



A World of Friends Is a World of Peace

Quotes of Spring

**“April hath put
a spirit of youth in everything”**

William Shakespeare

**“Spring is the time
of plans and projects”**

Leo Tolstoy

**“Where flowers bloom
so does hope”**

Lady Bird Johnson



General Meeting

Tuesday March 19 , 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: Guadeloupe Journey

Judy Cohen, Susan Hilton &
Others

What's Inside

Page 2—President's Message, Servas International

Page 3—About Our Club, Activities Calendar, Treasure's Report,
Member of the Month

Page 4—Friendship Club of Grand Junction Colorado ,
African Journey Redo, SLC Chinatown Visit

Page 5 —Adventure Lab—Ogden Historical 25th Street District
Adventure Lab, Details

Page 6 —This is The Place Adventure Lab
Let's Eat Ethnic

Pages 7– 9: Photos of Guadeloupe Journey

Page 10— Flyer: Ff-Utah & Servas Joint Meeting April 6th

PRESIDENT'S MESSAGE



Hello Friends,

Our 2024 journey has become a reality for 18 of us...Guadeloupe, a French Island in the Caribbean put on a great party (actually several!) for us.

We made great friends and learned about their French customs, history, and celebrations (Carnival!) What a trip! We had beach time, boat rides, and multi-course meals at the homes of other members. It was a great pleasure to be welcomed by such generous and beautiful people.

It is a good time for me to take a break and I will be getting a new knee next month, so you will have to carry on without me in March. However, we do have a plan to share the Tanzanian journey photos: An evening with members of another Peace and Hosting organization, SERVAS will be joining us. Please mark your calendars for the first **Saturday in April, THE SIXTH**. Both organizations can help each other and we have been trying to get together for several years.

The same cafeteria in the south Salt Lake County building will be ours for the evening and we have arranged assistance for the television and how to cast our photos. Those who braved the trip to Africa last October are excited to show you our photos and experiences.

It will be a good time to bring guests who may want to join these groups, as we will explain how our two organizations work.

Jennifer Allred, President



Servas International: A Sister Organization to Friendship Force of Utah

Servas is a network of host and travelers who build world peace through personal contact among people of different cultures. 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. It offers approved travelers of all ages the opportunity to meet and/or have short stays (normally 2 nights) with host in the country they're visiting. This is from the uservas.org web site.

As you can see the goals of Friendship Force and Servas are the same. I do think of Servas as our Sister organization. I was first introduced and became a member of Servas before I became a member of Friendship Force. Servas works with Friendship Force before or after a journey if you want to extend your time in a country. I have had wonderful experiences with Servas and it will be fun to meet together and share stories.

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

President — Jennifer Allred

Secretary — Donna Smith

Treasurer — Judy Cohen

Social Chair — Jeanne Goldstein

Membership—Lynn Muller

Member-at-Large—Carol Milliken

Technology—Margret Boes-Ingraham

Past President — Anne Lemmon

Newsletter Editor—Dana Hughes

Explore Understand Serve

Activities Calendar 2024-2025

March 19 — General Meeting

March 27th—Adventure Lab
Ogden Historic 25th Street District

April 6, 6 PM—Meeting with Servas
African Journey by FF-Utah Club
Salt Lake Government Complex, Cafeteria
2100 S State, S building, SLC

April 11, 2024, 11:30 AM — Let's Eat Ethnic:
Francesco's, 1922 W, 5400 S

April 27th Dinner with Grand Junction Colorado FF-Club
Details will be announced later

FF-International Journeys

August 23—Sept 1, 2024—Festival at Sea

October 7—10: North America Regional Conference

Outgoing Journeys

Mid April, 2025: San Antonio, TX
Co-coordinators: Donna Mirabelli & TBD

Treasurer's Report — March 2024

As of February 25, 2024, the checking account is \$3575.

Judy Cohen

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Member of the Month—Susan Hilton

Susan managed a large group of ambassadors in a foreign country (Guadeloupe) where most of us spoke only English. Along with Betsy, Susan communicated with the Hosts and collected the detailed information in a timely fashion. She arranged transportation to and from the airport, and found a hotel for each of us to book. She also had to deal with unexpected developments with tact and compassion. We all appreciated her open mind and concern for each of us. I think we all felt that we were in good hands and appreciated Susan's availability for any concerns. It was a journey to remember and Susan did an outstanding job.

Jennifer Allred, President

The African Safari Redo

Those who went on our African safaris are planning another chance to show our photos and share our adventures. We are meeting with the tech specialist and making sure we can project our photos on the television at the Salt Lake County South Building.

We also are inviting another Peace and Hosting organization to come and learn about our club by sharing our report on Tanzania. The organization is Servas. (See article below).

Margret is a long time member and has been hosted through Servas. We hope you will put Saturday, April 6th on your calendar and come to our usual meeting place at 6 PM.

Arrive early with your Potluck contribution. See flyer on page 10.

Contact Margret for more details.

Jennifer Allred, President

Texas Journey Planned in Spring, 2025



A committee is planning to setup a Journey to San Antonio and Austin Texas in April, 2025. The bluebonnets, the state flower of Texas, will be in full bloom.

Friendship Force of Western Colorado is coming for a visit

The friends in Grand Junction Colorado are once again coming to see the Tulip Festival and the rehearsal for the Tabernacle Choir. They would like to meet us for dinner on Saturday, April 27th.

They are a fun group and often travel on short trips around the area. They will be staying in South Jordan for three nights and leave on Saturday, April 28th. Some of you met with them at the Spaghetti Factory in Trolley Square the last time they came.

Let's plan on a fun dinner somewhere and propose a restaurant in the southern part of the valley. Mark our calendars and contact me (Jennifer) if you have a good idea of where to meet on the 27th of April.



Lunch in Chinatown, SLC

Several club members visited the Chinatown Market before eating Chinese food. Fourteen members enjoyed chatting over lunch.



*Belated Birthday Greetings
to Rose Novak who celebrated
her 90th birthday February 23rd.*

Adventure Lab: Ogden Historic 25th Street District

Let's try this Adventure Lab again! The last time the weather did not cooperate with us

Date : March 27th

Meet: Starts at Murray Front Runner Station (Murray Central location) at 11:45 AM and costs \$2.50 round trip (senior). Arrives in Ogden 12:54 PM at 140 W. Vine Street.

Please arrive by 11:35 to allow enough time to get your ticket. We can come back as a group or individually. Maybe have a late lunch. You are also welcome to meet us at Ogden.

About this Adventure: The history of 25th Street began with the opening of Union station, at the west end of the street, during the completion of the First Transcontinental Railroad in 1869. During the early 20th century, 25th Street was a center of activity in Ogden. Home to retail shops, restaurants, ice cream parlors, hotels, and laundries, the street was also a common site for illicit activities such as gambling, prostitution and narcotic sales. This is part of the introduction given on this Adventure Lab. Let's see what else we can learn! **Please call or text me and let me know if you are interested in joining this Adventure or if you have any questions. 801-403-6463.**

Let's go on an Adventure!

Margret Boes-Ingraham



Adventure Lab Details...

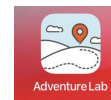
If you are interested in getting the apps on your mobile phone here are the steps you need to get started. First set up a free account by downloading the Geocaching App from your phone. Get it on Google Play or Download on the App Store.



The Icon will look like this



You will also need to download the Adventure Lab and the icon will look like **this**:



Both apps are free. Set up a free account in the Geocaching app and you can then look for all the adventure labs world wide! There are over 60,000 Adventures in 120+ countries. I did my first Adventure lab in Elko, Nevada. We had been on the road from SLC and had lunch in Elko and wanted to do a little walk. It was perfect as we learned a lot about Elko and were able to stretch our legs and get some exercise before getting back in the car. It has been fun to learn about different Adventure Labs in our area. If you have not joined on one of these Adventures I hope to see you on our next Adventure Lab!

Happy Adventuring, *Margret*

This is the Place Adventure Lab



"There's No Place Like This Place" Adventure Lab on January 22, was a last minute add in for me. I was aware of the place but had not been there for many years, even though it is in my part of the city!

We met up at the "This is the Place Monument" at [2601 Sunnyside Ave.](#) You drive in a way until just past several Bronze statues on the right. The statues commemorate "The Mormon Battalion" and "Pony Express". After parking, we walked to the statue area to read and view the captions associated with each of the larger than life Bronze statues. The statues are very

artful depictions of events and people from the early history of Utah. (Mormon Battalion and Pony Express) The Adventure Lab app on Margret's phone gave additional information and asked questions about what was shown in the statues. Question, Do you know how long was required to get a letter or message from California to St. Louis via the "Pony Express?"

Next we elected to hike up the slope about 1/4 mile to the "Heritage Park Gift Shop", which features many of Salt Lake and Utah's favorite companies. On the way east to the gift shop we passed by several more bronze statues and walked around the "This is the Place" Monument. The monument was dedicated during Utah's pioneer centennial celebration in 1947. The granite structure stands sixty feet high and eighty-six feet long. It memorializes, in bronze sculptures, the Mormon pioneers as well as the traders, trappers, explorers, and others who were instrumental in the development of the west. Question? "How many rifles are shown in the "This is the Place" monument?"

As a result of this outing, I will now include "This Is The Place" and of course the Gift Shop on a list of stops to share with any who might come my way and want to tour about town!

Duane Garwood

Lets Eat Ethnic—April 11

It's let's eat ethnic! It is not The Olive Garden but Francesco's!

Francesco's at 1922 W and 5400 South at 11:30 am on Thursday The 11th of April. The menu and prices are on the web. Francesco's features Italian dishes and pizza. Please email Carol at milliken@xmission.com by the 8th of April, so that we can have a set up for our group.

Carol Milliken

Guadeloupe Journey Photos: February, 2024



Row 1: Welcome at Guadeloupe Airport. Row 2: Welcome Party, Ron Smith & Guadeloupe Club member. Row 3: Lunch (Carol Milliken, Falene Loveland, Guadeloupe Club members)

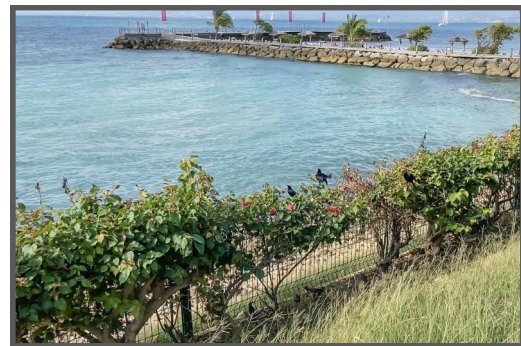
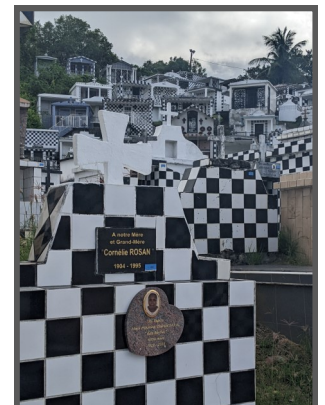
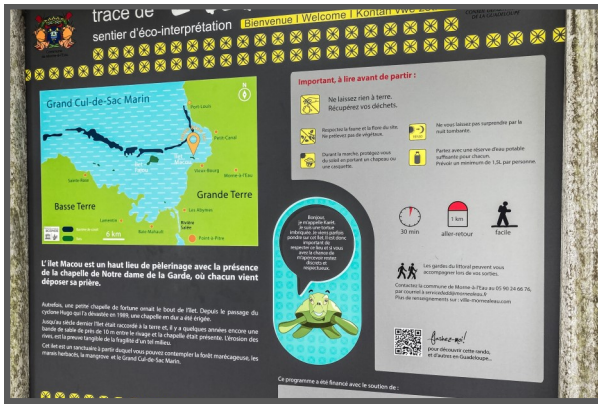


Row1: Getting ready for Carnival parade, Kris & Keith Hill & dancers

Row 2-3: Dancers in parade

Row 3: Police Station shown in TV series Death in Paradise

Row 4: Guadeloupe hosts, Keith Hill



Row 1: Boat ride on canal, Island with egrets & pelicans. Row 2: Inlet on sea near Chapel
Row 3: Farewell Party-Guadeloupe members & dancers. Row 4: Zenitude Hotel scenes

**Join Utah Friendship Force & Servas
for Potluck Dinner and African Safari**



Date: April 6, 2024

Time: 6 PM

**Place: Salt Lake County Government Complex
2100 South State, South Building Cafeteria**

**Program: African Safari Photo Review
by Friendship Force Members**

