onerous at all, especially if everyone pitches in. However, it is acknowledged there will be absences from some meetings.



Canberra 19th -22nd October 2026

Just as those who attended the Norfolk Island National Conference in 2024 had a very enjoyable time interacting with members from other Cubs around Australia and New Zealand this conference promises similar opportunities. It will be a mix of envisioning Friendship Force in Australia and enjoying social activities in Canberra. It will charge up the batteries through presentations by keynote speakers and well led discussion workshops conducted by members from each of the Australian clubs – the emphasis being on opportunities for all to listen, learn, discuss and be enthused.

The conference will also include a **revamped ‘Council of Leaders’** session that will be inclusive of all attendees, rather than comprising ‘observers’ and Club delegates who vote on formal motions. Instead, the focus will be more inclusive and collegiate – more like a plenary session focussing on a national perspective and maybe/hopefully arriving at resolutions that are inspirational for the next 50 years.

So please be excited and if you can attend, register to assist the planners. One registration of interest for each person please. Register through <https://friendshipforce-aussie.org> The detailed program will be available in April.

Flyer supplied by Mike McFarlane.



President Jeff



Vice President Jim



Secretary Liz



Treasurer John P

**FFSC BOARD
2026**



Journey Mentor David

The Army of Helpers who keep the club running in 2026

Function	Coordinator	Team
Dine-outs	Wendy Gunns	
Facebook	Liz Brown	Jenny Allan
Flags and Banners	Glen Gordon	
Greeters	John & Gillian Gosney	Helga Drescy, Jo Mutz
Lucky Door	Cherie Amos	Jane Paine
Membership	Jenny Allan & Gillian Gosney	
Merchandise	Judy Gordon	
Morning Teas	Cherie Amos	Elayne Martin, Kerry Cooke
Publicity	Merrilyn Rundle	Claude Boulenaz
Social Activities & lunches after general meetings	Gillian Brown	Coral & Ron Usher
Sunseeker Editor	Sonia Mellors	Jim Catt
Web updates & Database	Mike McFarlane	Sonia Mellors
Multicultural Coordinator	Claude Boulenaz	
Grants	Jeff Gunns	

July Dine-out at Kawana Waters Hotel.





Afro Caribbean Collective at Coolum/Peregian RSL.



Tropical Dance Sextet at the Millward Road Community Centre in Maroochydore

