



Sunseeker



Volume 37 Number 5 - The Friendship Force of the Sunshine Coast Inc. – May 2026.

A world of friends is a world of peace.

President: Jeff Gunns

Vice-President: Jim Catt

Secretary: Liz Brown

Treasurer: John Paine

Journey Mentor: David Allan

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www.thefriendshipforce.org

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

FF Australia Website:
friendshipforce-aussie.org

FF Sunshine Coast email:
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
8 th June, 13 th July, 17 th Aug, 14 th Sept, 12 th Oct and 9 th Nov.	24 th May, 26 th July, 27 th Sept and 22 nd Nov (+AGM).	28 th June, 23 rd Aug, 24 th Oct

Dates For Your Diary

15 th May – 22 nd May	Outbound to Adelaide. Ambassador Coordinator Wendy Gunns
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

24th May, 26th July, 27th Sept
and 22nd Nov (+AGM).

Board Meetings 2026

8th June, 13th July, 17th Aug, 14th Sept,
12th Oct and 9th Nov.

President's Musings

As we move on from our recent Hamburg, Varel and Lübeck Journey, I would like to sincerely thank every member who contributed to making it such a memorable and successful experience. By all reports, the Journey went exceptionally well, and we were certainly blessed with wonderful weather throughout our travels.

Of course, once the excitement settles, it is important that we reflect on the feedback received from both our members and our Ambassadors. Every Journey provides us with valuable lessons — recognising what worked particularly well and identifying areas where we can continue to improve. This ongoing reflection helps ensure our future Journeys remain enjoyable, rewarding and meaningful for everyone involved.

A very special thank you must also go to Jenny and David for the tremendous work they have put into our Recruitment Campaign. Their efforts have already produced some extremely positive outcomes for the future of our Club. New members are the lifeblood of any organisation and, without them, even the strongest clubs can slowly fade away before our eyes. Their dedication and enthusiasm are greatly appreciated.

A number of us also recently enjoyed a wonderful week in Adelaide, South Australia, on another Journey. Once again, it reinforced what many of us already know — it is not necessarily what we saw or where we went that made the experience special, but the people we shared it with. Friendship Force continues to deliver in that regard, creating friendships, understanding and memories that stay with us long after the Journey ends.

Until next time,

Auf Wiedersehen

Jeff Gunns

President



Journey Mentor's Report

2026 INTERNATIONAL JOURNEYS

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

Journey dates for 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.

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

2027 INTERNATIONAL JOURNEYS (Dates to be agreed)

Inbound

San Antonio, USA to Sunshine Coast and Newcastle – September

Inbound

Lake Simcoe, Canada to Mountain Barker and Sunshine Coast - April

Outbound (SC to be lead club)

Sunshine Coast and Tweed Valley, Australia to Greater Hamilton and Burlington and Brandan, Canada - June

2026 DOMESTIC JOURNEYS

#26404 Sunshine Coast to Adelaide: Ambassador Coordinator Wendy Gunns

Journey dates: From Friday 15th to Friday 22nd May.(7 nights)

Number of Ambassadors: 9

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

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

Number of Ambassadors: 9

2027 DOMESTIC JOURNEYS - inbound and outbound journeys will be organized at a later date

Journey Mentor,

David Allan

Resolutions from the Board in 2026.

For the just completed Hamburg Varel Journey, a payment of \$75 will be paid to each host to compensate for the extra costs brought about by the Middle East crisis.

Ongoing, this will revert to \$50 per host.

Member Anniversaries

For May – Karen Nishimura – 4 years.

Social activities Report for MAY 2026.



Hi Everyone

The Hamburg/Varel visit certainly provided us with many great opportunities to connect socially in April. A huge thank you to Jeff and the team for putting together an excellent journey. This month we also celebrated Coral's 80th birthday. Plus we recognised Jenny and David for their hard work on the membership drive. We now have 5 new members who we can make welcome at our events. Fantastic.

Robyn sent a group email advising **The Spooky Men's Chorale @ Maleny** is now unfortunately booked out. This prompts me to remind you that if you see **BOOK NOW** on an activity, that means that the Social Club team is not booking the event. Managing group bookings for concerts is tricky, so this year we have asked you to book your own tickets. Your next step is to advise me whether you are attending so I may book a restaurant either prior to or after the event. **Can you please advise me now if you have booked for Calamity Jane or are intending to book.**

UPCOMING ACTIVITIES

1. Picnic meet-ups

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

Our third picnic meet-up will be held on 28/06 @ 10.00 am at Double Bay Park, Parrearra beside the Green Zebra and Vrina restaurants.

Future Picnic meet-up dates - 23/8, 24/10.

2. International Friendship Day

International Friendship Day is **THURSDAY 30th JULY @ 11am**. To be held at Double Bay Park. We will run this event similarly to how we organised 2025 Harmony Day Celebrations i.e. bring a plate of international food to share and we will play international games.

SPECIAL EVENTS

1. **BOOK NOW OR YOU WILL MISS OUT** on an excellent production. (Please refer to email sent in early March).

Calamity Jane (Old Theatre Co musical) – Caloundra Events Centre (Tickets now on sale).

Group of 6+ \$75 pp. **NOTE NEW TIME – EVENING Saturday 31st October @ 7pm.**

I went to this production in Brisbane last year. Thoroughly enjoyable entertainment with rave reviews. I will book for our members as a group. Can you please immediately indicate via email if you are definitely attending.

2. Christmas Party

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

Yours in friendship

Gillian Brown

Social Activities Coordinator

Membership Report

Promoting the club through articles and advertisements in the local papers - Sunshine Valley Gazette and Your Time - and on the Sunshine FM Community radio 104-9, culminated in a packed and very colourful Information Afternoon Tea on 29th April.

As soon as we arrived at the hall and saw all our willing club members waiting to get into the hall for setting up tables and chairs, data projector and screen and display table, we knew that we had a great club with outstanding support.

The Team of Willing Helpers had the urn and jugs on the boil, the cups, plates and serviettes prepared in record time.

Bright tablecloths brought immediate colour to the room, the scones were finished with jam and cream, the slices cut, sandwiches and cheeses placed on three-tiered plates and decorated platters.

The room looked fantastic! Thank you so much to Cherie, Kerry and Jim, Liz and John, Gillian B., Coral and Ron, Merrilyn, Mike and Robyn, John and Gillian G., Gillian K. Carol, Jeff and David.

We sat 20 residents down at tables with a cup of tea or coffee and a presentation of the most delicious High Tea.

Everyone was warmly welcomed at the door (Gillian K. and Gillian G.) with a name tag, a lucky door ticket and a sleeve with the club's brochure, pen, fridge magnet, Membership Application form and some mints.

After President Jeff welcomed everyone, our four speakers covered the areas of Outward Journeys (Merrilyn), Planning Inward Journeys and Social Activities (Gillian B.), Being a Host (Coral) and FF International (Mike).

There was a short Q and A at the end and the Lucky Door draw of wine or chocolates.

Consequently, five residents from Yaroomba, Peregian Springs, Mudjimba, Mapleton and Alexandra Headlands have completed their Membership Application form and four will be inducted at the next General Meeting. The fifth will be inducted at the Dine-Out next month.

I know that you will all welcome them with genuine friendship.

Jenny Allan

Membership Officer



26248 SHELBY JOURNEY REPORT. 11th – 17th Sept.

We have 14 female Ambassadors arriving by train from Brisbane on Friday 11th September. Prior to visiting us they will have been to FF Perth where they are visiting a wildlife zoo and also Ularu where hopefully they will experience some aboriginal culture.

We currently have hosts for 10 Ambassadors.

Gunns, Browns and Amos's X 2

Usher, Mutz, Paine and Chin X 1

WE STILL NEED HOSTS FOR 4 AMBASSADORS

We currently have:

1 Co- Host and 1 Dinner host - McFarlane's

2 Dinner hosts - Gunns and Paine

We still need more Co-Hosts and Dinner Hosts.

Next Meeting will be 1:30 pm Friday 12th June.

Thank you, Cherie.

BLUE MOUNTAINS JOURNEY REPORT (5/8/26 – 12/8/26) as at 9/3/26

Communications have commenced with Ambassador co-ordinator. I have confirmed we can host 4 couples and 1 single at the moment. I suggested a day in Brisbane and Blue Mountains agreed that this is a great idea. We will also be having a Gympie Day at the Gold mining museum, plus a bush bash from Mapleton – Yandina. I have booked Twin Waters Golf Club 11/8 for the farewell dinner.

We now have enough hosts however we need more co-host support.

Looking forward to another great journey.

Gillian Brown

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

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

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:

- *Wednesday, 10th June
- *Thursday, 9th July
- *None in August due to incoming journey
- *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.

BLUE MOUNTAINS JOURNEY REPORT (5/8/26 – 12/8/26) as at 9/3/26

Communications have commenced with Ambassador co-ordinator. I have confirmed we can host 4 couples and 1 single at the moment. I suggested a day in Brisbane and Blue Mountains agreed that this is a great idea. We will also be having a Gympie Day at the Gold mining museum, plus a bush bash from Mapleton – Yandina. I have booked Twin Waters Golf Club 11/8 for the farewell dinner.

We now have enough hosts however we need more co-host support.

Looking forward to another great journey.
Gillian Brown



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.

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.



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	

Hamburg, Varel and Lubeck Inbound Journey.







Jenny's Information Afternoon Tea



Adelaide Outbound Journey.





John Paine getting close to an alligator!!!!

