

# FRIENDSHIP FORCE OF UTAH

[www.thefriendshipforce.org](http://www.thefriendshipforce.org)

[www.friendshipforceofutah.org](http://www.friendshipforceofutah.org)

**May-June, 2016**

*"Twenty years from now  
you will be more disappointed by  
the things you didn't do than by  
the ones you did do. So throw off  
the bowlines, sail away from the  
safe harbor. Catch the trade winds  
in your sails.*

*Explore. Dream. Discover."*  
Mark Twain

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*Come to our May 17th 6:30  
social to greet old friends &  
make new friends.*

Members, please bring finger food that we  
can enjoy during the social from 6:30 —  
7:00 PM.

## What's In-side

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## May 17th Meeting

Where: City-County Government South Bldg.

2001 South State Street, SLC

Time:	Social	6:30 PM
	Business Meeting	7:00
	Program	7:20

### Dr. Richard Criddle—Ethiopia

Dr. Richard Criddle, Scientist, World Traveler, Humanitarian, and Photographer, will be making a return appearance. He will share with us, in word and image, some highlights of recent travels in Ethiopia, a country of great natural contrasts, located in the Horn of Africa.



## About Our Club

Club meetings are held the third Tuesday of January, March, May, July, September and November at 2001 South State Street, SLC. Use the East entrance at the north end of South Building where free parking is available. If the door is locked, go to the North building, sign in and get directions to the Atrium.

## 2016 Officers & Board Members

### President — Judy Cohen

UtahFriendshipForce@gmail.com  
judycohen@xmission.com

### Vice-Pres Programs — Kathleen Mason

kcmason1@msn.com

### Secretary — Nona Bressler

don\_nona@centurylink.net

### Treasurer — Doug Ingraham

ingrahamboes@gmail.com

### Social Chair — Betsy Heath

elizabethsaltlak@aol.com

### Membership Chair —Jennifer Allred

Milemarker118@yahoo.com

### Historian — Lotti Wann

lottiw@gmail.com

### Alternate Social Events — Susan Hilton

susanehilton@gmail.com

### Past President — Margret Boes-Ingraham

ingrahamboes@gmail.com

### Newsletter Editor—Dana Hughes

dana92141@comcast.net

## Calendar of Events

### Conferences

#### May 13—15:

Rocky Mountain Regional Conference,  
Grand Junction, Colorado

#### September 15-19

FFI 2016 World Conference  
Marrakesh, Morocco

### Outgoing International Exchange

#### May 25—June 1: Canada, Hamilton/Burlington

March, 2017: Bordeaux, France **Canceled**

### Incoming Exchanges

#### September 24—29:

Peaks to Plains Global Exchange Extension  
See page 4 for details

July, 2017: Brisbane, Australia

### International Exchange with Canada May 25—June 1

The Canada Exchange is fast approaching with 20 eager Ambassadors ready to go. The one week exchange with Burlington/Hamilton, Canada has been well-planned with lots of fun activities. Our hosts have been assigned and contacted and are looking forward to our visit. Wish everyone in our club were going but, we will share all our fun with you when we return.

**Denice Wheeler, Exchange Director**

## FF-Utah - President's Message



Dear Friends,

Our club's board just held its bimonthly meeting on April 30<sup>th</sup> and I want to say how impressed I am by the dedication of the members. There was a wide ranging discussion about the recruitment of new members, and how to create activities that make our club membership even more enjoyable and meaningful. If you

have found yourselves describing the philosophy and activities of Friendship Force to strangers as well as friends and family, share the story with all of us. This could be done by sending the story to the Newsletter editor, Dana Hughes, or in person at one of our meetings. If you know of something going on in the community that you think club members would enjoy doing or hearing about, please let the Program chair, Kathleen Mason, or the Social Events chair, Susan Hilton know. You can also contact any of the board members. It's great to have new ideas.

Unfortunately, our 2017 outgoing exchange to France has been cancelled due to over-commitment from the small Bordeaux club. We are in contact with FFI in Atlanta to see what are our options for an international exchange in 2017. Otherwise, if you want to travel abroad in 2017, we can review the FFI Catalog Of Exchanges and plan to join another club's exchange where possible. This gives us the opportunity to travel with new friends to places we are excited to visit. If you want to discuss this option, please be ready to talk about it at the May 17<sup>th</sup> general meeting.

Western Regional Conference – May 13-14, 2016 – Grand Junction, Colorado. There is still time to register for this conference in Grand Junction. Club members who are going are Don and Nona, Margret and Doug, Denice, Jennifer, and Judy and Rick.

International Exchange to Hamilton, Ontario, Canada – May 25-June 1, 2016.  
The exchange is full.

*Judy Cohen*

**All members are welcome to attend  
the Board Meetings**

## Officer/Committee Reports

**Treasurer**—Doug Ingraham: Club Balance: \$4,216.31. Some outstanding bills for NC Exchange.

**Program VP**—Kathleen Mason: Need your program ideas. See message below.

**Social Chair**—Betsy Heath: Summer Picnic, July 19th, 3—10 PM, will be held in the Washington Park Lower Pavilion.

**Alternate Social Events**—Susan Hilton: I am planning something for June. Information will be available at our next meeting. If anyone is interested in working on a committee of planning alternate month activities, please let Susan know.

**Membership Chair** Jennifer Allred:

Hi Friends,

I am happy to introduce a new member, Kathy Brown. Kathy lives in Sandy and heard about Friendship Force from friends in Colorado. Kathy plays marathon Bridge and loves to travel. She has visited just about every continent, from Russia, to Japan, to South America and Europe. Kathy loves gardening now that she has retired from her Human Resources job at a bank. Be sure to welcome her at our May meeting.

After Kathy joined Friendship Force, she went to visit an old friend in Houston. It turned out that her good friend was a former member of our club! Her name is Sallie Wingeleth. Remember her?"

### **Who do you know who might be interested?**

## Need Your Program Ideas

Do you have program suggestions for our membership meetings? Would you like to make a presentation for a meeting or are you familiar with someone whom you think would do a presentation that would be of interest to our members?

If so, please contact our program chair, **Kathleen Mason**,

## Peaks to Plains 2016

### Cultural & Educational Opportunity

Friendship Force Friends and Members, Please put on your calendar **September 24 - 29 for this opportunity**. Having someone from another country stay with you offers a wonderful fun learning experience.

Our club is part of a regional program hosting Friendship Force people from several different countries. The purpose being to meet these people and show them what makes the west such a great place. Please visit the web site:

<http://ffnocolo.com/exchanges.html>

Scroll down to "Peaks to Plains Global, Mtn. States Region.

The program involves the six clubs in the Mountain States Region. Our club is participating in this program by meeting the ambassadors in Moab, Utah and bringing them to Salt Lake City for hosting by our club members from September 26-29. Four days three nights.

Our club needs members to pick up ambassadors in Moab and drive them to Salt lake City on September 26. This is a nice opportunity to get to know the visitor ambassadors and show them a part of Utah. These drivers may also host the ambassadors in their homes, or other club members may host for the three days, September 26-29. Day host may be needed by host so this would be another opportunity. A great program is planned with events on the 27th and 28th before the visitors leave on the 29th.

### Hosting in Salt Lake City

Have you never hosted before?.This is a WONDERFUL opportunity since it will be only three nights. The ambassadors will be English speaking but from different parts of the world. Some might be from the US depending on the sign ups. They will be with you for only three nights. I REALLY believe you will have a lot of fun with this Global Visit.

Please let me know how you will help out.

**Margret Boes-Ingraham, Exchange Director**  
**<801-424-2850> or [deltadoug44@gmail.com](mailto:deltadoug44@gmail.com)**

Thank you for seriously considering this WONDERFUL opportunity.

## Bordeaux, France Exchange

### Disappointing News

I was informed this weekend that the Bordeaux FF Club has notified Atlanta that our exchange is not possible, no matter what date we might propose.

This news is 'Hot Off the Press' and I am sure that those in power in Atlanta are looking for something else to propose to us. I will keep you informed of any news, but for now, we are in a holding pattern.

C'est La Vie!

**Jennifer Allred, ED**

## TRAVEL WEBSITE

"If you have a burning desire to explore foreign soil, eat mouth-watering cuisine, test your limits and adopt cultural traditions, practises and style into your everyday life, then you've come to the right place. Prepare to be internationally inspired!"

By Kristen Sarah@hopscotchtheglobe

Kristen created her website to inspire, motivate and teach you how to incorporate travel and culture into your lifestyle. She reports that no matter what your life story or budget is, travel can be part of your life.

On this website, you will see information about types of travel, lifestyle, destinations, things to consider when traveling, expert tips and tricks, packing and transportation.

**Website: <http://hopscotchtheglobe.com>**

There is an unspoken bond you create with the friends you travel with.

- Kristen Sarah  
[@hopscotchtheglobe](http://hopscotchtheglobe.com)



## Reflections on the April, 2016 Charlotte, N.C. Exchange

Between April 8<sup>th</sup> to the 14<sup>th</sup>, we hosted nine ambassadors from the Charlotte, N.C. club; three ambassadors from Sarasota, FL.; two each from Owensboro, KY., Big Canoe, GA., Rochester, MI.; and one ambassador from Sugar Land, Texas. This was a new experience for both clubs. Lessons learned were that it could be done, it was fun, and we need to build in more "getting to know each other" activities.

### **HIGHLIGHTS**

Highlights of the exchange included attending a performance of the Mormon Tabernacle Choir; dinner and a comedy at the Desert Star Theater in Murray; a tour of the World War II Air Base in Wendover that was preceded by the informative and entertaining talk by Colonel Stephen C. Hall, USAF retired. His talk, entitled "Hiroshima and Nagasaki: The Missions" introduced us to the why, how, and when the United States chose to use a nuclear weapon.

### **SURPRISES**

The beauty of our state surprised all of the ambassadors. Betsy Heath's guests were surprised by the mountains and green grass and flowers. They expected to see a flat, dry desert, and now they plan to return and explore more of Utah. The Cohen's guests took photos of the rainstorm on the west desert during our trip to Wendover. They sent the photos to their daughters with the text "This is the desert in Utah". One of the Bressler's guests, the ED from Charlotte, had visited Salt Lake twice before and she was very happy to see sights she had not seen before including Ogden, the Bonneville Salt Flats, and Antelope Island even with the biting gnats trying to drive us away.

### **MEMORIES**

I think that every ambassador had some special memory to take home. For some it was seeing bison on Antelope Island and fighting off biting gnats. For others it was hearing the Mormon Tabernacle Choir, and for one man it was having his picture taken in front of a special 40X8 Merci Boxcar received from France and on display in front of Union Station in Ogden. The boxcar brought back memories for him of spending time in just such a boxcar during the Korean War.

These twenty ambassadors went home with memories to share because we shared what we love about Utah. For me, that is what Friendship Force is all about.

**Judy Cohen, Exchange Director**



## North Carolina Exchange June 8—14, 2016



Thanks to Ginny Coombs, Nona Bressler, Judy Cohen, Margret Boes-Ingraham, and Dana Hughes for the photos.

### Thank You from NC Visitors

*"I'm completely spoiled!! I can't go home now!! Loved the food, sites and Elvis (hostess dog)!! He's a cutie. I now have a good friend in SLC. Glad to know I now have a good friend in SLC."* **Marta**

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*"Thanks you so very much for all your gracious hospitality and for driving us to see all the many sights in your beautiful city. I loved every moment of it!"* **Pat**