



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

### **Thanksgiving Observance**

- Count your blessings**  
instead of your crosses;
- Count your gains**  
instead of your losses.
- Count your joys**  
instead of your woes;
- Count your friends**  
instead of your foes.
- Count your smiles**  
instead of your tears;
- Count your courage**  
instead of your fears.
- Count your full years**  
instead of your lean;
- Count your kind deeds**  
instead of your mean.
- Count your health**  
instead of your wealth;
- Count on God**  
instead of yourself.

*Author unknown*

**FF General Meeting**

**When: November 16      5:30 PM**

**Where: SL government complex**  
2100 South State, S building

**Potluck:**  
We suggest food that comes in individual portions rather than a dish to dip from (e.g., cookies, canned drinks, string cheese, whole fruit)

**Program:      6:30 PM**

**Exploring the Hopi and Diné Nations**

Marsha Morton,  
Retired Professor of Nursing  
Westminster College

**Mask and vaccination are required**  
We will follow spacing standards and limit the number of people at a table to 4.

Lets keep things safe as possible and have a great time. **Annual dues can be paid.**

### **What's Inside**

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### **Please Register at FF International**

“FF International and our Utah club remind each member to register at [MyFriendshipForce.org](http://MyFriendshipForce.org). This is to provide FF International with a list of valid members verified by a Utah Club administrator soon to be announced.”

## About our Club

Club meetings are held the third Tuesday of January, March, May, July, September & November in the Atrium of the Salt Lake Co. Government complex, 2100 S State St, South Building. Use east entrance at north end of South Building. If door is locked, sign in at North Building and get directions to the Atrium.

### 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

## Journey Updates

### Incoming

#### 1. Kentucky (Greater Cincinnati Club)

The date is now set: September 28—October 6. This is less than a year away. The weather should be good, so let's start planning what we want to do. Our Coordinator is Donna Paulson. Masks will be required of course.

2. Kenya and Tanzania are still on the records but with the lag in vaccinations in Africa, it probably won't happen next summer.

### Outgoing:

#### North Shore of Lake Superior and Minneapolis

The dates are September 8—15.

Tentative plans call for us to stay 3 nights with our hosts, 2 nights in 2 different hotels, a dinner cruise and a special dinner in a mountain lodge. We will travel almost to the Canadian border and have options for hiking, walking and exploring the North Shore of Lake Superior. Jennifer Allred is the coordinator for this one.

### Friendship Force Festival at Sea Cruise

#### On Holland America

Next Fall, if you are not going to Minnesota for our domestic journey, you are invited to sail from Amsterdam on August 22nd for 14 days. It will go north to Norway, west to Scotland, and to Iceland, returning on September 11th, 2022. Suites are around \$5000.

### Veterans Day is November 11th

On October 11, Hank and I attended the annual reenactment self-tour at Ft. Douglas Military Cemetery. Our speaker from September, Beau Burgess, Director of this museum, represented Patrick Connor, a Civil War era general who was the father of mining in Utah. Volunteers, dressed in reproduction uniforms were stationed around the cemetery to give brief talks on the people and services they represented. It was interesting to hear reenactors representing the Union Army, Coast Guard, Navy, Army, Air Force, early Utah politicians and even German POWS. We noted that many veterans buried at Ft. Douglas. served in either WWI, WWII and Korea, or WWII, Korea and Viet Nam. We recommend a visit to the museum to hear an overview of Ft. Douglas.

*Anne Lemon*



## PRESIDENT'S MESSAGE

Hi Friends,

Just like that, Fall has fallen upon us. The trees have turned incredible colors. We've had some welcome relief from the drought. I've noticed some lovely sunsets. But this beauty is tempered by more negative happenings throughout the world. Floods and fires, volcanoes, earthquakes and more have wreaked havoc in many areas. A broken supply chain has caused disruption and inconveniences to normal patterns. And Covid is still with us. People are conflicted about how to handle all of this. We are called upon to be flexible as we try to move forward into a future of unknowns. Can we gather safely? Can we travel?

We've been lucky in Friendship Force to enjoy several outdoor gatherings, and Nona turned on a dime to move her garden event indoors when weather suddenly cooled. Indeed, we cancelled one alternate activity for rain. But we held our September meeting as usual, and recently 10 of us met for brunch at Finns Café. Our board is thinking about plans for our holiday party in Dec.

I just received a reminder letter from the Utah Food Bank requesting donations; it also contained a thought provoking greeting card with this message: "This year our lives have been enriched by our loved ones and experiences..." Below are several blank lines on which to write specific people and events who have enriched us. I suspect that many of us will enter Friendship Force on this list as I did. Each member is important, and the board hopes to see all our members at our activities.

*Anne Lemmon*

### Treasurer's Report—November 2021

As of November, 2021, the balance on our club account is \$1,900.

We have been notified by FF-International that the club's annual fee will be increased from \$15 per member to \$25 per member. This means that our club will be sending FF-I \$750 in fees. With this in mind, **as a club we will need to increase our annual membership fee from \$25 to \$30.**

For the past year the fees that members pay have covered costs for renting a site for the summer picnic, the main dish and beverages at our potlucks, paper and plastic ware for the potlucks. In the past our fees also covered the cost of gifts to speakers and donations to other worthy organizations.

*Judy Cohen, Treasurer*

### Lets Eat Greek

Last month we ate Swedish. This month Let's Eat Greek!

**Thursday, November 18 at 10:30 am**

Meet at **The Other Place Restaurant** for brunch or an early lunch.

**469 E 300 S**

We will have a separate room for 15 of us. (Quiet enough to hear and talk)

RSVP to Carol Milliken by email please

[milliken@xmission.com](mailto:milliken@xmission.com) (801-415-9389)

Thanks Xmission for another year

Internet services donated by  XMISSION

## A Goal Accomplished...???

Margret Boes-Ingraham

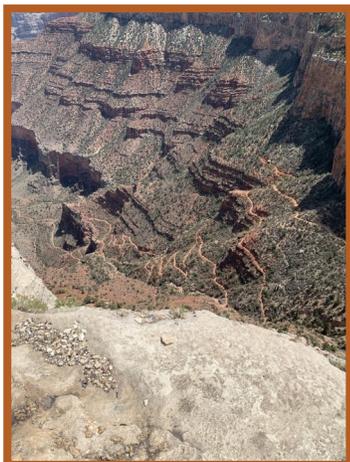
In the 80's I had taken a helicopter into the Grand Canyon and rafted out to Lake Mead. It was an AMAZING trip. We were on big pontoon boats and they cooked for us and supplied us with tents and sleeping bags. It was quite the adventure. I was part of the North West Pipeline River Rafting club. We had done many river trips and this was the BIG one.

I had always said we put in just below Phantom Ranch. But this year I decided I should do the rest of the canyon. I first asked my daughter if she would go with me and raft down the canyon putting in at Lee's Ferry and spend a couple of nights at Phantom Ranch and hike out. She agreed and then I asked my son, his wife and my granddaughter to go also. In researching the trip I found out on the trip in the 80's we had put in quite a ways below Phantom Ranch. It was at a place called Whitmore. This was below Lava. We decided on a trip and there was not an option to stay at Phantom Ranch so still have not done that and now more of the river needs to be explored.

We got on the Colorado River at Lees Ferry and spent five glorious nights on the river. The scenery is spectacular. The night sky is beautiful. We went with AZRA Arizona Rafting Adventures. We had one dorey, a paddle boat, and four oar boats. I was very excited to ride in a dorey as I had never ridden in one before. This is a wooden boat that John Wesley Powell's expedition used in 1869. So we were very close to the water. So we were wet most of the time and since it was hot that was great! The food was great and the others on the trip we enjoyed. We had a family from Houston, a family from Napa, a couple from Sedona, a man from Miami and his son and nephew from Puerto Rico. We were very fortunate to have six teenagers on the trip so my granddaughter was delighted.

The boatmen and boat women were excellent. One of the women had written an article about Ken Slight who is featured in the Monkey Wrench Gang. They gave us a great narrative on the river. This is possible without motors that are noisy. Fun rapids ranging from splashes to one 9 rapid we did on the river. There were rapids every day. One day I participated in a citizen science project. I had to reach down from the raft and take samples of the river. These were then kept by the boatman and given back at the end of the trip. They were testing the water quality at various places along the Colorado River.

**We hiked out from Pipe Creek to the South Rim 8.5 miles with an elevation gain of a vertical mile!** We had guides with us from the river to about half way to Indian Gardens and then a group that was hiking down with a guide met us and hiked up the trail with us. Our guide was awesome. She had also written a book on the San Juan river so was very knowledgeable. She pointed out things along the way and showed us things we would have never seen if we had not been with her. It took us a little over 7 hours to hike out. It was a tough hike but it felt sooo glorious to have done it! My daughter and I had trained all summer for the hike and I also hiked with a group of gals on Friday who helped me train. It was a wonderful feeling of accomplishment! There were times during the training I wondered if I had bit off more than I could chew but I made it no problem!



## News of Club Members

### Geraldine Rasmussen Nielson: 1921—2021



Geraldine Nielson died on August 31, 2021 at the age of 100. Known as Gerri, she was born in Hunter, Utah (now West Valley City) to Lon Rasmussen and Susan Lewis on July 7, 1921. She attended Cyprus High School and then the University of Utah. She married Eldon D. Nielson also from Hunter, Utah on December 13, 1942. Gerri obtained Bachelor's and Master's Degrees in Business Administration from the University of North Carolina in Greensboro. She taught business, worked as an accountant, and served two terms in the North Carolina State Senate as the first female Republican State Senator. She and Eldon had three children, Dennis, Karen and Karla, and lived throughout the eastern half of the United States while their children were growing up. They enjoyed big band music and loved to go out dancing. Upon retirement, they returned to the Salt Lake area. Later in life, Gerri and Eldon traveled the world - often with the Friendship Force - and participated in numerous bridge, gourmet dinners and other social clubs. Gerri used her business acumen to keep the books for several stock clubs (two of which she founded) and maintained her interest in the stock market until the end of her life.

Gerri and her husband Eldon were long-term members of FF-Utah. Many years ago, Gerri was president of the club. Both Gerri and her husband traveled on many FF journeys. Following her husband's death, Gerri continued to travel with FF. Her last journey with our club was to South Africa.

Information taken from Salt Lake Tribune Obituary and Nona Bressler.

### Howard Peckham: 1942—2021



Howard died suddenly on Monday, October 4, 2021, at the age of 79. He was a devoted husband, father and a faithful Christian. He was a retired engineer and US Army Colonel. He loved hiking and camping, being a Boy Scout leader and doing his own house and car repairs. Howard is preceded in death by his wife, Paula, of 54 years, and is survived by his son Roger (Kim) Peckham; daughter Lisa (Glenn) Hoge; grandchildren, Maggie, Jessica and Erin (Roger and Kim) and Brian and Kara (Lisa and Glenn). Howard was born in Washington D.C. to the late Malcolm and Helen Peckham.

Howard Peckham was a member of FF-Utah and traveled with members on several journeys including Peru, Prague and Cuba. He recently rejoined FF-Utah after a hiatus of a few years.

Information taken from published obituary and Nona Bressler