A World of Friends Is a World of Peace

"Winter is an etching,

spring a watercolor,

summer an oil painting and

autumn a mosaic of them all."

Stanley Horowitz

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General Meeting

Tuesday, September 17

Where: SL Government Complex Cafeteria
2100 S State, S building, SLC

Time: 5:30 PM Potluck Supper

Remember to bring your plate, utensils & cup/glass

6:30 PM Meeting & Program

Program: Christoph Dressler
Dressler DeTours

Christoph from Dressler's DeTours will be joining us again for the September meeting. He had so many travel questions from members when he visited with us in May, that he has agreed to come back and continue the discussion.

Googling "Top Ten Places go" - why to avoid them like the plague. Do this instead!

Picking a local tour company for an extension to your journey -

What's new in traveling in a post-Covid world.

A few pictures of Tahiti; thoughtful tourism

Christoph and Tanya's "Saturday Delights"

New Dressler London DeTour for March 2025

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. Picnic in July.

2024 Officers & Board Members

To Contact officer below, send e-mail to

UtahFriendshipForce@gmail.com

President — Interim President—Judy Cohen

Secretary — Kris Hill

Treasurer—Judy Cohen

Social Chair—Jeanne Goldstein

Membership—Lynn Muller

Member-at-Large—Carol Milliken

Technology—Margret Boes-Ingraham

Past President—Anne Lemmon

Newsletter Editor—Dana Hughes

Explore Understand Serve

Calendar of Events

September 17 General Meeting
Salt Lake Co. Government Complex,
2100 S State St, South Building.

October 5—Adventure Lab
Utah Capitol East Plaza, 6 PM
Dinner at All Chay Restaurant

November 19—General Meeting
Salt Lake Co. Government Complex,
2100 S State St, South Building.

December 3—Holiday Party
Per Noi Restaurant

2025 Incoming Journeys

June 7-14 —Oiko Japan Club
Co-coordinators Annie & Dan Eastmond

September 6-12 —North East Ohio Club
Co-coordinators: Lynn Muller, Donna Paulson

2025 Outgoing Journeys

March 19—26, 2025—San Antonia, Texas
Co-Coordinators: Betsy Heath, Susan Hilton

October TBD, 2025 —Cincinnati, Ohio
Coordinator TBD

July/August TBD, 2025—Tarapoto Peru

Treasurer's Report – September 1, 2024

The club's current bank balance is $3,066.65. Previous balance was $3,266.65. The club made a contribution to the Dana Farber Cancer Institute is memory of Rose Novak, Jennifer Allred, and Denice Wheeler.

Upcoming expenditure will be our annual dues payment to FFI of $1,200.

Judy Cohen

Internet services donated by XMISSION

Incoming Journey: Oita, Japan—June 7-14, 2025

*We have been in correspondence with them and there will be up to 13 visitors possible. They will be with us here in **Utah June 7-14, 2025** (leaving on the 14th). They will then continue on to the Pikes Peak Colorado FF club June 14-21. Please mark your calendars and plan around these dates if possible.*

With Judy's and other experienced members' help, we will soon be putting together a planning committee. If you are interested, please contact Judy (judycohen@xmission.com) or Annie (annieeastmond@gmail.com).

Thanks,

Annie and Dan Eastmond

President's Message

As we put the pandemic, hopefully, behind us we see Friendship Force International rebounding. There are more journeys being offered and increased opportunities to host and be hosted now and in 2025. For us this means an increased opportunity to travel abroad and here at home. The year 2025 promises to be very active time for our club, so let's enjoy getting out .

Judy Cohen

Park City Adventure Lab

On July 30th Dan and Annie Eastmond joined Margret Boes-Ingraham and Duane Garwood on a trip to Park City to experience three different Adventure Labs. What is an Adventure Lab? It is a unique way to learn about fun hidden treasures in cities you visit using an app on your smartphone. They are all over the world. Margret has already completed 22 Adventure Labs (some in other countries), and has eight in progress.

We started out near downtown at the Olympic Legacy Lab. There at a small park dedicated to previous winter Olympics, we used the app to learn about locations, events, and medalists; entering answers posed by the app and receiving CONGRATULATIONS for completing each step of our treasure hunt.

Then we drove to a secret bike/walking path along a creek where there was artwork in tunnels, a shoe tree, and other hidden surprises along the stroll. We learned about Park City history and answered questions to just three of the eight stations before heading back down toward Kimball Junction and the third of the Adventure Labs.

Historic McPolin Farm was a different kind of Adventure. We had to identify locations through photos on our phone app, then find the answers to questions from the historical signs posted around the farm. It was a beautiful summer day in Park City, and we thought about how an Adventure Lab might be a useful tool in taking an inbound group on a tour there. Afterward we ate a tasty lunch at Kimball Junction before coming home. It was a fun and informative adventure. Thanks Margret, for introducing us to Adventure Labs!

Annie & Dan Eastmond

December Holiday Friendship Force Party 2024

We will be returning to Per Noi Trattoria for this year's holiday party which will be at 5:30 PM Tuesday, December 3rd. The address is 3005 South Highland Drive, Salt Lake City. The cost is $41.00 per person and will include: coffee, tea or sodas; bread, salad, eggplant parmesan, arancini, penne pasta with a tomato sauce, another pasta with a white cream sauce that includes onions, peas and mushrooms, chicken marsala, chicken parmesan, gelato and gratuity. A full bar will also be available at additional cost.

We've opted to be seated in the enclosed patio which will be heated with gas lamps. This will enable us to move around more freely which will be nice. However, since seating is more limited, our numbers need to be fairly exact by November 19th, the date of our Friendship Force meeting. Please RSVP to Jeanne Leigh-Goldstein at marvandjeanne1@gmail.com or 801-277-4054 and write a check to Friendship Force of Utah by November 19th. I will collect checks at the November 19th meeting. We will have a delightful time.

Jeanne Leigh-Goldstein

Adventure Lab: Utah State Capitol East Plaza
October 5, 6 PM

Adventure Lab is a subset of geocaching. By doing an Adventure Lab you get a little walk in and generally learn something new. I invite you to join me and US Servas friends on October 5th at 6PM to learn about the Utah State Capitol East Plaza. Gather near the stairs on the east side of the Capitol Building. Please RSVP to 801-403-6463.

Following this "Adventure" we will go to All Chay restaurant at 7 PM, 1264 W 500 N, SLC 84116.

You may join us for either or both. Hope to see you there on Saturday October 5th.

Margret Boes-Ingraham

Outgoing Journey: Cincinnati Friendship Force Club

It's a Match – Utah FF Club to be hosted by Cincinnati FF Club in October 2025

Last month FFI let us know that we have been invited to visit Cincinnati by the FF club in Cincinnati. The journey would begin October 9, 2025. Exact dates have not yet been set, but the Cincinnati club suggested that we visit during a special event the 250 Annual America's River Roots Celebration. This sounds like a once in a lifetime opportunity to participate in such a celebration of life along one of America's major rivers including riverboats from the past. You can google the event under America's River Roots or visiting www.visitcincy.com/events. We will keep you updated on dates and events for this journey as we get more information.

Betsy Heath is working on possible extended tours into neighboring Kentucky. Sounds like fun. See next page for possibilities.

Judy Cohen

Opportunities for Extended Tour from Cincinnati

Pewee Valley: Historic Locust Grove - Where Louisville Begins

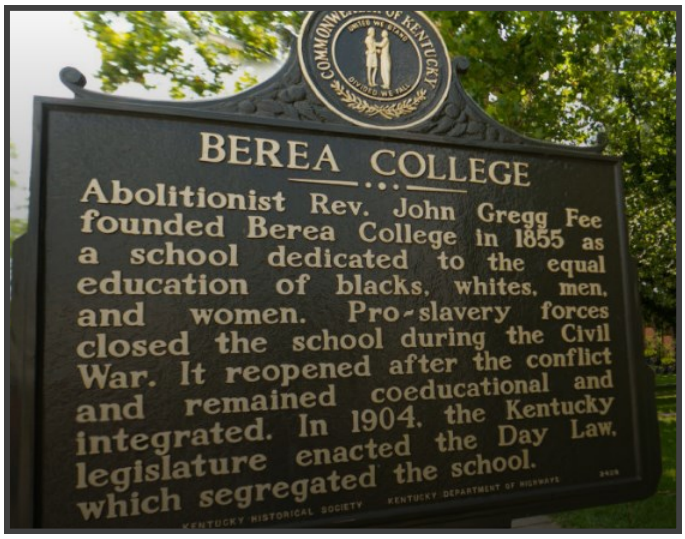
Churchill Downs: Home page | Churchill Downs

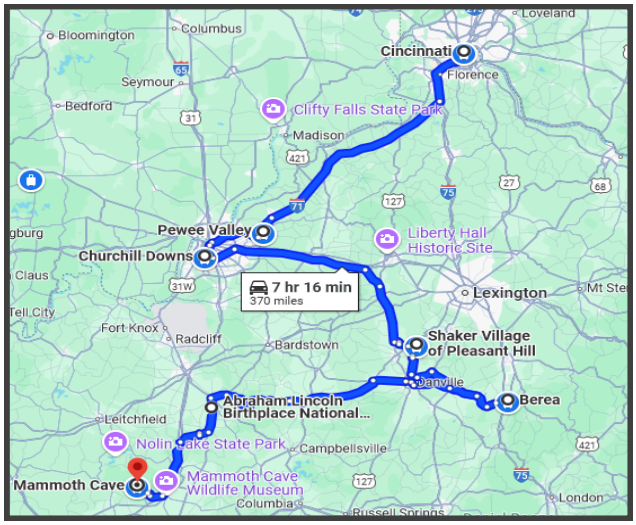
Shaker Village: Plan A Trip | Shaker Village of Pleasant Hill (shakervillageky.org)

Berea College: Life at Berea - Berea College Historic Black Work College

Berea is the Folk Arts & Crafts Capital of Kentucky. The College and the town are famous for working artists producing unique, handmade items and for teaching others how to make them. Berea College Student Craft makes traditional Appalachian handiwork like blankets, brooms, woodcraft and ceramics. The nearby Artisan Village in "Old Town" is home to artisan studios, jewelry and fabric stores, glass studios and gift shops.

Lincoln's Birthplace: Abraham Lincoln Birthplace National Historical Park (U.S. National Park Service) (nps.gov)





Suggest flying out of Nashville - it is an hour and half drive from Mammoth Caves.

Elizabeth (Betsy) Heath

Help Children in the Italian American Community

Hello Friendship Force Friends,

Ho, ho, ho—Donna and Rosalie Mirabelli are requesting donations of new/gently used children's books. The ages are infant to 10 years. These books will benefit the children in the Italian American community at the annual holiday party. Please bring books to the September and November meetings.

Thanks you very much for your support.

Outgoing Journey to Peru, 2025

One of the most exciting places in the "New World". The city of Lima brags to have a World Heritage Site in the Mayor's Square along with decorative Fountain shows. Enjoy two home stays in Northern Peru and a trip to Machu Picchu. All this is brought to you by Friendship Force of Utah. We are planning to have the trip in July or August of 2025. We are trying to get in touch with the Peruvian hosts to finalize dates & activities. **We would like to know how many of you are interested and where would you like to go besides the home stays.** The journey coordinators are Margaret Bose Ingraham, Carol Milliken and Julia Navarro.

Peru is a county in South America. It is bordered in the north by Ecuador and Columbia, in the East by Brazil, in the south by Chili and the west by the Pacific Ocean. Peru has a population over 32 million and its capital and largest city is Lima. Peru is the 19th largest country in the world and the third largest in South America.

Peruvian territory was home to several cultures during the ancient and medieval periods and has one of the longest histories of civilization of any country. Peru gained its independence from Spain in 1920.

Peru is home to a section of the Amazon Rain Forest and Machu Picchu, an ancient Incan City high in the Andes mountains. The region around Machu Picchu, including the Sacred Valley, Inca trails and the colonial city of Cusco is rich in archaeological sites.

Continent: South America **Currency: Sol**

Official Language: Spanish **Religion: In 2020, 69.4% of Peruvians were Roman Catholic**

Carol Milliken & Julia Navarro

What is a Journey? What costs are involved?

A Friendship Force Journey program is a cultural experience between travelers (ambassadors) and hosts.

Friendship Force International has an excellent article on their website. We encourage you to read it.

https://helpcenter.friendshipforce.org/help/what-is-a-journey-what-costs-are-involved/

Our annual dues are now $40, $30 of this fee goes to Friendship Force International and the remaining $10 goes to our club for operating expenses.

Friendship Force's Environmental Contribution

In order to create less plastic and paper waste in our local landfill we are asking all members to bring their own cup, utensils, plate and a bag to carry them in to all of our meetings at the Salt Lake City/County Building starting this September 2024. Let's all make the effort to be more environmentally conscious.

Jeanne Leigh-Goldstein

Photos Club Activities

July Picnic—Washington Park

More than 25 members enjoyed talking with friends and the summer evening in Washington Park. We celebrated Judy Cohen's birthday and members, Annie and Dan Eastmond, entertained us with their music and story telling. Thanks to Betsy Heath, Jeannie Goldstein, the setup committee members and the Eastmonds for making this a successful event.

Let's Eat Ethnic— Wild Peru

Ten members enjoyed Peruvian food at the Wild Peru Restaurant in Salt Lake City. The menu offered lots of choices and the food was tasty. Service was excellent and our server was from Peru. Thanks to Carol Milliken for planning this event.

Utah Friendship Force Membership Form

Contact Information:

Name:_____

Address: _____

Contact Phone: _____ **E-Mail**: _____

What above contact information may we publish in a new club directory?

Dues: Dues for 2025 are $ 40 per person. Dues are due in the final quarter of the year, no later than December 31.Dues may be given or mailed to Lynn Muller, 1722 S. Wright Ct., Salt Lake City, UT 84105. Please include this form.

Friendship Force is a club dependent on and run by its members. There are opportunities for everyone. Without involvement it is impossible to host ambassadors from other clubs. Please indicate below ways in which you are willing to become more involved in Friendship Force in the coming year.

Leadership Team: Leadership Coordinator: _____ Sec _____ Treas _____ Membership _____ Social Events_____
Alternative Social Events _____ Technology _____ Member-at-large _____Newsletter _____

Meetings: Set-up _____ Clean up _____ A/V Tech _____ Arranging speakers _____

Journeys: All members, in order to travel as a representative of Friendship Force, must help with incoming/ outgoing journeys in at least 1 of these ways:

Incoming: Coordinator:_____ **Assistant coordinator**: _____ Work with incoming club to plan their visit. Oversee all aspects of the journey

Home Host: Host 1 or 2 ambassadors in your home. Provide breakfast & occasional dinner._____ **Day**
Host: Drive ambassadors to the day activities. _____ **Dinner**
Host: Host ambassadors and their home host in your home for 1 dinner._____
Transportation: assist with airport or other misc. driving _____
Program booklet: Writing and printing booklet containing journey itinerary _____

Outgoing: Coordinator_____ **Assistant coordinator**_____ Serve as contact between the 2 clubs. Work with FFI collecting applications and fees for journey.

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