



A World of Friends Is a World of Peace

*The Best things in life
are the people we love,
the places we've been
and the memories
we've made along the
way*



Author unknown

General Meeting

November 15, 2022

Where: SL government complex
2100 South State, S building

Time: 5:30 PM Potluck Supper
6:30 PM Meeting & Program

**Program: Welcome to New Members
2022 Journey Reports
Planning for 2023**

Jennifer Allred

What's Inside

Page 2—President's Message, Message, 2023 Interim
President Message

Page 3—About Our Club, 2023 Dues, Activities' Calendar,
Thank You Anne, Treasurer's Report, Internet Service Thanks

Page 4 —Thank You, Holiday Party, Spread Holiday Cheer

Page 5 —Celebration of Life, Great SL Program Follow-Up,
Interested in traveling to Thailand

Pages 6 –7—Cincinnati Journey

Page 8—The Joy of Hosting, Visit the Arches & Pack Creek
Ranch

HAPPY

THANKSGIVING!





PRESIDENT'S MESSAGE

November/December 2022

Dear Friends,

There is good news and bad news this month. As many of you know, I am stepping down as president to handle increased personal tasks. Jennifer has been looking for a replacement and will serve in the interim. I want to say strongly how much I have enjoyed the opportunity to serve the club, and I encourage any member asked to serve to embrace the challenge. In many ways president is the easiest job, made so by the excellent response from members to take on delegated responsibilities. I have needed assistance, especially interfacing with national, and the pandemic actually made the job easier because of postponed visits.

Seriously, I want to thank all of the board members and other members who have done such a wonderful job of supporting our activities. I have enjoyed our programs and potlucks and participating in activities for incoming journeys. I look forward to remaining an active member of Friendship Force and contributing help as I am able.

The holidays are nearly upon us. May we stay well and able to continue our club association.

Anne Lemmon

Message from 2023 Interim President

I am willing to serve as "Interim President" for one more year, since I have not found anyone willing to accept the responsibility. I will need to find someone to serve as Vice President as we go through the ins and outs of dealing with this international organization. Will it be YOU? I have found through several meetings with members that Y'All have lots of ideas of fun things to do and are glad to be a part of the planning team.

I would like to form pairs or small committees who agree to be responsible for specific things throughout the year. especially for planning activities. January we already have a speaker; Bev Streba will share her adventures in Portugal; Judy will be arranging a trip to the Anghor Wat exhibit at the Museum Of Natural History. What will you come up with for the rest of the months? Be ready to help fill in our calendar of events at the January meeting!

Jennifer Allred

If we want to be hosted we have to host!

Let us know how many you can host when Detroit visits us. We need to report to FFI how many we can host by the end of this month. We can break the week up into two homes, but surely we can host ten or more!

Jennifer Allred

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.

Activities Calendar 2022 –2023

- November 8, 1 PM —Lunch at Fav Bistro**
1984 E Murray Holladay Rd
Holladay, UT
- November 15, 5:30 PM — General Meeting**
- December 6, 6 PM — Holiday Party**
Tucci's Restaurant
515 S 700E, SLC
- February 3—12 — Arches & Pack Creek**
- October 2—5, 2023— FF World Conference**
Dubrovnik, Croatia

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

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

Many Thanks

Thanks to you Anne for leading our club the last few months. We appreciate the time that you have given to helping us through difficult times.



☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆



Treasurer's Report—November, 2022

Balance is \$2,518.34.

Judy Cohen

Internet services donated by  XMISSION

Membership Dues—2023

\$40

Pay at general meeting or mail to Rose Novak,
1469 E Stratford Ave., SLC, UT 84103

Remember to bring your check book to pay for

- Membership Dues — \$40
- Holiday Party Reservation — \$32.40

Thank You

Friendship Force friends, thank you so much for the picture. I have it on the dining room table. I feel you are all here helping me through this. I am trying to concentrate on the good times. So many of them involved the friendship force. We appreciate all the many many acts of kindness during this time. It is greatly appreciated by me and all the family.

Peace,
Margret

Utah Friendship Force Holiday Party 2022 Tucci's Restaurant — Tuesday, December 6th

Join us for our holiday party which will be at Tucci's Restaurant across the street from Trolley Square at 6:00 PM on Tuesday, December 6th. Everyone seemed to enjoy the food and the chance to socialize last year, so we're going there again this year. We will have a private space for our group, but we need your commitment and a check to Utah Friendship Force by December 1st to secure that room. The cost will be \$27.00 with choices from the group menu plus a 20% gratuity(\$5.40) for a total of \$32.40 per person. This will include a soft drink, bread, salad and an entrée. The club will provide a dessert if enough people request one.

An individual copy of the \$27.00 group menus will be available at the November 15th meeting so you can make your entre selection and indicate whether you'd like one of Tucci's desserts or a small chocolate. If you'd like to view the menu ahead of our November 15th meeting or will not be attending the meeting, look online for the various offerings on the Tucci's website (<https://tuccisslc.com>) clicking on "Group Menu" and then clicking on the \$27.00 menu in the drop down box.

Please RSVP at the November 15th meeting with your check, entre selection and whether you want a dessert and what kind. If you're not attending the meeting, send or drop off the check with your preferences so that it arrives by December 1st at Jeanne Leigh-Goldstein's house. Our address is in the FF paper directory under "Jeanne Goldstein."

Jeanne Goldstein

Spread Holiday Cheer

Salt Lake County has a Giving Tree in the South Atrium decorated with gift requests from homebound older adults. To donate people can reserve a name and return the gift unwrapped in a gift bag by December 9. If the names are not accessible when Friendship Force holds our meeting November 15 (after county business hours), we will have an envelope for cash donations and Anne will pick names and follow up with individuals who donate.

Anne Lemmon

Celebration of Life Information for Doug Ingraham

November 19th, Saturday

11:AM

Christ United Methodist Church

2375 E 3300 S

Millcreek, UT 84109

Lunch following service : Pierpont Place
163 West Pierpont Ave (240 South)
SLC, UT 84101

Parking garage available across street to the North. Validations available

<https://www.legacy.com/us/obituaries/nwherald/name/douglas-ingraham-obituary?id=36248791>

Great Salt Lake Program Follow Up

At our September meeting, Anne talked about the problems facing the shrinking Great Salt Lake, and measures to mitigate the impact. I watched a UTube presentation that details the efforts to minimize toxic dust carried by the wind from the dry lake bed. That program is now available on UTube for any of you who are interested in more information on this topic. Search: Why You Should Be Worried about the Great Salt Lake with Maura Hahnenberger. Dr. Hahnenberger teaches geo sciences at Salt Lake Community College. The program is about 60 minutes, but you can delete the introduction by the Salt Lake County Aging Services director. Here is the link.

<https://www.youtube.com/watch?v=YRkbWI1Tqow>

Anne Lemmon

Interested in Traveling to Thailand?

I am going to Bangkok and Chiang Mai Thailand beginning January 18 until February 22. I am looking for a traveling companion. Planned activities include staying with FF members in the mountains near Chiang Rai, working with the elephants in Chiang Mai, walking the old city, and traveling to see Doi Sutep National Park. I used to live in Thailand. I belong to your FF club and the Richmond Virginia FF Club. If interested in learning about this opportunity, please contact me.

Linda Ruth Edwards, Richmond, VA

E-mail: www.afairtradeworld.com, Phone (804.338.4524)

"The older we get, the more we appreciate the continuity of friendship-

the fortunate gift of sharing the present with the Nostalgia"

Helen Alic

CINCINNATI JOURNEY **September 28- October 5, 2022**

The end of September brought not only lovely weather and fall foliage, but also a fun new group of friends to the Salt Lake City Friendship Force International club. This incoming journey combined tried and true highlights of our city and surrounds as well as some new ways of hosting an incoming journey. In the absence of enough members to act as home hosts, the Greater Cincinnati-Kentucky club agreed to pay for lodging in an Airbnb. They even decided to splurge on a home with 5 bedrooms, a pool and hot tub!

Addressing one problem- an Airbnb in lieu of home stays – created several other problems: the need for more drivers both night and day, as well as how to provide breakfast for nine people every morning. Oh- and what do our guests eat the night they arrive in town without a home host and transportation? It made me appreciate the role of the traditional home host even more!

With wonderful help from Lynn Muller, we were able to recruit just enough members to step in as airport hosts, day hosts, evening hosts and home dinner hosts to get our guests to and from the airport and to all planned activities, as well as provide them with some time in local homes.

With a grocery list from Mark Bowers (chef and co-coordinator of the Cincinnati journey), Donna shopped for and delivered two big boxes of groceries to the Airbnb so the group had a variety of breakfast supplies. Three members of our club stepped in to provide a “potluck” supper for the Cincinnati club the night they all arrived.

Creating a transportation grid for each day’s activities was a logistical feat, but thanks to so many club members who stepped up to the opportunity to spend time with our ambassadors, WE ALL pulled it together! We not only provided our visitors with a fun and interesting week, but we were also treated to a delightful Ambassador – hosted dinner at the Airbnb.

I would like to extend a big THANK YOU to all of you who helped make this last journey of 2022 a big success. Without each of our drivers, day hosts, home dinner hosts, behind the scenes contributors, we could not have made this the wonderful experience that it was for our sister club.

Donna Paulson, Incoming Journey Coordinator



Welcome Brunch



Lunch — Red Butte Garden



Visitor Center — Antelope Island



Utah Capital, Salt Lake



Dinner Party — Betsy &



Dinner Party — Nona



Ambassadors' Party — Air BNB



Farewell Dinner — Café Madrid

The Joy of Hosting

Marv and I joined Friendship Force several years ago to enjoy the company of others and were impressed that it's founding was based on the idea of reaching out to citizens of other countries to provide a taste of American culture and to obtain a reciprocal taste of theirs. We thought the idea to project our nation's best virtues so that citizens of other countries could learn about and see the qualities of our county was quite praiseworthy.

Question: What makes visiting another country through the FF different that just touring a foreign county on your own?

Answer: It's that personal connection you make with your hosts seeing a new place through their eyes and spending time with them to learn about their culture and customs. It's a much richer experience than visiting a country and staying in hostels or Airbnb's.

Those of us who belong to Utah FF may not realize how critical it is for our club to provide enough hosts so that we can offer the same experience to folks from other clubs who visit our Utah club. This summer we were hard pressed to find enough overnight hosts for the Cincinnati club. Opening one's home to other clubs is a gift we'd like to continue to give so as to enable us to travel to enjoy the friendships and visit invitations from other clubs. If the lack of time or money are keeping you from night hosting consider the following.

Your night hosting is to provide a welcoming rooming arrangement, breakfasts and 2-3 dinners while the other dinners and day activities are provided by other club hosts. You will be invited to the evening parties as well. The day hosts take care of transporting and showing the ambassadors around the area although we have found the day host trips enjoyable for ourselves. We think the most enjoyable times as night hosts is to engage in conversation getting to know our guests - their presence has been a gift to us!

Spending a week together with travelers from our country or in another country is a unique and fun experience. You get to exchange cultural viewpoints, share recipe's and when we travel with the club to other countries, we generally live the life of others in that culture. We've developed ongoing friendships with folks from other nations and had our preconceptions of the other nation changed. Hopefully we have helped our hosts develop a positive view of our nation and its citizens as well.

Please consider all these ideas when the club hosts another group and you are asked to night host. The time invested is well worth it.

Jeanne Leigh-Goldstein and Marv Goldstein

Visit the Arches Dusted with Snow!

I have reserved the large "Ranch House" cabin at Pack Creek Ranch from February 3 (Friday) until February 12th (Sunday), 2023. If you would like to stay during this time for a few nights, let me know. A group Pot Luck dinner will be arranged and we will sit around the huge fireplace and have a cozy visit. I can accommodate 10-12 at a time. A cleaning fee of \$75 per person should cover the costs. The ranch is about fifteen minutes south of Moab and at the foothills of the La Sal Mountains.

Reserve your spot and we can start planning!

Jennifer Allred

A Day in the West Desert

Three FF-UT members (Rose, Judy, and Betsy) spent a perfect fall day in late October at **Camp Floyd State Park**, scouting for a possible FFI activity or exchange visit location.

Camp Floyd is just 45 minutes South from Salt Lake and located in the pioneer town of Fairfield Utah. The Park is about 1 mile square and has three well preserved buildings – a commissary from Camp Floyd, the StageCoach Inn, and a District School House. All the buildings are furnished with artifacts from the mid-1800's and have friendly Department of Natural Resources (DNR) Rangers on hand to explain the historical context.

Vistas to the West start the West Desert, and remain much as early travelers would have seen it. Picnic grounds and pavilions are pleasantly arranged in grassy courtyards under huge old elm trees planted by the town founders.

Camp Floyd was established in 1858 and housed Johnston's Army of 3,000 soldiers and camp followers – sent by President Buchanan to quell the “Mormon Rebellion”. At it's height, Camp Floyd was the largest military installation in the United States and made the town of Fairfield the third largest in population in Utah. The Army peacefully dismantled the Fort after 3 years without ever firing a shot.

The **StageCoach Inn** was also established in 1858 just before Camp Floyd was built. The Inn was the first Overland Stage stop west of Salt Lake on the way to California, and the last Inn before the dreaded alkali desert crossing. Pony Express riders used the Inn as a way station. The first telegraph line to the West was strung through the Inn, with operators on duty. In 1870, Mark Twain took the stagecoach and stopped at the Inn as part of his cross country tour for the book “Roughing It”. Family owned and operated, the Inn did not close until 1947.

The **District School House** was built in 1898 and served children of the area until 1937. It is fully restored and available for school groups to enjoy an authentic one-room school house experience.

Mid October starts the slow season for the Park, and we found the resident rangers eager to give us tours of all of the buildings – for a total of 2 hours! One ranger even chased us down in a four wheeler and opened up the school house just for us. In the school house he showed us some children's games like “Hoop and Stick” - of which Rose was the undoubted champion.

As we were leaving, Ranger Bob told us about the **Military cemetery** near by and that only 15 miles away on route 73 was the old mining town of **Ophir**. The cemetery has the remains of soldiers from Camp Floyd along with a plaque describing how they died – from dysentery to suicide to gunshot wound.

Ophir was a delightfully short drive up a starkly beautiful canyon. The town has been reinhabited by about 40 families, and remnants of the old mining activity are preserved throughout. Cows were wandering around the upper loop of the only road (paved) in or out and seemed unfazed by the occasional auto they shared the road with.

To end the day, we stopped in a Mexican restaurant in Tooele recommended by Judy that had to have the most authentic food north of Baja.



Camp Floyd State Park



Ophir, Utah Historic District