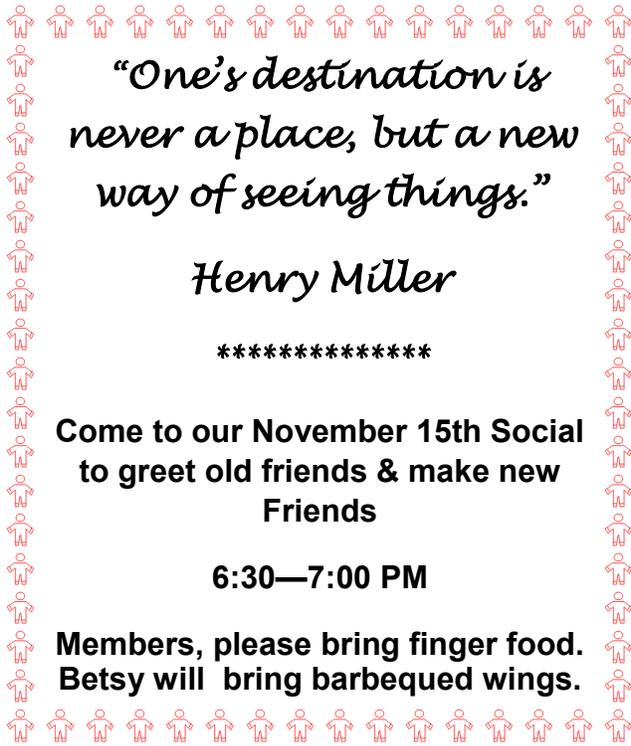




www.thefriendshipforce.org

www.friendshipforceofutah.org

November-December, 2016



*“One’s destination is never a place, but a new way of seeing things.”*

*Henry Miller*

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**Come to our November 15th Social to greet old friends & make new Friends**

**6:30—7:00 PM**

**Members, please bring finger food. Betsy will bring barbequed wings.**

- What’s In-side**
- 2—About our club; Calendar of Event, Holiday Party**
  - 3— President’s Message, FFI eNewsletter**
  - 4—Membership Renewal, Treasurer Report**
  - 5—11 Excerpts from Ambassadors’ Journal: Peaks to Plains Exchange**

**November 15, 2016**

**Russian Art & Music**

**By Deidre Murray Paulsen**

**Where: City-County Government S Bldg.**

**2001 South State Street, SLC**

**Time: Social 6:30**

**Business Meeting 7:00**

**Program 7:20**

Deidre has taught at SLCC, BYU SLC, and on the Provo campus of BYU. Primarily she taught composition in the Honors Program of BYU as well as running the Writing Fellows program and directing the Publishing Lab. She also taught various folklore courses: Introduction to Folklore, Mormon Folklore, and Ethnographic Writing.

In 1993 Deidre went with her mother to Russia. They went by ship from St. Petersburg to Moscow. To break down vestiges of the Cold War after Perestroika, a Russian folk group performed for the Americans. With Deidre’s folklore background, she was fascinated and found a university student to translate for her

(continued on page 4)

### About our Club

Club meetings are held the third Tuesday of January, March, May, July, September and November at 2001 South State Street, SLC. Use the East entrance at the north end of South Building where free parking is available. If the door is locked, go to the North building, sign in and get directions to the Atrium.

**Social, 6:30 PM; Meeting ,7 PM**

### 2016 Officers & Board Members

**President — Judy Cohen**

UtahFriendshipForce@gmail.com

judycohen@xmission.com

**Vice-Pres Programs — Kathleen Mason**

kcmason1@msn.com

**Secretary — Nona Bressler**

don\_nona@centurylink.net

**Treasurer — Doug Ingraham**

ingrahamboes@gmail.com

**Social Chair — Betsy Heath**

elizabethsaltlak@aol.com

**Membership Chair —Jennifer Allred**

AllredJennifer@gmail.com

**Historian — Lotti Wann**

lottiw@gmail.com

**Alternate Social Events — Susan Hilton**

susanehilton@gmail.com

**Past President — Margret Boes-Ingraham**

ingrahamboes@gmail.com

**Newsletter Editor—Dana Hughes**

dana92141@comcast.net

### Calendar of Events

#### SLC Activities

**December 13, 2016**

Christmas Party, La Puente Restaurant

*3540 S State Street*

*Salt Lake City, Utah*

#### Incoming Exchange

**Early June, 2017:** Brisbane, Australia

Exchange Director; Elizabeth Heath

2018 Norderstedt, Germany  
(if approved by FFI)

#### National Outgoing Exchange

**January (last week) 2017**

Santa Barbara, CA

#### International Conference 2017

**August 24—28, Manchester England**



#### *Holiday Party*

*When: Tuesday,  
December 13, 2016*

*Time: 6:30 PM*

*Where: La Puente Restaurant*

*3540 S State Street*

*Salt Lake City, Utah*

## FF-Utah - President's Message



Greetings on this beautiful autumn day. I hope everyone is enjoying this unexpected warm weather. As many of you know, we did not get an international exchange for 2017. But, the Friendship Force International Conference to be held in Manchester, England in August 2017 is a great opportunity to for us to visit Britain and take advantage of a better exchange rate for our U.S. dollars. The conference begins on August 24<sup>th</sup> and runs to August 28<sup>th</sup>. Online registration begins early December 2016. Go to the FFI web site for more information.

Jennifer has been busy recruiting new members. In the spirit of the upcoming Thanksgiving Day holiday, please introduce yourselves to those you don't know and welcome them to the club.

Happy Thanksgiving to you. I wish you all a wonderful day with family and friends.

### Exchanges for 2017 and 2018

Outgoing: Santa Barbara, Ca. club will host us during the last week of January 2017. I will have more information regarding this exchange at our general meeting on November 15.

Incoming: Brisbane, Australia for early June 2017.

Norderstedt, Germany for 2018 if approved by FFI

Outgoing 2018 exchange request submitted to FFI list is as follows.

France

Sweden

Belgium

Australia/NZ

### Quarterly eNewsletter of Friendship Force International

The first official Quarterly eNewsletter is out. This email, full of stories, news, and global updates, will be delivered to members email inbox once a quarter to keep you informed with what is going on with FFI worldwide. You are encouraged to share this with others who are interested in learning about Friendship Force.

If you did not receive this eNewsletter, you will find it on the FFI website:

[www.friendshipforce.org](http://www.friendshipforce.org)

### Membership Renewal Time is Here!

I will be at the front table at the meeting on November 15th with Membership Renewal Forms. Please pick one up as you come in, and bring your check books! The fees this year are **\$30 per person** with no discount for couples. (One additional family member will be at no charge.)

I will also have self-addressed envelopes for those of you who will need to mail me your membership dues.

For those members who did not attend the last meeting in September, I will have copies of our shorter, newer survey and this is your chance to have your opinion known. We want to know how you will be able to help us plan for 2017 and 2018!

We are fortunate that we have several new members. **Debbie Hahn**, who helped a lot with our Global exchange as a day host, is now a member. Debbie is an attorney who recently retired and volunteers at Guadalupe Schools.

After attending several meetings and activities, **Jean Herschell**, a friend of Dana Hughes, also joined. Jean retired as a secretary and she currently works at Macy's.

**Pam Worthington**, longtime friend of Ron and Polly Toth, joined after attending several activities. Pam worked with Polly as a teacher.

Margret's friend Lynn Muller, who joined in September, has brought one of her friends, **Nancy Kiarniski** into our club. She is a former math teacher.

*Let's give a warm welcome to all these adventurous ambassadors!*

Also, please remember to think of friendship stories to send to [Storiesoffriendship.org](http://Storiesoffriendship.org) about relationships you have developed through Friendship Force.

Jennifer Allred, Membership Chair

### Deirdre Paulsen continued from Page 1

so she could interview Galina Sysoeva, head of the folk dance group Volya. Deirdre found out that Galina's goal was to collect pre-Soviet folklore before it died since the Soviets had changed the songs and dances so radically during their 70-year rule.

Three months afterwards, Deirdre found in her mailbox on the BYU campus, a large book of Russian costumes with an invitation inside to "Co-lead a folklore expedition along the Don River." Quite shocked, she was skeptical because she didn't speak Russian, but decided she should at least see if she could possibly get funding from BYU. She spoke with Paul Cox, Dean of the Honors Program, who asked if she had considered taking a film crew into Russia. Paul Cox said he would approach the Film Committee at BYU for funding. Amazingly, everything fell into place-- BYU funded Deirdre going in with a film crew into areas never before seen by a foreigner. For three weeks they filmed what became "Russia: Hidden Memory" a sixty-minute award-winning documentary. Deirdre's presentation will include selections from this film.

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### Treasurer Report— Doug Ingraham

Checking account at \$3346.05.



## Excerpts from Ambassadors' Journal: Peaks to Plains Exchange

September 24—29, 2016



### Ambassadors

Denis Belair & Janine Buist – Montreal,  
Quebec, Canada

Penny Briscoe – Vicksburg, Michigan

Sylvia Churchman – Taupo, New Zealand

Ken Coy – Oklahoma City, Oklahoma

Joanne Deibert – Galloway, New Jersey

Roy & Nancy Dyer – Springboro, Ohio

Norma Ehrhardt – Baton Rouge, Louisiana

Mavis Grant – Oliver, BC, Canada

Bob & Vicki Hammond – New Smyrna Beach, Florida

Carolyn Lane-Rock – Gore Bay, Ontario, Canada

Peggy Mueller – Powasan, Ontario Canada

Ron and Sharon Pirart – Airdrie, Alberta, Canada

Rose Schultz – Tulsa, Oklahoma

Judi Stratton – Venice, Florida

Beverly Swistowicz – Cheyenne, Wyoming

Natalie Tiernan – Libertyville, Illinois

Jodi Vicario – El Dorado Hills, California

Kay Thomas – Loveland, Colorado – ED

## Saturday, September 24 –

### Transfer to Red Cliff / Moab – Janine Buist



This morning, nothing is rushing us. The meeting point for the ambassadors is scheduled for 11:30. So we take time to have a good breakfast and talk with our hostess Fini. Generous, she cares about giving her time to let us know more about the Grand Junction downtown, which is not only a main street, as she says. Effectively the city center has a scent of tranquility and modernism. It is a place of small boutiques, cafés and restaurants, housed in old restored buildings.

This morning, the streets are closed to traffic because there is a great exposition of antique cars. Their owners are proud to present these old models with love and care. This exhibition gives us the chance to go back in time and remember many forgotten models. All the automobiles are shining for this special event. Music from the 60's adds to the joyous and easy-going ambiance.

After a quick lunch with members of Grand Junction club, it is again time to say goodbye. Three days only with Fini, our hostess, and yet strong ties have been created. Her curiosity, her desire to learn, to exchange, her joie de vivre will stay in our hearts. It was her first experience as hostess and she wanted to be up to it.

At 1 p.m., we depart for Moab, Utah. The winding road offers us once more breathtaking scenes. So we stop many times on the side to admire these beauties.

We arrive at Red Cliff Lodge around 5 p.m. And here is the first glance of this welcoming place. Two days in this magical environment, it's reassuring! The group meets in Jennifer Allred's cabin where Denis and I are lodged. We sit in a large circle, and wine helping out, everyone has a tale for the day. Intense moments of laughs! Dinner will be served in different cabins.

I wish to say thank you to all members of the Salt Lake City club who let us live this great encounter. We can imagine all the logistic, all the work imposed on all the persons who collaborated to make this stay in Moab possible. Transportation of people, food, drinks, and scheduling of the days... It was a real challenge.

### Sunday, September 25, Arches National Park – Denis Belair

This the day I was dreaming of - to see this famous **Arches National Park**, visited by so many friends and family in the past. At 8:30 we are already at the entrance of the park. We are taken in charge by "Red River Adventures" in two groups. Our scheduled hike of the **Fiery Furnace** has been cancelled and replaced by a tour of different highlights in the park. Everybody seems happy about this change. The sky is blue, let's enjoy that day! Our guide is a young man who has good leadership. He gives us an interesting course of geology about these rocky formations, making a demo with a small limestone rock onto which he pours a few drops of water to then break it apart easily, explaining afterward how these arches were born. And later on, we are his students in a class of ecology, the park being



is classroom... This is a good surprise. All the main features of this park of more than 200 square miles have been given magnificent names: Park Avenue, Courthouse Towers, Garden of Eden, etc. There is this special one I adopt: The **Double Arch**, in the Windows Section. I climb it up to the top. And then we go again in the van, this time for lunch. In a few minutes the two guides are ready with a table full of good food. After lunch we still go to see some more special rocks, one of which is the famous **Balanced Rock**. Back downtown in Moab at around 3 o'clock, Margret, ED for the Utah club, offers us a full menu of possibilities for the rest of the day until dinner: 1) Go directly to the ranch at **Red**

**Cliff Lodge**, and drink wine. 2) Tour the **Lasa Loop** to admire the high snowy mountains around Moab. 3) Go for another small hike, this time in the **Canyonlands National Park**, where we can admire more arches, mesas, buttes, and not a surprise: an immense canyon. Everyone makes his choice between these three options. This unforgettable day for all ambassadors ends with a good dinner. Thanks people of Utah club.

## Monday, September 26, Transfer to Salt Lake City

### **Bob Hammond**

Moving day again. We packed up our luggage, cleaned up our Pack Creek cabins, managed to jam the luggage into the available cars, and set off for Salt Lake City.

Vicki and I were going to stay with Judy and Rick Cohen in SLC, and since Judy was one of the people from SLC who had driven to Moab, we rode in her van, along with Carolyn, Joanne, and Mavis.

At my request, we took a quick trip partway up the mountain to get a picture of the Arches profile with the sun shining in that direction. The photo was good, but not great.

Then we turned around headed for SLC. Took another quick detour to have a look at some ancient petroglyphs on the cliffs by the side of the road. The sign said that these etchings could be as old as 8000 years. (It's interesting to note that if people did that today, they would probably be accused of defacing the rock face with graffiti.)

And on we went, past an area where the rock was redder than anything we had seen previously (more iron?), through a really bleak region known as the high desert, then gradually into the Wasatch Mountains, which frame a backdrop to Salt Lake City. The rock has changed from the red color that we have been seeing everywhere to more of a grayish tone. Don't know enough geology to comment further.

Interesting aside – we stopped on the way for lunch at the Tamarisk Restaurant, where, on one wall, was an art design inspired by the Fibonacci Sequence, 1, 1, 2, 3, 5, 8, 13, 21, 54. . . where each number in the sequence is the sum of the previous two. I could digress here about the applications of this sequence in art and nature, but this would take too long and is not really the purpose of this journal. But finding the sequence on the wall of a restaurant in a very small town in Utah was worthy of note

Anyway, we got to SLC and dropped off the rental minivan. The other passengers were picked up by their respective hosts, and Rick Cohen came to pick up us and Judy.

Our accommodation this time comprised a reasonably large bed and our own bathroom – our luck is holding up.

The four of us went to dinner at the home of another couple, also members of the SLC club. Then we returned for some photo editing and journal writing.

### **Judi Stratton 9/26**

Rose and I rode to Salt Lake City with Jennifer, the person who made it possible for our group to enjoy Pack Creek Ranch for a couple days. She had a lot of check out chores, so we departed a little after 11:00, well after the other vehicles. She had 2 stops to make in Moab; a furniture store and the property management company for the ranch. After that we began the long drive to SLC, squeezed in between watermelon, supplies and luggage. Gradual changes in terrain entertained us enroute: exposed salt, soft light aqua hills, the gray Book Cliffs, sedimentary rock layers, taller slopes with golden aspens and trees with red leaves for fall, and finally the Wasatch Mountains with summits dusted with snow. Several pronghorn antelope caught our eye. One stop enroute at Subway for lunch sandwiches. We were delivered to our final global hosts about 4:30 and 5:00.



### **Penny Briscoe 9/26**

The drive from the ranch to SLC was a desolate one, and I admired the vast expanse of near nothingness, save for distant barren bluffs and ridges along most of the way. A few homes, ranches, or small towns dotted the landscape—until we entered the congested area near Provo just before Salt Lake City. On the way there we stopped for Subways in Green River and the four of us (Deni, Janine, Kay and me) ate them at a quiet city park that for some reason had more than its fair share of small white butterflies flitting around our picnic table.

It was a cool day and I enjoyed the trip with Janine and Denis chatting from the back seat while I rode shotgun for Kay to provide intermittent directions and eventually a bit of driving relief for her.

### **Tuesday, September 27 – Salt Lake City - Judi Stratton**

From the porch of my wonderful host Dana Hughes, we had an excellent view over the city night or day. The Wasatch Mountains and Mt Olympus were behind us, but the Oquirrh Mountains were visible to the west with a dusting of snow on top. Also visible were the city in the valley and even a bit of the Great Salt Lake, 25% salinity and a prized location for Morton Salt. My day host Jo Deane drove me to the center of the city where we walked through Temple Square gardens before the open air bus tour began in beautiful weather. The tour featured an overview of the city highlights: Temple, Tabernacle made famous by Choir performances, Assembly Hall, Family History Library for genealogists. Outside the square the Joseph Smith Building offers a theater, gift shop, and cafe. Clearly Salt Lake City is not limited to members of the LDS community, as we saw the Catholic Cathedral of the Madeleine, the



Presbyterian Church, and a Greek Orthodox Church.

The tour took us past the U, the stadium of the U of U, where the 2002 Olympics Closing Ceremony took place, as well as the U of U Health Center. We saw the very modern and energy efficient library with a roof top garden and skylights located across the street from the Historical style City Hall. The State Capitol and the Governor's Mansion displayed classical style. And the regular street grid of the city was pointed out.

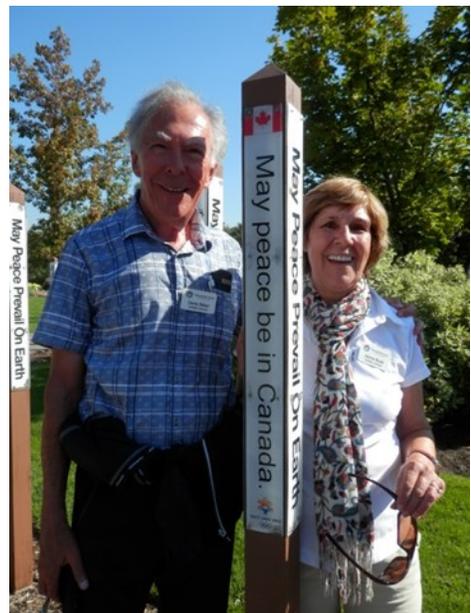
We learned a bit of history as well. "This is the Place" Heritage Park, marks the spot where Brigham Young, looking at the valley below, found the place he had been seeking for his followers, "the place of Deseret," the honeybee in the Book of Mormon. Utah is called the Beehive State because of the industrious nature of the people and the sweetness inside. The community became a trading center during the California Gold Rush. James Buchanan sent troops to prevent the founding of a theocracy. Eventually the Mormons gave in, dropping a few of

their more controversial practices such as polygamy, and the bloodless war ended. In more recent history, one of the major downtown streets was nicknamed "State Street River" when, after record snowfall followed by a warm May, City Creek flooded and sent feet of water downtown.

We joined Ron and Sharon, hosted by Ron and Polly, at Rio Grande restaurant in the old train station for a Mexican lunch. Polygamy Porter, unique to Utah, was enjoyed with our meal.

In the afternoon we visited the International Peace Garden for a tour. Begun in 1939, the garden developed quickly after WWII. 27 countries have culturally unique mini gardens created by representatives of those countries in the SLC area. In addition, 84 peace poles stand in a circle surrounding a flowering garden. The poles represent the 84 countries whose athletes competed in the 2002 Winter Olympics in SLC. Each pole reads on one face in English "May peace prevail on earth," and on the adjoining face in the local language "May peace prevail in ..." naming one of the competing countries. Priests or representatives of all religions were present for the dedication ceremony. Duplicate smaller poles were sent to all countries via UPS, since so soon after 9/11 airlines balked at that cargo. Where there's a will, there's a way.

That evening a large group of hosts and ambassadors convened at the home of the Sherwoods for a delightful hosted dinner and evening, our second to last evening of this unique and wonderful exchange.



## Wednesday, September 28, Park City – Joanne Deibert

Today we hit the trifecta - PARK CITY, UTAH - home of Robert Redford's SUNDANCE FILM FESTIVAL. We visited:

1 - OLYMPIC PARK - home of the 2002 Winter Olympics

2 - PARALYMPICS Center - training site for Paralympians and Wounded Warriors

3 - DOWNTOWN PARK CITY - art galleries, craft breweries, antique shops and more.



Our last day was as good as the first! Park City is an old silver mining town. A perfect host city for the 2002 Olympics as local Mormon missionaries are trained to be multi-lingual, thus capable hosts for multinational guests. We watched in awe as the US Olympic hopefuls, in full winter gear, skied down the Nordic water slope, twisting and somersaulting into the bubbling pool below. China was next to practice, then Australia. This training venue is open to any country that can foot the bill. They are no free rides even for US athletes! Serious would-be competitors begin to jump at 7-8 years of age with mom and dad and grandparents footing the bill through all years of competition.

A quick bus ride to the top of the peak landed us at the apex of the luge, skeleton and bob sled runs. Park City boasts the fastest tracks in the world, second only to Whistler, Canada. Luge is the most dangerous of the winter sports where speeds average 87-95 mph; 93 mph is the record at Park City. Luge races are measured in the **thousandths of seconds** and it takes **7-10 years of practice** to qualify. Skeleton sledding is one person, head first - and it only takes 7-10 days of practice to make it to the top!, whereas luge can be one or two, sledding feet first. Bobsleds are four-person sleds. Park City gets 450 inches of snow/year - a great place for these events although track maintenance is an exact science.

We enjoyed lunch in Park City - home to delightful art galleries, boutiques, souvenir shops, and yes - craft beer pubs with good food! The Robert Redford Sundance Film Festival is an annual event here each January - the largest independent film festival in the US. We should consider returning!

The Paralympics National Ability Center debuted triathlon athletes in the 2016 Winter Special Olympics and both men and women WON GOLD! This training center began in 1985 as a non-profit and continues to serve those with significant cognitive and/or physical impairments at NO COST through private, corporate and federal sponsors; services include housing, food, medical personnel and professional trainers for cycling, water skiing, archery, alpine skiing, and equestrian events. Wounded Warriors, veterans and others with PTSD, kids and adults of various ages from 3 to 83 have received assistance and training (typical age is 21-40 years) at this center. 19 athletes from 9 countries trained here for the 2016 Paralympics! This center has more than 1200 volunteers, has summer camps, and is always looking for more volunteers. Interested? !



We closed the day with a delicious Pot Luck supper at the Atrium in the Salt Lake County Government Center. Deliciously prepared food, gracious thank you's and hugs were shared among all present. Thank you to the SLC FF Club. Most especially, thank you both Kay and Nancy from all your ambassadors. Like they say out west, "It was a great ride!"

**Thursday, September 29 – Departure Day - Kay Thomas**

*I thank each of you for joining in this exchange. I thank each of you for your journal entries that have brought our exchange memories back and have made me relive each moment again. I realize it was a huge commitment for you to be gone from your families and homes for this extended period of time. It was my pleasure to meet each of you. I was moved by how close-knit the Ambassadors became as we traveled 21 days through 3 states, 7 locations for 21 days. I do believe we all achieved the Friendship Force goal of making friends. It was quite a journey. Thanks for the wonderful memories. I look forward to seeing each of you again. Happy Travels.*



Ability Center, Park City, Utah

Left to Right: Peggy Mueller, Ron Pirart, Penny Briscoe, Natalie Tiernan, Sharon Pirart, Janine Buist, Mavis

Grant, Jodi Vicario, Carolyn Lane-Rock, Denis Belair, Judi Stratton, Rose Schultz, Bob