



A World of Friends Is a World of Peace

FRIENDS

Friends are the ones who make us smile

They share our joys and ease our trials

They lend a hand and lend an ear

They show us love and show us care

Thanksgiving is the time to say

How much we appreciate them every day

They are the gifts that fill our hearts

They are the blessings that never part

..... Bing AI generated
(key words: friends & Thanksgiving)

General Meeting

Tuesday, November 14, 2023

Where: Salt Lake Government Complex
Cafeteria
2100 S State, S building, SLC

Time: 5:30 PM Potluck Supper

6:30 PM Meeting & Program

Program: Touring Jordan

Susan Hilton

What's Inside

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Happy Thanksgiving!



PRESIDENT'S MESSAGE



Friends, it's great to be back from our long trek to Croatia for the World Conference as well as our journey to Tanzania. The conference in Dubrovnik gave us the opportunity to meet and talk with members from all around the world. Some of them are anxious to visit us and to host us.

Next year our assigned journeys won't happen until fall. But soon we will be asked about where we would like to travel in 2025. Any Ideas?

The adventurers who have spent two weeks on safari in Tanzania and in homestays with the Iringa club will be glad to share the wonderful reception we got there and the new friends we now have on the other side of the world. Through these friendships we expand our horizons...literally. We appreciate the humanity of those who have other challenges, and we strive "to overcome the barriers that separate us".

Right now we need to commit to hosting those club members who will be coming to stay with us in 2024. Are you ready?

Jennifer Allred

Let's Eat Ethnic

When: November 15, 1:00PM

Where: Gurkus Indian & Nepali Cuisine

3025 E 3300 S, Millcreek, UT

You may select lunch from buffet or from menu.

RSVP by Nov 13th to Carol Milliken — Milliken@xmission.com

Holiday Party

Our annual Friendship Force holiday party will be at **5:30PM Tuesday, December 12th** at **Per Noi Restaurant, 3005 South Highland Drive, SLC**. The cost is **\$40.50** per person and will include: coffee, tea or sodas, bread, salad, eggplant parmesan, penne pasta with a tomato sauce, another pasta with a white cream sauce containing onions, peas and mushrooms, chicken marsala, chicken parmesan, desserts and gratuity. A full bar will also be available at additional cost.

Please RSVP to Jeanne Leigh-Goldstein at marvandjeanne1@gmail.com

or call 801 277 4054 Write a check to Friendship Force of Utah by December 1st.

Jeanne will collect checks at the November 14th meeting.

Thanks. This will be a fun gathering.

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 — 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 Calendar 2023-2024

November 14 — General Meeting

November 15, 1 PM—Lets Eat Ethnic Luncheon
Gurkhas—Indian Cuisine,
3025 E 330 S, Millcreek, UT

November 28—Safari: Hogle Zoo

December 12, 5:30 PM —Holiday Party

Per Noi Trattoria
3005 S Highland Dr., Millcreek, UT

Incoming Journey

September, 2024—Big Canoe, Georgia
Coordinator: Dana Hughes

Outgoing Journey

February 9—16, 2024—Guadeloupe
Co-coordinators: Elizabeth Heath, Susan Hilton

October, 2024, Nov 1: San Antonio, TX
Co-coordinators: Donna Mirabelli & TBD

FF-International Conferences

2024 — North American Conference, Milwaukee, WI

2024 or 2025 — World Conference, Asia—TBD

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The new travel requirement to visit most European nations was delayed to some-time in 2025. It was scheduled to take effect in 2024. The European visa waiver system is being implemented with the objective of improving global security and safety. The requirement is an online travel authorization via the European Travel Information and Authorisation System, or ETIAS.

Safari SLC Style — November Activity

Come join FF recent ambassadors to Africa for a stroll around **Hogle Zoo**, 2600 Sunnyside Ave (840S), SLC.

When: Tuesday, November 28, 2023

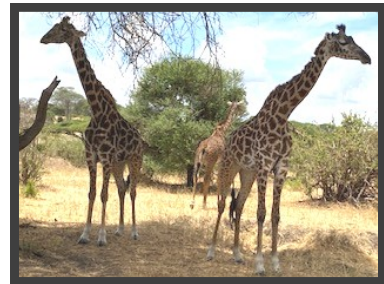
Time: 1:00- 2:30

Cost: \$5.00 online or \$7.00 at the door

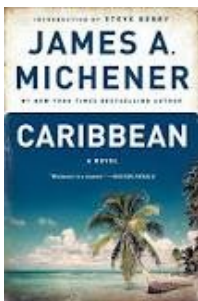
This is a very good offer as admission is much higher on the weekends and during the summer. The 30 day forecast looks good for this day. Dress warm and wear comfortable shoes. Bring friends, family, kids and grandkids.

Afterwards we will get a quick bite at the Corner Bakery, 610 Foothill Blvd, SLC

**RSVP to Donna Mirabelli
801-884-3544 by Monday November 18.**

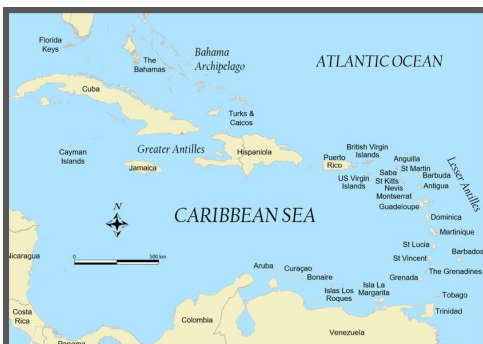


Book Review: Caribbean:By James Michener



If you are going on the Journey to Guadeloupe, you may find this book of interest. In this historical novel that was published in 1989, James Michener describes and explores the history of the Caribbean region from pre-Columbia period of the native Arawak tribes until about 1990. He packs 700 dramatic years into a tale teeming with revolution, romance and authentic characters.” If you are into reading about the conflicts among the European countries fighting to control each of the islands, the introduction of slaves and the pirates competing with one another for the riches of the islands including silver, gold, and sugar, this is the book to read.

Dana Hughes



Members of FF-Utah Will Embark on Journey to Guadeloupe in February, 2024

Friendship Force of Utah Welcomes the Detroit Area FF Ambassadors

From September 6th to the 10th members of the Detroit Area Friendship Force enjoyed getting to meet and interact with our club members and to explore this slice of Utah. In a short time we introduced them to the Great Salt Lake, Antelope Island, Kennecott Mine, the Wasatch mountains, and Park City. They said that they enjoyed all the activities we planned for them from the welcome picnic at Wheeler Farm to the Tabernacle Choir on Temple Square. The standout activity turned out to be a naturalist led tour of Sliver Lake in Brighton. They loved the lake, the mountains, and the guide. We haven't heard how their visit with us compared to their following guided tour of Utah's national parks, but I am sure that they left with many good memories of Utah and their time with us.

Judy Cohen



Thanks to Judy Cohen and her planning team. Thanks also to the home hosts, dinner hosts and day hosts. Welcome picnic at Wheeler Farm was enjoyable and food yummy.



**Friendship Force International World Conference
October 2—October 5, 2023**

One of the speakers was Marlena Cukteras, Ph.D. She is an avid environmentalist who founded the organization Green Sea Safari. It has a single mission - to clean isolated beaches, islands and bays of plastic, beer bottles and other waste. Lori and I spent a day working with this group cleaning the beach on Elaphite Island. Thirty Friendship Force members worked on the beach and shallow water of the bay while six scuba divers cleaned in deeper water. It was shocking to see how much the scuba divers removed from a small area of the bay in just 4 hours. And how much we cleaned off the beach, but still so much more to do. It was a very satisfying and fun experience.

I would like to propose that our club adopt a similar project perhaps on a trail or in a park—perhaps as an activity with incoming journeys.

Lynn Muller



Where in the world are Jennifer and Lynn? Elaphite Island

Check your electronic mailbox for newsletter from Friendship Force International about the 2023 World Conference or view on line https://mailchi.mp/friendshipforce/newsletter_oct2023?e=2e137a21d7

[//mailchi.mp/friendshipforce/newsletter_oct2023?e=2e137a21d7](https://mailchi.mp/friendshipforce/newsletter_oct2023?e=2e137a21d7)

2024 Friendship Force Dues

Pay at General Meeting or mail to Rose Novak
1469 E Stratford Ave, SLC, UT 84103

Friendship Force International Conference—CROATIA



Despite being a member of FFI for several years, I have just recently come to appreciate the full scope of this organization after attending the FF-I World Conference in Dubrovnik in October. What a rich experience it was to meet people from across continents, countries, and cities!

The Conference organization included a lively introduction to the host country's (Croatia) culture and customs with lectures, music and dance; opportunities to explore the city and nearby countryside; time to gather in large or small groups over dinner and/or drinks; and time to hear about the work our international organization has been doing to address local and regional club concerns. Most participants continued traveling after the conference – either to pre-arranged home-hosted journeys, on group travel excursions or individual travel adventures. Four of us from Utah spent 8 days on the “Gems of the Adriatic” tour offered through FFI. We became part of a group of 34 who visited UNESCO World Heritage sites in 3 different countries, and forged new friendships along the way.

If you are new to FFI, don't wait as long as I did to experience the full joy of meeting fellow travelers – whether it's here at home with incoming journeys or on out-bound journeys to parts unknown. Jump in and be a force for building friendship and peace in our world!

Donna Paulson

What an inspiring conference of FF-I in Dubrovnik, Croatia. This was my first involvement with Friendship Force people from all over the world—and a delightful experience it was. The location was beautiful, the Sheraton Hotel did a fantastic job of accommodating us in comfortable large rooms, and feeding us delicious foods. Side note: It happened to be my birthday during our stay and they sent up a birthday cake to my room. SURPRISE!! There is a warmth and genuine caring of the Croatian people that we experienced throughout our stay.

There were five major speakers that kept us riveted with their stories. The one that I particularly enjoyed was Antonia Ruskonc Radenic. Just ask me why and I'd like to share her story with you.

Jeremy Snook, our CEO (FF-I) and President, shared his vision for the future and SLC members, you can be assured we are in good hands.

We met with the president and other members from the Big Canoe Friendship Force in Georgia, USA. They are anxious to visit us next year. Preparations are underway to insure they have a pleasant visit.

Beverly Streba



Beverly, Jennifer, Donna, Lynn, Lori



Conference Dinner Cruise

Journey to Africa—October, 2023



This journey was my first FF experience. I did not know what to expect so I went with the flow. The most memorable part of the trip for me was the homestay. The family consisted of parents Michael and Elizabeth and three children-Esther age 5, Elijah age 3 and David 1 year. They also had Nuru age 16 as the Nanny. My sister Rose and I were their second homestay guests. They reported Rose and I were much more "humorous" than the first party. The children enjoyed the coloring books and crayons etc. that we brought for them. Father Michael was particularly interested by the book about Christopher Columbus. The Mbilinyi Family was delightful and very welcoming. We love them a lot and will continue to stay in touch with these lovely people. While there we celebrated Rose's birthday.

Donna Mirabelli



Mbilinyi Host Family for Donna & Rose



Elephant after mud bath-Carol Milliken

Photos By Carol Milliken



Utah Friendship Force Trip to Tanzania — Fall 2023

How do I summarize the trip of a lifetime? We never dreamed we'd go to Africa, but the friendship we established with the Africans we hosted through the Friendship Force during the summer of 2022 drew us halfway around the world to Tanzania. Since we wanted to make the most of investing 18 hours in flight to get there, we decided to also include two safaris along with our visit to Winston Mdegela, his school and the Iringa Friendship Force Club. Thus, we spent October traveling the national parks in Land Cruisers and staying with host families in Iringa. Additionally, some of us visited the intriguing island of Zanzibar before or after the official trip. What a melange of cultures-European, Arab, Indian and African!

Utah Friendship Force club members arrived from all parts north in Arusha, Tanzania on Saturday (10/14) and Sunday (10/15) and stayed at a lovely hotel, Kibo Palace, named after one of the peaks of Kilimanjaro. The highlight of the day, much to the dismay of some of our fellow male FF travelers, was shopping at Arusha's Cultural Center (Heritage Craft Mall) which made souvenir shopping so easy because the full panoply of crafts from throughout East Africa was so conveniently centralized in one building. They also had an art gallery and museum, but I never made it out of the shopping pavilion. One other highlight was upon our arrival at the Kibo Palace after shopping. Marv and I got caught up in a motorcade outside the hotel and wanted to see which important person was going to emerge from the official black car. We found ourselves shaking hands and speaking with Lt. General Othurman who is in charge of Tanzania's army.

Monday (10/16) we started our first safari with Augustine, the naturalist for AAfrica and his two drivers, Yahiya and Nikson. In an attempt to shorten this narrative, I'll just list the national parks we visited, the animals we viewed during each safari and the places where we stayed. Words just don't do the animals justice. You'll need to see Rosalie Mirabelli's presentation in January with our merged photos. If you want more details, see me. I wrote out everything day by day.

During the first safari we visited Tarangire National Park, the Ngorongoro Conservation Area and Serengeti National Park. Interesting fact: The Ngorongoro Crater is called the African Garden of Eden because it has the highest concentration of wildlife in Africa due to the size of the crater floor which is 19 km wide. The animals we saw were: wildebeests, giraffes, zebras, Grant's gazelles, Thompson's gazelles, elephants, lions, baboons, flamingos, a black rhino in the far distance, hyenas, jackals, water bucks, cape buffaloes, egrets and crowned cranes. The unique places we stayed were: the Kibo Palace, a nice hotel in Arusha; the Ngorongoro Coffee Plantation with a pool nestled amongst lush vegetation covering the hilly area; Kubu Kubo Tented Lodge on a hillside where we heard incredible animal sounds all night and woke to see early morning movements of zebras filing past everyone's back porch doors and finally Kati Kati's Tented Camp on the Serengeti plains with the zebras and tipped buckets of water for our "showers."

The second safari with the Bateleur company and drivers Serafino and David was bisected by a home stay with our Iringa Friendship Force hosts. The first part of the safari took us to Selous National Park then to Morogoro. The 10 hour drive to Morogoro through the Matombe mountains revealed a lot of deforestation due to the burning of crops, the gathering of firewood for cooking and the creation of charcoal as another source of fuel for cooking. Finally, we drove through Mikumi National Park to Iringa. Regarding animals, we didn't see any new ones, just enjoyed the drive through the baobab forests of ancient trees to Iringa. During this second safari the place we stayed at in Selous Park was the Jimbiza Lodge by the Rufigi River where we "melted"-it was so hot and humid. Thankfully, the boat safari was cooler than being on land. The next night we stayed at the Cate Hotel which was a very nice hotel with a pool.

The next day, Wednesday 10/25, we visited Winston's school, Wendyrayna, which is a boarding school for orphaned and abused kids ages 12-18 tucked back in Iringa's encircling hills. This visit was a highlight for Utah Friendship Force members and students alike. When we arrived, the students stood at attention outside and greeted us with songs and a dance by one boy. Then we all entered one big classroom, with students at the back and Utah Friendship Force members on the sides. Winston and the headmaster explained about the school, then Samuel, Winston's son who was temporarily teaching at the school, led the students in several song and dance numbers. This was followed by lunch for all. There was such an amazing outpouring of love and gratitude from everyone at the school. Something we'll never forget.

The following morning, Thursday 10/26, was a free day with our hosts. Winston took us and Judy to Isimila to see the sandstone pillars and the area that was excavated in the 1950s for tools from homo erectus 300,000 years ago which were collected in a sheltered space on the canyon floor for visitors to see.

After Isimila, we went to Igeleke Rock without Judy to see 30,000 year old pictographs of elephants, giraffes, antelopes and wig-wam like dwellings. Samuel joined us for the hike and following dinner where Marv and I took Winston's family to a nice restaurant, Mt. Royal. Friday 10/27 Bateleur with David and Serafino drove us to Ruaha National Park. We stayed at Mwangusi Safari Camp and did an evening game drive. I felt like a piece of pizza in a hot oven sleeping at this camp. It was so hot!

Saturday 10/28 we did an early morning uneventful game drive through Ruaha National Park leaving the park midday. After exiting we stopped at a Maasai roadside stand to buy some souvenirs. That was quite a photographic event. Further on down the road we stopped again to film Maasai kids jumping.

Back in Iringa we showered and went to the farewell dinner at Shadrack #2's house. Lots of speeches, great food and another outpouring of very sincere emotions. We really connected emotionally with our Iringa Friendship Force hosts.

The next day, Sunday 10/29 we all gathered at a Lutheran center for our trip to the Iringa Airport where the main group was flying to Zanzibar or home and we headed north with David driving us to Shadrack's home in Kondo. Shadrack had made the long trip to Iringa to join us at the party and to accompany us to his hometown.

Monday 10/30 Marvin, Shadrack and I with our driver, David, drove north to Kolo, a World Heritage Rock Painting site to view 6,000+ year old pictographs. Amena, our guide, was extremely knowledgeable and gave us very specific information about all three sites at Kolo.

After returning from the rock art site, we visited Shadrack's neighbor who keeps 40-50 horizontal African beehives in hollowed out logs.

We visited Shadrack's church the next morning and then toured Kondo's spring that provides water for the entire town. That evening we were welcomed by Shadrack's students at the Embecko Secondary School. Again, we were given a loving welcome in song and dance by the 130 students. Speeches from the gracious administrators followed.

After this experience we were hosted for dinner by Shadrack's friend, Ikunda. She gave us parting gifts and so did Shadrack and his wife, Neema.

The following day 11/1 David drove us to Augustine's home where David's Land Cruiser broke down, but David got us a shuttle to take us to our final African hotel, Rivertrees by Kilimanjaro Airport. Rivertrees is an amazingly beautiful place with individual cabins scattered about in a 10 acre rainforest area.

Alas, it was time to go home. On Nov. 2nd we began our return trip from Kilimanjaro Airport to Doha, Qatar, to Seattle, Washington and finally to Salt Lake City, Utah. It's great to travel, but it's great to be home, too.

What an incredible journey!

Jeanne Leigh-Goldstein

Photos By Marvin Goldstein: Journey to Africa, October, 2023



FF-Utah Members on Safari in Africa, October, 2023

Members on Africa Journey: Jennifer & Jim Allred, Kerri & Danny Kelly, Judy Cohen, Carol Milliken, Falene Loveland, Donna Mirabelli, Rosalie Mirabelli, Jeanne Leigh-Goldstein & Marv Goldstein



Winston & Sully Mbegela



Wendrayna, Winston's School in Iringa, Tanzania

Africa Safari, October, 2023: Photos By Marvin Goldstein

