



A World of Friends Is a World of Peace

Gratitude

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.”



Melody Beattie

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Virtual Meeting: November 17—7 PM

Program: Ginny Coombs

Rambling in the Peaks District and Hiking with Swiss friends, Manchester, England

Ginny is an accomplished photographer and you are in for some great photos and stories. Be sure to join us.

Mask not required!!!! WHAT!!!

Yes, you can enjoy our Zoom meetings without your mask and get a chance to visit with other members and catch up a little and enjoy a wonderful program. This all from the safety of your own home. This is one of the safest things we can do during this time of unprecedented rise in the number of covid-19 cases in Utah.

Zoom link will be sent closer to the 17th. The link will be open at 6:30 for getting setup and more visiting if you are interested or unsure about getting into the Zoom meeting. Please call 801-424-2850 for assistance. The official meeting will start promptly at 7:00 PM.

We can still come together in this way and be safe. Hope to see you via Zoom!

Below are recordings of previous programs if you missed them. Click link below to view the program on **Australia and New Zealand** that Marv and Jeanne did in June.

<https://youtu.be/C72ZoyhVQHA>

View program by Lotti on **Mongolia and Siberia** that was a big success. Thanks Lotti.

<https://youtu.be/Ngg6vA8MLHA>

Cheers! Margret

Photos from Summer Activities



Approximately 20 members attended the summer picnic in Canyon Rim Park. It was great to get together!



Board meetings were held this summer in back yard of Jennifer Allred's home.

Many of us have enjoyed meeting for coffee outdoors.



Members are enjoying the sunset from Donner Park



Six of us enjoyed our walk through Red Butte Garden.

PRESIDENT'S MESSAGE

For now, we are all in the same boat but we are more or less “cast adrift”!



Fall is here and Winter is coming...and outdoor events for our club are not looking promising. Group gatherings are discouraged, if not mandated, and meeting indoors would be too risky. Our club must go on, but for now, we will need to take a Hiatus. We want to keep in touch while looking forward to domestic visits from other clubs in the future, and travels with our friends at least domestically. Staying safe from this deadly and global virus means that newsletters, phone calls, book suggestions and film suggestions are about all we can propose at this time. Through Zoom, we will continue to reach out and share, and even hold our meetings virtually. (Thanks to Margret and Marvin!)

However, in this edition, you will find news about some of our former members, changes to some folks' addresses, the answers to the crossword puzzle, and some reports from the summer picnic and the coffee klatches.

During this time of restricted movement, we can only hope for some activities in 2021, but must face the fact that our standards of safety may not allow us to host or travel, even domestically. Zoom meetings, for now, will be crucial, and at some point, I hope we can meet in the dining area of the City-County Building which would allow for social distancing. But due to the expanding number of cases of the coronavirus in Utah, our Board has decided that for the year 2021 we will not be charging the usual membership fee. Friendship Force International requires a fifteen dollar charge for each member; our club will only ask for five dollars in addition. This means that we will be asking each of you to contribute a total of twenty dollars for membership in 2021.

Soon we will be asked where we want to travel to in 2022. If you are interested in helping choose our destinations and plan to travel again when it is safe, please let me know.

This Holiday season we are asking each of you to send good wishes to one other member of Friendship Force by mailing a holiday card in December. That member's name and address is attached to your newsletter. We hope this will brighten our holiday season as we refrain from the usual festivities. As a nod to the difficulties experienced by all our small business owners, we are suggesting that you enclose a small gift certificate from one of those struggling locally-owned businesses. We all need social connections, and a dose of Christmas spirit, and this way we can be helping others at the same time!

Giving Tuesday is December 1st this year. If you decide to give a donation to a needy organization that does good in the world, consider a donation to [Friendship Force International](#).

Don't Forget, We are all in this TOGETHER...and TOGETHER we can be a Force for Friendship

Jennifer Allred

Member of the Month: Dana Hughes

Our wonderful newsletter is faithfully executed each time by Dana. Without her expertise and patience, we would be lost! Dana has been a member for a long time and went with us to South Africa and Canada years ago. Always available for Board meetings, her perspective has been invaluable.

Jennifer Allred

Film Recommendations

Seabiscuit is a 2003 American sports film. It is loosely based on the life and racing career of Seabiscuit, an undersized and overlooked thoroughbred race horse. This film was nominated for 7 Academy Awards. *Margret Boes-Ingraham*

The Good Liar with Helen Mirren and Ian McKellen (2019 Crime Thriller)

An older lady meets a handsome man. *Jennifer Allred*

About our Club

Club meetings are held the third Tuesday of January, March, May, July, September and November. Location may vary depending on the month.

Note:

The next few General meetings may be held on Zoom due to Covid-19 Pandemic restrictions. Look for your e-mail announcing time and place.

2020 Officers & Board Members

To contact officer below, send e-mail to

UtahFriendshipForce@gmail.com

Put name of officer you want to contact in the subject line

President — Jennifer Allred

Vice President — Rose Novak

Secretary — Kris Hill

Treasurer — Judy Cohen

Social Chair — Christine Allred

Membership Co-Chairs

Lynn Muller & Margret Boes-Ingraham

Member-at-Large — Orion Sherwood

Alternate Social Events — Carol Milliken

Past President — Judy Cohen

Newsletter Editor — Dana Hughes

Member News

We are sad to hear that **Jan Banta**, a long-time member has died. Jan was a real support to Roger Banta when he was president and after Roger died, she went on to serve as Exchange Director for Madison, WI. Jan and Roger went on many exchanges and hosted even more times and they had return visits from several of their guests who became good friends.

Longtime dedicated Friendship Force members **Polly and Ron Toth** had just downsized to a care facility in Holladay when Polly passed away earlier this month. Polly had a career in teaching with the Department of Defense and lived overseas in several places. She and Ron loved to host for our club and travelled with other clubs too. We will miss her. Please send cards to Ron and remind him of any memories you have of Polly. His cell number is 801 541 0835. Ron's address is:

The Grand at Holladay
5941 S. Holladay Blvd
Holladay, Utah 84121



Treasurer's Report

The balance in Zions bank account is \$2,248.29.

Judy Cohen

Thanks Xmission for another year

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Book Recommendations



FICTION:

The Girl with the Louding Voice by Abi Dare

The unforgettable voice of a young Nigerian woman who is trapped in a life of servitude but determined to fight for her dreams and choose her own future. *Lynn Muller*

Unsheltered by Barbara Kingsolver

A compelling novel fit for these times. One house, two families separated by a century. Each family is sheltered by the house as they find new ways to live in unsettled times. *Judy Cohen*

Where the Forest Meets the Stars by Glendy Vanderah

A delightful heartwarming story about a 9 year old girl who appeared on doorstep of single woman claiming that she was from another planet. This mysterious child teaches two strangers how to love and trust again and finds a home for herself. *Dana Hughes*

A Grand Old Time by Judy Leigh. A hilarious and feel good novel

A great read for the dark days of winter when you NEED a laugh. I laughed out loud! *Margret Boes-Ingraham*

NON-FICTION:

Among the Shoshones by Elijah Nicholas Wilson (BookCraft Inc SLC 1969

This true memoir by a young pioneer who left his family to live with the Indians for two years is a remarkable look into the hardscrabble days of Utah in the 1800's and into the diametrically opposed groups who populated the West. Fantastic! *Jennifer Allred*

The River of Doubt by Candice Millard

Teddy Roosevelt had an interesting life after politics. His near impossible adventures in the unexplored Amazon were astonishing, and resulted in a river named after him to this day. *Jennifer Allred*

The Splendid and the Vile by Erik Larson

A Saga of Churchill, Family and Defiance during the Blitz. A time of true leadership when, in the face of unrelenting horror, Churchill's eloquence, courage, and perseverance bound a country together. *Lynn Muller*

DISLOYAL: A Memoir by Michael Cohen

The true story of the former personal attorney to President Donald J. Trump. The book is readable, interesting and entertaining. Cohen tells reader as much about himself as he does about President Trump. *Dana Hughes*

Inheritance by Dani Shapiro, a Memoir.

She learns through a DNA test that her social Father is not her father. A quick read and fascinating.

Margret Boes-Ingraham

World without End by Ken Follett

The book takes place in 1300s or the 14th Century during the first plague of 1348. It seems fitting to read about a pandemic in the Middle Ages. *Carol Milliken*

Summer Picnic

The picnic in the park in September was a great success with more in attendance than expected.

Everyone brought their own food or food from fast food stores. Social distances were necessary and we occupied the shelter at the Canyon View Park. One hundred pounds of food was donated to the Utah food Bank and more financial donations were mailed in.

Carol Milliken

Just for laughs, check out Jennifer's Pandemic Survival Tips

Peace Garden Walk

Orion and Jennifer joined hosts, Anne and Hank for a late afternoon walk. It was a lovely day and the flowers were well tended. *Jennifer*

Coffee Klatches

Coffee Klatches were a fun way to get together and still social distance. About 8-10 members were at each event. I tried to move them to parks around the city and on different days, always being sure there was plenty of parking and shade. Although the October Klatch needed sunshine! We may try another in November if the weather cooperates. Watch your emails for an announcement. Otherwise see

ANSWERS

PEOPLE not PLACES BEAMAZED!

