



A World of Friends Is a World of Peace

*The greatest happiness
of life is the conviction that
we are loved; loved for our-
selves, or rather, loved in
spite of ourselves.*

Victor Hugo

FF March General Meeting

Plans are being made for meeting March 15th. Given the status of the Covid-19 pandemic, our meeting may be face-to-face or on Zoom. An announcement will be sent via e-mail a few days prior to the meeting regarding location and details. We hope that you will join us.

Invitation from Western Colorado Friendship Force Club

Members from the Grand Junction FF Club are planning a trip to Provo and Salt Lake City April 21 to April 23. They have three goals for their outing. Attend the Tabernacle Choir practice on Thursday evening if possible, tour the Tulip Festival on Friday, and meet some of our members for dinner on Friday evening or lunch on Saturday. They plan to stay in a hotel near Thanksgiving Point. I will continue to work with the Grand Junction Coordinator and let you know when and where we can meet.

Anne Lemmon

What's Inside

- 2—About Our Club, Journey Updates, Treasurer's Report, Women of the World
- 3—February Calendar/Dates to Note, Lunar New Year
- 4—President's Message, New Friendship Force International Fees, Irish Toast
- 5—Friendship Force International Member Portal— How to Use, Membership Committee Report
- 6—FF-Utah Alternative Activities 2022, Women of the World Fashion Show

About our Club

Club meetings are held the third Tuesday of January, March, May, July, September & November. Location of meeting may vary. E-mail will be sent to members prior to each meeting giving location and program details.

2022 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 — 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 5. They have suggested that we arrange a return visit in 2023. Coordinator is Donna Paulson.

2. **Kenya and Tanzania:** July 12—July 19th. Sixteen ambassadors are interested in coming (8 already with visas and vaccinated). Covid vaccinations are a requirement. **Coordinator is needed**

Outgoing

North Shore of Lake Superior & Minneapolis

September 8—15.

Reservations for those signed up are in progress. Jennifer Allred is the coordinator

As the Covid cases are slowing down, the prospects of being active participants in Friendship Force International look exciting.

Questions -Call Jennifer 801-520-5478
(leave message)

Treasurer's Report—January 2022

The balance is \$2,258.61. Expenses include, \$10.00 – Utah Corporation, 501C, postage, \$1,000.00 for Friendship Force International. There is an income of \$1,200.00 membership plus new membership fees

Judy Cohen, Treasurer

Women of the World (WOW)—Option to support local organization

Women of the World is bringing over \$45,000 in financial savings to their clients as a result of their services. Refugee women face long-term poverty in America. Within one year of arriving, their entire family is expected to find gainful employment. WOW assisted with 218 job applications which resulted in 65 new jobs started by our new neighbors. In 2017 WOW offered 150 hours of classroom English training. Over 100 volunteers spent 2080 hours with refugee women in one year. Let's get together and support this organization. Email Jennifer with your offer of time or cash. *Jennifer (Allredjennifer@gmail.com)*

February 2022—Dates to Note/Celebrate

Sun	Mon	Tue	Wed	Thu	Fr	Sat
		1 Lunar New Year Begins; Dark Chocolate Day	2 Ground Hog Day	3	4 Winter Olympics begin; Wear Red Day	5
6	7	8	9	10	11	12
13 Super Bowl	14 Valentine's Day	15 Lunar New Year Ends	16	17	18 Natl Drink Wine Day	19
20 Cherry Pie Day	21 Presidents Day	22	23	24 Quilt Show at UMFA	25	26
27	28	March 9 Women of World Fashion Show	March 12 (Saturday) at 1 pm.)	"Let It Be" Odyssey Dance performing the Beatles	See page 6 for details	

February also includes Black History Month, American Heart Month, Canned Food Month and Cherry Month.

Lunar New Year 2022

The Year of the Tiger



February 1-15.

The Tiger William Blake

Tiger Tiger. burning bright,
In the forests of the night;
What immortal hand or eye,
Could frame thy fearful symmetry?

In what distant deeps or skies.
Burnt the fire of thine eyes?
On what wings dare he aspire?
What the hand, dare seize the fire?

And what shoulder, & what art,
Could twist the sinews of thy heart?
And when thy heart began to beat.
What dread hand? & what dread feet?

What the hammer? what the chain,
In what furnace was thy brain?
What the anvil? what dread grasp.
Dare its deadly terrors clasp?

When the stars threw down their spears
And watered heaven with their tears:
Did he smile His work to see?
Did he who made the lamb make thee?

Tiger Tiger burning bright,
In the forests of the night:
What immortal hand or eye,
Dare frame thy fearful symmetry?

PRESIDENT'S MESSAGE



Hi Friends,

The holidays seem long ago, and Spring weather seems equally remote. Late in January, having made no resolutions, I resolved to make a resolution for each month. At the end of each month what I resolved will have been completed or become habitual. If it no longer seems important it can be abandoned, and I can focus on a new one.

What has emerged is the idea of doing what is possible to maintain and increase my commitments to the activities I value: i.e., I can read my book group book even though we have cancelled the meeting to discuss it. In January we held a board meeting on Zoom to discuss Friendship Force events and ways to stay connected until we can resume our normal in-person activities and even journeys in and out.

It's a good time to think about why each of us joined Friendship Force and what we are doing to maintain our interest while we are restricted from normal gathering and hosting or traveling. Our board has been diligent in trying to offer an interesting program or outdoor activity to give members a chance to socialize. Spring is coming and the weather will expand our options until we are sure we can meet indoors and serve food as we did before Covid.

To those who have remained active and continued to attend our events, your presence has made the events more enjoyable for everyone. To you who have missed some activities, we look forward to seeing you more often this year. We will strive to keep meetings "safe" as recommended by our medical experts, knowing that no get-togethers are entirely without risk.

We will keep planning potential chapter events and journeys, aware that we may have to cancel or modify some activities. We will offer a February alternate activity and plan a regular March meeting with a speaker and potluck. Details of these events are elsewhere in this newsletter.

Hope to see you at our next event. In friendship,

Anne

New Friendship Force International Fees

FFI Membership Dues (separate from Club dues) is \$25 in 2021 & 22 (included in Utah FF dues).

Utah FF Club Membership Dues \$30 in 2022.

International & National Journeys (Club-to-Club exchanges); Special Journeys (Global, Friend-to-Friend, themed, or other journeys). The FFI Journey Fee will change from a flat 'per journey' fee to a flat 'per night' fee. The fee will be set at \$25 USD per Journey night regardless of accommodation type, ambassadors' origin, or the Journey destination. There is no distinction between international and domestic travel. (EFFECTIVE January 2022).

Irish Toast

Here's to you and here's to me,
I pray that friends we'll always be,
but if by chance we disagree,
the heck with you and here's to me.



Thanks Xmission for another year

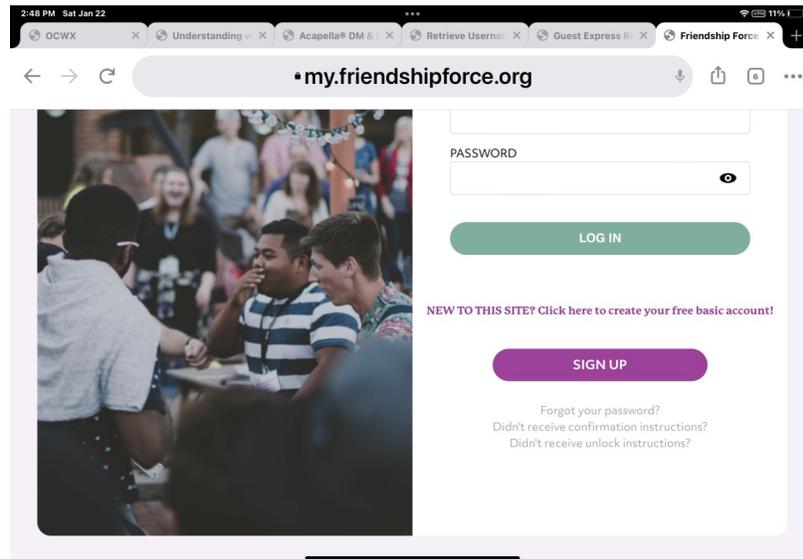
Internet services donated by  XMISSION

Friendship Force International (FFI) Member Portal — How to Use

FFI now has a Member Portal. Members are now required to register with FFI. Please use this link to create your account.

https://my.friendshipforce.org/en/users/sign_up

Here you will be able to create a free basic account. The first page will look something like this



Tag

The screens will walk you through the process.

I will be glad to help you create your account if you need help. This is **very important** as each member **now needs a member ID number**.

You will receive a confirmation email as you are setting up your account. If you are using Gmail, this may be in your promotion tab. Rest assured Friendship Force will not sell your information and the only information you are required to input is your name and email address. We will appreciate it if you will also upload a photo of yourself. If you are registering for a couple, two people are not allowed on one email so you will need two email addresses. If you do not have two email addresses, G-mail is easy to set up and you can forward mail to the other email address. Once you submit your information and register, I will approve your membership and you will again receive an email and you can add more information on your account if you desire. This website is a work in progress and if you see a areas grayed out, they will come online and be available at a later time.

Again Happy New Year and please call me at 801-424-2850 if you need help with this.

Margret Boes-Ingraham

Membership Committee Report

As of 1st of February 26 members sent in their 2022 dues, and 2 new members joined. If you did not send in the dues of \$30.00 please send the check to

Rose Novak, 1469 E Stratford Ave, Salt Lake City UT 84106

Friendship Force of Utah 2022 Alternate Activities

Alternate Activities for the first half of our New Year (2022) include the following:

February 24 (Thursday) at 1 pm. Reserve your tickets online ahead of time for an exciting exhibit of "Handstitched Worlds: The Cartography of Quilts" at UMFA.utah.edu. Meet in the museum lobby at 12:45 pm.

March 12 (Saturday) at 1 pm. Experience the new Mid Valley Performing Arts Theater (Taylorsville) production of Odyssey Dance performing the Beatles "Let it Be" as part of their Shut Up and Dance tour. Reserve your tickets ahead of time at saltlakecountyarts.org (or buy them at the box office). Meet in the lobby at 12:45pm.

April 4 (Monday) at 11 am. Enjoy the annual Spring Daffodil display at Red Butte Garden. Meet outside the visitor center at 10:45 am if you would like to be a guest of a Garden member. Bring your own lunch to enjoy in the Courtyard with FFI friends after our garden stroll.

May – Picnic in the Park. Date, time and location to be announced.

June – Visit to the Conservation Garden Park in West Jordan, date and time with a docent to be arranged. (This is re-scheduled from last year when the weather kept us away!).

July 13-18. A week of activities to choose from when we host our visitors from Africa. Please consider being a home-stay host, a day host, a dinner host, or just a tag-along on a week of fun places and faces to share with our guests.

For questions or to sign up for these activities, please contact Lynn Muller 843-359-9523 or Donna Paulson 801-414-4410.

Donna & Lynn

Women of the World Fashion Show — March 9, 2022

Remember Women of the World? We had a presenter on our program on refugees and had a refugee woman from South Sudan cater our dinner. Now Women of the World is having their annual fundraiser. One way to support refugees in Utah is to donate to Women of the World. Their fashion show has beautiful women showing off their native outfits and it is really a great show.

This year it will be held **on March 9th at 5:30.- 8:30 PM, Noir Event Center, 602 E 500 S, SLC. General admission if \$50 + 1.25 Service fee.** COVID19 Protocols will be implemented. Let's get together and sponsor the show by donating together to reach \$100 or \$200.
Are You in?

Another way to donate is to support them through volunteering; they offer classes on money management, and citizenship and English. Can any of you volunteer to assist? Perhaps a small group could come in together to help them practice conversation.

Contact me if you would like to spend some time or money in support of Women of the World.

Their website is : [.womenofworld.org](http://womenofworld.org)

Jennifer