



## Spellbound

The night is darkening round me,  
The wild winds coldly blow;

But a tyrant spell has bound me.  
And I cannot, cannot go.

The giant trees are bending.  
Their bare boughs weighed with snow.

And the storm is fast descending.  
And yet I cannot go.

Clouds beyond clouds above me,  
Wastes beyond wastes below;

But nothing drear can move me;  
I will not, cannot go.



*Emily Brontë*

## General Meeting

**November 19, 2024**

Where: Salt Lake Government Complex  
Cafeteria

Time: 5:30 PM Potluck Supper

6:30 PM Meeting & Program

## Program

### Rafting the Grand Canyon

Donna Maribelle & Margret Boes-Ingraham will share  
their trips of this GRAND adventure



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# *A World of Friends Is a World of Peace*

## **President's Message—November 2024**

This is my last message as president. For months the board has been working on revising our club's by-laws. Some of these revisions include changing the top-down structure of a board to one that is team oriented. In the future the Board will transition to being a Leadership Team. The office of the President will become the Leadership Team Coordinator responsible for coordinating the activities of other team members. We plan to have the revised bylaws published and delivered to club members before the January 2025 general meeting where members may then approve or not approve the changes to the bylaws. Business aside, we have the holidays coming up and I want to wish everyone Happy Thanksgiving and joyful December celebrations.

*Judy Cohen*

## **2025 Membership**

It is time to renew your membership for 2025. Everyone is asked to please fill out the form so we can have an updated membership directory. Also we need to know what tasks you are willing and able to help with as the club goes forward with a Leadership Board and incoming/outgoing journeys. Lynn will have the forms available at the meeting if you are unable to print it. Membership Form on page 6.

*Lynn Muller*

## **Friendship Force Holiday Party: December 3, 2024**

**Our annual Friendship Force Holiday Party will be at 5:30 PM Tuesday, December 3rd at Per Noi Trattoria, 3005 South Highland Drive, Salt Lake City.** The cost is \$41.00 per person and will include: coffee, tea or sodas; bread, salad, appetizers of eggplant parmesan and arancini which is a fried rice ball with a meatball inside, penne pasta with a tomato sauce, another pasta with a white cream sauce containing onions, peas and mushrooms, chicken marsala, chicken parmesan and one scoop of gelato. Gratuity will also be included. A full bar will be available at additional cost.

This venue is a repeat of last year because it meets the club's criteria for a restaurant which: 1. allows for some movement between tables since we won't be in one long table (We will be in the porched area with canvas walls and several gas lanterns.), 2. Is reasonably priced, 3. offers alcoholic beverages and 4. offers a variety of food which will satisfy vegans as well as meat eaters. If you know of other restaurants which meet these criteria, please let me know. I'm always looking for new and fun places for us.

**Please RSVP to Jeanne Leigh-Goldstein at [marvandjeanne1@gmail.com](mailto:marvandjeanne1@gmail.com) or 801-277-4054 and write a check to Friendship Force of Utah.** You may give me or Marvin the check at the November 19th meeting or you may drop it by our house. Our address is in the directory. I'd like to have all the checks by November 19th so I can give Tony a firm count since our party is one week after Thanksgiving. Thanks. I'm hoping this will be an enjoyable time together

*Jeanne Leigh-Goldstein*

### 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. March 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 5:30 PM**

**Meeting 6:30 PM**

### 2024 Officers & Board Members

To contact officer below, send e-mail to

[UtahFriendshipForce@gmail.com](mailto:UtahFriendshipForce@gmail.com)

Put name of officer you want to contact in the subject line

**Interim President** — Judy Cohen

**Secretary** — Kris Hill

**Treasurer** — Judy Cohen

**Social Chair** — Jeanne Goldstein

**Membership Chair** — Lynn Muller

**Member-at-Large** — Betsy Heath

**Member-at-Large** — Carol Milliken

**Technology** — Margret Boes-Ingraham

**Newsletter Editor**—Dana Hughes

### Calendar of Events

**November 19—General Meeting**

**December 3 Holiday Party**

**Per Noi Trattoria,  
3005 South Highland Drive, Millcreek**

#### Incoming Journeys, 2025

**September 6—12, 2025 — North East Ohio Club**  
Coordinators: Lynn Muller & Donna Paulson

**June 7 –14, 2025 — Oita Japan Club**  
Coordinators: Annie & Dan Eastmond

#### Outgoing Journeys, 2025

**August 4 — 10 — Trujillo Peru Club**

**August 10 — 16 — Tarapoto Peru Club**

Coordinators: Margret Boes-Ingraham,  
Carol Milliken, Julia Navarro

**October, 2025 (TBD) - Cincinnati Ohio Club**  
Coordinator: TBD

### Have you registered for Member Portal for Friendship Force International?

If you have not signed up for the member portal for Friendship Force please follow the link below. If you have any questions please let me know.

Margret Boes-Ingraham

[https://my.friendshipforce.org/en/users/sign\\_in](https://my.friendshipforce.org/en/users/sign_in)  
[Utahfriendshipforce@gmail.com](mailto:Utahfriendshipforce@gmail.com)

### Treasurer's Report

The current balance in the club's bank account is \$3,676.65. This amount includes a deposit of \$300 for member's dues and a \$50 donation made to the club in memory of Jennifer Allred.

*Judy Cohen*

Thanks Xmission for another year

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## Festival at Sea 2024

Lori Morris and I joined 62 other Friendship Force members from many countries on a cruise through the Adriatic Sea. We started in Athens, Greece and proceeded to cities in Croatia, Montenegro, Greece, Italy, ending in Rome. The two highlights for me were seeing the Parthenon in Athens and the ruins of Pompeii.

It was also a wonderful experience meeting and talking with ambassadors from other clubs. It was a great opportunity to hear about their journeys and their homes and clubs. I highly recommend this experience. Next year's Festival will be traveling the Mekong River.



1. Lori Morris & Lynn Muller on the wall of Old Town
2. A mural uncovered on a wall in Pompeii
3. The Parthenon



## Peru Journey August 4 — 16, 2025

For those who are interested in the trip to Machu Picchu and **Peru**, you need to reserve the first two weeks of August. We have invitations for two home stays. In addition to the mountain trip, we plan to go to the exciting mountain archeological site at Machu Picchu. There are other sites ripe for exploration. Lima is a historical city started in 1535 that contains many historical museums. Lima also has many fountains and they brag about fountain shows day and night.

Friendship Force has two "home Stays" in August — from the 4<sup>th</sup> to the 10<sup>th</sup> in Trujillo and from the 10<sup>th</sup> —16<sup>th</sup> in Tarapoto. 2025. Optional side trips after the home stays can be planned to Machu Picchu, Cusco and Lima. Other suggestions for side trips can be planned if there is sufficient interest.

Making Plans and organizing this trip are Margaret Boes-Ingraham, Julia Navarro, and Carol Milliken. For more information e-mail [Utahfriendshipforce@gmail.com](mailto:Utahfriendshipforce@gmail.com)

## Brussels Sprouts as Prepared for FF Potluck September 17, 2024

### Main Ingredients

Two 2# bags of Brussels Sprouts (4 # total)    One # Diced Steak    One # Ground Beef  
Nine Tbsp McCormick Brown Gravy Mix to make 3 cups Brown gravy  
Two Tbsp Brown Sugar    Two Tbsp Sorghum Syrup    Kerrygold Butter    1/2 onion Chopped

### Spices

Beef Bouillon    Salt    Garlic Powder    Thyme    Fennel Seed    Celery Seed    Dill seed  
Mustard seed

### Garnish

One cup shredded White cheese    Paprika    Parsley flakes

Prepare Brussels Sprouts( BS ) by trimming the stem end and removing any leaves that may be loose or discolored. Put in a pot and cover with water. Add to the water some salt, garlic powder and bouillon cube or powder. Bring to a slow boil until the B S are tender but not mushy. Check by sampling ! Drain, but save back 3 cups to use in making the gravy.

Put the diced steak, ground beef and chopped onion in a sauce/fry pan that is at least 4- 5 L capacity. Add at least one Tbsp of butter and heat on medium until meat is done. Add the brown sugar, sorghum and mix well. Add the thyme, spice seeds, salt and garlic powder to taste. Add 9 Tbsp of the McCormick brown gravy mix to the three cups of water saved from the boiled BS. Mix and heat until it starts to thicken. Pour the gravy into the meat mixture and stir.

Add the boiled BS to the meat mixture and stir, Continue to heat the mixture on medium to low heat. Distribute the shredded cheese on top of the meat and BS mixture. Sprinkle paprika on the melted cheese followed by Parsley flakes.

**Note: You can do as you like with this recipe!**



*Duane Garfield*

amy

## 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.



**friendship force**  
**UTAH**