



A World of Friends Is a World of Peace

Irish Ditty

Boxty on the griddle

Boxty on the pan

If you can't make boxty,

you'll never land a man.

Recipe for Boxty (potato pancakes) , page 4

General Meeting

March 21

Where: SL Government Complex
2100 South State, S building

Time:

5:30 PM Potluck Supper

6:30 PM Program

Travel to Israel

Jeanne & Marvin Goldstein

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INTERIM PRESIDENT'S MESSAGE

March/April 2023

Friends,

It has been a busy few months as I made arrangements to register for the Friendship Force World Conference in Dubrovnik, Croatia. I look forward to representing Utah there. Our wonderful Board has met and helped plan a busy year of journeys for us. A committee has been formed for our incoming journey from Detroit; two journeys in Clubs have welcomed us in Africa in October, and the board has agreed to contact Cincinnati about a reciprocal journey there as soon as they can fit us into their schedule. By April we should be notified of a Match for 2024 and we were assured that we would be given priority for that year. Hope springs Eternal!

FFI has announced a new type of journey (Individual Journeys) that allows individual members to offer short journeys to other members around the world. Interested parties will contact you and you can select or reject your proposed guests. This is a new way to make friends around the world!

Another opportunity from FFI is the possibility of a grant for "Club Development". We can apply for up to \$350 to encourage and enlarge our club. Got an idea? Let us know. The more we are seen, the more friends we make.

Those of you who are planning on traveling with FF this year (Lotti is going to Ecuador and about ten of us are going to Tanzania) be sure to order your new name tags and bring the fee to Rose at the meeting on the 21st. If you would like a club shirt, I have several. They will be useful for the conference and the Africa trip.

Jennifer Allred



Servas, a Non-profit Inter-faith Organization

Servas is a non-profit, non-political, inter-faith and interracial system of hosts and travelers, whose goal is to promote peace and understanding between people by providing opportunities for deeper, more personal contacts between different cultures.

We are planning a get-together with the Servas members to learn a little bit about each other. Servas is really a sister-like organization to Friendship Force. We are hoping to get together to share each of our missions with one another. The two can be used together as you do Servas on an individual basis generally a two night stay. This works well before or after a Journey.

Watch for a future gathering in the next month or so to learn more about Servas and share about Friendship Force.

Margret Boes Ingraham

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

Interim President — Jennifer Allred

Secretary — Donna Smith

Treasurer — Judy Cohen

Social Chair — Jeanne Goldstein

Membership—Rose Novak

Member-at-Large—Carol Milliken

Technology—Margret-Boes Ingraham

Past President — Anne Lemmon

Newsletter Editor—Dana Hughes

Explore Understand Serve



Activities

April TBD Let's Eat Ethnic

July 11, Summer Picnic—Washington Park

August 15th Summer party—Jeanne Goldstein
Hostess

Incoming Journey

September 6-11—Detroit Friendship Force Club

Outgoing Journeys

October 2—5, 2023

Friendship Force International Conference
Dubrovnik, Croatia

October 16—November 7, 2023
Tanzania and Kenya

Member of the Month

Betsy Heath for getting an idea for our club and making it happen. She dreamed up an idea for us concerning local excursions, or activities we can do this year. She is anxiously waiting for your ideas. What ideas do you have that some of us would enjoy doing with you? Spring is here. The gardens are opening and the outdoors is calling!. Let invite our friends to gather at the gardens, the hikes, or the events! It's up to you!

Jennifer Allred



Treasurer's Report—March, 2023

The balance in the Utah Friendship Force club is \$3,707.56 as of March 9, 2023.

Judy Cohen

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“Stall the ball”

An Irish phrase used basically to ask someone to wait for you or to stop what you are saying.

Welcome to Friendship Force

Lori Morris is originally from Utah. She is a retired teacher and in charge of St. Paul's Church Food Pantry. She likes to read and travel. She also spends a lot of time with her four grandchildren.

Luann Simonsen is a new FF member, a long time Salt Lake City resident and retired school secretary. She has many different interests and is ready to participate in club activities and exchanges

Traditional Irish Boxty Recipe (Potato Pancakes)

"Traditional Irish boxty are the holy grail of pancakes for potato lovers!. Combining mashed and raw potato with buttermilk makes a dreamy, yet simple meal."



2 cups (9 oz) all-purpose flour

1 tsp baking powder

1 tsp Kosher or sea salt

1 cup (8 oz mashed potatoes, boiled in salt water (prefer Idaho potatoes)

1 1/2 cups (8 oz) grated, raw potato

1 cup buttermilk (or more if needed)

butter for the griddle

1. In a small bowl, place the flour, baking powder and salt; set aside.
2. In a large mixing bowl, combine the mashed potatoes with the grated raw potato, then add the flour and mix well.
3. Slowly add the buttermilk and stir gently (do not over mix).
4. The mixture should be like a very firm, thick batter; almost like a dough, so add more buttermilk if needed (I just used 1 cup/8 oz).
5. Heat a griddle or nonstick frying pan over medium-high heat, and add a pat of butter, just before scooping out some of the boxty batter onto the pan.
6. Flatten and shape into a nice, round pancake shape and fry until golden brown on the bottom.
7. Turn and continue to cook until golden brown on top too, turning the heat down if they are browning too quickly (remember there are raw potatoes which need to cook).
8. Continue to add a little butter and fry the boxty until all the batter is finished. Serve hot.

From: <https://www.christinascucina.com/>

Membership Dues

Current membership dues for year beginning January 1, 2023 is \$40 per individual. Membership dues are based on the calendar year.

When active members reach the age of ninety years old, they will no longer be required to pay membership dues. They will become an emeritus member.

New members to Utah Friendship Force will be charged for the partial duration of the remaining year. The membership dues will be \$10.00 per quarter for the remaining year.

Membership Notes

The Friendship Force 2023 dues were payable on January 1, 2023. If you have not paid to date, in order to renew please send \$40.00 to

Rose Novak

1469 E Stratford Ave.

SALT LAKE CITY UT 84106

The UTAH Friendship Force magnet name badge is available for \$10.00. If you do not have one, you may order it from Rose at the above address.

Thanks

Rose Novak

Women of the World (WOW) Fashion Show

March 8, 2023

To celebrate International Women's Day, refugee women from countries all over the world showed off their native dresses with fabrics and sequins to die for at the Women of the World Fashion Show. Our club raised \$1860 to donate to Women of the World and had a great showing from our group and friends!

The mission of Women of the World "is to support forcibly displaced women in Utah to achieve self-reliance, economic success, and a voice in the community. . . Women come from immigrant, refugee, and asylee backgrounds." WOW welcomes volunteers and donors from all walks of life interested in building communities on trust and self-reliance. See their website for more information. <https://www.womenofworld.org/volunteers>



