



May and June, 2015

www.thefriendshipforce.org

www.friendshipforceofutah.org/

Club meetings are held the third Tuesday of January, March, May, July, September, and November at the Salt Lake County Government Center at 2001 South State Street, SLC. Use the East Entrance at the north end of South Building where free parking is available.

Social 6:30-7:00 p.m.

Program 7:00-7:45 p.m.

Clean up 8:50-9:00 p.m.

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Cub Reporter – Betsy Heath

Next Utah Friendship Force Meeting is May 19th

How to speak Canadian

Come to the program May 19th (Tuesday) and learn about our neighbors to the North – Canada.

When visiting with Canadians I find they know a lot more about the USA than I feel certain most of us know about Canada. And yes they do have some sayings different from us! It will be a fun evening.

Ginny Coombs lived in Canada for two years and will share some insights with us also. Ginny has also, in the past 16 years, driven through Canada about 30 times on the way to/from Alaska.

She takes her time driving in Canada she says because it is very beautiful and I enjoy the folks that I meet along the way. The "How to Speak Canadian" was actually shown by the Friendship Force Club of Ottawa!



From the President's Desk Margret Boes-Ingraham

Hello Friends,

We are excited about the exchange planning for Niagara, Canada. The Canadians will arrive June 24th. This is a WONDERFUL way to experience what Friendship Force is all about. Plan to come to some of the activities planned. Volunteer to be a day host and I believe you will have a GREAT day. Actually, even a half day if that is all the time you can allot. This will give you a chance to become acquainted with one or two of the Canadian visiting ambassadors. My experience with the Canadians is that they are really a LOT of fun.

Sometime we find there are things in our own home town we have not taken the time to see or go to. Friendship Force lets us be a sustaining cause, support local businesses and entertainment.



The Friendship Force International Conference in Vancouver Canada will be August 28-31, 2015. There are several from our club attending. Come join us for a lot of interesting events and enjoy making new friendships.

You may register for the waiting list at <http://www.thefriendshipforce.org/>. The following Pre and Post trips are available even if you do not attend the conference.

HOST CLUB	DATES	COST
Eastern Washington/Northern Idaho (USA)	Aug.22-27	\$100
Edmonton & Area (Canada)	Aug. 23-27	\$150
Lower Columbia (USA)	Aug. 23-27	\$175
Oregon's Mid-Willamette Valley (USA)	Aug. 23-27	\$100
Columbia Cascade (USA)	Aug.23-27	\$50
SOLD OUT! Metro Vancouver (Canada)	Aug. 31-Sept. 4	\$110
Whidbey Island (Canada)	Aug. 31-Sept. 5	\$350
SOLD OUT! Columbia Cascade (USA)	Aug. 31-Sept. 4	\$50
Lethbridge (Canada)	Sept. 1-5	\$150
SOLD OUT! Victoria & Vancouver Island (Canada)	Sept. 1-6	\$150
Medicine Hat (Canada)	Sept. 1-6	\$170
SOLD OUT! Oregon's Mid-Willamette Valley (USA)	Sept. 1-8	\$100
Hay River (Canada)	Sept. 1-8	\$200

In 2016 we will be going to a club near Niagara Canada. The date has not yet been set. If you would like to be involved in the planning process of this trip please contact me.

Watch the Friendship Force Video at: http://youtu.be/5h_cwLSJSmc Be More than a Tourist. Travel for Good

Let's make 2015 and 2016 a year you will remember and create fond memories and new friends across the border to the north, in the USA and in our own wonderful city and state.

Cheers!
Margret

Membership Report

Kris Hill, VP Membership

We are currently at 70 members, which is a very good number for a FF club these days. We have shown real growth the past year and a half. Thanks to all who invite guests to our meetings and events. At the social in April, Susan Hilton brought three guests! That is by far the best way for people to learn about our club.



Please take a look at some of the beautiful FFI color brochures out at the general membership meeting. We have attached cards with Margret and my contact information, and have distributed these to all interested people. I have left some at the Millcreek Library foyer.

These brochures can be left in public areas of libraries, and community or senior centers as long as we get the permission of the facility. Just show the brochure to a facility employee before posting. The brochures are also excellent one-on-one, if you have an interested neighbor, relative or friend who needs more information.

We'll take a break from our membership drawing in May but please still continue to wear those name badges. In July, we'll resume the drawing for anyone who wears a name badge and for all guests. And in September, we'll have a special drawing for all new members and all those members who referred them. Hope everyone has a great summer!

Kris Hill
VP Membership

Incoming Exchange Niagara, Canada June 24 to June 30, 2015

Dasha Prokofyeva is the Exchange Director for our incoming exchange from Niagara, Canada in June of 2015. She is very excited to plan an exciting program to introduce the Salt Lake area to our Canadian friends.

You may call Margret at 801-424-2850 or e-mail UtahFriendshipForce@gmail.com with your interest in the exchange

Welcome Bags --- We will give each visiting ambassador a welcome bag from our club. We have decided to use a small bag around a gallon size zip lock bag so that everything in the bag is useful.



If you know of a local business that might donate something travel size or very small for the bags that would be helpful. Items such as toothbrushes, lip balm, healthy snacks, Utah map, and memorabilia.

We could use a few more items for the bags. These could be brought to the May meeting. We have 16 Canadian ambassadors so we would need 16 items.

You may e-mail **Donna Mirabelli** at dmirabe188@aol.com if you have questions about any item.

Schedule of Activities for Niagara, Canadians Visit

Wednesday, June 24th

2 to 6 PM: Meet Host Family

6 to 10 PM: Welcome Party & Picnic, Washington Park [See article about Welcome Party for details.](#)

Thursday, June 25th

9:00 AM: Bus tour of Salt Lake City **[Please see below if you would like to go on the tour \(\\$20\)](#)

11:00 AM: Tour of Salt Lake City Library

12 Noon Lunch & afternoon/evening with Host

Friday, June 26th

Free Day with Host

Saturday, June 27th

9:00 AM: Travel to Evanston Wyoming **[Please see below if you will be going to Evanston \(\\$10\)](#)

10:00 AM: Coffee & Snack at Denice Wheeler's Home

10:45 AM: Tour Evanston Museum, Round House, Joss House & Downtown Evanston

1:00 PM: BBQ, Denice Wheeler's Home

4:00 PM: Bear River State Park (elk, bison, boating, relaxing)

Sunday, June 28th

9:00 AM: Temple Square & Tabernacle Choir

12 Noon: Afternoon & Evening activities with Host

Monday, June 29th

9:00 AM: Olympic Park, Park City, Ut **[Please see below if you would like to go on tour. \(\\$5 - \\$10\)](#)

12:30 to 5:30 PM: Optional activities in Park City

5:30 PM: Social Hour - Blue Iguana, Park City

6:00 PM: Farewell Party - Blue Iguana, Park City [Please see Farewell Dinner for reservations](#)

** Call 801-424-2850 or e-mail UtahFriendshipForce@gmail.com if you wish to attend.

One more friendly person(s) needed to host a dinner/potluck
for the Niagara Canadian Exchange

For those of you that are new to this activity, it's a chance to invite two or more of our visitors with their club member home hosts into your home for a light supper and interesting conversation.

Evenings during the Exchange that are possible for a dinner are:

Thursday - June 25th, Friday - June 26th, or Sunday - June 28th.

We have 4 wonderful volunteers signed up to spend an evening with our Canadian guests.
Thanks to:

Pamela Paine, Ron and Donna Smith, Donna Jacobs, Elizabeth Heath

Now, we would really like to have one more dinner/potluck host to even out the number to 5 hosts.
We have 14 Canadian guests we'd like to accommodate, plus the home hosts.

Please call or email **Elizabeth Heath (801-582-2442 elizabethsaltlak@aol.com)** if you would be interested in helping support this club activity.

Welcome Party for Niagara, Canada and Summer Picnic JUNE 24th

Ya'll come to our annual summer/Niagara, Canada welcoming party. If you like country music, this is the place to be. Please come about 6:00, June 24th to Washington Park (just a skip and a hop up the highway that leads to Park City). Please arrive about 6:00 on June 24th. Note that the day is not on a Tuesday as is our usual custom, but a Wednesday to meet the schedule of our traveling ambassadors. We're asking you to bring a side dish of your choosing, a casserole, salad, or dessert to accompany some sliders. We hope everyone is up for a super night of riotous merry-making See you Wednesday, June 24th.

**I am asking our summer committee to stay a few minutes after our meeting on May 19th so we can finalize this summer party. Thanks, Shirl*

Farewell dinner for Niagara, Canada Exchange JUNE 29th

Monday, June 29th at 5:30 p.m. Blue Iguana Restaurant, 255 Historic Main Street, Park City 84060. (435) 649-3097 Price: \$18.00 per person

Please help us bid adios to our Canadian guests. They will spend the day enjoying beautiful Park City and then have dinner at the Blue Iguana, at the top of Main Street. We will offer either a traditional combo plate or a vegetarian combo plate as detailed below.

We need to have a count by June 15th, so please let Kris Hill know (801-272-3486 or kristinhill@sisna.com) if you plan to attend. Also, please send your payment of \$18 pp to Kris Hill, 3346 Edward Circle, Salt Lake City, Utah 84124. (You can also bring your payment/reservation to either Kris or Margret to the May general meeting, if that's more convenient.)

BLUE IGUANA COMBINATION

Chips & Salsa, Chile Relleno, beef taco, cheese enchilada, and chicken flauta, served with black beans & rice. FLAN-Silky custard with a creamy caramel sauce with chocolate drizzled on top. Choice of soft drink, coffee, tea. Beer, wine, cocktails available for purchase

Or: VEGGIE COMBINATION

Chips & Salsa, Chile Relleno, hongos (mushroom) taco and ranchera cheese enchilada, served with black beans & rice. FLAN-Silky custard with a creamy caramel sauce with chocolate drizzled on top. Choice of soft drink, coffee, tea. Beer, wine, cocktails available for purchase

Located at the top of Main St, in the heart of historic Old Town Park City, the Blue Iguana brings the best of Mexico to the mountain town experience. Blue Iguana proudly serves Mexican dishes with recipes dating back three generations.

The restaurant is located upstairs in the Treasure Mountain building. It can be reached by elevator or stairs. For better accessibility, people may be dropped off in front of the restaurant. But let Kris or Margret know before, so we can be sure to be there to direct them to the elevator. For information on parking in Park City, check <http://www.parkcity.org/index.aspx?page=116>. Also, check with other FF of Utah members for carpooling opportunities.

Outgoing 2016 Exchange to Greater Hamilton and Burlington, Ontario, Canada

We've been assigned this club for our outgoing exchange in 2016. Here's some information on them and the area excerpted from the FFI website:

Ours is a small but active club (51 members). We usually host two inbound exchanges each year, and in turn do two outbound; recent outbound exchanges have taken us to Brazil, Costa Rica, Germany, Holland, California, and Texas. Since the fall of 2010 we have also organized two inbound global invitational exchanges with a focus on the performing and visual arts all around us.

While most of our members live in Hamilton and/or Burlington at the west end of Lake Ontario, we also have and welcome members who live in Toronto (just under an hour to the east of us).

About the region: Situated at the western tip of Lake Ontario and conveniently located within an hour of Toronto & Niagara Falls, the neighbor cities of Hamilton and Burlington await your visit.

About a typical Exchange: On a one-week club-to-club exchange, we typically program an overview of our area and its many attractions. In addition to the best of Hamilton/Burlington, we give guests an opportunity to visit Niagara Falls, Toronto, and frequently, a two-night "Cottage Outing" in small groups at lakeside and woodland vacation homes belonging to our members.

Our themed invitational arts exchanges, which have included trips to The Stratford and Shaw Festivals, concerts and plays in Hamilton and Toronto among other things, have very quickly been oversubscribed each time they were offered.

Interest in an exchange in Vietnam

We have been contacted by Friendship Force International to accept an exchange to SLC from Vietnam. This would be for 2016

The 2016 schedule at this point is an outbound visit to a club near Niagara, Canada, date to be determined. And in late September an inbound visit of a Global Exchange for 3 days in SLC plus 2 days in Moab with emphasis on memories of 2002 Olympics. Please give me your input on the interest for also accepting the Vietnam visitors.

Water Bottles and Personalized Pens for Sale

We have new water bottles with Friendship Force information that are collapsible. We will have them and pens available for purchase if you are interested. Water Bottles \$2.50 and pens \$1.00 a great way to start a conversation about Friendship Force.

The pens also have a stylus and both have Friendship Force e-mail on them. Great gifts when you travel to other clubs. These items will also be in the Canadian Welcome Bags.



Friendship Force March Social at International Luggage Center

International Luggage Center (Travel Outfitters) 328 N. Hwy 89 <http://internationalluggage.com>

Susan Hilton (our gracious social event organizer) arranged for after-hours FF members plus friends travel product overview at *Travel Outfitters* in North Salt Lake.

Close to 20 people came and were given an up close and personal presentation from the owner Mark and a long time employee on travel safety, comfort, organizing, electrical, personal items, toiletries, airport security, and **PACKING**.

Mark and Becky gave us updates on new products and packed more into one carry-on than anyone thought humanly possible, and made it look easy. The packing demo can be viewed on line on the company website.

Did you know that:

New luggage tags show only your name and hide address information. A new "con" is to have a person chat you up while in lines at the airport, finding out how long you will be gone and other trip details while a confederate is taking down your home address information from the tag. Guess what happens to your home while you are gone.

New bedbug spray is available that is totally organic and non-toxic. Bedbugs are supposed to hate the smell and stay away. And, the tub is the safest place to pack and unpack your luggage if bedbugs are a worry.

Anti-Microbial Socks have an odor killing ingredient woven into the fabric. Mark swears they are good for a week of wearing and no stinky feet. No-one volunteered their husband to try them. But - I think FF should verify this information with a demonstration project.

Mark gave everyone a 10% discount on any items purchased that night and provided munchies for while we wandered around the shop looking at all the travel gadgets. It was a bit like travel Disneyland in the Magic Kingdom of packing cubes.

Report by Elizabeth Heath.

2016 Rocky Mountain Regional Conference Hosted by Western Colorado FF Club

DATES: May 13, 14 & 15, 2016

CONFERENCE THEME: "NEW DIRECTIONS"

**Lodging and Meetings-- held at Grand Junction Downtown
Hampton Inn, Fairfield Inn & Spring Hill Suites**

**Questions: Sue Palmer – 970-260-4653
or e-mail: alfshouse12@hotmail.com**