



Thoughts about Traveling

“It’s hard to go. It’s scary and lonely...and half the time you’ll be wondering why the hell you’re in Cincinnati or Austin or North Dakota or Mongolia or wherever your melodious little finger-plucking heinie takes you. There will be boondoggles and discombobulated days, freaked-out nights and metaphorical flat tires. But it will be soul-smashingly beautiful... It will open up your life.”

From: Cheryl Strayed

Tiny Beautiful Things: Advice on Love and Life
from Dear Sugar



General Meeting

Tuesday, March 20, 2018

6:30—8:30 PM

Social: 6:30 PM

Bring something to share with others & greet old friends

Business Meeting: 7:00 PM

Program: 7:15 PM

Estonia’s Culture, History & Geography

Charles Ehin

See Page 2 for information re: Program

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Charles Ehin

Estonia's Culture, History & Geography

Program by Charles Ehin

Friendship Force of Utah will be hosting an Open World Program with Estonian Judges April 21-28. We are fortunate to have Charles Ehin come to share his knowledge and experiences about Estonia.

Charles was born in Estonia and will discuss Estonia's history, culture and geography. A Q&A will follow. Information presented will be very beneficial as we visit with our Estonia guests April 21—28th.

Dr. Ehin is an accomplished author and recognized management and innovation dynamics authority. He is currently an Emeritus Professor of Management at Westminster College in Salt Lake City where he also served as the Dean of the Gore School of Business. As a career officer in the United States Air Force he held various leadership positions including teaching at the Air Command and Staff College. Prior to joining Westminster College he worked as an internal organization development consultant in the private sector.

His most recent book, *Coming Home* (Lakeshore Press, 2011), is a riveting account of his family's struggle to stay alive within areas dehumanized by the opposing armies of Nazi Germany and Soviet Russia during and after WW II. Beginning with the author's return to **Estonia** in 1982 to meet his sister and other family members not seen for nearly 40 years, Ehin chronicles not only the bloody results of the back-and-forth War as it battered Eastern Europe, but also day-to-day life of soul-smothering bureaucracy, tyrannical policies and burning prejudice that survived the war. The story is told in the first-person in a way that brings the reader right into Eastern Europe, to the moment at hand with its troubled history.

This bio taken from www.linkedin.com/in/unmanagement

Facts about Estonia

1. Estonia is bordered by Finland in the north, by Sweden in the west, by Latvia in the south and by the Russian Federation in the east.
2. Estonia speaks Estonian as well as English, Russian, Finnish and German.
3. Tallinn, the capital city, is the best preserved medieval city in Northern Europe.
4. Estonia is about 50% forest and has over 2000 islands.
5. Estonia is the smallest of all the Baltic States, being only slightly bigger than Switzerland or



FF—Utah - President's Message

Hi Friends,



A lot has been going on this spring as we plan for our incoming journey from Estonia. I am pleased that we got an opportunity to host for Open World this year, especially since it only involves hosting for four Estonian judges. The program is called "Rule of Law" and the visitors will be trained and scheduled by attorneys and judges here in Salt Lake. The dates are **Saturday April 21st until Saturday the 28th of April.**

___ The details on the Estonian visit will need to be in flux since the daily activities are being organized by the local judges and staff, and will depend on the activities that can be arranged during the week they are here. If you want to attend those legal training sessions, please let me know and I will keep you in the loop!

We have plenty of home hosts for the four judges, and JoDeane agreed to be the journey coordinator. The day hosts will mostly be driving them to the courthouse or to and from the airport, and of course shopping! We will have a few dinner parties and they may be at restaurants. That way our members can choose which one is convenient for them to attend. Please volunteer with JoDeane at 801-466-8838.

We still need volunteers to be on committees to support our board members. Please sign up. **Much is required of Friendship Force members! Even phoning is needed.**

I want to particularly thank our past presidents, Judy and Margret, for their immense help as I begin my tenure as president. Judy has been working on the flight costs for the journey to Schwerin and Norderstedt, and Margret has been scouting around for Estonians and for restaurants where we can hold some events.

Jennifer

Opportunity for Incoming Journey in October

WHO: Members from FF Club in Montreal, Canada

We have a request from the Montreal FF Club to host a group either before or after their Journey to Sacramento scheduled for October 10 – 17th. Please consider how much time that you have to put into this journey. It would be great if we can accept this request as we do need an incoming journey this year.

We will vote on this during our March 15th meeting.

Outgoing Journey to Schwerin and Norderstedt Germany

June 6 – 17, 2018

You may have been to Germany in the past. But, have you been to northern Germany? Join your friends for a journey to Schwerin in the land of lakes and castles. Follow your stay in Schwerin for four days in Norderstedt where our hosts will give us a grand tour of Hamburg.

Schwerin is one of the few towns that was untouched by World War II. It lies in a densely wooded region on the shores of Lake Schwerin. The region is a paradise for nature lovers, hikers, art lovers, and history buffs. With its vibrant energy, cafes, shops, historic sites, and the fairy-tale Schwerin Castle, this small city is a delight to discover.

After seven days in Schwerin, we can extend our time in northern Germany and take a short train trip to Hamburg where we will meet our hosts from Norderstedt a nearby sub-burb of Hamburg. Members of the Norderstedt club are looking forward to showing us the best of Hamburg.

Interested? Contact Judy Cohen, Journey Coordinator

judycohen@xmission.com

801-582-2431

Cost for visit to Schwerin

\$165 fee to FFI

\$150 fee to Schwerin club

Cost for visit to Norderstedt

\$ 80 fee to FFI

\$100 fee to Norderstedt club

Airfare and train travel are not included



Membership

Looking for people who like to travel, host and learn about other countries and cultures.

We have received a majority of the membership renewals. If you have not renewed your membership, we will love to have you join us again in 2018!

We often encounter people that have never heard of The Friendship Force! We hope to share The Friendship Force with more and more people. For the March 20th meeting everyone who brings a guest will be entered into a **special drawing**. If the guest decides to join Friendship Force the person who brought the guest will be entered into a **BIG drawing** at the end of the year.

We are looking forward to seeing you and MANY guests at the March 20th Friendship Force meeting. Charlie Ehin, who was born in Estonia and is an emeritus professor for Westminster College, here in Salt Lake City, will give the program and it will be a great chance to learn about Estonia. You won't want to miss this opportunity to share Friendship Force. Remember to wear your name badge to be entered into our regular drawing.

Cheers!

Lynn Muller & Margret Boes-Ingraham

CoChairs membership

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

Handbook for Friendship Force of Utah

Have you ever wondered what is expected of you if you host a guest for FF or how to prepare to go on an International Journey? Thanks to a committee of four (Nona Bressler, Judy Cohen, Debbie Hahn and Dana Hughes) we now have a Handbook that will answer some of your questions. Members of the Canadian FF clubs of Toronto, Greater Hamilton and Burlington shared their handbook which our committee used as a template. The new Handbook is unique to our club and has lots of useful information. It will be posted on our website:

www.friendshipforceofUtah.org

We greatly appreciate the Canadian clubs sharing their Handbook.

New Friendship Force of Utah Directory

A new directory will be passed out soon. Please send any changes (address, phone number) to

allredjennifer@gmail.com

Facts about Norderstedt, Germany

1. This city is found in Northern Germany in the state of Schleswig-Holstein. See map on P 3.
2. The population in 2013 was 71,439.
3. The elevation is 29 m over sea level.
4. There are more than 200 works of public art that are publicly accessible and tangible. They tell stories about the cultural and historical development of the city.
5. There are seven themed trails with a total length of 80 kilometres waiting to be explored hiking or biking.



Go West Exhibit: Utah Museum of Fine Arts

On February 21st, 13 members attended a guided tour of the Go West Exhibit from Cody Wyoming. Our docent, Edwina Rosenbusch, was great. She really made the exhibit come alive for us and it was really nice to have a guide who knew something about the artists and the event being pictured. For those who missed the tour, I recommend a visit to the "Go West" exhibit before it leaves.

Carol Milliken



Friendship Force Regional Conference May, 2018

The Board has approved the amount of \$250 to be spent on helping our president represent us at the Regional Conference in Sacramento, California. Jennifer will fly there and share a room at the hotel for three nights with a representative from the Las Vegas club. There is a special session for presidents, and one for the pitfalls and processes of putting on a global journey. Clubs from the Pacific North West, the Rocky Mountain and Western Canada regions will be there. Her attendance will surely benefit us all.

The next meeting is MAY 15th and we WILL BE meeting at a DIFFERENT PLACE! (NOT FOR THE MARCH MEETING!)

Due to the extreme heat in our usual place as the sun sets directly outside our west windows at the City County complex, I have reserved a room in the HOLLADAY CITY BUILDING IN THE MIDDLE OF HOLLADAY. Our meeting place has a kitchen and is in the basement. ENTER IN THE MIDDLE OF THE BUILDING AT

**4580 SOUTH 2300 EAST
GO DIRECTLY DOWNSTAIRS.**

PARKING IS IN FRONT OF THE BUILDING AS WELL AS BEHIND IT. *Jennifer*

FRIENDSHIP FORCE JOURNEY TO Mexico

My recent FF journey to Mexico with the Greater Milwaukee club, supplemented by ambassadors from other US states, as well as Canada and England, was fabulous.

The Tuxtla Gutierrez, capitol of State of Chiapas welcomed us at Hotel del Carmen, with a speech by the City mayor's wife, each ambassador receiving a certificate as a visitor, and a beautiful book detailing the state's history. The club members presented a huge, tasty potluck spread, a show of colorful dresses of the region, an embroidered cloth bag with our itinerary and other information.

My home and day hostesses and their families were most welcoming, generous and friendly and provided transport and participated in various activities. We all enjoyed great lodging, meals, and an unbelievably rich selection of events: marimba park concert, lighted show at Grijalva river, a carnival and parade with multiple bands, floats and a wealth of costumed participants from many parts of Chiapas, visits to several indigenous communities, with their crafts, and textiles, markets, ancient churches, botanic gardens, archeological museum, and an extensive zoo with huge spaces for the animals.

The Farewell party was given at a riverside club attended by the club members and their families, again with lots of food, music, games and dancing, and more gifts from the hosts and the club and many invitations to visit again.

After a flight back to Mexico City, we were taken by bus to meet our hosts and other club members at a private club, presented with a feast of various dishes and drinks, music, and much dancing, and then driven to the various host homes. Most of our ambassadors' experiences were just as wonderful as during our stay in Tuxtla.

Due to the sprawl of the city with millions of cars on the roads, the host would deposit us at a meeting point, and then we would be taken by bus to the various venues, always accompanied by some of the club members. Among the visited sites: Zocalo, the city center visiting the National Palace with Diego Ravera's murals, remains of the great Aztec temple, Metropolitan Cathedral and other monuments; also the town of Tepotzotlan, with preserved colonial architecture and culture, enjoying a concert in the Templo de San Francisco; Xochimilco boat trip among the floating gardens and an incomparable visit to the complex of Teotihuacan, the last three Unesco World Heritage sites. We also visited the Anthropology museum which exhibits the artifacts from many of the past Mexican civilizations. Alas, time to see only a sample of the vast exhibits. And there were markets, many wonderful restaurant meals, wide avenues and parks with colorful flowers and towering palms.

Some of us also had a chance to witness a performance of Ballet Folklorico, presented in front of a lit castle in Chapultepec park, and on our free time see more works of Diego Ravera and the Blue House of Frieda Kahlo.

To top it all, a Farewell Party at a fancy golf club house, with delicious catered dinner and drinks, Mariachi band and more dancing, and more generous gifts.

Saying goodbye to the many new friends was very difficult.

Rose Novak