



A World of Friends Is a World of Peace

In the Time of Pandemic

And the people stayed home.

And they read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still.

And they listened more deeply. Some meditated, some prayed, some danced.

Some met their shadows. And the people began to think differently.

And the people healed.

And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.

Kitty O'Meara
March, 2020

Unique Times Unique Measures

As a special treat, we thought we would MAIL you a HARD COPY of the Friendship Force of Utah Newsletter! This edition is the debut of our new Header. Our adventurous traveler and photographer, Ginny Coombs has provided us with this new photo of Sunset Arch in Canyonlands. Thank you Ginny.

We hope you will kick back and enjoy reading your newsletter in our time of quarantine. Did you know that the word “quarantine” came from an island off of Venice where all ships coming into Venice had to disembark for 40 days during the times of the Plague? And for the first time, the May 19th meeting will be Virtual! We will be ZOOMING! Tune in at 7 PM.

Jennifer

Virtual General Meeting—May 19, 7 PM

Program

Teaching in Guinea-Bissau, a small country in West Africa
Marit Snow & Macote

Easy recipe to make for Friendship Force guest
Margret Boes-Ingraham

Watch for link in your e-mail. I will be on at 6:30 if you are unsure about using Zoom or want to get on early and chat. Also, please call me next week and we can practice the Zoom. We will start promptly so please join us and I am glad to work with you during the next week and early on the 19th. I think you will find this fascinating and I am anxious to learn more about this small very poor country.

Margret

What's Inside

- 2—President's message, Future journeys in 2021
- 3—About our club, Calendar of Events, Cancellations
- 4—Thanks from Koala Hospital, Thanks to Margret
- 5—Pandemic Proposals
- 6—Suggested activities, Treasure's report, Zoom Happy Hour, News from Germany and Minnesota
- 7 & 8—Friendships Near and Far
- 8—Guinea-Bissau Phone or Text Pal
- 9—Poem: When This Is Over

President's Message



Friends, we have heard from our President, Jeremy Snook, about the devastating results of the Pandemic on our organization (Friendship Force International): *"The impact of COVID-19 on Friendship Force clubs and headquarters is undeniable. As an organization whose existence depends on members participating in Journeys, our income has very nearly been erased. Furloughing staff, reducing hours, eliminating all expenses, and suspending our projects will help us continue without Journey revenue for a few more months, but it falls woefully short to see us through this pandemic."*

I encourage each of you to support the work of Friendship Force International with a donation. If each of us were to donate only \$25, it would greatly impact the success and continuation of this wonderful worldwide force for good. _

Here is one way to donate: Make checks payable to FFI and mail to
FFI P.O. Box 570 in Asheville, NC 28802.

Or you can donate on the FFI Homepage to the kindest campaign below.

<https://www.kindest.com/campaign/we-need-help-during-the-coronavirus-pandemic-ffi> .

If you prefer you can send a check to our treasurer, Judy Cohen, noting that it is a donation, and she will collect them and forward only one check on to FFI for the total. Donation checks sent to Judy should be made out to FF of Utah. Judy's address is: 949 South Connor Street, SLC 84108.

Another option is an IRA distribution to a charity. If you are 70 ½, you can make direct charitable gifts from an IRA to public charities and you will not have to report the IRA distribution as taxable income on your tax return. The 501C(3) number is EIN:58-1287754.

For questions regarding donations please call our general line (404-522-9490) or Dana Jackson (404-965-4354) or e-mail support@friendshipforce.org or dana@friendship.org .

Jennifer Allred

Future Journeys

Lets turn to 2021 since our journey assignments have arrived from Friendship Force International. Next year, we will host Western Kentucky in conjunction with their visit to Western Colorado in Grand Junction (tentative). Tweed Valley, Australia will drop in during April* between visits with Tucson, Las Vegas and us. We are tentatively going to Minnesota, and now officially we are going to Long Island, NY in July*. Perhaps we can combine them. We get to travel to Vietnam (usually on a tour) and to Nakhon, Tatchasinma, Thailand in November*.

*Proposed dates

Jennifer

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. March meeting will be held 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.

**Salt Lake Co Government Complex
2100 S & State St, South Bldg.**

Social 5:45 PM

Meeting 6:30 PM

Note: May General meeting will be held on Zoom due to Covid-19 Pandemic restrictions.

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

Calendar of Events

Zoom General Meeting—May 19, 7:00 PM
see page 1

Hogle Zoo with Judy—May 22, 9 AM
2600 Sunnyside Avenue, SLC

Hike with Rose—May 28,
above Little Dell Reservoir

Coffee with Lynn—June 8, 9:30 AM
4670 S 2300 E in Holladay

Garden with Dana— June 15, 10 AM
Red Butte Garden, 300 Wakara Way, SLC

Quilt Show with Eva & Jennifer—July 21
Springville Art Museum

Theater with Jennifer & Carol—July 2
Grand Theater, To Kill a Mockingbird

See details for above on page 5. Please RSVP to leader so you can be notified of any changes in date or time.

Cancellation of Friendship Force events due to Covid-19 Pandemic

Incoming Journey from Africa—Spring, 2020

Regional Conference in Portland, OR—May-2020

Summer Picnic—July 2020

(May reschedule in late summer or fall)

Outgoing Journey-Montana & Washington-Jul-20

Outgoing Journey to Africa—Fall, 2020

Cancelled!!

Thanks Xmission for another year

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KOALA CONSERVATION AUSTRALIA INC

ABN 74 060 854 479

Tel: 02 6584 1522 Fax: 02 6584 2399



01 May 2020

Friendship Force of Tamworth
Friendship Force of Salt Lake City Utah

Dear Members

We thank you for your generous donation of \$644.00 towards the Koala Hospital at Port Macquarie. Attached is your receipt.

The Port Macquarie Koala Hospital staff and volunteers are overwhelmed and humbled with gratitude for the good wishes, support and care from the Australian and international community for our efforts to care for koalas following the devastating bushfires.

In what is a national tragedy, the bushfires in and around Port Macquarie in November, devastated a genetically diverse koala population. As many as 350 koalas have perished with approximately 75% of the fireground footprint being prime koala habitat

The generous donations have meant that we can now purchase and distribute water drinking stations, which will be installed in fire affected regions across New South Wales. This program also benefits other wildlife affected in these areas.

In addition, this extra money will enable us to establish the world's first wild koala breeding program. Funds will be directed to building a facility to allow the surviving koalas to be accommodated in a healthy habitat area. Hopefully, these koalas will breed, and new populations of koalas will be returned to the wild.

Your kind donation makes a massive difference in helping us to continue to look after these amazing creatures.

You can keep up-to-date with what's happening at the hospital by visiting our website www.koalahospital.org.au or by following us on Instagram or Facebook.

Yours sincerely,

Sue

Sue Ashton

President PO Box 236
Port Macquarie NSW 2444 Australia
www.koalahospital.org.au

Thank You Margret

Margret has singlehandedly worked to help us all learn a little technology and to check in on our members. ZOOM is now talked about everywhere, and we can say "We know what it is, and can use it!" Margret has more plans and if you have some ideas of how our club can "get connected" through Zoom, Let's hear it!

MORE POWER TO YOU, MARGRET!

Jennifer

Pandemic Proposals

Ready to get out? Here are some activities that will allow for physical distancing and friendship! **Of course they are all tentative, and require masks, but if you RSVP, you will be notified of any changes.**

Hike with Rose

Easy walk above Little Dell Reservoir (about 1.5 miles)

Thursday, May 28th

For details call at 801 487 6034 or
email ruz@xmission.com

Hogle Zoo with Judy



Friday, May 22: 9:00 AM

**Must order ticket online
ahead of time.**

[https://www.hoglezoo.org/
zoo_visit/your_zoo_visit/
hours_admissions/](https://www.hoglezoo.org/zoo_visit/your_zoo_visit/hours_admissions/)

**Admission: Seniors \$16.95
Adults \$18.95**

Enjoy a day at the zoo where we can stroll through the exhibits while maintaining our social distance. Feature exhibits include the African Savanna, Rocky Shores, Asian Highlands, and Elephant Encounter. There are many other exhibits also.

RSVP: 801-582-2431 OR judycohen@xmission.com

Theater with Jennifer & Carol

The local performance of "To Kill a Mockingbird" at Grand Theater has been rescheduled to open **July 2**. Four or five of us have signed up. There will be limited seating with physical distancing.

RSVP by text to Jennifer at 801-520-8744 if interested.

Quilt Show with Eva & Jennifer

Join us for a visit to the Quilt Show at the Springville Art Museum on **July 21**.

RSVP by text to Jennifer at 801-520-8744.

Coffee with Lynn

Monday, June 8th: 9:30 AM

Three Cups Coffee

4670 S 2300 E in Holladay

(By Caputo's across from Harmons)

Our last Coffee Klatch was attended by 10 friends. We had such a good time talking and laughing. It seems like such a long time ago that we were able to be together so let's see if we can do it again. The coffee shop has an outdoor seating area so perhaps we can spread out a little, enjoy each other's company and get some sunshine.

Come enjoy a cuppa, talk and laugh Hope to see you there.

RSVP 843-359-9523 OR

lynnmichele924@gmail.com *Lynn Muller*

Garden with Dana



Lets support Red Butte Garden. We can meet outdoors and see the lovely summer flowers.

Date*: Monday, June 15, 2020

**Where: Red Butte Garden
300 Wakara Way, SLC**

Time: **10:00 AM**

Meet on upper level of Entrance Building.

Admission Fee: Membership or \$12 seniors

Consider bringing a picnic lunch so we can eat together in one of the lovely gardens.

RSVP: dana92141@comcast.net or 801 277 0808
Dana Hughes

Other Activities That May Be of Interest

To inspire you there are some wonderful exercise videos on YouTube and also line dancing! There are also many games available for us to play online together. Betsy Heath reports there is a "House Party Games" app. And there is a Bridge app called Bridge Base. We could use WhatsApp to see each other and play virtually. Jennifer would love to play bridge; any other takers? Margret plays Cribbage and there is an app for that. She would be glad to play with you!

If you know of other things we could do to interact, please let us know!

We are working on a virtual program. Do you have a recipe that is a faithful one you use when you have Friendship Force guests? We are thinking of adding that to the program so watch for more to come! Maybe a recipe that you have tried during this quarantine.

Margret Boes-Ingraham

Zoom Happy Hour

There were almost 20 that came to the Zoom Happy Hour. It was fun to see everyone and connect for a little while. If you tried to get in last time unsuccessfully, please call and let's try a test. I am learning too, so please have patience. We can do this! I feel certain you will enjoy it when we get things ironed out. You will be sent an e-mail with a link to the next event.

Margret

News from Norderstedt, Germany

Beginning this week, all shops open again, but still no events: no music, no sports inside, no courses in the evening, no restaurants (only meals and coffee-to-go) and even the public schools open only in little steps. We are now allowed to meet with two other people to spend time together. They are talking a lot about how to open restaurants and hotels again. We will see what will happen— it depends on the number of new infections and will be different in the parts of Germany.

Barbara to Jennifer

Treasure's Report

As of April 30, 2020, the bank balance for Utah Friendship Force is \$3,275.38. There is one outstanding check for the amount of \$1,200. This \$1,200 is a donation from our club to Friendship Force International.

Judy Cohen

News from Minnesota, USA

Marge Runnako from Minnesota reminisced about the visit to Pack Creek Ranch in Moab during our Global journey last year. She says they still hope to have our group come to Minnesota in 2021, but like us, all their journeys for this year have been cancelled.



September
General
Meeting

Friendships Near and Far

Friendship Through the Pandemic

The pandemic has impacted me, thankfully not tragically but certainly dramatically. First, thanks to all who inquired about my Mom, Mary Nelson who is 94 years old and living in a senior facility. She is doing ok, although does miss seeing us as much. Thanks for your concern.

As an almost 20 year member of FF of Utah and an avid traveler, staying at home is not in my nature. But we do what we have to do. And, what has been wonderful to me is the sense of connection I still feel with my friends worldwide. I have been in touch with host/friends Ann and Chuck Bernhardt in Florida whom Mom and I stayed with years ago. You can always count on them for optimism and humor even in tough moments. You can go to youtube to see the video Chuck sent me if you need proof. It's called *Staying Inside*, a takeoff on the BeeGees that our generation will certainly appreciate. Additionally, my friends Janet and her daughter Clare who hosted me in their 1700 farmhouse in Derbyshire, England have been in touch. And hosts Evelyn and her Yorkshire terrier, Obie of Bristol tell me they're hanging in there, in spite of a delayed operation for Evelyn. Obie, I'm told is doing "excellent" from all accounts. I texted my new friend, Vernice, FF of Cheyenne to check on her recently. She was my roommate for the English journey last fall. Rather than text me, she instantly picked up the phone and we spent time reminiscing. What a relief from the worry. And then out of the blue, I got an email from Pat on the Isle of Wight, whose cottage I stayed in 15 years ago. I remember sitting by her fireplace eating fish and chips as the rain serenaded outside.

Amid the fear and tension, I have been reminded just what special people comprise FF. They truly are friends for life.

Kris Hill

New Zealand Friends

Hope you, your families and friends are well and keeping safe.

We are in complete lockdown only essential services are available such as Supermarkets, doctors, hospital and pharmacies are open. No shops, cafes, restaurants, children's playgrounds with children touching playground equipment. We have to stay home and only go out for a walk so long as we keep 2 meters apart and the supermarket for food.

John is keeping busy by going to the farm to feed the animals and check on the water supply as we still have not had any significant rain since November. All the best and keep safe.

John & Bev Sanford, Thames, NZ to Kerri & Danny Kelly

Message from Tamworth, Australia



" I am very fortunate living in a country town. It is called a regional city but it is only about 60,000 so compared to American cities it is small. Because we have lots of land around us we are not really close to anyone like we would be in Sydney. I miss seeing my friends and being involved in the things I usually do but really I am very grateful, I have everything I need and enough of the shops are open for me to buy the things I want and the weather is just beautiful. The days are sunny and quite warm and the nights cool enough to sleep under a blanket, so it is a lovely time of year.

There have only been 13 cases of Covid-19 in Tamworth for several weeks now with no new infections, so apart from having to stay home you wouldn't really know there was a problem."

Lynn Muller

Report From Tamworth Australia Club

You'll be pleased to know we have had some good rain and the countryside looks fresh and green—very different from when you were here. The days are beautiful—the nights are getting chilly but today the sky is clear and blue and the sun shining brightly. I send my love and MANY good wishes for your health and safety.

Helen Fergus, President Tamworth FF Club

News from Tamworth, Australia



We are having a beautiful Autumn! We are heading into cooler days & today our max will be 12 degrees. Still in social distancing/ isolation, but today allowed to have an extra two to socialize. Still not seating around the shopping centres & the main street is dead. Very sad. So many have taken to online shopping, so postie's are busy.

Going to be hard to start up again and wonder how some businesses will survive.

I only have been to blood bank for plasma donation, bunnings, supermarket, but late in afternoon after crowds settled. Visited a couple folk, but outside & at distance. I do go next door daily to support the coffee shop. Our govt gave us \$750, so this goes part way to support. They have had a drive thru covid testing station set up here & this am, test thru & negative. I knew but it is a relief. We are not as bad as the states & NY. What a sad world. Hi density living & all those living on the streets, doesn't bode well.

Anne to Carol Milliken

Message from Germany FF Club Host

Hi, this is Judy. I hope that everyone is surviving this isolation and keeping their sense of humor. I reached out to our friends in Germany and they responded that they are all well.

Like our club, they have had to cancel both incoming and outgoing journeys. They plan to enjoy their children, grandchildren, home and gardens. Sounds familiar doesn't it.

Judy Cohen

Friends Around the World

This is a great time while we are sequestered to contact those wonderful people you have stayed with on a Friendship Force trip or hosted in your home. Maybe you met them while day hosting or at another activity. I have sent some e-mails and it has been so fun to catch up a little. Indrek from Estonia who stayed with us during an Open World program wrote that there situation is much the same as here. He sent a Whatsapp photos and a video of a singing lesson he did with his daughter and they were to send it to the teacher. He is a Judge so he said his bedroom is a virtual courtroom! The photos below are Indrek and his daughter in Estonia.

Everyone tells of much the same conditions we are living through. The couple from Medicine Hat did get quarantined after picking up a granddaughter in Mexico. They were not allowed to even leave their yard!

I have also heard from New Zealand, Australia, Switzerland, Lithuania, Canada, Germany, Nevada, Texas, Washington, Florida, Colorado and California. Loved the memories that were brought up when I read their e-mails. We are even hearing from the couple from Tanzania that we were to host the last of April and also the lady in Montana that was to be our host. So we continue to e-mail and share though we are not together.

Jeremi Snook, CEO and President of FF-I suggested MAKE SOMEONE'S DAY! Call. text. Or email a friend and let them know you are thinking about them!

YOU NEVER KNOW WHO MAY NEED A BOOST!



Margret Boes-Ingraham



Guinea- Bissau Phone or Text Pal

Are you interested in learning more about Guinea-Bissau, a country in West Africa and helping adult learners. I have been texting to two young men in Guinea-Bissau using Whatsapp. in West Africa. I have learned a lot about the country as we text and it has caused me to look up many things. Please contact me at 801-403-6463 or e-mail me at deltadoug44@gmail.com if you are interested. I will put you in contact with the person who will do the assignment. I think it has been a fun project for both of us.

Margret Boes-Ingraham



When This Is Over

"When this is over, may we never again take for granted
A handshake with a stranger
Full shelves at the store
Conversations with neighbors
A crowded theater
Friday night out
The taste of communion
A routine checkup
The school rush each morning
Coffee with a friend
The stadium roaring
Each deep breath
A boring Tuesday

Life itself.
When this ends
may we find
that we have become
more like the people
we wanted to be
we were called to be
we hoped to be
and may we stay
that way — better
for each other
because of the worst."

By [Laura Kelly Fanucci](#)