



A World of Friends Is a World of Peace

**Every new friend is a
new adventure . . . The start
of more memories**



Patrick Lindsay

General Meeting

May 16, 2023

Where: SL Government Complex
2100 South State, S building

Time: 5:30 PM Potluck Supper

Program

Getting to know one another

Welcome to New Members

Susan Worley came from Camp Hill, Pennsylvania. In 1996 she moved to Salt Lake City where she had a career teaching special education. In her younger years, she was a Peace Corps Volunteer in Gambia and later student taught in Kathmandu, Nepal.

Duane Garwood is originally from Nebraska. He likes gardening, is a Ham radio operator, and delivers for Meals on Wheels. He is also a pilot.

Falene Loveland joined last fall and attended the Minneapolis journey. She retired from the Veterans Hospital and bowls with Carol Milliken. She is going on our safari to Africa.

Carol Jenson was a member back in the 70's and attended her first Utah FF journey to Brazil. . . along with the mayor! She joined at Christmas.

Ethel Preston, who lives in Park City, joined at the summer picnic. She has travelled extensively including to Africa.

What's Inside

Page 2—Interim President's Message, Let's Eat Ethnic

Page 3—About Our Club, Officers, 2023 Dues, Activities,
Member of Month, Treasurer's Report, Internet Service

Page 4 —Adventure Lab-Benefits

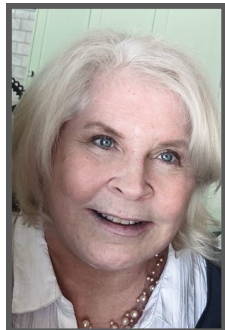
Page 5 —Geocaching, Can You Help?

Pages 6 —Local opportunities for May — BYU Art Show,
Spring City Heritage Day Celebration

Page 7 — Sneak peak at Guadeloupe

INTERIM PRESIDENT'S MESSAGE

May/June 2023



Friends,

As we meet for the last time before summer, I would like to have you each get to know your club members a bit better. Let's spend our May meeting time getting to know each other and especially our new members.

I have exciting news: we got a MATCH! Guadeloupe in the Caribbean will be our hosts in February 2024. That is actually kind of soon! What a great time to get out of Utah and miss some of that snow.

We have not been assigned an incoming journey partner, but we do match up with San Antonio much later in November.

Several events have been suggested. As you peruse the opportunities, decide if you want to participate and give me a text or email. That way you will be notified when planning and carpooling begins. 801-520-8744

Along those lines, I was invited to attend an informal gathering for Non-Profits in Utah and made several contacts that share in our humanitarian missions. I found out about organizations that also support villages in Kenya, Ghana, and other countries and some who support youth refugees here in Utah. It is good to remember that we are working to overcome the barriers that divide people; Our foundational mission is to work for peace by extending Friendship to all. But let us continue to support those in need, whether they are in our country or overseas.

This month, Marvin has suggested that we fundraise to assist Winston's school in Iringa, Tanzania in its quest for a used tractor to start raising food for his students. If you can spare a donation to this cause, this month, the children can begin tilling the earth and planting their plots of land with vegetables. Please read Marvin's article in this newsletter.

Jennifer Allred

Let's Eat Ethnic

DON'T LOOK! At the web site for Delice French Bakery & Café if your hungry....It looks so delicious that you might drool on your key board. We are going there on the 10th of May (Wednesday) for a tasty lunch. Parking behind the restaurant at 2747 S State Street. Meet with great hunger at about 11:30 am.

Along with the wonderful baked goods, they have deli Sandwiches, Warm Panini, Salads, and so forth. A big menu to pick from and be sure to leave room for desserts.

THEIR POLICY IS ANY GROUP LARGER THAN SIX WILL NOT RECEIVE SEPARATE CHECKS. Bring some small denominations of cash.

Be sure to RSVP no later than May 7th by email at milliken@xmission.com so I know how many to expect.

Carol Milliken

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

Friendship Force Dues 2023

Dues for 2023 are now due. Thank you to those who have paid already. The fees are \$40 per person and should be sent to Rose Novak at 1469 east Stratford Avenue 84106 or brought to the meeting on May 16th.

Rose Novak

Activities

May 10 — Lunch Delice French Bakery & Café
11:30 AM —2747 S State Street, SLC

May 13 —Adventure Lab @ Wheeler Farm
9:00AM, 6351 South 900 East, Murray, UT

May 19 —BYU Art Show—Maynard Dixon

May 27— Spring City Heritage Day Celebration

July 11th — Summer Picnic
5:30 PM —Washington Park

August 8 — Garden Party
Jean & Marvin Goldstein

Incoming Journey

September 6-11—Detroit FF Club

Outgoing Journeys

October 2—5, FF International Conference
Dubrovnik, Croatia

October 16-November 7
Tanzania and Kenya

Member of the Month: Judy Cohen

Judy is always there when a job comes up. She has agreed to coordinate the Detroit Journey for September. Judy serves as our Treasurer and has served as President as well. Last year she and Rick hosted FOUR women from Kenya! She deserves a medal!

Jennifer Allred



Treasurer's Report—January 2023

The balance for the club's checking account is \$3,260 as of April 25, 2023.

Judy Cohen

Please Wear Your Name Tag To the Meeting

A Drawing will occur for those who do.

Jennifer Allred

Internet services donated by  XMISSION

Adventure Lab Benefits

Hello Friends,

Doug and I joined Adventure Lab through the Geocaching organization several years ago. Before Doug passed away this year, we completed quite a few Adventures both here and abroad.

We all want to keep traveling and an Adventure Lab activity offers this. The amount of walking varies - for example the Adventure Lab at Ft. Douglas was about one mile. This can be a leisurely stroll. I read recently the benefits of even a leisurely stroll. Additionally we all learned things we did not know about Ft. Douglas! You have social interaction and the benefits of being outside as well.

I would like to invite FFI members to join me in a **Wheeler Farm Adventure Lab on May 13th (Saturday), beginning at 9:00 A.M.** We will complete the Adventure Lab first (about 30 minutes). The Farm is holding their annual Spring Farm Fest that day, and members are free to enjoy the Fest, or, get a cup of coffee and talk around the picnic tables on the grounds after our Adventure Lab experience.

The Adventure Lab has many benefits. Walking in particular has 5 crucial benefits:

1. **It counteracts the effects of weight-promoting genes.**
2. **It helps tame a sweet tooth.**
3. **It reduces the risk of developing breast cancer.**
4. **It eases joint pain.**
5. **It boosts immune function.**

This is from the Harvard Medical School you can read the article at:

<https://www.health.harvard.edu/staying-healthy/5-surprising-benefits-of-walking>

I'd appreciate it if you would send me an email or call me directly indicating you will be participating. Parking is available in a lot south of the Activity Building. We will gather in front of the old Farm House that is next to the lot at 9:00 A.M.

Address: **6351 South 900 East**
Murray, UT 84121

E-mail: ingrahamboes@gmail.com

Margret Boes-Ingraham



Geocaching

Web Geocaching is a treasure hunting game where you use a GPS to hide and seek containers with other participants in the activity. Geocaching.com is the listing service for geocaches around the world.



Adventure geocaching is a new service provided by the parent company (Geocaching.com) that focuses on teaching participants about a specific location, much like a museum visit might have a cassette that explains exhibits. Using a simple app downloaded on your phone, participants are asked to record a fact found at each stop, or perhaps, solve a simple puzzle - adding some mild competition to the experience.

On Saturday April 15th, Margret Boes-Ingraham led a small intrepid group of FFI members on an Adventure Lab tour of Fort Douglas. Centered on the main parade ground of the Fort, we spent a very enjoyable 45 minutes walking to find the 5 historical sites. At each building we read the historical markers and information supplied in the Adventure Lab program, then answered a question about the information on the app.

There are about 34 of these Adventure Lab tours available in the greater Salt Lake City area. Margret and Susan (Hilton) both thought the Adventure Labs would be fun experiences not only for club guests but also as a potential FFI club activity with grandchildren in tow.

The applications are available on Google Play without cost. Both the Geocaching and the Adventure Lab need to be downloaded to your phone.

<https://www.geocaching.com/play/search>

Elizabeth (Betsy) Heath

Can you help?

Our friend in Tanzania needs help. He is the director of Wendyrayna Secondary School in Iringa.

For more than two years Winston's Wendyrayna secondary school has had a serious food shortage for students and staff. The school is not run for profit but is a service for underprivileged children, so more than 80 percent of the costs of running the school depends on the sponsors and the director. The school owns more than 60 acres of land where it was built. It also owns land in the villages of Mkalanga, Kilolo District, 100 acres, and Ipalamwa, 10 acres. Further, it plans to rent a 20-acre plot of land to grow rice, because rice needs so much water.

The school, seeks to purchase a farm tractor with its equipment to include a 4-disc plough, 20-disc harrow, a multi-planter and a trailer. This will enable students and staff to have access to nutritious meals at school and serve as an income -generating project. Let's get together and help eliminate malnutrition for our friends in Iringa, who will host our members in October. Marvin will be collecting donations at the General Meeting on May 16th. Or mail a check made out to Friendship Force of Utah. His address is : 3854 South Naniloa SLC 84124

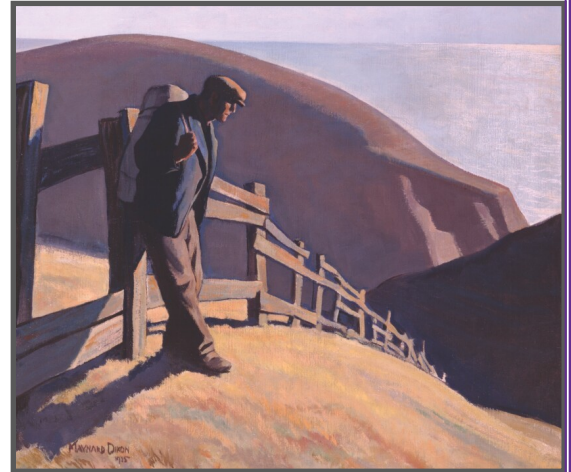


Local Opportunities for May

BYU Art Show: BYU Art Museum 500 Campus Drive, Provo

Witness the spirit of the West through the eyes of its iconic artist! In this major retrospective, you'll come to know Maynard Dixon in a whole new light through more than 70 of his paintings and even some of his original poetry!

Dixon (1875-1946) was a true man of the West, from his cowboy boots to his Stetson hat to the scenes he loved to paint. In this new exhibition featuring works from the MOA and other collections across the country, you too will fall in love with the rugged landscapes of the West and the people who called this land home.



On May 19th we will meet at Olympus Hills Parking lot at 10AM. Please notify Jennifer if you are coming and if you can drive. The address is 500 Campus Drive in Provo. We will meet there at the Museum's MOA café at 11 AM.

Jennifer Allred

Spring City, Utah HERITAGE DAY CELEBRATION: Saturday, May 27. 2023

FRIENDS OF HISTORIC SPRING CITY
INVITES YOU TO
HERITAGE DAY
CELEBRATION



HISTORIC HOME TOUR
ART SQUARED auction ARTS & CRAFTS Fair
SATURDAY MAY 27, 2023 ** Spring City, Utah



Come Step Back in Time
Tour beautifully restored
Pioneer homes

Peruse Wonderful
Paintings by
renowned Utah artists

Shop for delightful
local artisan
crafts and goods

HERITAGE DAY EVENTS
10-4 Home Tours- tickets \$10 Adults/\$5 Children
9-3 Arts and Crafts sale
ART SQUARED silent Auction- 1 foot square paintings
by well known Utah artists @Old School
Bluegrass music in Victory Hall- Concerts in the Rock Church
Food trucks and Local restaurants open for lunch
Ticket sales and silent auction close at 2pm
PROCEEDS GO TO LOCAL RESTORATION
TICKETS AND DETAILS- www.friendsofhistoricspringcity.org
FOLLOW US! @friendsofhistoricspringcity IG and FB



Upcoming in Spring City: Bluegrass Festival 8/4-5
Spring City Arts Plein Air Festival 9/2

Historic Home Tour

Tours 10:00am to 4:00 pm

Arts & Craft Sale 9:00 to 3:00

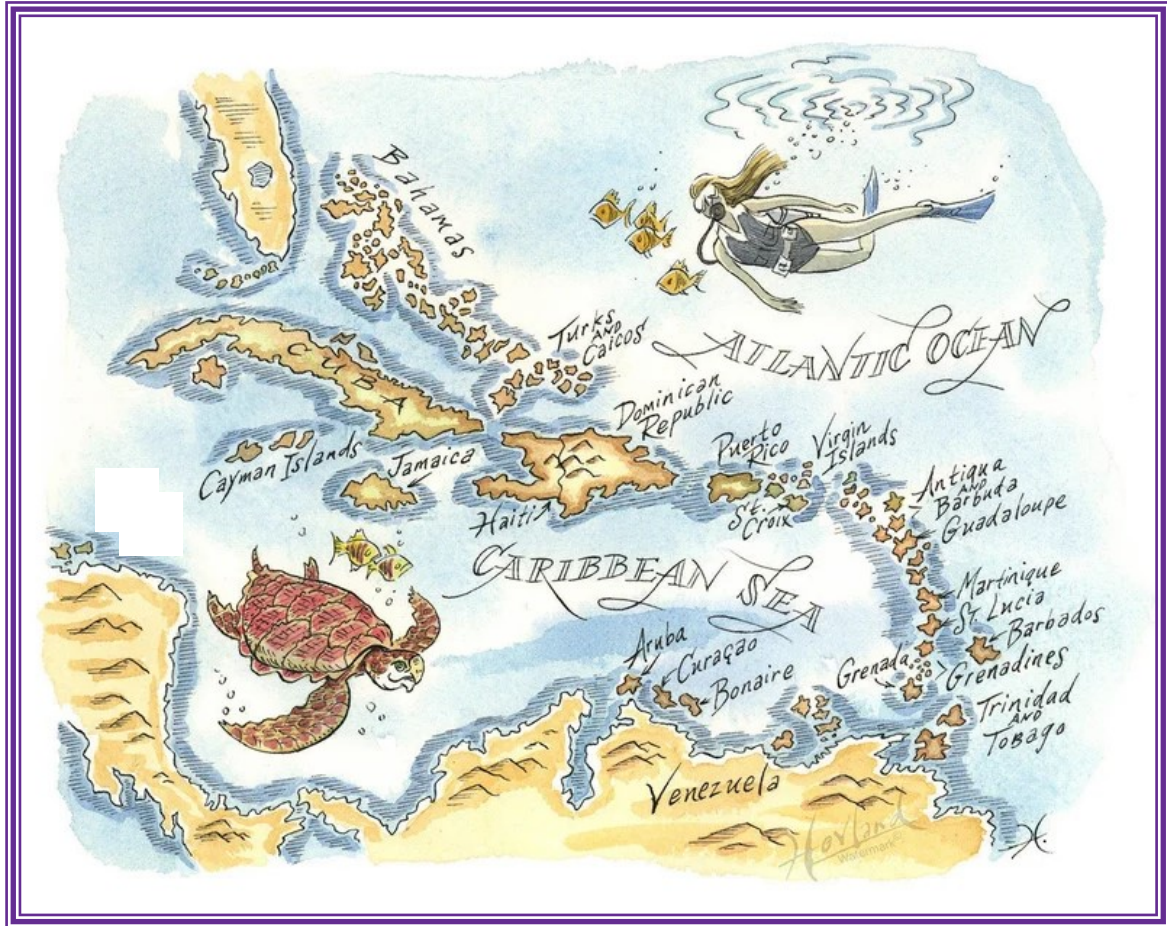
Tickets (\$10) will be available at the Old Firehouse on Main Street and at the Old School.

Proceeds go to Local restoration

<https://www.friendsofhistoricspringcity.org/heritage-day-2023>

Carpools can be arranged if you purchase your tickets and let me know you are interested by May 8th.

Sneak Peek at Guadeloupe



Here is a -Sneak Peek at Guadeloupe, one of the Virgin Islands in the Caribbean- Where we may be arriving in **February 2024**, if the hosts agree!

This Island is one of the departments of France. . . So no need to pronounce the 'e' at the end of Guadeloupe!

Details will be worked out at a later date.

Jennifer Allred

