



*“What the new year
brings to you will depend
a great deal on what you
bring to the new year.”*

Vern McLellan

*“For a new year to bring
you something new, make a
move, like a butterfly
tearing its cocoon!
Make a move!”*

Mehmet Murat ildan

General Meeting

Tuesday, January 16

6:30—8:30 PM

Social: 6:30 PM

Bring something to share with
others & greet old friends

Business Meeting: 7:00 PM

Highlights of FF International Conference

Margret Boes-Ingraham

Remember to bring your membership dues.

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for details on

February 21st Social Event

FF—Utah - President's Message



As I begin my tenure as President of Friendship Force of Utah, I am excited to think of traveling and hosting friends from Germany, and more importantly, of planning meaningful activities that are fun and informative. I am fortunate to have a slate of enthusiastic board members who have already demonstrated their creative ideas for this year. Our first volunteer was Don Niederhauser, who is serving as our treasurer. Don has traveled to all 50 states, to all 7 continents, and to 80 foreign countries. He also loves to tour in, maintain, and show his antique cars. Christine Allred, our Secretary, worked for many years at Allred's Inc., and she loves to hike and get outdoors, when she is not taking in all the cultural events that Salt Lake has to offer. Our Social Chair is Sharon Lindenberg, who just moved here to be near her son who is a ski designer (Don't worry, Betsy will still be donating a main course for our potlucks!). Lynn Muller, our new Membership Co-chair, is looking forward to hosting (even though she only has a one bedroom apartment!), and traveling with us again (She joined us on the Santa Barbara journey this year). Carol Milliken has agreed to plan our alternative month events and she is excited about it. She is a golfer who is looking for other interested golfers (Anyone up for a game?) Orion Sherwood is our At-Large member, who will be helping us with coordinating programs and jobs (when he is not at his winter home in Mesquite). Judy will be serving again and has the title of "Club Journey Coordinator", while Margret will remain as a co-chair of Membership and will be helping with the website (Thank Goodness!). Debbie Hann has volunteered to lead our incoming journey from Norderstedt, Germany in May. Our newest members have really stepped up to volunteer and I hope you will join us and commit to participate more than ever to make our club successful in our goal of peace through friendship.

Jennifer

February Social Event —Go West! Art of the American Frontier

When: February 21st

Time: 6 PM

Fee: \$12.00 (group rate)

**Where: Utah Museum of Fine Arts, University of Utah
Marcia & John Price Museum Building,
410 Campus Center Drive, SLC**

This special exhibit of more than 80 original artworks *from the Buffalo Bill Center of the West* chronicles early expeditions by Euro-American artists to survey the expansive territory and record its inhabitants. Contemporaneous works by Plains Indian artists attest to long-standing artistic traditions encountered by the pioneers. Romanticized, or idealized, images of the land and its people made

About our Club

Club meetings are held the third Tuesday of January, March, May, July, September and November. Location may vary depending on the month. January meeting will be held 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.

Salt Lake Co Government Complex
2100 S & State St, South Bldg.

Social 6:30 PM

Meeting 7:00 PM

2018 Officers & Board Members

President — Jennifer Allred

UtahFriendshipForce@gmail.com

AllredJennifer@gmail.com

Secretary — Christine Allred

christine@allreds.net

Treasurer — Don Niederhauser

DonandBetsy05@yahoo.com

Social Chair — Sharon Lindenberg

sharonleelindenberg@gmail.com

Membership Co-Chairs

Lynn Muller & Margret Boes-Ingraham

lynnmichele924@gmail.com

deltadoug44@gmail.com

Member-at-Large—Orion Sherwood

Margeorion@msn.com

Alternate Social Events — Carol Milliken

milliken@xmission.com

Past President — Judy Cohen

Judycohen@xmission.com

Newsletter Editor—Dana Hughes

dana92141@comcast.net

Calendar of Events

Winter Activities

January 16—6:30—8:30 PM General Meeting

Salt Lake Co Government Complex
2100 S & State St, South Bldg.

February 21 — 6 PM

**Guided Tour of Go West Art Exhibit
Utah Museum of Fine Arts
See Page 2 for details.**

International Journeys

Incoming

Norderstedt, Germany, May 8 — May 13, 2018

Will need hosts for 15 ambassadors

Outgoing

Schwerin, Germany, June 6 to June 13, 2018



Thanks Xmission for another year

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Membership

Happy New Year!

It is time to pay your membership dues for 2018. \$30.00 per person. Margret and Lynn will be happy to collect the dues at the January 16th meeting or you can mail your check made out to Friendship Force of Utah to: Lynn Muller [1722 S. Wright Ct. Salt Lake City 84105](#).

Pay at the meeting and save that stamp! See you on the 16th with your check book. If paying by cash, please have correct change in an envelope with your name.

Also wear your name tag to be entered in the door prize drawing.

Sharing Friendship Force.

Would you like to have a “gathering” of some sort, perhaps a wine and cheese party, cocktail party, dessert evening, even meeting at a restaurant and invite friends? We will help you share about Friendship Force and see if they might be interested in joining our organization. We are especially interested in those who might be interested in home hosting foreign guest and traveling to experience a different culture from the inside out. Please contact Lynn Muller (843-359-9523 or lynnmichel-e924@gmail.com) or Margret Boes-Ingraham (801-424-2850 or deltadoug44@gmail.com). We will have a signup sheet to join our membership committee at the meeting.

Lynn Muller and Margret Boes-Ingraham

Social Committee

Don't forget that meetings are a pot luck dinner. Bring something to share. At the next meeting we will be asking for volunteers for set up and clean up at dinners. Also we need to have a committee to help plan the summer picnic and Christmas party. Please consider volunteering.

Sharon Lindenberg

Treasurer's Report

The club's checking account as of 12/30/2017 is \$ 4,386.85 with two outstanding checks:

915.00 for the 2018 Club Charter
10.00 State tax license renewal

Net balance 12/30/2017 is \$ 3,461.85

I also want to report the following:
Money saved by using Bill Pay \$17.64 (no stamps required). Also more convenient.

Submitted Sales tax refund request for \$ 144.70.

Happy New Year



Doug Ingraham

Facts about Norderstedt, Germany

Norderstedt is a city found in [Schleswig-Holstein, Germany](#).



The population is about 75,000 making it the 5th largest city in Schleswig-Holstein.

Norderstedt is known far beyond its borders as a business location due to the settlement of large national and international companies.

Climate change is acknowledged to be one of the major challenges facing the world in the 21st century. Norderstedt has been a member of the Climate Alliance of European Cities since 1995 and has committed itself to reducing total CO2 emissions by 10% every 5 years.

FRIENDSHIP FORCE JOURNEY TO UGANDA AND KENYA

After having been a member of Friendship Force Utah for several years I finally got around to traveling on my first FF Journey. Last October I participated with the FF Denver club on their trip to Uganda and Kenya.

I began my travels by leaving almost a week early so I could visit Rwanda before meeting up with the Denver group. I had heard that country had made great progress since the 1994 genocide and my visit validated that fact. I have traveled some in sub-Saharan Africa and I was pleasantly surprised by my short stay in the Rwandan capital of Kigali, which is quickly gaining a reputation for being one the cleanest, safest and most livable cities in Africa. My visit to the Genocide Memorial was sobering and provided a stark reminder of the beginning for Rwanda's turnaround.

From Kigali I flew to Entebbe, Uganda where I joined up with the FF Denver folks. We transferred by bus to the capital city where we were hosted by the FF Kampala club for one week. The homestay there was most interesting, but would not be suitable for everyone. My host family, while quite well off by Ugandan standards, lived in a home with no plumbing, no kitchen, no refrigerator or stove. Water was carried into the home in 5-gallon plastic jugs. Meals were cooked over a couple of small charcoal pots. On several occasions my hosts chased the chickens out of the home at mealtime. I took bucket baths every morning and was very grateful to my hosts for heating the bath water over a charcoal pot. The roads in the residential areas of the city varied from terrible to virtually nonexistent. Getting around was difficult at best. Despite the lack of what we would consider basic facilities my visit was awesome! Uganda is a beautiful country, the "Pearl of Africa." We saw some amazing sights to include Lake Victoria and the Source of the Nile River. My host family was wonderful. The meals they served were delicious (a benefit of no refrigeration is everything is fresh). The FF Kampala club provided a unique experience I will always treasure.

From Kampala we flew to Nairobi, Kenya to be hosted by their club for a week. The standard of living in Kenya seemed noticeably better than Uganda and all of us ambassadors were hosted in homes with plumbing. After the previous week I can't begin to say how much I appreciated something so simple as running water, a toilet, and a rudimentary kitchen. My host family went out of their way to make my time with them memorable. And as you may imagine the group activities planned by the FF Nairobi club were superb. I was glad to see part of Kenya many tourists don't see. Most are drawn to the game parks, safari camps, and the Serengeti Plain. My host took me "up country" to a beautiful, verdant land of tea plantations, pineapple plantations, rice paddies, and a spectacular view of Africa's Great Rift Valley. As a group we participated in many interesting activities including a visit to an elephant orphanage. It was an amazing week.

After the week with the Nairobi club the Denver folks stayed for another week at safari camps to do some game viewing. As I have been to safari camps on numerous occasions in four different African countries I opted out and came home. All in all it was a wonderful experience. Like most serious travelers I have seen people living in much less fortunate circumstances than we enjoy. And like most travelers I have seen it from the window of a tour bus. To have lived with those families for two weeks was unlike anything I have ever done. It was indeed a privilege for which I am grateful. Actually living in those conditions is a far cry from simply observing those conditions. And of course I always find a visit to Africa to be fascinating in one way or another. What a trip!!

--- Don Niederhauser ---

