



## *A World of Friends Is a World of Peace*

“Perhaps travel cannot prevent bigotry, but by demonstrating that all peoples cry, laugh, eat, worry and die, it can introduce the idea that if we try and understand each other, we may even become friends.”

*Maya Angelou, Poet*

### **Zoom General Meeting**

**March 23—7 PM**

**Short business meeting**

**Program: Visiting Cuba by Jay Jones**



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### **The Covid-19 Vaccination**

The vaccine is important to help stop the pandemic. Sign up for the vaccine as soon as you are eligible.

See website below to register for appointment.

<https://coronavirus.utah.gov/vaccine-distribution>





## Analysis of a Cubano (or Cuban)

A Cubano or Cuban is a sandwich that originated a long time ago in Cuba among the Taino tribe. Various immigrant cultures added their own makings of this delectable creation. Spaniards, are known to have introduced the pork and ham. Many iterations followed as it moved to Florida and back to Cuba. People in the first U.S. Cuban community in Tampa, believe their ancestors invented this sandwich. It is popular in Cuba and Florida, especially Key West and Miami, It appears occasionally on menus in other parts of the U.S.

### Here's how to make a Cubano

Preferably use Cuban bread. It's a simple recipe available online. There are bread machine versions also. Traditionally it must contain lard (some recipes contain no fat). You can substitute a soft French loaf if necessary. Slice it in half lengthwise. Spread with yellow mustard of your choice. Add thinly sliced dill pickles. Three is traditional. Place sliced mild/sweet ham on one side. Now for the only unusual ingredient: Place sliced or pulled roasted pork (such as shoulder) that has been marinated in **mojo marinade\*** on the ham.

In Tampa, Florida, salami is added but not in Key West, Miami, or elsewhere. Top with a slice of Swiss cheese and the remaining half bread. Cut horizontally into 8-12" sandwiches. Butter the outside of the bread if desired and heat in a sandwich press or in a skillet with a weight on top to press. When golden brown and cheese is melted, cut diagonally in half and serve.

**\*Mojo marinade:** 3/4 cup extra virgin olive oil. 1 cup cilantro / coriander, lightly packed. 1 tbsp orange zest. 3/4 cup orange juice, fresh. 1/2 cup lime juice. 1/4 cup mint leaves, lightly packed. 8 garlic cloves. 1 tsp fresh oregano leaves, packed (or 1/2 Tbs dried oregano), 2 tsp ground cumin, 1 tsp each salt and black pepper.

## Mojito

You can serve your Cubano with a Mojito, Cuba's official cocktail, with or w/o alcohol.

### Here's how to make a Mojito

Muddle 2 sprigs fresh mint and 1 oz simple syrup in a cocktail shaker. Add 2 oz white rum (preferably Cuban) and 1 oz fresh lime juice. Fill shaker with ice and shake until cold to touch. Strain into 2 tall glasses (such as Collins) and top with club soda or sparkling water. Garnish with mint sprig. For a mocktail (Mojito), omit rum. You can replace soda or sparkling water with limeade for more flavor.

Other cocktails popular in Cuba are the Daiquiri, named after a beach in Santiago, Cuba. It was actually Ernest Hemingway's favorite. In our youth we may have tried a rum and coke. Adding fresh lime juice makes it a Cuba Libre ("Free Cuba").



## 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 May General meeting may be held on Zoom due to Covid-19 Pandemic restrictions. Look for your e-mail announcing time and place.**

## 2021 Officers & Board Members

To contact officer below, send e-mail to

[UtahFriendshipForce@gmail.com](mailto:UtahFriendshipForce@gmail.com)

Put name of officer you want to contact in the subject line

**President** — Anne Lemmon

**Secretary** — Donna Smith

**Treasurer** — Judy Cohen

**Social Chair** — Jeanne Goldstein

**Membership**—Rose Novak

**Member-at-Large**—Carol Milliken

**Alternate Social Events Co-chairs**

Lynn Muller & Donna Paulson

**Technology**—Margret-Boes Ingraham

**Past President** — Jennifer Allred

**Newsletter Editor**—Dana Hughes

**Explore Understand Serve**

## Group Activities

### 1. Red Butte Garden —April 15—11 am

As we write this, we are enjoying a taste of early Spring. Snow is quickly melting and bulbs are popping up through the still-cold earth. We eagerly anticipate seeing blooming daffodils, tulips, hyacinths and crocuses as well as tree blossoms within this next month. One of the best annual displays of bulbs and blooms here in the Salt Lake area can be enjoyed at Red Butte Garden.

With blooms in mind, we invite our members to meet up at Red Butte Garden on April 15 at 11 am. If you are a member, please consider inviting another FF member or two as your guest. If you are not a member, please meet Lynn Muller and Donna Paulson outside the Visitor Center at the Garden to pick up a guest pass. If you are so inclined, the Garden will greatly appreciate an Admission Fee or a donation, as the Garden has had to make significant cuts to staff and projects during the Pandemic this past year.

**RSVP to: Lynn** (843) 359-9523 (C)

email: [lynnmichele924@gmail.com](mailto:lynnmichele924@gmail.com) OR

**Donna** (801) 432-8568 (H)

email: [donnapaulson@comcast.net](mailto:donnapaulson@comcast.net)



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### 2. Lunch with Small Group

Vaccinated? Ready to go to a restaurant for lunch with a small group? Contact Carol to join:

**Milliken@Xmission.com or call 801.415.9389**

## Journeys for 2022

### Incoming

**International:** Nairobi, Kenya; Iringa Tanzania

**National:** Greater Cincinnati, Ohio

### Outgoing

**National:** Twin Cities, Minnesota

## Thanks Xmission for another year

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## PRESIDENT'S MESSAGE—Anne Lemmon

Hi Friends,

I hope you are all well and looking forward to our March FF meeting (virtual of course). Normally we meet the third Tuesday of the month, but since this month has five Tuesdays, our Zoom meeting will move to the fourth Tuesday. Meanwhile, those who wish can celebrate St. Patrick's Day the previous week. So, on March 23 at 7pm we can sign onto Zoom (link will be sent) for a short business meeting and a program on our speaker's visit to Cuba. The speaker (some of you may know her) is Jay Jones, former owner of the Bikram Yoga studio in Sugarhouse.

I look forward to "seeing" you all March 23, and who knows, this might be our last virtual meeting.

## March & April Commemorations and Celebrations in the United State

**March is Women's History Month**—Beginning in 1987, the U.S. has formally recognized March as National Women's History Month. The world celebrates International Women's Day on March 8th. The global community calls to mind the social, economic, cultural and political achievements of women and a call to action for gender equality. Internationally, purple is the color for symbolizing women's equality as it signifies justice and dignity.

**March is also Irish-American Heritage Month**—In 1991, U.S. Congress proclaimed March to be Irish-American Heritage Month to honor the achievements and contributions of Irish immigrants and their descendants who are living in the U.S. today.

**March 17—St Patrick's Day** was originally a religious holiday to honor St. Patrick who brought Christianity to Ireland in the 5th century. Shamrocks became the symbol of the day, as legend tells it, St. Patrick used the 3 leaves to explain the Holy Trinity. The day is celebrated in many cities with parades and parties.



**Holy Week—March 28th—April 4, 2021**. In the Christian tradition, Palm Sunday commemorates Jesus Christ's entry into Jerusalem. Other days commemorate events that occurred during Holy Week: Judas's betrayal and the institution of the Eucharist on Maundy Thursday; the Passion and death of Christ on Good Friday, Christ's burial on Saturday, and his Resurrection on Easter Sunday.

**Passover—March 28th—April 4, 2021**. This Judaism holiday commemorates the Hebrews' liberation from slavery in Egypt. It is related to the Christian observances of Good Friday and Easter Sunday. Many Jewish families in the U.S. enjoy a ceremonial meal known as the Seder which involves telling the story of the exodus from Egypt as well as eating various symbolic foods, such as lamb and bitter herbs (recalling the harsh life of slavery).

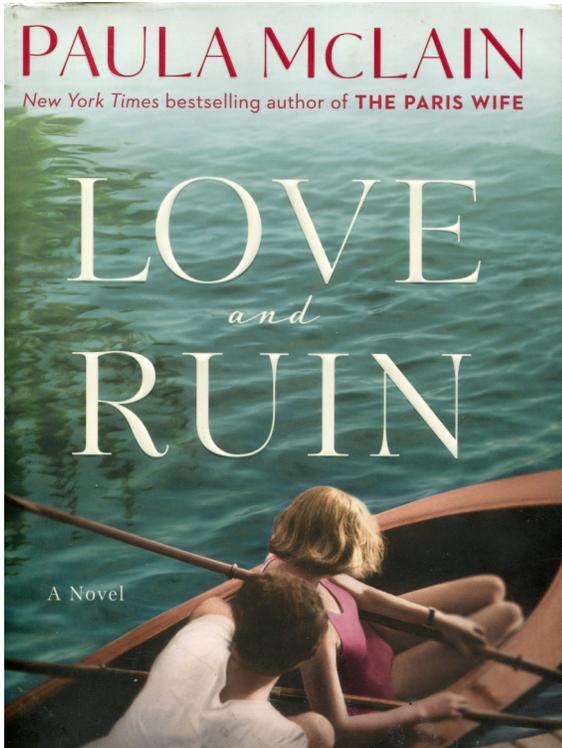
**“Well Behaved Women Rarely Make History”**

*Eleanor Roosevelt*

## VALENTINE EXCHANGE

The Valentine exchange was a success with 16 participants. It was voluntary for those Friendship Force members who wanted to be involved in the exchange. There were a variety of ways the valentine messages were received. Some mailed valentines with special messages, others hand delivered a treat or a small gift and had a social-distance visit on the front porch. It was an opportunity to spread friendship and caring among our club members.

*Donna Smith*



### Love and Ruin by Paula McLain

This historical novel is a good read for Women's History month, and is partially set in Cuba, our program topic for March. Here are excerpts from the book jacket summary.

In 1937 28-year old Martha Gellhorn travels to Madrid to report on the Spanish Civil War. It's her chance to prove herself a worthy journalist in a field dominated by men. In the shadow of the impending World War II, set against the turbulent backdrops of Madrid and Cuba, she meets and marries Ernest Hemingway. Their relationship is tested by the competing demands and turns of their professional careers, and Martha's desire to be her own woman and a respected writer.

*Anne Lemmon*

### Officer Reports: Membership & Treasurer

**Membership:** 41 members have renewed for 2021. Congratulations to Don Bressler!! He won the "Renew Your Membership" raffle at the January meeting. He received a \$25 gift card to Harmons Grocery.

*Lynn Muller*

**Treasurer:** Current balance is \$2,133.

*Judy Cohen*

### News of Past Member: Pamela Paine

Pam died January 2, 2021. She served as Vice President of our club in charge of socials in 2008. She hosted for journeys and often had one of the small dinner parties. Pam lived in Provo and would travel to SLC for our meetings

[www.bergmortuary.com/obituaries/Pamela-Gay-Paine/](http://www.bergmortuary.com/obituaries/Pamela-Gay-Paine/)



"If we were meant to stay in one place,  
we would have roots instead of feet."

*Rachel Wolchin*