



A World of Friends Is a World of Peace

Peacefulness

As I sit on a rock in the middle of a frozen but melting river, I sit, listening, listening to the sound of the melting water.

*That sound is so soothing to me.
I feel peace fill the air around me.*

I take a breath in.

The air is cold and frosty. I take my time with my next breath.

In my next breath I feel sensation of peace, gratitude, and forgiveness.

*I also am now connected to the Earth;
I am one with the Earth.*

I am in a state someone can't just ask to get into, you must set aside the outside world and focus on yourself.

I am in a state called Peacefulness.



*Sasha Scholnick**
Age 8

**Granddaughter of
Lynn Muller*

Picnic at Murray Park—May 17, 5:30PM



Come join us at Pavilion 4 in Murray Park. It's in a beautiful setting and parking is accessible and close. Bring a favorite dish to share. Paper goods and ice water will be available. A regular meeting will follow dinner giving more updated information on the Kenyans coming in July and our outbound Journey to Minnesota in September.

Directions to Murray Park Pavilion 4

1. Approach from State Street
2. Turn east on Vine Street
3. Drive past Murray Park Avenue which is 330 East to 406 East where there will be a sign for Pavilion 4 and the Soccer Field.



Group Photo will be taken at May 17 Picnic

Ginny Coombs will take photo of our club members who are at our May Picnic. Hope to see you there.



Red Butte Garden Spring Flower



PRESIDENT’S MESSAGE

Happy Spring – I think. After all this is Utah where it may snow in all seasons.

Recently I read an editorial on friendship by NY Times columnist David Brooks. I admit to liking David’s “civilized” style written and spoken. He recalls meeting a woman who said she practices “aggressive friendship.” It takes time because she invites people over often, and plans events and outings with friends. Does this remind you of Friendship Force members?

Brooks then references statistics from Robin Dunbar’s recent book, *Friends*. The maximum number of meaningful relationships one can have is approximately 150, the same number of people in early hunter-gathering communities. Most people writes Dunbar, have a circle of 15 closer friends, and an inner circle of 5 who will give you support in times of need. He notes that friendships are influenced by common interests and world views (like Friendship Force members).

Jeffrey Hall, an expert in friendship psychology, names time spent with another person as a necessary element in friendship. His studies show it takes 45 hours to move from acquaintance status to friend, 50 more to become a close friend, and another hundred hours to be a bestie (one of 5). Within these groups, people spend 8.5 hours a month with each of the 5 closest, and 2 hours with each of 15 close friends.

The other crucial element is social skills. Our sense of fulfillment depends on our ability to understand and be considerate of others. Some basic actions are standing up for friends, sharing news and vulnerabilities, and providing emotional support. Much of this involves daily communication skills.

Maybe it’s time to inventory our skills and try to be aggressively friendly. Friendship is a Force!

Anne Lemmon

2022 Alternate Activities

June 20: 10:00AM – Visit Conservation Garden Park in West Jordan:

8275 S 1300 W, West Jordan

Meet at the entrance to Conservation Garden Park.

We will do a self-guided walk around this garden getting lots of great ideas and info about Utah plantings. (This visit was rained out last year so cross your fingers for nice weather.) Following the garden visit, we can proceed down the road for lunch.

Schmidt’s Pastry Cottage
1133 W South Jordan Parkway
South Jordan, UT

RSVP please. Call Lynn Muller 843-359-9523 or Donna Paulson 801-414-4410.

Let’s Eat Ethnic

Where: Afghan Kitchen
Middle Eastern Cuisine
1465 S State St
Salt Lake City, UT 84115

Details regarding date and time will be sent via e-mail later.

Afghan Kitchen is a passion project started by Wali Arshad Salem with the goal of bringing a slice of Afghani culture and cuisine to Utah, using recipes passed down from many generations.

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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

Activities Calendar

July 12-19: -Kenya & Tanzania Incoming

Ten or more ambassadors are coming. 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.

July 18th Farewell Picnic for our guests

Knudsen Park
6293 Holladay Blvd E
Holladay, Ut 84121

Coordinator is Bev Streba

September 8—16: Outgoing—Minnesota

North Shore of Lake Superior & Minneapolis

Nine members are planning to go. Need more. See page 4 for more information.

Coordinator is Jennifer Allred

September 28—October 5 —Incoming

Kentucky (Greater Cincinnati Club)

Coordinator is Donna Paulson

Treasurer's Report—April 19, 2022

The club's current balance is \$2,066.16.

Judy Cohen

Membership Committee Report

Current members: 44

Rose Novak



Friendship Force of Western Colorado Travels to Salt Lake City

Eleven members of the Western Colorado FF Club traveled to SLC April 21-23. They visited a museum in Price on the way and toured Ashton Garden's Tulip Festival before returning home. Several members of our club enjoyed dinner with them at the Spaghetti Factory Thursday evening, and additional members joined them for breakfast at Schmidt's Pastry Cottage in South Jordan. We hope to plan future joint events.

Minnesota Journey September 8 — 16, 2022

Join the ambassadors from the Utah Friendship Force on an active journey to Minneapolis and stay with the Twin Cities club, before heading north to Duluth, a top recreation area and rated the best place to work in America. The Fall leaves should be lovely at that time. After two nights at a hotel in Canal Park, with views of the lake, the bridge that opens to let ships into the Harbor from the lake, and the Harbor Basin, club members will escort you along Scenic Highway 61 through its gorgeous forests, rivers and waterfalls. Stay in Grand Marais on the North Shore of Lake Superior, and dine at the historic Cree Nambougou Lodge, a national treasure. See Split Rock Lighthouse, and Grand Portage National Monument, the first fur trading post in the US and featuring the highest waterfalls in Minnesota. You will almost reach the Canadian border before returning to Minneapolis to stay one more night with the Twin Cities club. Most of the activities on this journey will require walking up to 3 miles or more each day, and on the North Shore portion there will be a full schedule of hikes and activities.



Need more Utah Ambassadors to Travel to Minnesota This Fall

Our club's upcoming domestic journey to Minneapolis and Lake Superior is in dire need of more ambassadors! The number of interested parties was 13 to 16 and we only have 9 who have made the commitment. Please consider signing up right away. If you thought about it, THINK AGAIN! We may be advertising on the MyFriendshipforce.org. site as we hate to cancel our club's one opportunity to travel this year. Remember the dates are September 8-16th. If driving would be better for you, we can make this happen!...

Jennifer Allred

Kenya and Tanzania Incoming Journey July 12 — July 19



We are pleased to announce ten or more Kenyan and Tanzanian Ambassadors have been cleared to come to Salt Lake City. They will arrive July 12 and depart July 19th. On July 13 we will be visiting Mayor Mendenhall's office for an official welcome followed by an afternoon tea at Summit Vista.

If you have questions or suggestions, please contact Beverly Streba, Coordinator at 402-880-6684.

If you have not had the chance to sign up for being a home host, day host, or dinner host for our guests from Africa, here is your opportunity. Please help the club welcome our guests by signing up as a home host, day host, or dinner host. Contact Judy Cohen at her e-mail: judycohen@xmission.com.

Thanks to the Coordinator and Planning Committee for planning this Journey: Bev Streba, Donna Paulson, Jennifer Allred, and Judy Cohen.

Nine Facts About Kenya and Tanzania

1. Kenya with 50 national parks and reserves is known for its scenic landscapes, extraordinary beaches, and vast wildlife reserves.
2. Kenya is a higher-middle income economy and is the largest and most developed in eastern and central Africa. However, 16.1% of its population lives below the international poverty line.
3. There are 42 tribes and over 60 languages spoken in Kenya. Swahili and English are the official languages, but most Kenyan's speak a third language, their tribal language.
4. Current population in Kenya is 55,918,157; Capital city is Nairobi; Government is unitary presidential constitutional republic.
5. Tanzania's population (63,000,038,286) includes more than 120 different indigenous African peoples. The majority are of Bantu descent. The two official languages are Swahili and English. The classical dialect is Kiunguja.
6. Mount Kilimanjaro, the highest peak in Africa and Tanzania's network of national parks, reserves and conservation areas spanning 25% of the country serve as major tourist attractions.
7. Dodoma is the designated national capital of Tanzania since 1974. Dar es Salaam, the former capital is still the commercial hub and the seat of some government agencies.
8. Tanzania is a unitary presidential democratic republic with a multi-party system.
9. Tanzania has a mixed economy primarily fueled by agriculture. In terms of per capita income, Tanzania is one of the world's poorest economies.

Club Activities

March General Meeting



Rabbi Samuel Spector met with members during the March 15th general meeting. He shared many life experiences including why he became a Rabbi, his move to Salt Lake City and how people react to him as a Rabbi.

Rabbi Spector, Ron Smith

Let's Eat Ethnic—East West Connection



Hank Borys, Judy Cohen, Carol Milliken, Jim & Jennifer Allred, Anne Lemmon

Women of the World Gala



Margret Boes-Ingraham Carol Milliken, Jennifer Allred, Kerri Kelly, Judy Cohen, Lynn Muller



Our Club was well represented at the Women of the World Gala where models wore their beautiful native costumes.

Red Butte Garden Walk



Jean Herschell, Judy Cohn, Lynn Muller, Bev Streba, Donna Paulson, Dana Hughes, Margret Boes-Ingraham

The Year's at the Spring

"The year's at the spring, and the day's at the morn;
Morning's at seven; the Hill-side's dew-pearled;
The lark's on the wing; The snail's on the thorn;
God's in his Heaven—All's right with the world!"

Robert Browning



How through two Peace organizations, Friendship Force and Servas we have learned about Travels with Mahjongg

My great-grandmother Leta was from Sherman, TX. She married, had three daughters, and eventually lived in California, somewhere near Los Angeles. After Leta's husband died she would take turns visiting the daughters and their families for weeks or maybe months at a time. Two of the daughters lived in California, and the third (my grandmother) lived in Ada, Oklahoma. This was in the 1950s and 1960s - so when she visited Oklahoma, she'd travel by train. My mother remembers being at the train station to pick her up, and Leta would step off the train, 'dressed to the nines,' for the long train trip from California.

We aren't sure where/when Leta began playing Mahjongg, but we know she played when she'd visit my grandmother in Oklahoma. One friend from Leta's hometown of Sherman, TX happened to live in Oklahoma near my grandmother, so when Leta was in town she'd get together with that friend for long sessions of Mahjongg. She (Leta) had a lovely bamboo Mahjongg set that we think was purchased in California, eventually came with her on a visit to Oklahoma and stayed there, and that's what they played with during her visits. Leta didn't (or couldn't?) drive, so my grandmother would drive her to the friend's house and they'd agree on a pickup time in a few hours. But sometimes Leta would call my grandmother from the friend's house and say, "We're having such a good time, please wait another hour to pick me up!"

In the mid-1970s, Leta became ill during a visit to Oklahoma. Unfortunately her health declined and she passed away. The Mahjongg set was idle for a long time. We assume my grandmother kept it as a reminder of her mother. But several years later, my grandmother passed away, and then my grandfather. Little by little their possessions were sold or found new homes with the children and their families.

The Mahjongg set came into my life sometime in the 1980s. I thought it was beautiful, slightly exotic, but I didn't know how to play, so it sat on a shelf. I had very few memories of my great-grandmother, and knew nothing about her hobbies, so I assumed the set had belonged to my grandmother and that *she* had played with *her* friends.

Over the years, as I moved around the US and a few times overseas, 'my grandmother's Mahjongg set' moved with me. Every time I boxed it up, I promised myself I'd learn to play once I got settled. I even lived in Japan (twice!) where Mahjongg is extremely popular, but the farthest I got was buying a book 'How to Play Mahjongg' which also ended up on a shelf. Finally, I retired a year ago, and once more I moved, this time to be near my sister (Joy Emory) in Salt Lake City, Utah. And once more I promised myself - this time I'll learn to play Mahjongg. No excuses!

Some people say life is all about connections, and 'who you know'... and in this case that turned out to be true. My sister introduced me to Servas a few years ago. Thanks to her, I enjoyed wonderful Servas stays in Japan a few years ago, and she's had many more in her travels. When I moved to Utah last year I began joining her at the local Servas meetings. At a recent meeting, I said - I'd like to learn Mahjongg, and I have an old set we could use. Do any of you play, or know who could teach me? And **Margret Boes-Ingraham** said yes, she knew someone! I was thrilled!

It turns out that **Margret** is also a member of Friendship Force, and several fellow members play Mahjongg. **Nancy Cygan** had said earlier that she was looking for someone to play Mahjongg. Within a few weeks, through Margret's Friendship Force connections, six of us were sitting in Nancy Cygan's house and looking at my old Mahjongg set! **Donna Paulson, Lynn Muller, Julie Emory** and Margret were helped to play a starter game by Nancy and her friend Phyllis. We enjoyed learning to play and are planning another session. It's only in the last few weeks I learned from my mom that the set originally belonged to my *great*-grandmother, not my grandmother.

Servas is a Peace organization much like Friendship Force except you travel individually and make your own arrangements with other Servas members. Margret has used the two organizations together and gone early or stayed after a Friendship Force journey.

If there are others that might be interested in learning Mahjongg please let Margret know.

By Julie Emory