



A World of Friends Is a World of Peace

We Were Once Complete Strangers

We were once complete strangers
And now we are friends
That's what a friend is
Someone who didn't exist
And yet somehow there they are
at your door
You opened it a chink
To see more
You hesitated
You kept them waiting
Or maybe you dragged them in
And then began the fun,
The stumbling around
Looking at the photos
Hearing their prayers
Seeing how much dust has gathered on their
heart,
Can I be me
Have the brave conversations
Can I keep to my vow to be true to me
It's messy turning a stranger into a friend.
But so worth it.

Fiona Goodwin

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General Meeting

September 20, 2022

Where: SL government complex
2100 South State, S building

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

Program: The Great Salt Lake
Facts & Concerns



*Utah's Great Salt Lake
has been shrinking for years.
Now it faces a drought*

Photo taken from the Guardian, Jul 6, 2021



PRESIDENT'S MESSAGE

September/October 2022

Dear Friends,

The calendar shows that summer has passed and it's time to put away our white shoes (remember the fashion rule to never wear white shoes after Labor Day?) So what's with the prolonged triple-digit heat?

Compared with the country as a whole, we have been lucky despite our long-term drought. Our homes have not washed away in floods, burned to the ground, or turned into matchsticks by tornadoes. We've been able to dodge the hottest days and hold seasonal activities outdoors. We picnicked in May, held our annual summer picnic in July, and enjoyed a backyard dinner at Nona's. Despite some glitches, we adapted and enjoyed a successful visit with our African ambassadors, showing them gardens, markets, mountains, museums, and our shrinking Great Salt Lake. After a brief breather, during which we held a debriefing of the African visit, several of our Utah ambassadors are enjoying their outgoing journey to Minnesota. They will return in time to participate in activities for our incoming group from Greater Cincinnati.

We are faced with some changes that require us to exercise flexibility once more. We do not have available home hosts for our next visitors. With the incoming group's agreement we have arranged an Air B& B stay while carrying out our planned activities. National has recently raised dues again, which causes us to raise local dues. Once again our adaptability is tested. Of course, we are experienced after dealing with Covid restrictions and fallout these past few years. As we resume our general meetings this month (September 20), we are sure to encounter further issues that require us to step up. Now is not the time to "adjourn" our efforts. Keeping our club active, enjoyable, and on-mission requires everyone's participation and willingness to adjust plans as necessary.

Happy Autumn, at least on the calendar.

Anne Lemmon

North Shore & Twin Cities of Minnesota Outbound Journey: September 8—16

Nine members of our club left Salt Lake City September 8th for a marvelous week in Minnesota. Some of their planned activities on Friday include a visit to the Sculpture Garden and the welcome picnic near Minnehaha Falls. On Saturday, they drive to Vista Queen for Harbor Tour and then on to Two Harbors and Split Rock State Park. Following a night at a hotel in Tofte, they head out to Cascade State Park, historic Naniboujou Lodge, and Grand Portage State Park on the Canadian Border. Here they are introduced to the Ojibwa Native American culture and hike to the famous 120 foot water fall, High Falls. Monday's activities include a hike in either Temperance State Park or Tettegouche State Park. On Tuesday, they visit Leif Erikson Park & Rose Garden, tour the Historic Glensheen Congdon Mansion, and walk along the sandy shores of Lake Superior. Wednesday is the return trip to Minneapolis or St Paul and includes a tour of Canal Park. Thursday is a free day with their hosts. Friday, our members depart for home and will likely need a few days of rest.

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 2022

September 8—16: Outgoing—Minnesota

North Shore of Lake Superior & Minneapolis

Coordinator is Jennifer Allred

September 20 General Meeting

September 28—October 5 —Incoming

Greater Cincinnati Club—

Indiana, Kentucky and Ohio

Watch your email for final dates of activities

Coordinator is Donna Paulson

November 15 General Meeting

Holiday Party— Date & details to be determined



Sego Lily
Utah State Flower



Treasurer's Report—June 20, 2022

Balance is \$2,186.61.

Judy Cohen

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Thanks to the Kenya/Tanzania Planning Committee
and all the members who made this a successful Journey!



We Need You! Day and Evening Hosts for In-coming Journey

September 28—Tuesday, October 4

Hello all,

On Wed. Sept. 28, 9 ambassadors from Cincinnati will be arriving. 8 will be staying in an Airbnb in Murray, 1 with Rose and Lynn. So with no home hosts we will really need day hosts and evening hosts. At least, 3 each day and 2 each evening. Of course it would be great to have many Utah members attend the day functions, like 2 Utahans, and 2 guests in each car.

The day hosting will begin on Wed. Sept. 28 picking up at the airport, helping them get lunch and dropping them at the Airbnb. Thurs. Sept 29 - Tues. Oct. 4 day hosts will pick up at the Airbnb in the morning, transport to all the day's activities and then return them home. Wed. Oct.5, back to the airport. **Again at least 3 day hosts each day.**

The evening driver would be taking 3 Ambassadors to a dinner party and of course staying to eat. **Again, 2 each evening:** Thurs. –Tues.

Please consider doing as many days and/or evenings as possible to help make this journey successful. We really need help from everyone in the club.

Reply with your availability to Lynn, lynnmichele924@gmail.com or Donna, donna paulson@comcast.net

In Friendship,

Donna Paulson & Lynn Muller

Club Activities Summer, 2022

About 20 members attended Nona's Garden Party in August. Though it was hot, we enjoyed sharing food and conversation with our friends. Thank you Bresslers for hosting this event. The food was delicious, particularly the desserts.

See pages 7—9 for Thank you letter and a few photos of the Kenya and Tanzania Journey activities.

Greater Cincinnati Club: Indiana, Kentucky & Ohio

September 28—October 5

We invite all club members to join us in showing our Ambassadors a good time while they are here. We are breaking new ground with having our guests stay in an Airbnb instead of with home hosts so we need all of our members to help support them as Day Hosts, Evening Hosts, Dinner Hosts and General Kitchen Hosts (providing some additional meals) as well as just joining in any of the activities you can. Here is a Journey Itinerary:

Wednesday, 9/28: Welcome at the Airport, Lunch and Set up lodging at the Airbnb in Murray.

Thursday, 9/29: Welcome Brunch/Lunch at Oasis Café in SLC, 11 AM; Guided Tour State Capitol, 2:00PM; tour downtown SLC; Dinner at restaurant of choice in City Creek Mall; Rehearsal, The Choir at Tabernacle Square, 7 PM. Return guests to Airbnb.

Friday, 9/30: Red Butte Gardens, 10:30 AM; Picnic Lunch; Utah Museum of Natural History, around 1-1:30 PM, Return guests to Airbnb to freshen up for Home-hosted dinners.

Saturday, 10/1: Downtown Farmer's Market 10 AM; Lunch at Market (food trucks); Meet at Peace Gardens for guided tour; Free time with Day hosts or back to Airbnb to rest before Home-hosted dinners.

Sunday, 10/2: Antelope Island, Meet at Visitor Center, 11AM; Driving tour of the Island with lunch along the way—either bison burgers from grill or picnic lunch at the Fielding-Garr Ranch. Return to Airbnb to rest and freshen up prior to Home-hosted dinners.

Monday, 10/03: Mountain drive—either Park City or one of the Canyons (TBD). Lunch along the way at restaurants of choice. Return to Airbnb for dinner on their own.


Tuesday, 10/04: Kennecott Mine Tour around 10:30 AM—tours leave every 20 minutes; Lunch at Gardner Village and a stroll through the shops; Return to Airbnb, prior to the Club-hosted Farewell Dinner, Location TBA.

Wednesday, 10/05: Shuttle Ambassadors to Airport for departures at various times.


Donna Paulson




CLUB-TO-CLUB MATCHES




Remember how we were going to Tanzania and Kenya? That was our club- to-club match back in 2019. It was planned, but delayed due to Covid. Their club accepted the match and came here. We clearly have an invitation to visit there if we choose.



We did not get an international match for 2023. But we got a domestic one — Detroit, Michigan. This means that if the Detroit club wants to come to Utah, we begin discussions, such as when it would be best for us and look for a journey coordinator.



Often domestic journeys are set up between two clubs, rather than being matched by FFI. We are now in the early stages of planning for 2023 and if you have ideas, it is time to share your ideas. We can negotiate with any domestic club and put something together if we choose. In fact, the journey to Minnesota was put together by an ambassador who came to Utah for our Global Utah Parks Journey. Marge Runnacko said that they have fantastic parks in upstate Minnesota that rival our Utah parks. So the planning began years ago, and now have resulted in the exciting invitation to Minneapolis and the North Shore of Lake Superior! Twelve club members have prepared to depart on September 8th.

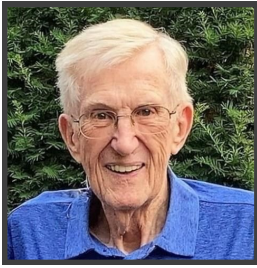


Let's explore the idea of Detroit—it has been doing a lot of gentrification, and has a renovated river walk, with new art museums, and there is a Ford museum that is highly regarded nearby. If you know more about the area, please share!

Jennifer Allred



Friends We Will Miss



Douglas (Doug) R. Ingraham*, a long-time member of Friendship Force of Utah, died peacefully August 14, 2022 at his Salt Lake City home surrounded by family. He is survived by three sons and their wives, Margret and her two children, and five grand children.

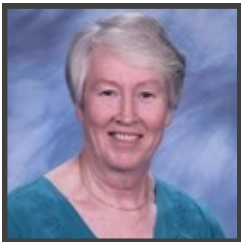
Doug was born April 9, 1935 in Chicago, Illinois. He graduated from Wheaton, IL High School and the University of Illinois in Champaign. He had a successful career as a purchasing manager primarily in Harvard, IL and Delta, UT before retiring in 1997. He was married to Carol (Crawford) from 1958 until her death in 1994. Doug and Carol were parents to three sons, Mike, David, and Paul.

Doug married Margret Boes in 1996 and moved to Salt Lake City. In retirement he and Margret shared an active life that included skiing, hiking and travel. As members of the Friendship Force and Servas they traveled extensively and enjoyed hosting visitors from around the world.

Doug was president of our club in 2003-2004 and also served as treasurer at a later time. He and Margret traveled on many Friendship Force Exchanges including Latvia & Lithuania, Cuba, Costa Rica, Thailand, Australia & New Zealand, North Carolina, and San Antonio. In addition Doug and Margret were co-exchange directors for many incoming groups.

A Celebration of Life will be held Nov 19th, 11 AM, Christ United Methodist Church in Millcreek, UT.

* Some of the information included was taken from Doug's obituary published by The Salt Lake Tribune, Aug 18—22, 2022



Leora (Lee) Flynn**, a long-time member of our club, died at her home on August 26, 2022. She is survived by her daughter, Deirdre Flynn and sibling, Adrian Burke. She was born in Idaho Falls and grew up on a farm. She enrolled at Jefferson Medical College in Philadelphia and earned a certificate in x-ray and medical technology. She worked at Jefferson Medical College and later at the Children's Hospital. She left the workforce to raise her children. When her youngest daughter graduated from high school she returned to school and earned a degree in data processing. She then became a technical writer for First Security Bank before retiring.

Lee was rarely at rest. Lee loved learning and trying new things. She was a gardener, a girl scout troop leader, and cross country and downhill skier. She was a quilter, reupholstered furniture, installed kitchen cabinets, built fences and patio furniture, and fixed sprinklers and electrical wiring. She bowled, played golf, and racquetball. She was also an incredible seamstress.

Lee's love of travel took her around the world and all over the United States on trips with friends and family. She was an active member of our club. She was editor of our newsletter from 2012—2015. She prepared program brochures for club events including the Utah Regional Friendship Force Conference in 2014. She went on several FF exchanges including Australia & New Zealand, Cypress, and Madison, WI. She also hosted ambassadors for several incoming exchanges including the Quad City exchange and the Niagara, Canada exchange.

The family will hold a celebration of life in Idaho Falls that will be announced at a later date. Anyone wanting to share in this event is invited. For details, see her obituary at <https://www.premierfuneral.com/obituaries>.

**Some of information included was taken from Lee's obituary published by The Salt Lake Tribune from Sep 5—Sep. 7, 2022.

Letter from Kenya Ambassadors

August 11, 2022

Dear friends,

First of all my apologies for the delay in writing. This is due to a massive backlog of urgent matters needing my immediate personal attention away from home and the internet.

Well, we got home safely we thank God for His grace and protection.

I however wish to convey my heartfelt gratitude for the love, generosity, and kindness we received from your FF Utah Club. It will forever be etched in our hearts.

Thanks, Jennifer for the untiring effort and passionate job you did to make sure we come. If it wasn't for your kindness and pushing, we would have given up.

Our hosts, families, and all club members gave us so much love and care which made us feel at home away from home.

Thanks so much.

Your programs were comprehensive and impressive they took us to places we never knew existed.

We got far more than what we expected. Thanks so much.

I continue to appreciate both day and homestay hosts and all members' generosity, lunches and gifts considering you did all these out of your pockets to make our visit worthwhile, memorable, and enjoyable we could not have asked for more.

Thanks, our dear Sister Judy and Rick for opening your home to 4 big women that used to fill your kitchen with worship and dancing. Feeding us and taking us for an evening Ice cream outing and a walk at the Golf Course. It was so kind of you. Thanks so much.

Judy and Rick, we are sorry that for our comfort, sometimes made you use both your vehicles to take us places. The joy and freedom we had in your house is out of this world and will be cherished forever.

Thanks to Lotti for taking us very far from home and making sure we are comfortable and happy, she was always available to fill the gap when called upon to. i.e. rescuing Bev and Rose when their car broke down.

Please convey our heartfelt gratitude to all host families and club members who gave us such love and appreciation.

Mama Racheal, Margaret, Rose, Dana and Donna, Anne, Rachel, Ann and the MP who welcomed and gave us a speech at the Mayor Office Steve and Sean, and the Marvin family that hosted Winston and Shadrack. Though their smiling faces are still fresh in my memory and may not remember them all by name, please pass this gratitude to them. Thank you all so much.

All the members who brought potluck food to both parties. Accept our gratitude.

We admired the unity, commitment, and respect you have in your club.... It's awesome, we learned something that we are going to emulate.

To Jennifer's sister and her husband Danny for giving Michael a wonderful time as they partly hosted him. Thank you so much.

Utah Friends, May God graciously bless you all!!!! 🙏🙏🙏🙏🙏🙏🙏🙏🙏🙏

(Continuation of Thank You Letter from Kenya)

In case there's something we did wrong, please forgive us.

I take this opportunity to invite you to our country. How I wish it will be soon. We promise to give our best and most memorable exchange ever.

Please let's leave our lines of communication open. For easier communication, you are welcome to contact me through WhatsApp on Cell +254722632588

Hope to see you all again soon.

In loving friendship.

Terry, Nancy, Rose, Emily, Michael



Photos of Activities During Kenya & Tanzania Journey— July 2022



Farewell to our Kenya & Tanzanian Friends at our Summer Picnic





Dinner Hosted by Doug & Margret Boes-Ingraham



Dinner Hosted by Doug & Margret



Visit to Red Butte Garden



Visit to City Hall, Salt Lake City



Lunch at Antelope Island Farm



Tour of Peace Gardens