



## *A World of Friends Is a World of Peace*

### **I Have A Dream**

I have a dream that one day this nation will rise up and live out the true meaning of its creed. We hold these truths to be self-evident that all men are created equal.

I have a dream that one day out in the red hills of Georgia the sons of former slaves and the sons of former slaveowners will be able to sit down together at the table of brotherhood.

I have a dream that one day even the state of Mississippi, a state sweltering with the heat of oppression, will be transformed into an oasis of freedom and justice.

I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by their character.

I have a dream today.

From: Speech by Martin Luther King, Jr  
August 28, 1963

**Martin Luther King Day**  
**January 15th, 2024**

### **General Meeting**

**Tuesday January 16 , 2024**

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

**Time:** 5:30 PM Potluck Supper

6:30 PM Meeting & Program

**Program:** **Africa Safaris**

**Rosali Mirabelli & others**

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## PRESIDENT'S MESSAGE



### Happy New Year!

We look forward to 2024 as a fun year of visiting some domestic clubs and hopefully getting an interesting international Match by April. A visit to Cincinnati, Ohio is planned for this fall and a trip to San Antonio, Texas if being planned for the winter of 2025.

We will need coordinators and we will need a "dream team" as we look for new ideas and energetic volunteers. Our membership is enthusiastic and supportive but it is time to relieve the current board and officers. You are welcome at our occasional board meetings where you can learn what your leaders are doing for you. They need you.

**2024 will be my last year as your president. Please consider what you can do for your club in 2024.** Training is available all year long. Just ask!

*Jennifer Allred*

## New Year's Greeting 2024\*

Now boarding flight 2024 has been announced.

Your luggage should contain only the best souvenirs from 2023.

The bad and the sad moments should be left in the garbage.

The duration of the Flight will be 12 months.

So, Please tighten your seat belts!!!!

The next stop over will be of health, love, joy, harmony, well-being and peace.

The following menu will be served in this flight

A Cocktail of Friendship

A Supreme of Health

A Gratin of Prosperity

A Bowl of Excellent News

A Salad of Success

A Cake of Happiness

May it be a good and smooth flight for us all.

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\*Greeting to Margret Boes-Ingraham from Margie & Paul Ingraham

SAVE THE DATE:  
October 7 - 10. Milwaukee, USA

**North  
American  
Regional  
Conference  
2024**



## Let's Eat Ethnic



**Cuisine: Peruvian**

**Place: Wild Peru**

**Address: 145E 1300S, SLC**

**Date & Time: February 21: 11:30 AM**

**RSVP: To Carol Milliken@ Milliken@xmission.com**

## 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](mailto: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 2024

**January 16** — General Meeting

**January 22** —Adventure Lab-  
**There's No Place Like This Place**

**January 25** —11:00 AM – Lunch & Market  
Chinatown: 3390 S State, SLC

**February 3** — Adventure Lab  
**Ogden's Historic 25th Street District**

**February 21: 11 :30 AM** - Let's Eat Ethnic  
**Wild Peru** 145 E 1300 S, SLC

#### Outgoing Journeys

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

**October-November TBD:** San Antonio, TX  
Co-coordinators: Donna Mirabelli & TBD

#### FF-International

**August 23—Sept 1, 2024**—Festival at Sea

**October 7—10:** North America Regional Conference

### Treasurer's Report — January 2024

The available funds in Friendship Force of Utah's bank account is \$4,881.

*Judy Cohen*

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### SLC Chinatown

Chinatown? Yes. Right here in Salt Lake City at 3390 South State is a Chinese shopping and business community with a Supermarket and several recommended Chinese restaurants. Join your Friendship Friends on **Thursday January 25th** at the east State Street entrance at **11 o'clock AM**. We will explore the many strange (but fresh) vegetables and fruits available at the supermarket (a great place to buy rice!). We will grab a lunch at one of the highly rated restaurants there, possibly the Chick Queen for Korean Chicken dishes or one of the many rice and noodle restaurants there.

Email Jennifer if you plan to attend: [allredjennifer@gmail.com](mailto:allredjennifer@gmail.com)

<https://www.visitsaltlake.com/blog/stories/post/discover-asian-culture-at-salt-lakes-chinatown-market/>



## Membership Committee Report

Thirty-seven members have paid dues for 2024. There are 16 members from 2023 who have yet to pay dues.

Last call for new nametags as the order is going in right away and we need one more to get a discount.

All those going to Guadeloupe should have nametags and be paid in full for their memberships.

All members should be registered with [My.FriendshipForce.org](https://My.FriendshipForce.org). Then when Margret approves you as a member of the Utah club, you will be assigned an ID number which is needed for future applications to travel.

### Member of the Month

**Carol Milliken** is always available and positive about helping out. She came into her own when, in Dar Es Salaam, our pickup and hotel reservation did not materialize. We were pressured to get out of the airport and find another hotel and driver when Carol walked up with a name and phone number of a nearby reasonable hotel. We were soon whisked away to a lovely hotel and Carol got us all a ten per cent discount. Never was her quick thinking and willingness to help more appreciated!

*Jennifer Allred President*

### What is the Theme for MLK Day 2024?

The King Center leads the charge to provide education and training in Nonviolence 365 while serving as the vital living memorial of Dr. Martin Luther King, Jr. Our strategic theme for 2024 is

**'Shifting the Cultural Climate through the Study and Practice of Kingian Nonviolence.'**

This theme defines the 2024 King Holiday Observance events and programming while serving as a compass for all the work we will do this upcoming calendar year and beyond. The pioneering work of Dr. Martin Luther King, Jr. demonstrated that Kingian Nonviolence (Nonviolence365™) is the sustainable solution to injustice and violence in our world, ultimately leading to the creation of the Beloved Community, where injustice ceases and love prevails.

<https://thekingcenter.org/>



## Bienvenido

### Friendship Force of Utah visits the Caribbean Island of Guadeloupe February 9th through 16th.

**Guadeloupe** is an archipelago and overseas department and region of France in the Caribbean. It consists of six inhabited islands—Basse-Terre, Grande-Terre, Marie-Galante, La Désirade, and the two inhabited Îles des Saintes—as well as many uninhabited islands and outcroppings.

Antigua, Barbuda, Montserrat and the Commonwealth of Dominica are close by.

Guadeloupe has a long sorrowful history of sugar plantations and the slave trade in Colonial times. First settled by the Spanish, it was under British, French, and Swedish dominion until the late 1800's when it became a Department of France, and has remained a Department to this day.

Guadeloupe's rich history of native peoples and colonization has made for a vibrant mix of cultures - Music, Dance and Cuisine have African, Carib and European influences.

Like the other overseas departments, it is an integral part of France. As a constituent territory of the European Union and the Eurozone, the euro is its official currency and any European Union citizen is free to settle and work there indefinitely. However, as an overseas department, it is not part of the Schengen Area. The region formerly included Saint Barthélemy and Saint Martin, which were detached from Guadeloupe in 2007 following a 2003 referendum.

Christopher Columbus visited Guadeloupe in 1493, during his second voyage, and gave the island its name. The official language is French; Antillean Creole is also spoken.

#### **Activities while we are there:**

**Carnival!** The month-long celebration will be taking place while we are there. Therese, the club President has arranged for us to visit members' homes in the city for the parade. Therese says the whole town turns out, and we will dance!

Cultural museums, gardens, beaches, visiting the Murder in Paradise film set/ village, a canal boat trip, and the Cousteau reserve are all in the plans.

*Elizabeth (Betsy) Heath & Susan Hilton*

**Special note to Journey members:** Susan and I will collect your Medical form (please bring in a sealed white business envelope) at the January 16th FF meeting. You'll have another chance at the Miami Airport before the flight to give it to us.

FFI requires Medical insurance in order to participate on a Journey. Please access this link <https://helpcenter.friendshipforce.org/help-category/insurance> if you have any questions about the coverage requirements.

The form can be accessed on the site by this link:

[Is there a medical form to collect medical information from ambassadors? | FFI Knowledge Base \(friendshipforce.org\)](https://helpcenter.friendshipforce.org/help-category/insurance)

And then clicking on the blue link in the text labeled "Emergency Medical Information Form" .



## Looking Back & Forward

Well, we did it! We put together an international journey in the year we got no match. And what a journey it was!. Also in 2023 Susan went to New Zealand with FF, Lotti went to Ecuador and five of us went to Croatia and Slovenia. It was a great year.

We have some domestic invitations and requests for 2024 so volunteers to coordinate them are your chance to participate. Thanks to Dana Hughes, Donna Mirabelli, and Lynn Muller for being willing to negotiate some domestic journeys, and to Betsy Heath and Susan Hilton for leading 20 of us on our assigned international journey for 2024. Guadeloupe!

The time to decide if 2024 will be the year you travel is now! At the January meeting you will be asked to commit to travelling with the club to any of our preferred assignments. Nepal? Japan? Vietnam? Taiwan? Thailand? Peru? *Mongolia?* *Of course we don't know what we will be assigned until April.*

*Thanks to all who traveled, coordinated or served on the Board this past year.*

*Jennifer Allred*



## Interested in a book club?

Several titles have been promoted lately and perhaps you would be interested in meeting every two weeks to sludge through Covenant of Water by Abraham Verghese.(700 pages) It follow several generations of Indians and it is the first book Abraham has published since his fabulous Cutting for Stones.

Another suggestion is for The End of the World is Just the Beginning—Mapping the Collapse of Globalization by Peter Zeihan, a geopolitical strategist.

On a lighter note, The Cry of the Kalahari by Delia Owens and husband about trying to protect the lions of Africa back in the 1960's.

Another book on Africa, but a novel is The Girl with the Louding Voice by Abu Dare about a girl trying to escape an arranged marriage.

We could begin meeting casually on February 1st at my house 3310 south Oakwood Street in Mill-creek. Let me know if you are interested.

*Jennifer Allred*

## The rules of travel to Europe have changed

**Starting in mid-2025, some 1.4 billion people from over 60 visa-exempt countries are required to have a travel authorization to enter most European countries.** 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.

## Visit to Wendyrayna School in Tanzania

Our visit to the Wendyrayna School was one of the highlights and most memorable parts of our stay in Iringa, Tanzania. The Director of this school, Winston Mbegela is a member of Friendship Force and was the host for Jeanne and Marv. Winston has also visited Salt Lake and stayed with Marv and Jeanne at that time, so they were already friends.

Wendyrayna has been accredited since 2014 and has been accepting students since 2015. Approximately 75% of the graduates have gone on to college or university. The rate of girls in Tanzania who graduate is about half the rate of the boys. It is the same in this school. They are hoping to change that and for this year have enrolled many more girls than previously. The students in this school range from 12-19 years of age. The younger ones are in the equivalent of middle school here. Then they have the equivalent of 10th, 11th, and 12th grades. After this, if they can attend college which is like a trade school, or they go on to university. The ages do not necessarily line up with the grades because some students are unable to go to school until they are older, depending on their family situation.

At any rate, we visited the school on our first full day in Iringa. That day was amazing. The students seemed so excited and happy to greet us and welcome us. They sang and danced for us. It was so touching it brought me to tears.

It happened to be Jim's birthday the day we visited. That is a birthday I'm sure that Jim will never forget. First, Winston wrote Jim's name on the chalk board and then the students all sang "Happy Birthday" to Jim. A cake was brought in for all of us to share. It was one two tiered cake, and it was for all of us - about 45-50 people. Each of us was served one bite of cake served on a toothpick. About half of the kids were on one side of the room and the other half on the other side. I was sitting very close to one group of kids. I will never forget the look on their faces when they knew they may get a piece of that cake. Their eyes were big and they just stared at that cake - they could not take their eyes off it. What a treat that bite of cake must have been for them.

At that point, each one of us stood up and spoke to the students. We thanked them for the dancing and singing and for being so welcoming to us.

We also met some of the faculty. I only remember the one named Glory. I am not sure what her title is, but she is a teacher and lives at the school and supervises the kids.

In Tanzania, good schools are not free. There are public schools available to students who live close enough to attend but none of them are good schools nor will they prepare these kids at all for a future. We heard time and time again how difficult it is to move on to a decent career without private schooling. Also, even if a public school is nearby, it is not safe for girls to walk - especially alone - to school. The students come to this school in two ways: 1) the families or students themselves request admission, 2) social workers, municipalities, churches, and NGOs approach Winston and ask on behalf of students who are in need. All of the schools in Tanzania have uniforms. It is simply not affordable to do anything else. In this school all uniforms and shoes are saved as hand-me-downs for the other students. The unemployment rate is 40% and so you can imagine how little people have and why many choose to keep their children home to work rather than to get an education. It also puts people in a very bad mood, so domestic abuse is high.

Most of these students cannot pay their tuition, board, or school supplies. In some cases the school picks up their basic necessities (we are talking super basic - toothbrushes, soap, underwear). In some cases the students' families are able to pay for basic necessities but not tuition/board or school supplies. Many of the families cannot afford two meals a day much less pay for their child's education. Even the students in the best situations, are NOT in a good situation. Things are very rough for these kids. There is not one of these students who does not need help.

It is a boarding school and most of the students stay at school when in session and go home for the holidays. Unfortunately, some of the students cannot or will not go home even during holidays. Some will not get enough food, some fear abuse (sexual and physical), some live too far away and can only afford bus fare once a year.

## **Visit to Wendyrayna School (Continued)**

Danny and I wanted to sponsor one of these students and selected a 15 year old girl who was one of the students who chooses to remain at the school year round. She is a very motivated student but does not feel safe at home. Marv and Jeanne sponsored another girl just a little older. Before we selected a student to sponsor, we asked Winston to send us student profiles to help us decide which student we could help the most. If any of you have the means and inclination to support this school or one student in particular, I would be happy to forward to you the students profiles. In case you do have an interest, here are some costs:

School supplies for one student: \$75 per year  
Basic necessities and clothing: \$75 per student per year  
Tuition and board: \$900 per student per year

Of course, any amount will be appreciated and applied to the needs of the school or one of the students.

In addition to the Goldsteins and us, two others who we have asked have also chosen to sponsor one of these students. Our friend and neighbor has selected a young 15 year old girl who escaped a forced marriage; our friend felt this showed incredible bravery on the part of this girl and wanted to support her. My brother chose to sponsor a young boy who had been mentioned by the school as being a particularly bright and gifted student whose mother died in childbirth, his father is too poor to support him so his aunt provides his basic necessities.

We will not forget that the people who are in there trying their best to make a difference in their country by educating these kids - these are not rich people. They are hard workers with a vision to make their country better, one student and one school at a time.

For Danny and me, this experience was life changing. The situation is dire. Danny told me that I am not conveying how bad the situation is. People, it is bad! There is not one good situation in the group. The question is, whose situation is the worst and how can we help?

Please do what you can.

*Kerri Jensen Kelly*

## **Adventure Labs for January and February**

Adventure Labs allow you to learn a little about a place you might not know about and get you out and about with a little exercise. Let's plan to do the following, weather permitting.

**January 22nd — 1:30 PM.** . . Of course this is dependent on weather.

**There's No Place Like This Place.** This is listed as Educational and History.  
This is at the park just across the street from the Zoo.

**February 3rd (Saturday), 10:00 AM**—Let's ride Front Runner to Ogden

**Historic 25th Street District**

Meet at the Front Runner Station. More details to follow.

**Please let me know if you are interested in either one of these Adventure Labs.  
801-403-6463 cell**

*In Friendship, Margret Boes-Ingraham*



2024

## 2024 Festival at Sea, A Friendship Force International Journey

Sailing August 25—September 1, 2024

From Piraeus (Athens), Greece to Civitavecchia (Rome) Italy.



Holland America's Oosterdam

Take in the charms of Dubrovnik and Kotor. Beach-hop on Corfu, pass the fiery Stromboli Volcano and see Pompeii's astonishing artifacts. Total Travel Events' booking staff will contact you about your payment



### Token of Appreciation from Wendyrayna Secondary School

Last year many of us donated to Winston's school for the purchase of a tractor to help grow food for their students. Our donation of five hundred dollars will go a long way toward that purchase. We were presented this lovely token of appreciation from the school.

*Jennifer Allred*

### Photos from FF-Utah Recent Activities



#### Let's Eat Ethnic

Gurkus Indian & Nepali Cuisine

November 15 Lunch

Ten club members enjoyed the food and friendship



Holiday Party, December 12 at Per Noi Restaurant. Thirty members enjoyed the delicious cuisine and talking with friends.