



A World of Friends Is a World of Peace

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New TSA Carry-On Bag Rules

If bag less than 22" x 14" x 9" and adding bag's height, length & width together is less than 45", your carry-on will be allowed on all 14 US domestic airlines. Restrictions are carrier specific.

TSA Liquid Rule : 3:1:1 Rule (liquids, gels, aerosols)

Container must be 3.4 oz or less

First 1 refers to clear 1 qt bag

Second 1 refers to **1 bag per person**

Hand sanitizer (3.4 oz) must now be included in clear bag

Exceptions: medical prescriptions may be accepted in larger quantities. Need to have in original labeled containers. Over-the-counter meds (e.g., saline solution, liquid nutrition, medical gels permitted).

Food (liquids or gels) & drinks must comply with the 3-1-1 Rule.

TSA Banned Liquids include toxic chemicals including self-defense sprays, flammable liquids & high-proof alcohol.

Now need Real-ID, state-issued driver's license and ID card that meet security requirement, or passport, global entry card or similar document approved by Federal Government for air travel.

Be prepared for the unexpected as rules can vary by airport, day, or even hour.

See website below for more detail on what you can pack in carry on bag, and in checked bags.

www.tsa.gov/travel/security-screening/whatcanibring/food



Summer Picnic : July 15th

Time: 5:30 PM

Where: Washington Park

Beef barbecue made by Betsy Heath, chicken barbeque by Jeanne Goldstein, buns, ice and water will be provided.

Bring side dish or dessert. Remember to bring glass, plate and silverware.

See page 3 for details & directions

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About our Club

Club meetings are held the third Tuesday of January, March, May, September & November in the cafeteria of the Salt Lake Co. Government complex, 2100 S State St, South Building. Use east entrance at north end of South Building. If door is locked, sign in at North Building and get directions to the cafeteria. The July meeting is a picnic generally held in a local park.

2025 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

Team Leader — Judy Cohen

Secretary — TBD

Treasurer — Judy Cohen

Social Chair — Jeanne Goldstein

Membership — Susan Worley

Member-at-Large — Carol Milliken

Member-at-Large — Elizabeth (Betsy) Heath

Technology—Margret-Boes Ingraham

Newsletter Editor—Dana Hughes



Calendar of Events 2025

Local Events:

July 15: Picnic in Washington Park

Incoming National Journey: 2025

September 6—12 Northeast Ohio Club

Coordinators: Lynn Muller & Donna Paulson

Outgoing International Journey

August 4—18 Trujillo & Tarapoto

Coordinators: Margret Boes-Ingraham,
Carol Milliken, Julia Navarro

Outgoing National Journey

October 8—13: Cincinnati, Ohio

Coordinators: Judy Cohen & Betsy Heath

Treasurer's Report-July 2025

The club's bank balance is \$4,127.37.
There are no outstanding debts at this time.

Judy Cohen

Thank you for another year

Internet services donated by  XMISSION

Message from the Leadership Committee

Summer and Fall is a busy time for our club this year. In June we had a wonderful visit with guests from the Oita Friendship Force from Japan. Their visit was a rousing success due to the efforts of so many, especially the journey coordinators Dan and Annie Eastmond.

July 15th will be our annual picnic at Washington Park up Parley's Canyon.

August, members of our club travel to Peru where they will be hosted by two local Friendship Force clubs.

September, we will host an incoming journey from Northeast Ohio, beginning September 6th to the 12th. We are calling on all Utah club members to help make their visit the best they have ever had.

October, our club has been invited to the Cincinnati, Ohio area for five days beginning October 8th. This journey promises to be extra special.

Many members of our club have given many hours, days, weeks, and months to make these events a success. Thank you, thank you.

Judy Cohen

Utah Friendship Force Summer Picnic July 15th

We will have our summer picnic at **5:30 PM on Tuesday, July 15th at Washington Park** up Parley's Canyon. At this time in the season we will probably welcome the cooler temperatures in the canyon. Barbecued beef by Betsy Heath and barbecued chicken by Jeanne Goldstein, buns, ice and water will be provided. Please bring an appetizer, salad or dessert to share. This is always a very fun, relaxing event. Come join us!

If you have outdoor games, bring one for us to play. But be prepared to give instructions. Dan Eastmond is willing to lead us in some old familiar songs.

Directions to Washington Park:

1. Head east on I-80 through Parley's Canyon
2. Take exit 134 and turn left toward East Canyon
3. Turn right onto East Mt. Dell Golf Rd.
4. Continue on that road past the golf course to the entrance to Washington Park
5. Proceed to the Lower Pavilion



ETAs and ETIAS: New Requirements for International Travel

For travel to the UK, U.S. citizens will need an Electronic Travel Authorization (ETA) starting January 8, 2025, if they are not traveling with a UK visa or have legal residency in the UK or Republic of Ireland. The ETA is a digital authorization linked to your passport and is required for boarding a flight to the UK. It is valid for two years or until the expiration date of the passport it's linked to.

ETIAS required for travel to the European Union (30 countries) will be needed beginning in the last quarter of 2026.

Other countries are changing their requirements for entry into their country. Thus, it is important to check the requirements for any country that you want to visit. Is a Visa, ETA, ETIAS or another document in addition to your passport required?

Dana Hughes

We Need Your Help for Incoming Journey from Northeast Ohio—September 6—12

The Northeast Ohio Club will be here September 6—12. Eleven ambassadors will be coming: 4 couples and 3 single women. We need Home Hosts and Dinner Hosts. If you are willing to help, please let me know. You can call 843-359-9523 or email me: lynnmichele924@gmail.com.

Thanks.

Lynn Muller

Utah/Cincinnati Friendship Force Journey – October 8 to October 13, 2025

Take a journey to Cincinnati and participate in a once in a lifetime opportunity to be immersed in the history and pageantry of riverboat travel – think Mark Twain. According to their website America's River Roots Festival is a signature event to kick off America's 250th celebration. A unique fusion of music, cuisine, and culture found at America's River Roots creates a can't miss event that will fill the riverfront with the sights, sounds and flavors of our nation. We will also be treated to the famous Cincinnati chili, visit the Cincinnati Art Museum, view an ancient geoglyph, Serpent Mound, and visit the archeological site of Fort Ancient. And best of all we get to be with some of the friends we made when we hosted the Cincinnati Friendship Force several years ago. Be on the lookout for additional information about this journey and how to sign up for the trip in the next few days.

Judy Cohen

Hidden Airline Perks for Seniors

Flying after 70 years of age may offer hidden benefits if you contact the airline directly and ASK for them.

Direct Senior Discounts

Wheelchair: VIP Treatment

Lounge Access

Aisle Seat Priority

Faster Rebooking during delays

Companion Discounts

Early Boarding

In-flight Assistance

Seat Upgrades

Flexible Cancellations

The above was taken from the YouTube article below.

"Flying After 70? These 11 Airline Benefits Are Hidden From You!
www.youtube.com/watch?v=S5iLXSVZ8OY

Dana Hughes





We had a wonderful time with our new friends from Oita Japan June 7-14!

Thank you to everyone who helped in any way. It takes many hands to have a successful journey and we could not have done it without you.

Thank you for attending the parties. We had just over 40 people at each.

The week was jampacked with activities —

We were very fortunate to have Dan's Japanese language skills and Kikumi's English skills to facilitate understanding across cultures, and homestay and day hosts did just fine with charades and google translate.

- **Sunday**--Tabernacle Choir at Temple Square Broadcast and Conference Center rooftop tour. At the Welcome party we enjoyed visiting, eating, and singing together.
- **Monday**--Park City Olympic Park Museum and watching Olympians practice skiing over the pool. We window-shopped and ate lunch along Park City's Main Street, then drove home via Guardsman's Pass for the view.
- **Tuesday**--This is the Place Heritage Park. We were lucky it happened to be the annual Huntsman free day. We rode the train and enjoyed ice cream treats as well. In the afternoon we explored the Natural History Museum. Judy was a great guide for the many exhibits there. That night we headed off to small dinner groups throughout the valley.
- **Wednesday**--was a free day and each host arranged to do different things, from exploring Red Butte Gardens to hiking Timpanogos Cave. In the evening we again got together with different dinner groups.
- **Thursday**--we stopped at Nut Garden Chocolates in Bluffdale, and had no idea that our guests loved chocolate that much. Then we headed to Utah County to see the Springville Art Museum.
- **Friday**--was a self-guided tour of the Utah State Capitol and stop in the Daughters of the Utah Pioneers museum across the street where they let Tomoji play an old pioneer pump organ.

The Farewell party that evening was a nice climax to a fun week. We visited, ate, and again sang together. Dan (on guitar) and Annie (on concertina) were joined by two of our Japanese guests on recorder and ocarina in accompanying some of the songs. Our Japan guests did a traditional dance and songs and even got some of us out there dancing, especially Jeanne who had a birthday that day.

The Japanese club had asked that in lieu of giving host gifts, we identify a local charity they could donate to. We selected the Columbus Adult Education Center that mainly provides English classes for immigrants from various countries. Founding director Sonja Henkel and her husband Jeffrey were invited to the Farewell party to accept the donation and our liaison contact Jeff Driggs also attended.

We had our Japanese guests share their favorites of the week —

They all appreciated the warm, friendly people of our Utah FF club and our state in general. Many loved the Tabernacle Music program. One especially liked The Heritage Park Pioneer Village because it reminded her of her family. Some especially liked the Natural History Museum. The American movie buffs really liked the small exhibit at our State Capitol that showed snippets of movies filmed in Utah. They all liked the small chocolate factory tour.

But the biggest surprise was that the majority liked the Springville Art Museum the best. We think it was because the tour guide spent extra time explaining the different layers of symbolism and meaning in the Soviet Art Collection exhibit that was being installed. She explained that each piece had been selected because it expressed that despite different cultures, politics, and values we all share human experiences—of home, community, labor, leisure, and a desire for world peace—universal human longings.

Our hearts were touched by her words and that shared experience. That is what Friendship Force is all about; a desire for peace and feeling connected as human beings in each of our Friendship Force journeys and in our own personal journeys.

- **Saturday**--we saw them off to Denver for a week with the Pikes Peak club, with fond memories of Utah lingering in their hearts and minds.

Annie Eastmond





