

Members Handbook

FRIENDSHIP FORCE OF UTAH

**Experience different views
Discover common ground**

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May, 2017

FORWARD

This Member Handbook was developed by Dana Hughes, Judy Cohen, Nona Bressler and Debbie Hann, members of Friendship Force of Utah. We thank Friendship Force members of the Toronto and Greater Hamilton & Burlington Canada for sharing their Handbook. With their permission we adopted sections of their Handbook (April 4, 2016 edition).

The purpose of this Handbook is to inform members about:

- Friendship Force International (FFI): its aims, history, organization and mode of operation.
- Friendship Force of Utah (FFU): its aims and history, our activities and how we fit into the international organization.

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SECTION I: FRIENDSHIP FORCE INTERNATIONAL (FFI)

Friendship Force Pledge

As a member of Friendship Force,
I recognize that I can make a difference,
I recognize that I have a mission.
That mission is to be a friend to the people of the world.
As I embark upon 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 nations,
The cause of friendship, love and peace can be furthered.

I can make a difference

You arrive as strangers. You leave as friends.

Mission

Promote global understanding across the barriers that separate people

Values

Mutual Respect • Cultural Diversity • Cultural Exploration • Service

Vision

Each individual will make a contribution to global goodwill.

The Friendship Force worldwide network of clubs and individuals will overcome differences among people and nations.

By connecting the world, one friend at a time, we will create a world of friends that becomes a world of peace.



friendship force

INTERNATIONAL

Experience different views.
Discover common ground.

History of Friendship Force International

Friendship Force was started in 1977 by Wayne Smith who became its first President. He believed that friendship is a powerful force for change in the world. If people get to know each other as friends, they discover the values and experiences they share are more important than their differences. They learn that differences do not have to divide people.

Wayne Smith gained the support of President Jimmy Carter and his wife, Rosalyn. In 1977, President Carter officially announced the organization at a White House gathering of State Governors.

The first Journey took place between Atlanta, USA and Newcastle-upon-Tyne, England. Since then the organization has expanded to 63 countries.

In 1992, the Friendship Force was a nominee for the Nobel Peace Prize. In 1997 *The Other Side of the Mountain* by Charlene Terrell was published, giving the history of the first 20 years of The Friendship Force.

The Organization:

FFI is a non-profit corporation chartered in 1977 with its head office in Atlanta, Georgia.

- A volunteer Board of Directors is elected with members each sitting for a 4 year term on a rotating basis. The Board sets the policies to ensure the smooth running of the organization.
- The administrative staff carry out the policies and directives of the Board, such as:
 - Coordinating International Journeys
 - Setting the annual Journey schedule
 - Aiding in the establishment of new clubs
 - Testing new types of Journeys
 - Maintaining contact with clubs
 - Producing newsletters and publicity material
 - Communicating to club leaders the policies developed by the board
 - Organizing international conferences
 - Visiting regional and national conferences
 - Maintaining the web site www.friendshipforce.org

The central operations of FFI are financed by:

- a levy paid annually by each club based on membership

- an administration fee paid by each member who participates in an Outbound International Journey. Currently, this fee is \$165 USD per week of Journey (2017). This fee is set by FFI and may change in future years
- an administration fee paid by each member who participates in a domestic Journey. Currently, this fee is \$10 USD per night.
- an administration fee paid for by each member who participates in a stop over Journey is \$20 USD per night. A stop over Journey is a 1-4 night homestay provided by a host club to a Journey delegation transiting the area while traveling to or from a regularly scheduled international club-to-club Journey.
- FFI is also supported by donations and foundation grants.

The Friendship Force Travel Philosophy

- Travel in a spirit of humility and with a genuine desire to learn more about the people of your host country.
- Have a positive, open mind. You are a guest in a foreign country.
- Realize that the perception of time and other patterns in the country you visit may be different than those of your country.
- Be sensitive to the feelings of other people.
- Acquaint yourself with local customs, guided by your hosts.
- Expect to try new ideas, new food and have fun.
- Discover how enriching it is to see a different way of life.
- Remember that you are only one of the thousands of people visiting this country and do not expect special privileges.
- Be prepared to participate in household routines and activities.
- Be independent. Enjoy the activities your hosts have planned for you, but be able to amuse yourself part of the time.
- When shopping, remember that the 'bargain' you obtain may have been possible because of the low wages paid to the maker.
- Spend time reflecting on your daily experiences in an attempt to deepen your understanding.
- Do not make promises to people in your host country unless you are certain you can carry through.
- Although members have the chance to see new places, hosting clubs make the effort to show you their part of the world. Friendship Force is not a travel club!

**You can make a difference
through your efforts**

Friendship Force Clubs Throughout the World

- There are currently 360 individual and independent FFI clubs in 63 countries forming the backbone of the Friendship Force organization.
- These clubs provide the organizational structure and leadership to conduct Journeys as allocated by FFI.
- Each club has a charter from FFI which is renewed annually as long as the local club committee carries out the policies set out by the FFI trustees.
- All clubs carry the same name formation, "Friendship Force of -----", to show that they are part of the family.
- The Friendship Force clubs are led entirely by volunteers.

SECTION 2: FRIENDSHIP FORCE IN THE UNITED STATES

- A volunteer Regional Field Representative, selected by FFI, gives support to clubs in the Western Region (Colorado, Wyoming, and Utah).
- A Bi-annual Regional Conference is hosted by a club in one of the three states.

SECTION 3: FRIENDSHIP FORCE OF UTAH

- Utah Governor Scott Matheson announced the formation of Friendship Force of Utah in September 1978.
- FFU is a non-profit organization led entirely by volunteers.
- Our first visit in 1979 was between Maracaibo, Venezuela with 254 Utah members attending and at the same time we hosted 254 Venezuelans in Salt Lake City.
- We have been active since this time with over 46 inbound visits and 43 outbound cultural trips.
- We currently have 64 members.

Joining the club:

- New membership enquiries are welcome and encouraged.
Contact: utahfriendshipforce@gmail.com

First step:

- Most members join as the result of introduction by existing members.
- Potential members are invited to a social function or club meeting, introduced to members, and made to feel welcome.
- A brochure about FFI is presented at that time.

Second step:

- If a potential member wishes to join, he/she will be asked to complete a Membership Application Form.
- Currently, the annual (January – December) membership fee is \$30.00. If individual joins at the July meeting or after, the fee is \$15 for that calendar year.
- Once application form is completed and membership fee is paid, the member is referred to the membership list and handbook on the FF Utah website (www.friendshipforceofutah.org)

Third step:

- The new member is welcomed and encouraged to join into all club activities.

YOUR NAME BADGE IS IMPORTANT.

- Members are encouraged to wear their name badge to all Friendship Force activities. New members receive a name tag from the membership chair. A magnetic name badge can be ordered from Friendship Force International. Current cost is \$8.00.
- This is an important way of helping all members to get to know you, and for you to get to know them.

MAKING THE MOST OF YOUR MEMBERSHIP

- You are encouraged to become fully involved in the activities of the club so you can gain the most benefit from your membership and make friends.
- Volunteers are needed for every club activity.
- Core activities of the club are:
 - Attending club meetings and social functions
 - Planning Journeys— Inbound and Outbound
 - Acting as a Home Host, Dinner Host or Day Host, during Inbound Journeys
 - Attending Journey activities such as the welcome parties and farewell parties.
- Other rewarding activities:
 - Become familiar with the information on the Friendship Force International website regarding policies, Journeys, clubs in other countries, documents, etc. www.friendshipforce.org
 - Joining our club or another club (based on availability) on an Outbound Journey
 - Attending a bi-annual Regional Conference
 - Becoming a member of a club committee, e.g. a Journey Planning Committee, Social activities

- Serving on the Executive Board as an elected officer, committee chair, or Journey Director.
- Attending bi-annual International Conference.

EXECUTIVE BOARD

The six officers of the Executive Board are:

- President
- Immediate Past President
- Vice President & Program Chair
- Secretary
- Treasurer

Our organization also has five standing Committees, each led by a Chair.

- Membership Committee
- Social Committee
- Alternative Social Events
- Communications Committee (Newsletter & Web Site)
- Archives and History Committee
- Current Journey Directors

Committee Chairs are voting members of the Executive Board. Officers and Committee Chairs serve for two years.

Hosting Capacity

- Our club can host a maximum of 20 Ambassadors for each Journey.

Monthly Meetings

- The club meets bi-monthly (Jan, Mar, May, July, Sept, Nov) on the 3rd Tuesday of the month.
- Prior to each meeting, a newsletter is sent via e-mail with club announcements and activities
- Members are encouraged to come to meeting at 6:30 P M to socialize with one another.
- Members are also encouraged to bring finger foods to share with others during the social hour.
- The meeting scheduled to start at 7 PM is comprised of business items such as organizing Journeys, membership matters, and a travel presentation from both members and/or invited guests.
- Other social events may be scheduled on alternate months and during Incoming Journeys.

By-Laws

Friendship Force of Utah has a set of by-laws that outline the rules and regulations to provide a framework for its operation and management.

SECTION 4: JOURNEYS– GENERAL INFORMATION

Importance of Journeys

- The Journey is the main method by which The Friendship Force seeks to achieve its mission of promoting global understanding across the barriers that separate people.
- These Journeys are between 5 and 7 days in length.
- Taking part in the hosting involved with a Journey and/or getting involved in organizing a Journey is, therefore, the key activity for members of our club.

Allocation of International Journeys

- Each year all clubs submit an application to FFI requesting countries or clubs they wish to visit on Outbound Journeys for the year after next, i.e. two years in advance
- The FFI staff endeavours to meet as many requests as possible, but it is accepted that some countries have few clubs and it may be difficult to gain a Journey there.
- Each year, FFI will normally allocate our club one Outbound Journey to match our ability to host one Inbound Journey.

Acceptance of International Journeys

- Once FFI makes the initial allocation, the club decides whether or not to accept the Journey offered.
- If both clubs involved accept the Journey, FFI declares, “It’s a match” and allocates a Journey number.
- Planning on each side of the Journey then begins.

Additional Information on International Journeys

- In addition to the club-to-club Journey, FFI has used a variety of other types of Journeys.
- “Discovery Journeys” are set up by FFI and generally, but not exclusively, go to places in the world where there are no clubs.
- “Global and Themed Journeys” are for groups of people who have a common interest.
- “Humanitarian Service Journeys” provide goods, financial assistance or services to a non-profit group in the community.
- Some Journeys may be in an area where a home stay is not possible and only involves day hosting. Members may stay in a hotel.

- FFI charges an administrative fee (2017 = \$165 USD). The host chapter also charges a fee that is negotiated by the two Journey Directors.

Domestic Journeys

- This is the term used for Journeys within one's own country.
- These are normally five days or less.
- Fees are payable to FFI on a per day basis (2017 = \$10 (USD) per day).
- A fee is also paid to the hosting club to cover expenses of the Journey such as activity fees, lunches, and transportation.

Individual Contacts

It is against the rules of FFI for clubs to arrange club visits without going through FFI. As well, individual members of one club cannot contact another club and ask it to arrange for an individual hosting. However, throughout the world, there are hundreds of individual visits going on between people who have become friends as a result of hosting one another on an official Journey.

Journey Committees

- Each Friendship Force club is assigned one inbound and one outbound Journey each year.
- Each club forms a Journey Committee to conduct a specific Journey – either an inbound or outbound Journey.
- The Journey Director is appointed by the club Executive Board and has overall responsibility for managing the Journey.
- The Journey Director generally selects a committee to help in planning the Journey and in making the Journey happen.
- The in-bound Journeys are particularly dependent upon members volunteering their home (for home-hosting) or their time for organizing the activities.
- Members are needed for day hosting, dinner hosting and/or providing other expertise.

SECTION 5 –JOURNEYS - INBOUND

- As soon as the proposed Journey is accepted by both clubs, each club appoints a Journey Director.
- The Journey Director appoints a committee to plan and direct the Journey.
- The Utah Journey Director is appointed to the Executive Board for the year during which his or her Journey occurs.

Hosts – International and Domestic Journeys

As a Friendship Force host, you'll work with your Friendship Force club to schedule activities that include highlights of the region.

- International guests generally stay five to seven nights.
- Club members can volunteer to act as home, day and dinner hosts for the up-coming Journey.
- Home Hosts generally provide accommodation and some meals for one or two ambassadors depending upon their bed availability.
- Ambassadors are expected to pay for their lunch unless lunch is included in the program activities.
- As home host you will enjoy getting to know one another informally in your home during the ambassadors' free time.
- You can also share with them the local pastimes and sights that you enjoy, whether it's hiking to the best natural vistas, taking in a musical performance, or just browsing your local market or shops.
- Day Hosts look after Ambassadors on a day when a Home Host is unable to do so. There may be planned activities or you may share your favorite activities.
- Dinner Hosts provide a meal for smaller groupings of Ambassadors and their Home Hosts. They may also include Day Hosts in the dinner plans.

Matching Hosts and Ambassadors

- The Journey Director will request information about the Home Hosts such as age, occupation, interests, health and bedroom availability to facilitate matching with Ambassadors.
- The visiting Journey Director will provide similar information about their Ambassadors and will include information as to the interests of the Ambassadors, their pet and food allergies, mobility, special health needs, and other important information.
- Both sets of information are used to put together the most suitable match of Hosts and Ambassadors.
- Details are then sent to Home Hosts who are encouraged to make contact by letter, phone, or email with the Ambassadors before the visit.

Program Activities

- The Host Journey Committee plans a proposed program, discusses it with Guest Journey Director and presents the final program to the Host Executive Board for approval.
- The program provided may differ from Journey to Journey based on the background of the guests, the preferences of the Journey Committee and experience of the visitors.
- There are normally welcome and farewell functions as well as other hosted meals.
- All members are encouraged to participate in the week's activities.

Free Time

- In addition to the events included in the program, there will be free time for the Ambassadors to be with their Hosts.
- This is an opportunity to get to know one another.
- It is also a chance to show the visitors additional highlights of Utah.
- In most cases, your Ambassadors will wish to take you out for a meal. This is traditional but it is not obligatory for them to do so.

Cost of the Program

- Prior to arrival, Ambassadors from other clubs are required to pay the Hosting club a hosting fee which is used by the Host Journey Director to pay for various functions and outings during the visit.
- Club members have the opportunity to join in on any program activity by paying the activity fees in advance of the Journey.
- Home Hosts need to understand that they will incur some costs that are not reimbursed during a Journey. Home Hosts are expected to provide breakfast, some dinners and some of their in-town travel expenses such as transportation to program activities.

What Is Required of a Home Host?

Making the visitors feel at home

- On arrival, if the Ambassadors are tired after a long journey or flight, give them the opportunity to rest.
- Allow time to unpack and show them drawers and closet space available to them. Perhaps place a container of water, glasses and maybe some fruit or snacks in their room.
- Show them the facilities of the house, including bathroom (especially operation of the shower), toilet, windows, heating/cooling system, and so on.
- Make clear the situation in your home regarding the use of phone and e-mail.
- Make your laundry facilities available.

Food

- Your guests expect to share your lifestyle, so prepare the same food as you do for yourselves. At the same time find out about any special needs they may have due to food allergies, health, religious, or cultural reasons.
- If they offer to take you out for a meal (it is traditional, but not obligatory), select a restaurant that is within the price range of your Ambassadors.

Household routines

- As a host, keep to your regular daily schedule as much as possible, and allow your Ambassadors to share it.
- The guests are in your home to participate as much as possible in the daily activities of the family.
- If a difficult situation arises, discuss it tactfully with your guests. In extreme circumstances, contact the Host Journey Director.

Activities

- Make yourself familiar with local places and sights to share with your guests on free days.
- Discuss free time activities with the Ambassadors to see if they have special interests they would like to pursue, e.g. shopping, art, etc.
- Ensure they have your address and phone number, a map, and clear instructions on how to travel home or where to be picked up.
- If you plan to attend your place of worship, discuss the following options with your guests:
 - an invitation to go with you
 - they stay home while you are away or,
 - offer to take them to a place of worship of their choice
- Give your Ambassadors time to get to know you, your family and friends, and to relax in your home.

SECTION 6 – JOURNEYS– OUTBOUND

Participation

- Hosting is the key activity of members. The other side of the home stay program is to travel as an Ambassador on an Outbound Journey.
- The Friendship Force of Utah usually plans two outbound Journeys each year (one International and one Domestic).

Journey Director

- As soon as the proposed International Journey is accepted, club members are asked to indicate their desire to participate in the Journey.
- The Journey Director is selected by the President and generally is planning to participate in the Journey.
 - The Journey Director becomes a member of the Executive Board through the end of the Journey.
- For Outbound Journeys, the Journey Director is given \$25 per individual going on the Journey to cover costs associated with planning the trip. An additional \$25 per person is given to the Journey Director as a gratuity.

First Tasks

- Review Journey Director Manual found on the FFI website.
- Make contact with the Journey Director of the host club as soon as possible.
- Ask Host Journey Director how many ambassadors their club can accommodate.
- Negotiate exact dates of the visit with the Host Journey Director.
- Form a committee of club members planning to go on the Journey to plan the Journey.
 - Lead the committee through the planning process for the Journey
 - Offer assistance (if needed) to Ambassadors during the Journey.
- Discuss proposed activities with Host Journey Director.
- Ask Host Journey Director what level of physical activity (e.g., able to walk mile and climb stairs) is required of ambassadors to participate in the planned activities.
- Discuss with Host Journey Director the fee per person needed for the Journey and what the fee will include.
- Make initial enquiries about airlines, routes and fares and share with members, particular those who are planning to participate in the Journey, via an e-mail, club newsletter and/or at the general meeting.
- Set deadlines for interested club members to complete the Ambassador Application and Agreement forms.
 - Ask members interested in the Journey to complete application that includes a personal profile so that Host Journey Director can match ambassadors with suitable home hosts.
 - If more members apply than spaces available, setup waiting list.
- Review applications to determine the final selection of Ambassadors.
 - An applicant who is unable to meet the physical requirements of the trip are not allowed to participate unless the Host Club can accommodate the applicant safely and comfortably.
- Set date for payment of the non-refundable fee once club member is accepted to participate in the Journey.
 - Members planning to attend must pay their fees prior to 100 days before the Journey according to FFI's "Fill the Seat Policy". The empty seats will be opened to other FF Clubs.

Meeting for potential Ambassadors

- Setup a meeting for interested ambassadors and share all available information about the Journey and answer questions.
 - Share information about the Journey programs, and Journey fees – paid to host clubs per week of Journey (determined by the Host club) and to Friendship Force International (\$165 USD per week of Journey).
 - Let members know that they are expected to arrive at the same place on the same day to begin the Journey. The exception to this would be

if the host club has made other acceptable arrangements for the arrival of the Ambassadors.

- Ambassadors may travel as a group or travel separately.

Meeting(s) for club members definitely going

- Provide information needed for a successful Journey.
- Discuss pre-and/or post trips.
- Let members know if any vaccinations are needed to enter countries you will be visiting and/or to re-enter the United States.
- Provide expectations for being an Ambassador.
- Provide information about the people and country being visited.
- Facilitate Ambassadors getting to know one another and begin bonding as a group.
- Ask ambassadors to provide the following required documents and deadline for turning in documents:
 - a Personal Profile and photo for Host Journey Director
 - an Emergency Contact Information Form
 - a detailed itinerary and contact information to leave with your family members and/or friends.
 - provide required travel insurance information as well as medical information in case of a medical emergency
 - FFI has recommended travel insurance which is presented on the FFI website: www.friendshipforce.org

What is expected when you are an Ambassador?

As a club member:

- Please remember, you are not only an Ambassador for the Friendship Force of Utah club, but also for our country and for Friendship Force International.

As a guest:

- Be considerate of limited resources. For example, your host's hot water supply may not equal what you are accustomed to at home.
- Offer to take your hosts out for a meal.
- Take a gift for your host and a variety of small gifts for Dinner Hosts, Day Hosts and so forth.
 - It is appropriate to take a gift representative of and made in Utah and/or the United States.
- Take photos of your home, family and community with you to share with your hosts.
- If you have a problem, tactfully raise the matter with your Host. If this fails, contact your Journey Director. But remember, you are a guest and must respect your host's customs and habits.

- On a Journey, punctuality is important. If you are late, you upset the plans of your hosts as well as your own club members. Try to be on time for all timed activities.

Things to take with you along with your sense of humor:

- Friendship Force of Utah name badge
- Insurance documents and emergency contacts
- Passport - plus a photocopy
 - **passport should expire no less than 6 months after start of Journey date.**
 - Be certain that you have enough pages in your passport book for country stamps.
- Country visa (where required)
- Debit, credit cards as well as currency of the country you are visiting
- Travel tickets and detailed itineraries
- Medication(s)
- Address book should include the contact information for your hosts, Guest Journey Director, Host Journey Director of the club(s) you are visiting and emergency contacts.
- Money belt.
- Travel books, maps, etc.

REMEMBER TO LEAVE CONTACT INFORMATION AND A TRAVEL ITINERARY WITH FAMILY MEMBERS AND/OR FRIENDS IN CASE OF AN EMERGENCY

Explore Other Journey Opportunities:

- Members may apply to join any outbound Journey that is undersubscribed.
 - These may be run by other U.S. clubs or by International clubs.
 - Members go on these Journeys independently of their home club.
- Visit the www.friendshipforce.org website to explore under-subscribed and global Journeys offered by other national and international clubs.
See: catalog.friendshipforce.org/index.php/catalog/all_list/

SECTION 7: THE FRIENDSHIP FORCE GLOSSARY

Administration fee:

The fee paid to Friendship Force International by each outbound ambassador for each week of a Journey.

Ambassador:

A member of the club who participates in an outbound Journey.

Day host:

A club member who looks after inbound ambassadors during the day.

Dinner host:

A club member who hosts inbound ambassadors to dinner at their home.

Domestic Journey:

A visit to or from another U.S. club.

FFI:

Friendship Force International www.friendshipforce.org

Friendship Force International, 260 Peachtree Street,
Suite 402, Atlanta, Georgia 30303

TEL: 404-522-9490

FAX: 404-688-6148

Field representative:

Individual appointed by FFI to assist FF clubs in the region to carry out their activities.

Home host:

A club member who hosts ambassadors on an inbound Journey.

Host club program fee:

The amount paid by each outbound ambassador to the hosting club for a Journey program. The hosting club sets the fee based on activities.

International Journey:

A visit to or from a club anywhere in the world outside the United States.

It's a match:

A term used to confirm that an International Journey has been accepted by both parties.

Journey Director:

The leader of an inbound or outbound Journey.

SECTION 8: Salt Lake Area Resource Book for Day Hosts

Compiled by Betsy (Elizabeth) Heath

The Salt Lake and surrounding areas have a very diverse ethnic and religious population and a great history of the West to tell.

This book is a gathering of ideas grouped by subject that are within a day's drive of Salt Lake City. It is intended to supplement and spark further ideas for day hosts for our visitors.

Cowboys and Indians – early Pioneer history and the Oregon Trail

Within Salt Lake

Utah Museum of Natural History
<http://nhmu.utah.edu/museum>

Utah State Pioneer Memorial Museum
<http://www.dupinternational.org>

This is the Place Heritage Museum
<http://www.thisistheplace.org>

Brigham Young House www.visittemplesquare.com,
http://www.utah.com/mormon/beehive_house.htm

Outside Salt Lake – can be seen within a day's drive

Hutchinson museum
<http://www.lehi-ut.gov/discover/hutchings-museum>

Camp Floyd <https://stateparks.utah.gov/park/camp-floyd>

Stagecoach Inn <https://stateparks.utah.gov/park/camp-floyd/discover/>

Pony Express Trail <https://www.nps.gov/poex/index.htm>

Pony Express Station www.expeditionutah.com/featured-trails/pony-express-trail/utah-pony-express-stations/

Tooele pioneer museum
<http://www.tooelepioneer museum.org/ourmuseum.htm>

Reference web sites for special current events

Pow wows in Utah
<http://calendar.powwows.com/events/categories/pow-wows/powwows-in-utah>

Mountainman festivals in Utah
<http://www.crazycrow.com/site/utah-mountain-man-rendezvous/>

Saints and Sinners

Mormon Tabernacle <https://www.mormontabernaclechoir.org>

Cathedral of the Madeline www.utcotm.org

St. Mark's Cathedral <http://stmarkscathedralut.org>

Wasatch Brew Pub Park City
www.wasatchbeers.com/our-story.aspx

High West Distillery Park City www.highwest.com

Outlet shopping mall in Park City
<http://www.tangeroutlet.com/parkcity/hours>

Wendover <http://www.city-data.com/city/West-Wendover-Nevada.html>

Scheels <http://www.scheels.com/shop/en/scheels>

Olympic and other scenic sporting venues

West Valley Speed skating oval
<http://utaholympiclegacy.com/oval-activities/>

Olympic Park in Park City
<http://utaholympiclegacy.org/park-activities>

Sundance Resort www.sundanceresort.com

Mount Timpanogos Cave National Monument
<http://www.nps.gov/tica/planyourvisit>

Tram ride at Snowbird
<http://www.snowbird.com/summer/activities/tram>

Mining and railroad heritage of Utah

Kennecott copper (Visitor's center closed due to slide)

Park City Museum - Mines <http://www.parkcityhistory.org/visit>

Mansions on South Temple <http://eastcentralcc.org>

Utah History to Go Mining and Railroads
http://historytogo.utah.gov/utah_chapters/mining_and_railroads.html

Eureka <http://www.ghosttowns.com/states/ut/eureka.html>

Tintic Mining District <http://www.miningutah.com/id318.html>

Heber Valley railroad <http://hebervalleyrr.org>

Helper Western Mining & Railroad Museum
www.wmrrm.com/index.htm

Golden Spike monument <http://www.nps.gov/gosp/planyourvisit>

Gardening

West Jordan Water Conservatory Gardens
<http://conservationgardenpark.org/visit/tours>

Salt Lake City International Peace Gardens
www.slcpeacegardens.com/

Thanksgiving Point <https://www.thanksgivingpoint.org>

Red Butte <http://www2.redbuttegarden.org>

Area Attractions - Ogden

Egyptian Theater <http://www.Egyptiantheaterogden.com>

Pineview Reservoir
<http://www.fs.usda.gov/recarea/uwcnf/recreation/hiking>

Shooting Star Saloon Huntsville, Utah
<https://www.facebook.com/ShootingStarSaloon>

Abbey of Our Lady of the Holy Trinity – Huntsville
www.holytrinity abbey.org

Hill Air Force Base – Hill Aerospace Museum
www.hill.af.mil/Home/Hill-Aerospace-Museum/

Crystal Hot Springs – Honeyville www.crystalhotsprings.net

Ogden Nature Center - <http://www.ogdennaturecenter.org>

Ogden Dinosaur Park www.dinosaurpark.org

Ogden River Parkway
<https://www.traillink.com/trail/ogden-river-parkway>

Fort Buenaventura www.co.weber.ut.us/parks/

Section 8: Friendship Force Songs

LET THERE BE PEACE

**Let there be peace on earth, and let it begin with me.
Let there be peace on earth, the peace that was meant to be.**

**With peace as our mission, Friendship Force are we,
Let us walk with each other, in perfect harmony.**

**Let peace begin with me, let this be the moment now.
With every step I take, let this be my solemn vow,**

**To take each moment and live each moment
In peace, eternally. Let there be peace on Earth,
And let it begin with me.**

MAKE NEW FRIENDS

(Sing to the tune of Auld Lang Syne)

**Through Friendship Force we make new friends
Throughout the whole, wide world
We come to know each other's ways
We share our flags unfurled
You visit us, we visit you,
We're sad to see it end
The world is now a better place
For we call each other "FRIEND"**

**The world is now a better place
For we call each other "FRIEND"**