



November, December, 2014

www.thefriendshipforce.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.

HIGHLIGHTS

President's Remarks

Page 2

Membership Report

Page 3

New Members

Page 4

Open World Schedule

Page 5-6

Outgoing Exchange: Tokyo

Page 7

Report of Summer Picnic

Page 7

Report on September Meeting

Page 8

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Cub Reporter – Betsy Heath

November 18, 2014

Meeting of the Utah Friendship Force

An exciting program about an Enrichment Voyage – Iron & Ice taken by three of our Utah Friendship Force Members along with 158 other Friendship Members.

Enrichment Voyages - Iron & Ice, May 18 – June 15, 2014.

By Cosette Joesten



The adventure of a life time: This cruise was a 30 day experience seeing many amazing places, renewing friendships, making new friends and learning new information. There were 158 FFI members on the first leg and then 120 on the second leg. There were many members from Australia, Canada, and US.

Come see and hear about the unique Friendship Force opportunity at the November Meeting. Cosette, Barbara and one of our new members, Sydney, will share their experiences.

December 12, 2014

Christmas Dinner and Party

Now is the time to sign up for the Christmas/Ukrainian farewell party. It will be held at the La Jolla Groves Restaurant on December 12th. (Please enter the Gateway via the southern "Summer" entrance.) Cost of the meal is \$25 /per person. Please make checks out to Friendship Force of Utah. Checks can be given to Shirley Scholz at our November 18th meeting or mailed to her at:

Shirley Scholz
3947 S. Nora Circle
Salt Lake City Utah, 84124

The checks are needed no later than December 6th. Thank you so much for your prompt attention to this matter. We are planning a wonderful evening for all!



From the President's Desk **Margret Boes-Ingraham**

Hello Friendship Force Members and Friends,

Our Friendship Force events that remain for this year are:

An exciting program about an Enrichment Voyage – Iron & Ice taken by three out our Utah Friendship Force Members along with 158 other Friendship Members. This will be our November program. See details in this newsletter. Be sure to come and learn about this wonderful opportunity.



December 5-13 will be our Hosting of a Ukraine Delegation for Open World. Palmer DePaulis whetted our appetite about the Ukraine people. Be sure to check out the schedule and plan to participate in this new opportunity for us.

December 12th will be our Ukraine Farewell/Christmas/Holiday Party; check out the details and be sure to attend this end of year event for Friendship Force.

I am pleased to announce for our outgoing Japanese exchange in 2015 which will probably be in March, Cosette Joesten will be training Edie Mitko. These two co-exchange directors (ED's) will put together a great exchange with Tokyo and a tour following the exchange. Thanks so much to Cosette and Edie for accepting this important function.

Also, for those of you who attended the Regional Conference in May and heard our CEO of Friendship Force International Joy DiBenedetto as our Keynote speaker, she had many new refreshing ideas. Joy encouraged us to involve younger people in leadership positions to allow them experience in obtaining leadership skills.

In this vein Dasha Prokofyeva has accepted the ED position 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. I ask for your support of Dasha in the committees needed for this exchange. Many of you remember Dasha helped us learn a few Russian phrases at our May meeting and assisted with the Russians at the parties with our Russian guest. The dates for Niagara have been confirmed for June 24-30, 2015.

We do live in a beautiful place. The fall has been beautiful and I have enjoyed it very much. This is a great time to have visitors to Utah and to travel. Our club is currently in South Africa and we are anxiously awaiting reports of the trip. Please look for more detailed information in this newsletter. Thank every member for attending meetings, the board members and all those working on various Friendship Force activities.

Cheers!
Margret

**CHANGING THE WAY YOU
SEE THE WORLD**
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Membership Report

Kris Hill, VP Membership

In this fourth quarter, I think it is a good time to look back. We've had a great year and I would like to thank the entire membership for your wonderful support. We have steadily increased our membership to our current total of 70 people. Every one of you who brought guests to our meetings or social gatherings, made referrals, or just shared information with some of your other organizations have made great contributions this year. I feel like our meetings have become real conduits for membership. It seems like people are having fun and are making more of an effort to bring family, friends, or co-workers to our events. Thank you and I encourage you to continue this in 2015.



Insight, Focus and Thanks

I would also like to specifically thank four people who helped me this year: Edie Mitko, Susan Hilton, Betsy Heath and Margret Ingraham. They all served on my unofficial "membership committee" and helped with brainstorming and assisting me at meetings. Betsy's terrific revamping of our renewal and new member forms, and her development of our fact sheets and membership survey was invaluable. Because of her survey, we now know what our direction and focus should be; namely, what you as members want from our club. And Margret Ingraham is a one-woman welcome wagon to FF! She greets everyone, especially our guests, with genuine warmth and graciousness. So, thank you all, ladies!

Honoring Long Time Members

I look forward to our upcoming events, especially the tribute we are planning for our friends who have been members twenty years or more. According to my research, we have seventeen current members in this category. I have included a list in the newsletter. If you have any questions about this (especially if you feel someone was omitted) please let me know. We'll hold a special tribute for them during the holiday party in December. As critical as new member recruitment is, we simply would not have the Friendship Force of Utah club without these long time members. So we are looking forward to giving them this much deserved thank you.

Start 2015 with a Gift Card

Just a reminder that we currently collecting and processing renewals for 2015. If you turn in your renewal before the holiday party, you will be eligible for the January meeting drawing for a \$35 gift card. You can bring your renewal check to the November general meeting (\$30 for single; \$50 for couple/household) made out to FF of Utah or simply use the stamped, return envelope you were provided. Let me know if you have questions

Kris Hill kristinhill@sisna.com 801-272-3486 or 801-598-4417

Remember to wear your name tag at the November meeting. Drawing will be open to all guests and those members wearing name tags.

CHANGING THE WAY YOU SEE THE WORLD

Welcome New Members

Don Niederhauser, Centerville. Don is a friend of George Herrmann. He is an avid traveler and a retired airline pilot. He speaks some Spanish.

Sharon Coons and Bob Peterson, Midvale. Sharon and Bob are friends of Lotti Wann. Their interests include gardening and history.

We welcome back three former members. We are delighted to see them again.

George and Maggie Lee of Sandy are with us again. George traveled on several exchanges previously. They are both planning on participating in our exchange to Japan in March.

Eva Maria Bates, Salt Lake City. Her interests include art, history, and museums. She speaks some Russian. We are so glad to have her join us again.

Please introduce or re-introduce yourself to these members.



Our thanks to the following current members who have been part of Friendship Force of Utah for twenty or more years. All have contributed in a variety of volunteer roles with our club.

Carolyn and Daryl Anderson

Jan Banta (Roger)

Don and Nona Bressler

Barbara Chapman (Gene)

JoDeane Cruz

George and Launa Herrmann

Susan Hilton

John and Kathy Howarth

Gerri Nielson (Eldon)

Connie and Larry Wade

Denice Wheeler

Kathy Wilde

Note: We researched this as methodically as possible, using the dates you gave us on your most recent membership application. But if we have overlooked any current member who should be listed here, please contact Kris Hill, Membership VP.

OPEN WORLD SCHEDULE

This coming early December, Friendship Force is hosting a small group of young professionals from Ukraine. The intention is for them to experience a taste of the U.S. business, government and public works / public health entities, organizations and businesses. Open World Leadership Center, an agency of the U.S. Congress, administers and funds this program.

FRIDAY, December 5, 2014

Delegates arrive at Salt Lake International Airport (SLC) for welcome. They will be greeted at the gate by Friendship Force members and hosts. Host families will welcome the delegates in Terminal?? and collect their luggage. Host families will take delegates to their respective residences arrange dinner and evening activities (if desired).

SATURDAY, December 6

9:30 am to 12:30 pm Salt Lake Public Library; 210 East 400 South, SLC, UT, 84111
Conference room 4.

Friendship Force Volunteer Program: Speaker: Kathy Howarth;

Community of Caring at Skyline High School: Speaker; Joanie Daily

The Road Home: Kelli Parker, Volunteer Coordinator

Review of the Week's Agenda: Margret Boes Ingraham, President of the Utah Friendship Force

Optional: American Indian Holiday Arts Market

120 West 1300 South, Salt Lake City, UT

Saturday; Time 10-6pm or Sunday, Dec. 7th from 10:00 AM – 5:00 PM

5:00 pm to 8:00 pm: WELCOME DINNER (Casual Dress)

Wasatch Commons, 1411 S. Utah Street (1605 West) SLC, Ut

All Friendship Force Members & Friends: Please bring a pot luck item.

Wasatch Commons is a cohousing community committed to sustainability, conservation and connection. Cohousing is a neighborhood in which the residents have common meals and otherwise cooperate in their daily lives. They are committed to creating a place where resources are shared, lives are simplified, the Earth is respected, diversity is welcomed and living in community with neighbors comes naturally.

Centrally located 10 minutes from downtown Salt Lake City, Wasatch Commons has been in operation for 15 years. Contact Vicky for driving directions at 801-688-8696. Parking is available on Utah Street or in the uncovered parking area. <https://www.facebook.com/wasatchcommonscohousing>

SUNDAY, December 7

9:00 am to 10:30 am: Mormon Tabernacle Choir Broadcast at the Conference Center

10:30 am to 12:00 pm: Tour of Temple Square & Conference Center with hosts

MONDAY, December 8 Theme: UTAH FOUNDATIONS & GOVERNMENT (Business Casual Dress)

9:00 pm to 12:00 pm - Family Search and Genealogical Library – Carol Smith coordinator

2:30 pm to 4:00 pm: Tour of the State Capitol Building.

Meeting with US Representative Jason Chaffetz and Utah Senator Orrin Hatch

4:00 pm to 4:30 pm: Walk to Joseph Smith Memorial Building

4:30 pm to 6:00 pm: Early dinner at downtown restaurant

6:00 pm to 7:00 pm: View Lights at Temple Square and Gardens on Main Street

TUESDAY, December 9, (Business Casual Dress)

8:30 am to 9:00 am: Meet with Governor Herbert

9:00 am to 10:15 am: State Capital

Rick Cantrell; Utah State Senator and Senate Chief of Staff will speak on social media program at the State capital and will be accompanied by some political bloggers.

10:30 pm to 1:00 pm: Salt Lake Police Headquarters

Speaker - Lt. Scott Teerlink, and Deputy Chief Tim Doubt

The tour will include visits with Police & Fire Administration, Salt Lake Dispatch Center, Emergency Operations Center, Detectives work area, SWAT, Records and Museum

2:00 pm to 4:00 pm: Hinkley Institute at University of Utah with Kirk Jowers, Executive Director

6:00 pm to 9:00 pm: Green Drinks Social – MercoLocal to sponsor

WEDNESDAY, December 10

11:00 am to 12:00 pm: UDOT Traffic Center

Carlos Braceras, Exec. Director of the UT Dept of Transportation

1:30 pm to 3:30 pm: Kyle Krater, Intern Sustainable Development for Kennecott Utah Copper

Presentation will cover Business Overview, Sustainability and Communications Strategies

THURSDAY, December 11

8:30 am to 12:00 am: Dr. Brent James, MD, M.Stat. Executive Director of the Institute for Health Care Delivery Research and Vice President of the Medical Research and Continuing Medical Education Intermountain Healthcare.

Representatives of IHC will talk about their patient database, utilization to advance personalized medicine and reduction in cost of medicine.

2:00 pm to 2:45 pm: Mayor Ralph Becker & City County bldg. tour with Utah Heritage Foundation

4:00 pm to 5:00 pm: Tyler Bugden of the Peer Court Project and Gina Russo of the Lowell Bennion Community Service Center at the University of Utah.

Question & Answer session with both speakers to follow presentations.

FRIDAY, December 12 (Casual Dress)

9:00 am to 10:30 am: Bradley Bishop – Associate Director of Development for SLCC

11:00 am to 12:00 pm: Spy Hop, 511 West 200 South, Slc, UT 84101, (801)-532-7500

Speaker: Matt Mateus

Spy Hop's mission is to mentor young people in the digital media arts to help them find their voice, tell their stories and be empowered to affect positive change in their lives, communities and the world.

2:00 pm to 4:00 pm: Sundance Institute, 1825 Three Kings Drive, Park City, UT 84060

Speaker: Kara Cody

7:30 pm: **Farewell Dinner/ Christmas Party**

At LaJolla Groves 190 S. 400 West (Gateway) Salt Lake City, UT

SATURDAY, December 13: Departure Day

Exchange to Tokyo, Japan March 27 to April 3, 2015

JOIN US FOR A SPRING TRIP TO JAPAN!!!

Enjoy the sights and people of Tokyo, Japan in March 2015. Join the Friendship Force of Utah as we visit the ambassadors from Tokyo whom we hosted in 2011 in Salt Lake.

The Tokyo Club would like us there for the week of March 27 to April 3rd. (Cherry Blossom Time). They are planning for 20 participants. Housing will be crowded: Most have bedrooms on the 2nd floor accessed by stairs. Beds are tatami or rush mats covered by a futon cushion on the floor. Pack sparingly; rooms are small in comparison to our homes.



Transportation will be paid by you. Most hosts don't have cars. They will arrange a card that we can purchase for transportation for buses and trains. The Tokyo Club has planned Welcome and Farewell Parties and one day tours of Tokyo City, Mt Fuji, or Kamakura (Giant Buddha) Hosts will make decisions regarding day tours.

FFI Planning Department is working with the Nigata Club in regards to a 2nd week of home hosting. If the Nigata Club doesn't work out, we are still planning on an additional week prior to or after the week in Tokyo. Please e-mail Cossette at cjvanilla@gmail.com

Summer Picnic Tuesday, August 12th. Report by Betsy Heath

Summer thundershowers gave way to a blissfully cool (for August) afternoon in Washington Park with lots of sunshine.

Friendship Force members met at 6:00 pm for an evening of fellowship, friends, and family. Conversations swirled around the tables with travel the most common topic – our members are a globe-trotting lot.

Margaret Ingraham opened a short “business” meeting by greeting members and guests. The Wades brought two darling granddaughters. Donna Jacobs and Michael Alexander were guests of Betsy Heath. Lee Flynn brought her daughter, Deirdre Flynn and Deirdre’s husband Mohammad.

Margaret surveyed the group for interest in our club's foreign exchange for the coming year – Japan. Two members expressed interest. Margaret announced a \$5.00 increase in membership fees for the coming year, and ratified the change by a show of hands. The increase is due to the National FF organization slightly raising fees.

Kris Hill announced we now have 70 members. To increase the fun, Kris did a drawing for anyone who had recruited a new member during the year, and one for anyone who was a new member in the year. Christine Allred won the new member drawing.

Kathleen Mason (our intrepid master of ceremonies) led the group in two games designed to help people get to know each other better. Fun, and a lot of candy, was had by all.

To another good year!

Friendship Force September Meeting. Report by Betsy Heath

Margret opened the meeting by welcoming former Salt Lake City Mayor Palmer De Paulis and 40 Friendship Force members and guests. Several people have joined FF this month, and several are interested in knowing more about the organization.

Margret asked the group to think of places our club would like to visit in 2016. Kris will be sending out possible selections in mid-October. An informal poll is showing Eastern Canada, England, Paris, and Brazil to be popular. Cosette spoke for Chiapis, Mexico as an exchange site – she met a quite a few engaging and friendly club members from Chiapis on her recent FF cruise.

Betsy passed out an interest survey/sign-up sheet for Japanese movies. This is an activity the club expressed a desire to try. Scheduling information will be coming in October.

Margret requested help with accommodations the week of December 5th for the Ukrainian group. The club would like to house the visiting guests closer to the city center (ie – Sugarhouse preferred to Sandy) if at all possible. The goal is to shorten the driving distance between guest's accommodations so that transportation time can be reduced for each day's activities. If your family can help, please contact Margret.

Shirley thanked everyone for the truly outstanding effort on the food for the evening. Shirley also thanked Tom Mitko and Ron Toth for help with arranging the summer picnic and the food sign-up sheets for each meeting.

Susan announced the next social will be October 11th at an Indian buffet (Saffron Valley East India Café). Contact Susan if you would like to attend.

Speaker: Palmer De Paulis

Palmer De Paulis spoke and took questions from the audience on his experiences with the Ukraine during his time as Mayor of Salt Lake City and beyond.

In 1989 Salt Lake became a sister city (after some intense politicking!) to Chernivtsi, Ukraine.

Palmer opened with some poignant comments on "why" he sought to establish a relationship with a then Communist country. He reminded us that his effort, like FF, was establishing person to person relationships that fostered tolerance and built practical bridges to another culture.

Palmer gave a brief history of the country, pointing out it was only consolidated as a region during the modern Russian era. Ottoman, Austrian, Romanian, and Polish influences are all present from times past. In 1991 Ukraine became an independent country after the fall of the Soviet Union. Ukraine is one of the richest agricultural areas in the world, but also has developed a large industrial (steel), arts, and health care economic base.

Salt Lake City has assisted our sister city with technical assistance with infrastructure (water/sewer system design, airport expansion), an economic conference, and direct war disaster relief from the LDS church during the recent troubles. Ukraine professionals have participated in Nursing exchanges with Westminster and teaching/student exchanges with Salt Lake Community College.

Palmer stated Cold Fusion was a hot topic during his initial visits.

