



March  
and April  
2024

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Editor and Publisher

Estes Park, Fort Collins, Greeley, Loveland, Windsor and Surrounding Areas

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FROM OUR PRESIDENT SUSAN MATHRE

**Hello Friendship Force,**  
Hold on, it's *windy* out there...Kansas, here we come!  
Our Club is looking very vibrant with new members and people showing an interest in joining. Good-on-us for working to draw new members in and showing how much fun we have together.



**Mark your Calendar:**  
**March 8th at 6 pm - We will be celebrating World Friendship Day and our 39th Anniversary with a Potluck Dinner at the First Christian Church, 2000 N. Lincoln Ave, Loveland, CO.** The evening begins at 6 pm. Dressing in international garb is encouraged and sharing of international fare is expected. We are asking members to bring a main or side dish; the club will provide a 39-year anniversary cake and fruit plate. There will be a display table for all to bring travel souvenirs and books for show. Visitors are welcome. We will have a presentation by Ken Weaver on his travels to the World Friendship Conference in Dubrovnik, Croatia this past October. We will be entertained by the LoveUkes ukulele band.

Our **Outbound Journey to FF Pécs, Hungary and Cornwall, UK**, May 22-June 10, 2024, is full. Plans are continuing as we work out the details. Our **Inbound Journey from FFSW Florida**, is scheduled for June 25-30. We are still waiting for a final Ambassador count from SWFL. Contact Marcia Ross or Suzi Gossard with questions.

Application is open for a Co-Journey Host Coordinator for our **Inbound Journey from Austin TX**, September 13-18, 2024. Please strongly consider stepping up for this role or being on the journey committee. Support is available as needed.

We're looking forward to seeing everyone displaying their beautiful clothing or items they have collected on their journeys at World Friendship Day.

Anne Brown expects to go home from North Shore Rehab on Friday, March 1.

Check out CLEO and Game Night to expand your social interactions!



## FFNC Celebrates 39 Years and World Friendship Day...March 8

Our area Friendship Force of Northern Colorado will be celebrating our 39<sup>th</sup> Anniversary during **World Friendship Day** on **Friday evening, March 8, at 6:00 pm** with an international potluck dinner at First Christian Church 2000 N. Lincoln, Loveland. **Members** will bring **main dishes** and **side dishes** with an ethnic flare as we enjoy the cultural diversity gained from worldwide travel. The club will provide dessert after dinner. Members are encouraged to wear any cultural attire they've acquired on their travels. You are also invited to display scrapbooks, clothing, **artwork**, on-line books, and souvenirs from your travels.

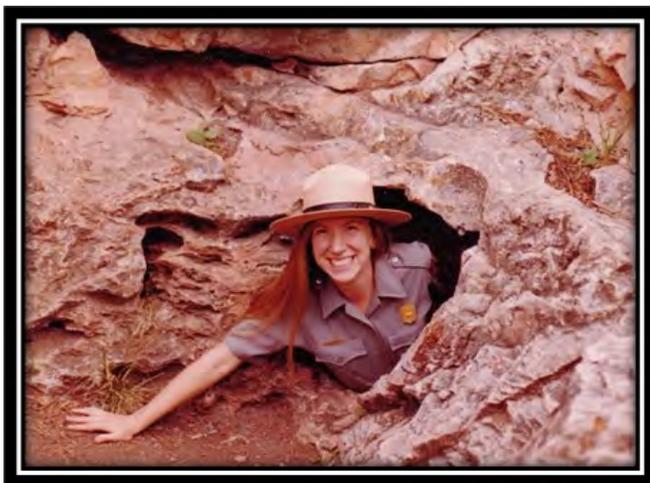
The evening program will include a short video presentation about Friendship Force International. Ken Weaver, Past President and current FFI Board Member, will provide an overview of the innovative plans for the future of FFI. This should be an enlightening presentation. We will end our program with northern Colorado's very own **LoveUke** ukulele group led by Robin Stein. They have planned a fun "travel" sing-along that will put a smile on every face!

It should be an entertaining evening. Please, come and enjoy... **bring a friend!** This dinner/program is a great way to introduce potential new members to our club, and the mission of FFI to promote global understanding across the barriers that separate people.

Barbara Miller, Chairperson

## Crawl into Caves with The Experts! April 12

Jeri and Larry Frederick are explorers of caves. Jeri was a member of the Smoky Mountain Grotto of the National Speleological Society (NSS) during her college years and worked as a Ranger Naturalist at Wind Cave National Park those summers. She took a long break then went back to Wind Cave to work as a summer seasonal again from 2008-2021. Her interests in caves goes back to 1974. Larry worked at Wind Cave as a seasonal in 1973 and 1974 and again as a permanent Ranger Naturalist 1977-1981. That's where they met. They enjoy visiting caves on their international travels. Come and discover if you have what it takes to be a cave explorer!





## January meeting: Journey to Ottawa and Lake Simcoe

Journey Ambassador co-Coordinator **Marilyn Garner** and **Suzanna Garner** shared a delightful pictorial review of the **September 2023 outbound Journeys to FF Lake Simcoe and FF Ottawa, Ontario**. Activities with Lake Simcoe included hiking, exploration of nature trails and native flora in Algonquin Provincial Park, a car rally and scavenger hunt of the local Simcoe County area, an informational tour of the Muskoka Discovery Center where we learned about the First Nations people, a lovely boat cruise on the Muskoka Lakes and a tour at Lock 44 where we witnessed a fascinating look at boats traveling through the Big Chute Marine Railway Lock to travel from one lake to another. We sang some Gordon Lightfoot songs and saw many references to him as we explored the downtown area as they're very proud of the fact that he was born there. It was a real treat to re-connect with our good friends who had visited us the year before in CO, and to meet other club members. Their genuine warmth, great food and wonderful hospitality made for a fabulous Journey.

Next, we traveled to FF Ottawa where we explored downtown Ottawa, a city of about 1 million people. We visited Parc Omega, a 2200-acre safari park with huge mostly natural enclosures for a variety of animals including elk, deer, bears, foxes, caribou, ibex, moose and many other species. We had a guided tour of the West Block of Parliament, took a boat tour on Ottawa River, shared an order of poutine at a local pub, learned about maple syrup production and made our own maple sugar, had a fun car scavenger hunt in Kemptville where we also met the mayor, and we enjoyed a traditional Thanksgiving feast for our farewell party. Again, the home hosts and day hosts were extremely friendly, lots of fun and very generous with their time. We enjoyed the contrast between the first week of many activities in nature and the city vibe in Ottawa and the surrounding areas. *These links will take you to videos of both locations:*

Marcia Ross, Reporter

<https://youtu.be/1dAHZIX1dSo?si=HseMIuh97zAivSF3>

<https://youtu.be/qd1HYPcNaFo?si=P4ig4vWwnRkz-13I>



Great Memories!  
So many friends!





## FEBRUARY MEETING: FITNESS FOR TRAVELERS

Alan Sharp, a Personal Trainer, spoke to us about building healthy habits while traveling. Alan has a background in Cancer Rehabilitation as well as a degree in Sport and Exercise Science from University of Northern Colorado. He is a grandson of FFNC members Gary and Sue Cummins.

Alan began with a memory test then moved on to a warm-up that the whole group participated in. This was followed by Alan taking us through a list of 13 travel exercises that can be done while traveling. He provided a laminated list so we can take it on trips as a reminder. He spoke about motivation vs. habit and about how resistance training helps to build muscle. He reminded us to prioritize protein to build strong muscles. Once we had gone through the exercises, he finished with the same memory test. The idea being that memory improves when paired with exercise. Now we are challenged to follow his guidelines!

Elizabeth McCoy, Reporter



## GAME NIGHTS!

On Saturday, February 24, Rocky Padden hosted **Game Night** at her home. Players included Rocky, Pam, LaDonna, Ann and Gerry, Marcia, Susan, Carol and Randy. They enjoyed wine and snacks!

If **YOU** would like to host a Game Night at your house please let Rocky, Social Activities chairperson, know how many people you can host comfortably and when. Possibilities include bridge (*perhaps its own night*), board games, poker, charades, puzzles, bring-a-game-to share. No routine schedule has been established yet so let's get started!

LaDonna is ready to lead a **TRIVIA NIGHT** if people are interested in continuing this activity.

Refer to our club website, [ffncolo.com](http://ffncolo.com), for back issues of newsletters and information on programs, journeys, leadership contacts, upcoming events and for opportunities to apply for other regional club journeys. Thanks to Rick Lohmeyer for an outstanding website that can provide up-to-the-minute information between newsletters. Refer to [www.friendshipforce.org](http://www.friendshipforce.org) for broad information about Friendship Force and [my.friendshipforce.org](http://my.friendshipforce.org) for information specific to members and secure for sharing personal information needed for journey registration



## WELCOME NEW MEMBERS!



Rocky, Linda, Elizabeth, Cathie, Felicity, Marcia, Cheryl, Jeanette, Sara, Gerry, Marilyn, Barbara RILEY, Honorary Mascot

### FFNC NEW MEMBER ORIENTATION

Seven of our newest FFNC members and their mentors gathered at the home of Marcia Ross for a New Member Orientation. During the meeting they watched a video to learn more about the beginning history of Friendship Force International and information was shared about the history of our own FFNC club. They were introduced to a variety of topics to help them become more familiar with using the FFI website and help to access various forms and journey documents when they search on [my.friendshipforce.org](http://my.friendshipforce.org). We covered FF jargon, mobility checklists, several ways to join journeys, and home hosting responsibilities and tips. Having them together to hear one another's questions provided a greater understanding of the Friendship Force and how things work. Our thanks to those who have enthusiastically volunteered to be mentors for the newest members. We encourage all of our long-time members to look for new faces at our meetings, introduce yourselves and help our newest members feel welcomed!

Marcia Ross, Reporter



## CLEO: JANUARY-POUR HOUSE



All Cleo photos taken by Cathie

Ken, Linda, Rocky, Elizabeth, Paulette, Anne, Barbara, Susan, Marcia, Gerry, Ann, and Felicity

## CLEO: FEBRUARY-RIO GRANDE



Marilyn, Linda, Barb, Ann, Gerry, Pam, Sara, Rob, Larry, Thelma, Susan, Marcia, Elizabeth, Jan

## CLEO:MARCH 21-STAR OF INDIA

Star of India, 2600 Harvard St., Fort Collins, at 11:30 on Thursday, March 21

RSVP to Rocky Padden by March 18:

## CLEO:APRIL-MUSEUM OF NATURE AND SCIENCE

Stay tuned for details! To Denver for Museum, lunch, and IMAX!



## Community Outreach-March 14

### GLOBAL village MUSEUM *of arts and cultures*



Friendship Force Program at the Global Village Museum, 200 W. Mountain Ave. FC

***Change the Way You See the World*** will be presented from 6-7:30 pm Thursday, March 14, by members of Friendship Force of Northern Colorado, a non-profit organization that strives for global understanding through homestay journeys and cross-cultural friendships. With more than 300 clubs in over 60 countries, Friendship Force offers hundreds of journeys each year. Club President **Susan Mathre** and Past President **Ken Weaver** will outline local and global opportunities for group and independent international journeys.

Admission to the program is \$5 per person, and reservations are requested at <https://globalvillagemuseum.org/product/march-14-friendship-force-change-the-way-you-see-the-world/>.

Refreshments will be served.

Leisa Taylor, Outreach Coordinator

## Coming soon....



An updated brochure that can be shared with friends and the public will be available at the March 8 meeting and for distribution at the March program at the Global Village Museum.



## FFI BOARD OF DIRECTORS: PATH FORWARD!

Ken's report on [Our Path Forward](#)

With great enthusiasm your 2024 Friendship Force International Board of Directors met February 16-18 to begin mapping the implementation of our 2024-2026 Strategic Plan for impact and growth. <https://www.paperturn-view.com/?pid=ODc8784830>

Our FFI roadmap is now in 8 languages. We have four priorities:

1. Reignite the Urgency Behind Our Mission
2. Expand Membership, Build New Clubs, Offer Innovative Journeys
3. Broaden Partnerships
4. Engage Membership in Volunteering

What a privilege to share with such skilled leaders this joy of common purpose, as you see below. Next to Jeremi Snook, CEO, Donna Simek, Board Chair, center, Sandee Lee, and Yoshiko Koizumi from Sapporo, Japan. Others are from Australia, Brazil, Canada, New Zealand, United Kingdom, and USA, including Michael English, CU Boulder. <https://friendshipforce.org/leadership-governance/>





## JOURNEYS & EVENTS

## 2024 OFFICERS & COMMITTEE CHAIRS

### OUTBOUND

Pecs, Hungary (late May)

Cornwall, UK (June 3-10)

### INBOUND

Southwest Florida (June 25-30)

Austin, Texas (Sept. 13-18)

### World Friendship Day

Potluck & Program

Friday, March 8, 6 p.m.

### Introduction to FFNC at Global Village Museum

Open to the public  
Thursday, March 14, 6-7:30 p.m.

### CLEO

March 21: 11:30 Star of India, Fort Collins

April: Museum of Nature & Science  
*Date and details TBD*

**PRESIDENT:** Susan Mathre

**VICE PRES:** Suzi Gossard

**SECRETARY/HISTORIAN:** Carol McGrath

**TREASURER:** LaDonna Palm

**Journey Directors:** Ann and Rick Lohmeyer

**Meeting Greeter:** Cathie McCallum

**Meeting Hospitality:** Suzi Gossard

**Meeting Music:** Rosemary Donovan

**Membership:** Cathie McCallum

**Membership booklet:** Ed Brigden

**Newsletter reporters Coordinator:** Suzi Gossard

**Newsletter Editors/Publishers:**

Sue Cummins

Marilyn Garner

Cathie McCallum

**Programs:** Barbara and Dennis Miller

**Social Activities:** Rocky Padden

**Store Manager:** Debby Jones

**Ways and Means:** *open*

**Website:** Rick Lohmeyer

**World Friendship Day:** Barbara Miller

*If you are willing to help with any position, please contact Susan Mathre, president, or the chair of the committee that interests you.*

*Committee chairs, invite someone to work with you! It feels good to be needed and wanted,—an active member.*

Even if you will have just returned from the journey to Arizona, Barbara & Dennis hope you'll come to hear their friends, Jeri & Larry Frederick on CAVE Exploring at the Friday, April 12th meeting!