



A World of Friends Is a World of Peace

Kindness

*“Unexpected Kindness
is the
most powerful,
least costly, and
most underrated agent
of human change.”*

Bob Kerrey, American Politician

Virtual Meeting—

August 18— 7 PM

Program

Friendship Force Journey to Mongolia

Lotti Wann

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. *Margret*

Summer Club Picnic

When: Wednesday, August 26th, 6 PM

**Where: Canyon Rim Park
East Pavilion
3100 S 2900 E, Millcreek**

Bring your own meal! Wear your mask!

Bring your donation to the Utah Food Bank!

**Come and get answers to the crossword puzzle!
It's time to reconnect.**

We are planning to meet at **Canyon Rim Park, East side Pavilion**. Turn North on 33rd S between Milo Sports & Savers and swing left onto Grace Street. It is just a turn off Grace Street at the South East corner of the park. The address: 3100 S is a short street, running west from S Grace Street. It leads right to the park and pavilion. There are plenty of trees and shade.

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PRESIDENT'S MESSAGE



Your Board is continuing to keep our members in the loop and providing you with some thoughts and ideas for your Pandemic lockdown time.

We cannot plan, but can hope for opportunities for adventures for 2021. As you probably know, Friendship Force International has booked the Festival at Sea Cruise for September 2021; it will sail around Iceland and around the Baltic, leaving from Holland on Holland America Line. Former member Cosette went on the last one to that area and loved it.

We do have interested clubs for incoming domestic journeys: Kentucky; for outgoing: Minneapolis. These both could avoid air travel, although Delta is sanitizing the cabin air exponentially and requiring masks, and leaving the middle seats empty.

In the meantime, we are actively trying to keep in touch with our members and provide some fun while under lockdown. It is summer, so let's take advantage of the good weather and get together.

We are planning a PICNIC and a zoom MEETING in August, so we can keep in touch and socialize while staying safe. We are also doing a Food and Fund Drive for the Utah Food Bank.

Jennifer Allred

EVENTS & OPPORTUNITIES

GET OUT JOIN US

All proposed activities will be conditional on the virus updates from the governor and mayors. If you find one you are interested in, please let the hostess know so you can be kept up-to-date in case of changes.

Outdoors is the best way to be safe! Check your calendar. Details are in this newsletter.

How much do you know about your friends? Keep Reading and find our crossword puzzle. Very Interesting!



Jennifer

Get Involved!

Calling for Volunteers

Board meetings are fun! We meet about every two—three months, and enjoy exploring ideas and planning outings. Most of us are serving two-year terms and many have served an extended period. Will you join us?

We need help with the newsletter, printing programs for incoming journeys, journey coordinators, technology person, secretary, treasurer, and president. Surely you can contribute! **This will be a great time to sign on, as our board members are willing to stay on for another year while you learn the ropes .**

Which type of service can you offer? Please volunteer! Just call one of your board members or email me at

Allredjennifer@gmail.com

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

**August 10th, 9 AM—Coffee with Lynn Muller,
Liberty Park**

**August 11th, 7 PM—Yoga with Donna Mirabelli
2321 South 1700 East , SLC**

**August 13th—Donner Park with Judy Cohen
East Kennedy Drive, SLC**

**August 18th—Meeting on Zoom, 7 PM
Mongolia FF Journey
Lottie Wann**

**August 20th, 9 AM—Stroll in Salt Lake Cemetery
with Jim Allred
Meet corner of 4th Ave & N
Street, SLC**

**August 24th, 9:30 AM—Red Butte Garden
with Dana Hughes
300 Wakara Way, SLC**

**August 25th— Peace Gardens Tour
with Anne Lemmon
1060 S 900 W (in Jordan Park)**

**August 26th—All Club Picnic
Canyon Rim Park
East Pavilion
3100 S 2900 E, Millcreek**

**Please let organizing Club Member know
if you plan to attend.**

Details of event found on pages 1, 4 & 6.

Treasure's Report

Balance is \$2,23573

Expenditures:

Zoom Fee for July	16.08
Zoom Annual Fee-	104.93
Flowers -	45.00
Contribution to FFI	110.00
Service Fee	12.00

Judy Cohen

Thanks Xmission for another year

Internet services donated by  XMISSION

Opportunities to Get Out

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.**

Coffee with Friends

August 10 (Monday): 9:00 AM
Liberty Park, SLC

Enter park off 900 S. Look to the grassy area under the trees near the corner of 500 E and 900 S. This is directly across 500 E from the Beans & Brews Coffee Shop. You can bring your morning beverage and goodie or run across the street and get it at the coffee shop. You must bring a chair and wear your mask.

Our last Coffee Klatch was by Zoom. We had a good time talking and laughing. It seems like such a long time ago since we were able to be together so let's see if we can do it outside this month. There is plenty of shade under the trees to social distance in a coffee circle.

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

Lynn Muller

Sunset at Donner Park

Enjoy the cool air and sunset at Donner Park. Join me and Rick at Donner Park for the cool air and beautiful sunset.

*We will meet Thursday evening at **8:30 PM** on **August 13th**. Bring a chair or blanket and your mask. See you there.*

Directions: Head east on Sunnyside Avenue. Just past Hogle Zoo, turn right onto Crestview Drive. At the top of the hill is a Y, stay left. At the first stop sign, turn left onto East Kennedy Drive. We will meet at the highest point in the park.

Judy Cohen

Salt Lake City Cemetery Walk with Jim August 20—9 AM

Salt Lake Cemetery in the Avenues is a nice place for a stroll.

To make the walk more interesting,

1. Go to the Cemetery's website and click on the City Cemetery Fascinating Figures tab. Print this 2 page list of "notable" people and map and bring this along for the walk.

<https://www.slcc.gov/parks/city-cemetery/>

2. Also, read the City Cemetery Etiquette page before the walk.

Let's meet Thursday, **August 20th at 9:00 AM** on the northeast **corner of 4th Avenue and 4th N Street by the arch.**

Park on 4th North Street.

Jim Allred

Yoga on the Grass!!!

August, 11, 7 PM

Donna Mirabelli will lead us in a gentle stretch restorative practice yoga. If you have a yoga mat bring it, however extras are available if you do not have a yoga mat. Wear comfortable clothing and enjoy getting some exercise while social distancing. Meet at 7:00 pm at Donna's house 2321 South 1700 East, SLC 84106, Tuesday, August 11th. . RSVP at call /txt 801-884-3544 or for questions.



Tuesday, August 11, 7:00 PM

2321 South 1700 East, SLC 84106



Possible Activities

Hello to all Utah Friendship Force members: social activities are limited in this time of a pandemic viral infection. Your officers have been thinking about some options which might be interesting. Two which I've checked out include visits to the Fort Douglas Military Museum on the University of Utah campus and the Loveland Living Planet Aquarium in Draper.

Military Museum: open Tuesday through Saturday noon to 5 pm at 32 Potter Street. It's free! Check out at www.Fortdouglas.org for more information. There is also a small military cemetery nearby.

Loveland Living Planet: open daily from 10 am until early evening. Admission \$16.95; discount to \$11.95 on Mondays 4—8 PM. Some aspects of the aquarium are closed right now; the touch pool and 4D theaters. The website also lists some "encounters" available at various times. Check www.Livingplanet.com or infor@the.livingplanet.com for specific reservation times, restrictions, etc.

If we have sufficient interest, we can book a similar day and time or an outing. Let Christine Allred know at (801) 424 0096 or Christine@allreds.net

Christine Allred

Book Recommendation for the Quarantine

The Long Walk by Slavomir Rawicz

This is a true page-turner! Reprinted in 1997, it is the true story of a man who escaped from a slave labor camp in Siberia in 1939. Walking south through Siberia means crossing the Gobi desert and into the Himalayan Mountains! You won't be able to put it down and you will never forget it! (Book can be found online, used, for 4—9 dollars!)

A Woman of No Importance by Sonia Purnell

This New York Times Best Seller is the untold story of an American Spy who helped win World War II. It is "a breathtaking story of female courage behind enemy lines". This book kept me reading for a week! Although I wanted to edit certain sentences, I have to say it is a worthwhile read about a courageous and daring American who could not get hired by her own country, but she persisted working behind the lines for the British.

Jennifer Allred



Notes from FF-International

UPDATE TO THE FUNDRAISING CAMPAIGN -

Good news – The campaign has exceeded the goal of \$340,000. As of July 29, \$344,651.38 has been raised! A final count will be announced in a newsletter from FFI. There are plans to celebrate together on line – stay tuned!

VIRTUAL JOURNEYS – You can find suggestions and guidelines to have a virtual journey with another club on the FFI website. There is a Virtual Journey Match which will be linked to the Ambassador Matching form.

VIRTUAL EVENTS - There are a number of Virtual events including a learning space that you can view on the FFI website. I attended one of these events through Zoom on "Culinary Diplomacy" and it was very interesting. If you need help with finding these items on the FFI website please let me know and I can help; FFI staff is also available to help and assist.

Sue Palmer

Field Rep Rocky Mountain Region

Summer Fun



Garden with Dana.

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

Date*: Monday, August 24

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

Time: 9:30 AM

Meet on upper level of Entrance Building.

Admission Fee: Membership or \$12 seniors

You need to call Red Butte & reserve place.

RSVP: dana92141@comcast.net or 801 277 0808

Dana Hughes

*Contingent on garden being open



Gardening Jim Allred



Golfing--Carol Milliken

International Peace Gardens Walk

August 25: 4 PM

Where: 1060 S 900 W (in Jordan Park)

Join Friendship Force friends (guests welcome) for a "peaceful" guided walk in Salt Lake's International Peace Gardens, home to more than 20 individual garden areas, each sponsored by a different country.

Anne Lemmon & Hank Borys will lead us through the diverse plots, providing information on the features & history of the gardens which are now maintained by the Salt Lake Parks Department. It's likely to be warm, so be prepared with a hat, comfortable shoes & water. Tour will be approximately 90 min.



Anne Lemmon

Social Distancing with the Milky Way Keith Hill

Keith Hill used his time well this summer with a few photographic trips to very remote locations where few if any people were encountered. The following photo "Social Distance Met in Christmas Meadows" was taken in Christmas Meadows in the Uintah's at 12:32 in the morning in July. Temperature was 35.9 degrees F. Needless to say, it was easy to maintain the six feet of distance. If anyone would like to see more of Keith's work his website is keithhillphotography.com.



Food and Fund Drive

Friendship Force of Utah has signed up to do a food and fund drive for the UTAH FOOD BANK. Let's contribute non-perishable foods from our kitchens or donate a check during one of our activities this month. These are desperate times for many and we can each spare some support for those who are not just locked-down, but hungry and unable to afford enough food.

At each of our activities this month, we will be collecting food or envelopes with your donation.

Jennifer Allred

Friendship Force Pen Pal Program

"All you need is a pen, a piece of paper, an envelope and a stamp."

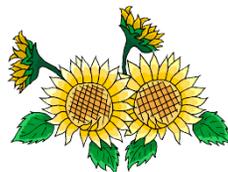
If you are like me, there's nothing like actually holding a book in your hands that you are reading, or like receiving an actual letter in the mail. I try to recognize progress and try to respect the wonders of technology, but I admit that I am a product of an age when hand written letters meant something meaningful and personal.

Because of this, I was delighted to discover the **2020 FF Pen Pal Initiative**. (Ok, I admit I read about it in an email.) But it seems like an excellent and more traditional way to connect with the outside world of friends, especially now as we endure more sheltering in place. An email was sent to all FFI members recently about the program under a general topic of virtual experiences, so you should have received it. The person overseeing the program is Alison Lindsey, who is FFI VP of Member Engagement.

Basically, the program guidelines state "We will match you with another Friendship Force member based on common interests or hobbies, a specific region or city of interest, or a foreign language you'd like to practice. Or let us surprise you with a random match! Then you can sit down and start writing. All you need is a pen, a piece of paper, an envelope and a stamp."

The best way to find out more is to read the program guidelines and then, if interested, complete the application. Alison reminded me of the links to access information. "It would be good to share this link with your members <https://blog.friendshipforce.org/virtual-experiences/>. On that web page, there is a link to the document that explains each experience and how to access: <https://blog.friendshipforce.org/wp-content/uploads/2020/07/FriendshipForceVirtualExperiences.pdf>. (You will find the information under the Friendship Force Members Connect.) I hope several of us in Utah will participate, and then we can compare notes about new friends and places in upcoming months. If we can't travel now to meet them, we can at least bring them to our mailbox.

Kris Hill



Mary Nelson Memorial

Mary Nelson, long time member of FF of Utah, passed away on May 28, 2020. She died peacefully in her sleep. She had enjoyed good physical, mental and emotional health for most of her 94 years. She embodied the FF spirit with her optimism and friendliness her whole life.

Mary joined FF of Utah with her daughter, Kris Hill in 2002. She made friends wherever she went; and traveled to Florida, Kentucky and Texas on domestic exchanges. She loved to participate in FF's social events and helped her daughter host dinners for ambassadors from all over the world. When she lived downtown, her apartment's social room was used several times for dinners and brunches for incoming exchanges.

Her career included being a teacher of the deaf for several years. She was also a writer of poetry, short stories and historical novels. Three of her novels were written in her seventies and eighties. She also loved music and was an accomplished violinist.

Her family would like to thank the wonderful outpouring of love and condolence from her many friends in FF of Utah.

Escape to Sun Valley, Idaho

The first week of July I was going on a FF journey to Montana along with friends from the Tamworth, Australia club. My daughter and family were to be on an European cruise. Both were canceled. So we all went to Sun Valley to enjoy the beautiful outdoors. We hiked, fished, rode horses, paddle boarded. It was great to get out of the city and to be with my family.

Lynn Muller



Black Lives Matter!

Black-owned businesses you can patronize:

"Diversion, a Social Eatery" at 535 North
300 West, SLC

"Yoko Ramen" at 473 East 300
South, SLC

"Sheer Ambrosia Bakery" at 11748 South
Nigel, Spencer Peak Way in Draper;

"Brownies! Brownie s! Brownies!"
1751 South 1100 East, SLC

"C'est Tout! Studio" 1140 East Brickyard
Road (Suite 112) for Hair and
Massage:801-608-1973.

What Friendship Force Means to Me

What does Friendship Force (FF) mean to me? There are so many of you I would not have know in the Salt Lake City area if it had not been for our association with FF. Some of our members I knew a little before we joined FF, but now know so much better having traveled with them, been in their homes and worked on Journeys together. I feel the FF community is a great support group for me also. Doug and I have done things in Salt Lake City and surrounding areas we might not have done had it not been for FF and we have had fun "Friends" to do these things with.

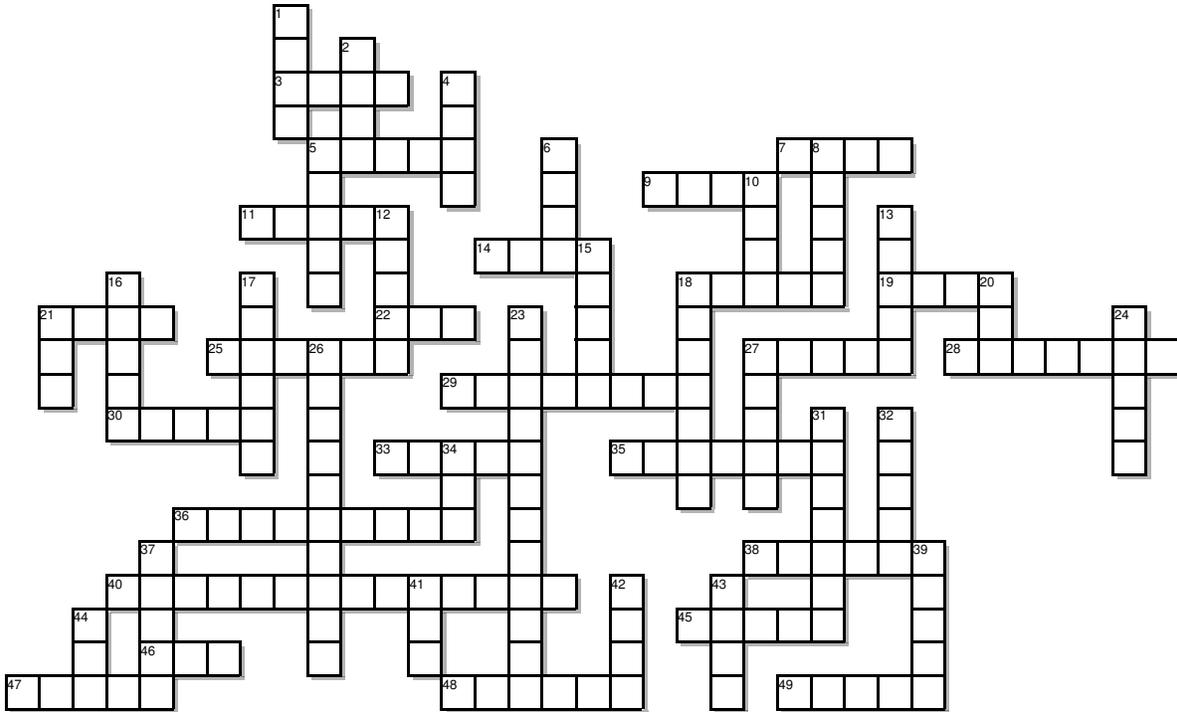
I have been educated and learned so much from traveling with our chapter and hosting others from around the world. FF has definitely made the world a little smaller. I have enjoyed each visitor and each country but in the end it has really been "Faces not Places" like the Friendship Force motto says. During the pandemic it has been really interesting to hear from friends we have made across the world with FF. Each has expressed concern for us and told of how they are coping with the situation. We are all more alike than we are different.

Doug and I have played a lot of Cribbage during this time of isolation!

Margret

Name _____

PEOPLE not PLACES BE AMAZED!



ACROSS

- 3 I grew up in Kansas and lived in Virginia and Missouri
- 5 I dropped a microphone on Paul Harvey's head at a TV station in Chicago
- 7 I went to school riding my horse
- 9 I am a scientist and a professor
- 11 I spent a night in a German jail
- 14 I'm a Catch-and-Release guy
- 18 My last name is like a hotel chain
- 19 I have two birthdates
- 21 I am from Canada
- 22 I have worked in Turkey
- 25 I have grandsheep instead of grandchildren
- 27 I have taught Chinese Cooking classes
- 28 This is my second quarantine
- 29 I scubadived in Trinidad and Tobago
- 30 I have hiked in the Alps, the Dolomites, and the Pyrenees
- 33 I carried my grandchild
- 35 I was born in L.A. and I love to read
- 36 My nickname was NonGreen in Junior High
- 38 I'm just a guy from the Bronx
- 40 I walked the Via Francigena in Italy
- 45 I married a younger man so he could keep up with me
- 46 I landed in South Africa on the day that Mandela was freed
- 47 I grew up on a dairy farm and raised ducks one year
- 48 I was hired by President Clinton
- 49 I have driven the White Rim Trail in Canyonlands more than a dozen times

DOWN

- 1 I went ice climbing on a glacier in Alaska
- 2 I played the part of Becky in Tom Sawyer
- 4 I did several medical missions to Vietnam
- 5 I am the Mystery Member
- 6 I was an exchange student to Mexico City in high school
- 8 I was a lift operator at Deer Valley during the Olympics
- 10 I was in the Ice Capades
- 12 I live part-time in Virginia and own a fair trade company
- 13 I work for the University of Utah
- 15 I went to Kindergarten in Morocco
- 16 I was raised on a ranch in Colorado
- 17 I performed at a Folk Festival in Yugoslavia
- 18 My mother caught the bouquet I tossed at my wedding
- 20 I witnessed the bombing of Dresden from my mothers arms
- 21 I made the scene at Woodstock in '69
- 23 I am a Vietnam Veteran
- 24 I was crazy about Elvis
- 26 I once ran a trucking company
- 27 I was born in San Francisco
- 31 I was a volunteer at the Iditarod in Alaska
- 32 The one thing I love more than travel is CATS!
- 34 I am a dedicated quilter
- 37 I worked at Wasatch Jr High School
- 39 I have been to all 50 states and all seven continents
- 41 I climbed the Himalayas
- 42 I have seen 27% of the bird species on the planet
- 43 I had the same nickname as John Wayne
- 44 I graduated in South Bend Indiana

WORD BANK: ANNE, BETSY, BEVERLY, BOB, CAROL, CHRISTINE, DANA, DANNY, DAVE, DENICE, DON, DONNAMIRABELLI, DONNAPAUULSON, DONNASMITH, DOUG, ELLEN, EVA, GINNY, HANK, JEAN, JEANNE, JENNIFER, JIM, JOHN, JUDY, JULIA, KAREN, KATHY, KATHY, KEITH, KERRI, KIP, KRIS, LARRY, LEE, LINDA, LOTTI, LYNN, MARGE, MARGRET, MARVIN, NANCY, NONA, ORION, POLLY, RICK, ROCKY, RON, ROSE, SANDRA, SHIRLEY, STEPHIE, SUSAN