



A World of Friends Is a World of Peace

**“As you grow older,
you will discover that you
have two hands.-
Use one for helping yourself,
the other
for helping others.”**

Audrey Hepburn

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CELEBRATE

Chinese New Years

Friday, February 12th

Following the Gregorian calendar, the Chinese New Year's celebration continues for 16 days and culminates with the Lantern Festival on February, 26th. Initially, the celebration was a day to pray to gods for a successful planting and harvest season.

There are specific foods, activities and traditions for each day of the celebration. These, however, vary from one region to another. There are also taboos that are practiced during the long celebration. For example, do not say negative words such as sick, death, or pain. Do not clean or sweep as this may sweep away good luck. Taboos are related to the beliefs, wishes and worries of the Chinese people passed down over thousands of years.

2021 is the year of the OX, one of 12 zodiacs in the Chinese culture. "Oxen are hard workers in the background, intelligent and reliable but never demanding praise."... They rarely lose their temper, they think logically and make great leaders.

Food is very important during the celebration. Common dishes include spring (egg) rolls, dumplings, noodles, steamed fish and chicken, rice cakes, vegetables dishes and the hot pot (broth, meat, & vegetables).

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.

Note:

The next few General meetings may be held on Zoom due to Covid-19 Pandemic restrictions.

Look for your e-mail announcing time and place.

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

Explore Understand Serve

2021 Officers & Board Members

President — Anne Lemmon

Secretary — Donna Smith

Treasurer — Judy Cohen

Social Chair — Jeanne Goldstein

Membership — Rose Novak

Member-at-Large—Carol Milliken

Alternate Social Events — Lynn Muller & Donna Paulson

Past President — Jennifer Allred

Technology —Margret Boes-Ingraham

Newsletter Editor—Dana Hughes

Treasurer's Report

Current Balance is \$1,915.44.

Judy Cohen

Member of the Month: Marvin Goldstein

"Marv has been a great help with many of our computer issues. He has helped us update our website and in other technical areas. Marv also enlisted an expert who simplified the regular updating of our website. Our organization needs to stay on top of all new developments online."

A big shout out to Marv!

Jennifer Allred

Thanks Xmission for another year

Internet services donated by  XMISSION

PRESIDENT'S MESSAGE

Farewell Friends!



As we gear up for a better 2021 and the chance to travel, I will be stepping back from the Presidency. I am happy to present an experienced volunteer to lead you. Anne Lemmon has been very active since she first met us back in 2016 while taking a group of ambassadors through the Peace Gardens during the Peaks to Plains Global Journey. It is refreshing to find members who are willing to give time and imagination to our cause. It will be fun!

I have enjoyed my tenure on the Board, and feel that I have made great friends while designing and coordinating the many journeys and events of the past four years. Starting with an incoming Journey from Moscow, when I was Membership Chair, and my first outgoing journey to Cape Town, South Africa, in 2014, and on to the incoming visits from Brisbane and Montreal, and the Open World programs from Serbia, Ukraine, and Estonia, to the outgoing journeys to Greater Hamilton and Burlington Ontario, Norderstedt and Schwerin, Germany, Santa Barbara, California, and Australia and New Zealand, it has been a wild ride! Both through traveling, as well as hosting, planning and entertaining visitors, I have had fantastic opportunities for friendship. It has been an honor.

I was so fortunate to have Judy Cohen, the former president, to train me, Margret to recruit me and to give me my first assignments, and Carol to back me up when any vacancies turned up, Kris to inspire me to make the most of what Friendship Force had to offer, Lee to help me learn how to make a program for a journey, Orion to remind me that life goes on long after retirement, and all of you who welcomed me with friendliness and volunteerism. The many helpers in our club like Rose, Lynn, Christine and Betsy have made it all easy.

Jennifer Allred

Friendship Force Supports Many Community Service Projects

At the last FF Board meeting (my first), we discussed including more community service projects in our activities, especially now while we are not traveling or hosting ambassadors. The response was favorable, and Jennifer reminded us that we had supported refugees in several activities. Two of our members, Eva and Rose, who are refugees, presented their own experiences at a meeting. We enjoyed a speaker from Women of the World, a local program that assists women refugees in Salt Lake. FF-U hired a South Sudanese refugee to cater a meal for us featuring traditional South Sudanese food.

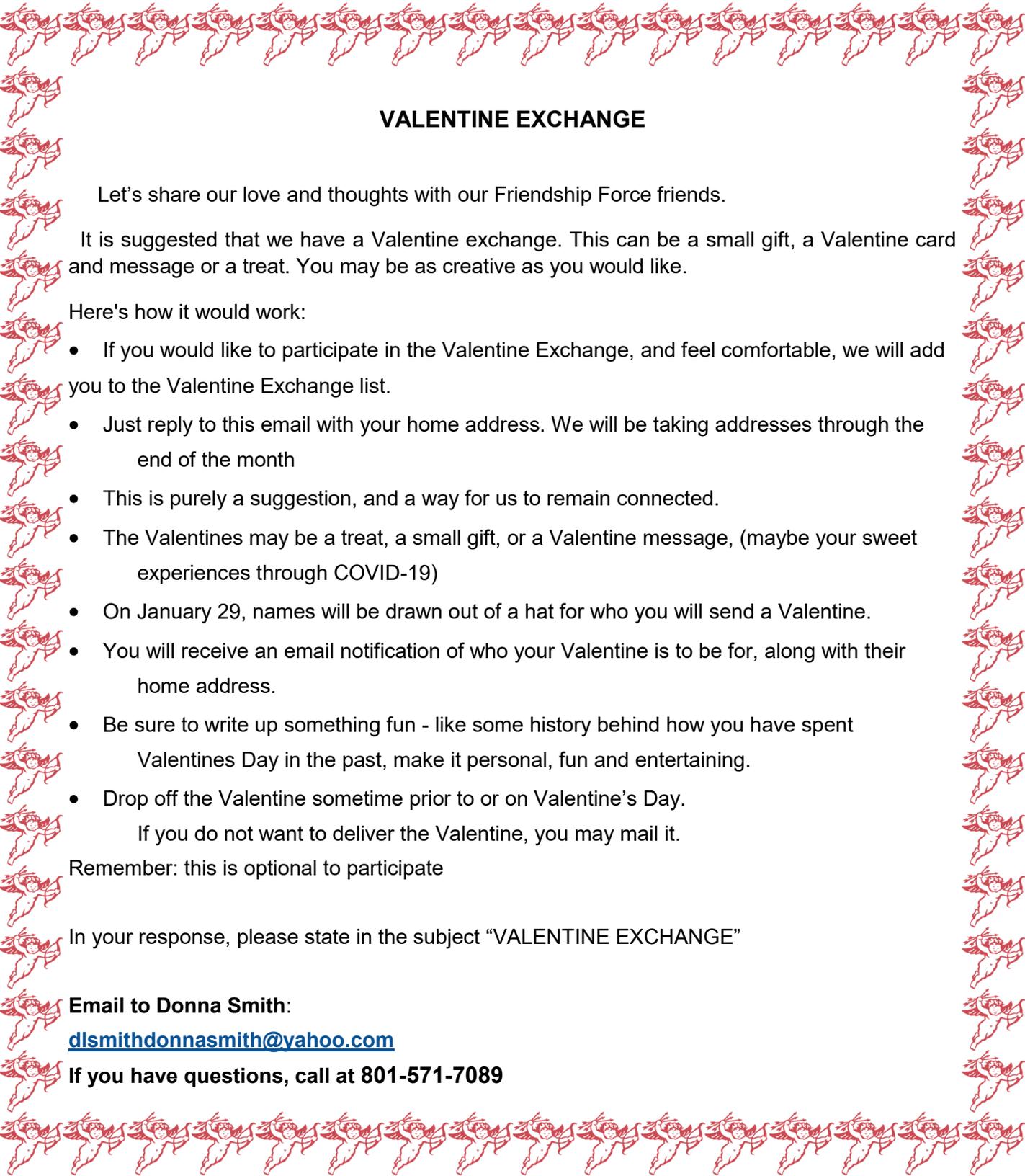
Denice Wheeler, who works closely with the native elders in the Southwest, would be a good source of information and assistance for a drive to help their group (Adopt a Native Elder). In an earlier FF-U newsletter we listed Black-owned businesses. Judy suggested DiaperBank.org as a group with ongoing needs.

In the past FF-U participated in a phone bank for PBS. This summer our club held a successful drive for the Utah Food Bank. Several members have been actively helping others. Kris told us about Violin Outreach with the Symphony Guild. Jeanne has been sewing Covid masks for the Plains Indians. She mentioned the Rose Park Glendale neighborhood as an area that has been hit especially hard by the pandemic and weather. Needs include school supplies and tutors. She knows of an individual in the area who collects various donations and delivers them directly to recipients' homes via her bicycle.

The board welcomes suggestions for service projects we can support individually or as a group. Besides helping others, we may benefit from making more people aware of FF, or we may help another group indirectly, for example if our efforts involve recycling or buying local.

Of course we look forward to the time when the pandemic is under control and we can resume incoming visits and outgoing journeys.

*Anne Lemmon
Incoming President*



VALENTINE EXCHANGE

Let's share our love and thoughts with our Friendship Force friends.

It is suggested that we have a Valentine exchange. This can be a small gift, a Valentine card and message or a treat. You may be as creative as you would like.

Here's how it would work:

- If you would like to participate in the Valentine Exchange, and feel comfortable, we will add you to the Valentine Exchange list.
- Just reply to this email with your home address. We will be taking addresses through the end of the month
- This is purely a suggestion, and a way for us to remain connected.
- The Valentines may be a treat, a small gift, or a Valentine message, (maybe your sweet experiences through COVID-19)
- On January 29, names will be drawn out of a hat for who you will send a Valentine.
- You will receive an email notification of who your Valentine is to be for, along with their home address.
- Be sure to write up something fun - like some history behind how you have spent Valentines Day in the past, make it personal, fun and entertaining.
- Drop off the Valentine sometime prior to or on Valentine's Day.
If you do not want to deliver the Valentine, you may mail it.

Remember: this is optional to participate

In your response, please state in the subject "VALENTINE EXCHANGE"

Email to Donna Smith:

dsmithdonna@gmail.com

If you have questions, call at 801-571-7089



"All you need is love.
But a little *chocolate*
now and then doesn't hurt."

Charles M. Schulz

Spread the Word about Friendship Force!

I am ordering a license plate frame or holder that says Friendship Force on it. What a great way to spread the word about our organization. Let me know by February 15th if you want to get one too. The cost is under \$20. It will look very impressive on your car and you will get questions about us!



Jennifer Allred

Membership Dues

Happy New Years!

It is now time to pay your 2021 dues. All members who paid their dues by January 19 were entered into a drawing for a \$25 Harmons Grocery Store gift card. Don Bressler won this prize. So that made his membership free! If you have not yet paid, please send your dues to Lynn Muller..

In friendship,

Lynn Muller
Membership Chair

Friendship Force of Utah Membership Form

Contact Information:

Name: _____

Preferred Phone: _____

Address: _____

E-Mail: _____

Dues for 2021 are **\$25.00 per person**. There is no discount for couples but any additional family members are \$10.00

Mail to: **Lynn Muller**
1722 S. Wright Ct.
Salt Lake City, UT 84105

Volunteer Activities for the Covid Winter

Here are some volunteer activities that are easy to do. I have been involved in two of these and have knowledge of the third. Call me (Jeanne) if you have questions: 801-277-4054.

Sewing masks

In March I helped the Intermountain Healthcare Consortium sew medical grade masks for health workers. Apparently, there is still a great need for cotton masks with a polypropylene liner for Indigenous youth on reservations throughout the United States. There is an excellent site where you can volunteer and be given mask material. The site is: www.sewingfornativepeoples.com. My local contact in Salt Lake City is Jo Overton, a member of the Sicangu Lakota (Federal name: Rosebud Sioux Tribe). Look at her BBC interview on the above site or email her for more information:

lakotaJo2@msn.com.

Glendale & Rose Park Community Learning Center's Emergency Food Pantry

The Latino and Polynesian communities in Salt Lake City have been disproportionately hit by COVID-19. With whole families sick and quarantined, getting to stores has been difficult, so I've been doing a weekly collection of food on Wednesdays from 9 AM-3 PM. Donations can be placed in the black plastic container labeled "Glendale/Rose Park Community Drive" which is under the office window to the left of the church entrance on Murray Holladay Rd. I pick them up and take them to a woman who distributes needed food from her bicycle basket. The church's address is:

Holladay United Church of Christ
2631 East Murray Holladay Rd., Holladay, UT 84117

Tutoring middle schoolers in reading

Readers of the Salt Lake Tribune saw the low achievement graphs of Salt Lake's school children in the fall. Many of these children just need a chance to interact with an adult one on one. If you would like to donate 1 & 1/2 hrs. per week via Zoom to help a student, contact me and I'll get you in touch with my friend who is a middle school teacher.

Jeanne Leigh-Goldstein

Additional Volunteer Activities

Crossroads Thrift Store

Dedicated to providing bargain and no-cost clothing and household needs to our homeless, youth and low-in- come neighbors in need. Margret Boes-Ingraham is willing to take donations if you leave them on her porch. Please call her at 801-424-2850 if you are leaving items. Clothing items and small appliances are acceptable. <https://www.crossroadsurbancenter.org/clothes.htm>

Margret

Utah Diaper Bank

One of the many nonprofits our club could support through a monetary donation of running a diaper drive is the Utah Diaper Bank that provides diapers to families in need. You can reach them at

utahdiaperbank.org.

Judy Cohen

Friendship Force Moves Online

Friendship Force International is instigating a move to more online records. (Friendship Force of Utah is too!)

Starting in 2021 each member will have a unique member ID. Personal security is enhanced through the FF-International website; journey security also. (Coordinators can be sure that their applicants are active members in good standing.) The first step is to have all members set up an online profile. This will be available in February. The only REQUIRED information is your name and email address. You can rest assured that the database is private and built using the latest security features, and your information will never be released or shared externally without your authorization. It will be a simpler way to reach members you have met or are anticipating meeting as you journey across the nation and the world.

Over time, there will be more tools and ways to connect online, enhancing how we communicate and share information within the Friendship Force community. There will be more virtual experiences, webinars, and more importantly we will save time when we do participate in Journeys. For example, when you sign in and create a full member profile, you will be able to make payments and use an earlier application for more journeys without starting from scratch. If you become a journey coordinator, you can be sure that the applicants are active members in good standing and all applications and tallying will be done for you.

Our Utah Board is investigating the hard copy records we have and trying to implement a strategy to put more of our history online, to make it accessible without being in boxes. FF of Utah has a long history of interesting journeys and we want to remember them. Will you volunteer to serve on a committee that will work to organize and scan or photograph the important documents such as journey programs? It should be a fun endeavor. **Old-Timers we will need your input!** If we can't find members willing to participate, we may need volunteers to lug boxes of records into someone's basement! **To volunteer for our history review committee, text or call me at 801-520-8744**

Jennifer Allred

THOUGHT OF THE DAY

Life's most persistent and urgent question is

***What are you
doing for others?***

Martin Luther King Jr.