

FRIENDSHIP FORCE OF UTAH

www.thefriendshipforce.org

www.friendshipforceofutah.org

July-August, 2016

“And what is a friend? More than a father, more than a brother: a traveling companion, with him, you can conquer the impossible, even if you must lose it later. Friendship marks a life even more deeply than love. Love risks degenerating into obsession, friendship is never anything but sharing. It is a friend that you communicate the awakening of a desire, the birth of a vision or a terror, the anguish of seeing the sun disappear or of finding that order and justice are no more. That’s what you can talk about with a friend.

Elie Wiesel, The Gates of the Forest

What’s In-side

2— About our club; Calendar of Event, FFI SkyBonus Program

3—President’s Message, Officer and Committee Reports

4—Peaks to Plains Fall Exchange,

5—7 Keys to Traveling without Fear, International Clubs available to host in 2017

6-8—Canadian Exchange: Reflections & Photos

Summer Picnic

July 19th, 6:00—9:00 PM

Washington Park Lower Pavilion

Come join all of your club friends and family in celebrating another good year with Friendship Force.

The club will provide the barbecued meat and buns, and soft drinks. Please bring a dish to share.



Short program: Judy Cohen will welcome the group. Then Jennifer Allred will lead a discussion on possible foreign exchanges for 2017.

See Page 5 for possible exchanges.

See page 6 for map to Washington Park.

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.

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

Milemarker118@yahoo.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

Conference

September 15-19, 2016

FFI 2016 World Conference,
Marrakesh, Morocco

Incoming Exchanges

September 24—29:

Peaks to Plains Global Exchange Extension

July, 2017: Brisbane, Australia

International Exchange—2017

France exchange canceled. Alternatives to be discussed at picnic.

Support FFI by Flying Delta with SkyBonus Program

Friendship Force has enrolled in Delta Airlines' SkyBonus program. Now, you can support FFI when booking flights directly through Delta. You will still earn your own SkyMiles rewards.

To use this option, enter FFI's account number US0038351 in the SkyBonus ID field in the **Passenger Information** section on the **Review and Purchase** page.

SkyBonus points can not be earned on tickets booked through discount travel websites to include, but not limited to: Expedia, Orbitz, Travelocity, or any tour wholesaler/consolidator, such as Delta Vacations.

FFI will earn SkyBonus points when our members fly on Delta, Air France, KLM Royal Dutch Airlines, Alitalia, or any of their participating codeshare partner airlines. Meanwhile, you will still continue to earn miles in the SkyMiles program.

For more information go the FFI web site and read more on the [SkyBonus FAQ here](#).

FF-Utah - President's Message



Dear Friends,

Why was I drawn to Friendship Force? Why were you? I have been thinking about this question since attending the regional FF conference in Colorado. On June 21st, Rick and I went to hear the Dali Lama speak at the University of Utah. What he said is the answer to why we were drawn to Friendship

Force. The Dali Lama told us that to change something we must act, prayer is good, but to really bring about change, action is required.

In 1977 three people, Wayne Smith and Jimmy and Rosalynn Carter recognized that to achieve real world peace action is required. This realization led to the formation of Friendship Force International. For thirty-nine years FFI has cultivated peace through individual friendships. At this time, FFI is experiencing changes that will hopefully result in a more active and robust force for peace.

Friendship Force International has published an 8 initiative "Strategic Plan" with the goal of setting FFI on a sustainable course. The first initiative speaks to action for peace through enriching FFI exchanges. Initiative one reads as follows, "Revitalize exchanges through

Diversity: new clubs, thematic exchanges and partnerships in high-demand destinations.

Meaning: through "Friendship in Action" exchanges with a variety of humanitarian components.

Learning: language learning, professional development, and education exchanges.

Flexibility: new models, new exchange structures; a more flexible fee structure; a more casual exchange approach for club members, with more "time on your own" and program options with varying prices and degree of physical challenge.

This initiative gives us much to think about.

Judy Cohen

Officer/Committee Reports

Treasurer—Doug Ingraham:

As of this writing our bank account sits at \$3,599.70. In June we received from the State of Utah \$125.00 refund for the sales tax paid in May. This was mainly for purchases made for the Charlotte exchange. Whenever you purchase anything for our club, please make sure the sales tax is reported to the treasurer so a refund can be requested.

Alternate Social Events—Susan Hilton:

Information for August event will be available at our picnic. If anyone is interested in working on a committee of planning alternate month activities, please let Susan know.

Membership Chair: Jennifer Allred:

Why do you think people join Friendship Force? A good guess would be stories of friendships with people around the world! Who do you know? Where are they from? Do you have friends around the world?

My guess is each one of you have at least one great story of a friendship you formed during an exchange.

"Stories of Friendship" is a new archive of stories that members like you are sharing about their friends around the world. What is your story? Please share a memory or a continuing story of friendship forged as you visited some place with Friendship Force. You can send it directly to FFI or send it to me to forward for you.

[stories of friendship.org](http://storiesoffriendship.org) or :

allredjennifer@gmail.com.

Need Your Program Ideas

Do you have program suggestions for our membership meetings? Would you like to make a presentation for a meeting or are you familiar with someone whom you think would do a presentation that would be of interest to our members?

If so, please contact our program chair:
Kathleen Mason (kcmason1@msn.com)

Peaks to Plains 2016 Fun Event!!! September 26—29



How can you participate?

BE A HOST

We are going to host 17 Ambassadors. At this point we have 9 Ambassadors that can be hosted with members who have come forward saying they will host. We need additional hosts for 8 ambassadors.

If you have never hosted before PLEASE seriously consider this way of participating. This is a GREAT introduction into hosting because it is for a short period of time. We have enjoyed so much hosting and learned from everyone who has stayed with us. A separate bed is needed for each Ambassador. Sharing a bathroom is no problem.

Host in Salt Lake City for 3 nights.
Monday – Wednesday, September 26, 27 & 28, 2016. Ambassadors will leave on the 29th. Host will get their ambassadors to the airport on the 29th. You will need to provide breakfast and dinner for your Ambassadors on the 26th and possibly the 27th. The 28th will be a pot luck dinner with our club. Also, the host will get the ambassadors to activities on the 27th and 28th or ask for a day host on those days. Activities will be in Salt Lake City and Park City. Ambassadors are from US and Canada. Several speak French, German and Spanish if you would like to practice with someone, another fun way to enjoy the Ambassadors.

If you cannot host one or more of these ambassadors, you can still help with some of the following tasks.

Non Host Opportunities

- ◆ Host an Ambassador with their host on the 27th for a dinner that evening.
- ◆ Provide a large wicker basket that can be used in the cabins at Moab. These will be returned to you.
- ◆ Cook breakfast muffins or Quiche and freeze for Moab. Also a few other items can be made ahead of time for Moab. We will provide the recipes.
- ◆ Day host for 27th, 28th or possibly drive Ambassador to airport on the 29th. This could be on a one day only basis.
- ◆ Help with Saturday the 28th pot luck dinner. Location TBD. General Help with this fun event.

Please call Margret at 801-424-2850 or e-mail deltadoug44@gmail.com with any questions or you participation choice. THANKS!!!

Exchange Director:

Margret Boes-Ingraham

Excerpts from 7 Keys to Traveling without Fear Despite Terrorist Attacks

Wendy Perrin, June 29, 2016

“Recent events underscore that we’re living in a world where anything can happen anywhere at any time. However, they are not reason to stop traveling, or to avoid huge swaths of the globe out of a misperception that your risk is greater there than anyplace else. Actually, they are reason to keep traveling, to make friends around the world, and to be a thoughtful ambassador for your country.”

“Of course, while your head may agree with me, your gut may be apprehensive. You may be making travel plans—or trying to—and you can’t help but wonder: If I go, what is the risk that I will get caught in a terrorist incident? How do I minimize that risk? If I can’t minimize it, how do I get over my fear?”

“I believe the solution is to put your risk in perspective. Here’s how.”

1. Grasp how minuscule the statistical probability is of getting caught in a terrorist attack abroad.
2. Don’t confuse the probability of a terrorist attack with the probability of becoming the victim of a terrorist attack.
3. Know where the real dangers lie.
4. Understand the reasons why your fear of a terrorist attack is out of proportion to the risk.
5. Don’t focus so much on unlikely risks that you ignore common risks that are far more likely to hurt you.
6. Appreciate that what’s bothering you is not risk itself but your uncertainty as to the degree of it.
7. Lessen those risks you do have some control over.

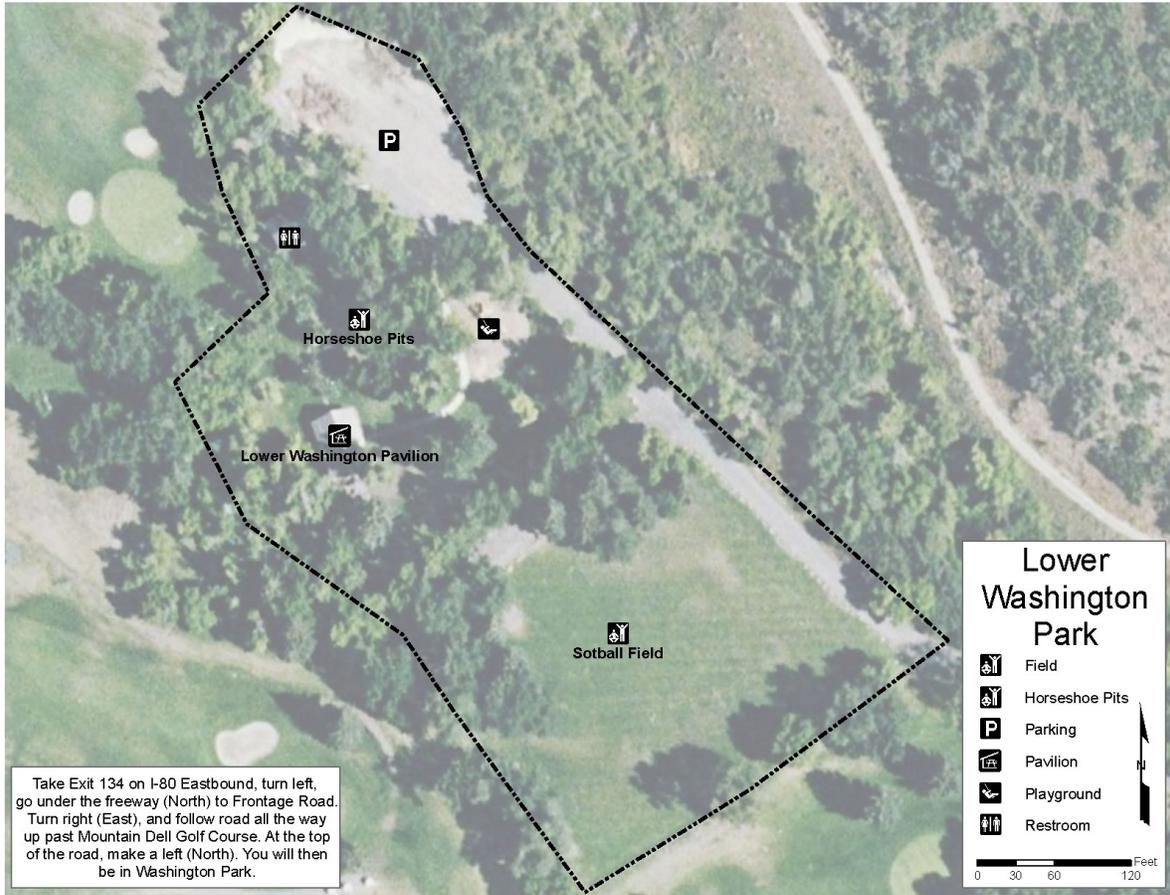
To read complete article go to:
<http://www.wendyperrin.com/7-keys-traveling-without-fear-despite-terrorist-attacks/>

International Clubs available to host in 2017

COUNTRY / STATE	CLUB
Africa - Ghana	Volta Lake
Africa - Tanzania	Iringa
Australia	Bundaberg
Australia	Gold Coast
Australia	Mount Barker
Australia	North Moreton
Australia	Queanbeyen-Canberra
Australia	Sunshine Coast
Australia	Tamworth
Australia	Tweed Valley
Brazil	Belem
Brazil	Blumenau
Brazil	Campinas
Brazil	Itanhaem
Brazil	Recife
Brazil	Ribeirao Preto
Brazil	Santo Angelo
Indonesia	Bandung
Indonesia	Malang
Nepal	Nepal
New Zealand	Gisborne
New Zealand	Hamilton & Waikato
New Zealand	Horowhenua
New Zealand	Manawatu
New Zealand	Napier
New Zealand	Nelson
New Zealand	New Plymouth

Summer Picnic

July 19th, 6:00—9:00 PM,
Washington Park Lower Pavilion



Canadian Exchange—May 25—June 1, 2016

Fourteen wonderful Utah FF members plus three guests from Texas and Ohio enjoyed a week of premier entertaining by the Hamilton/Burlington FF club. Every day was filled with tours to gardens, museums, art galleries, wonderful restaurants and hosts homes. One day in Toronto gave us the chance to tour the museum and aquarium as well as art galleries and a fabulous Chinese restaurant. One day at Niagara on the Lake taking a boat to the Niagara Falls and visiting historic sites was a highlight.

Even though it was quite warm, everyone enjoyed the special tours and the fabulous host families. On our free day, some got to go to Six Nations to see the local Native American culture in Canada. Nothing beats an exchange with the wonderful FF clubs. Life-long friends have been made as always and we look forward to seeing many of their members coming to Utah in the future.

Denice Wheeler, Exchange Director

Hamilton/Burlington Exchange May 25—June 1, 2016





Photos by Ron Toth, Lottie Wann, Kathleen Mason, Dana Hughes, Lisa Denhartog (Canada)