



friendship force  
NORTHERN COLORADO

# FRIENDSHIP FLYER



Ed Brigden—Editor & Publisher

April  
2013

Fort Collins, Greeley, Loveland, Windsor and Surrounding Areas

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## FROM OUR PRESIDENT

What a joy it was to celebrate World Friendship Day together at our March FFNC meeting! The friendship theme was evident throughout the evening, with time for socializing with friends, old and new. It was wonderful to have so many new members and guests with us for this special event. Many thanks to the committee for helping me with planning, organizing and setting up for our annual World Friendship Day celebration: Kay Thomas, Marilyn Garner, Barbara Miller, Dennis Miller, Nita Kopyay, and Rona Baer. Thanks to Marilyn also for arranging for our speaker, Meike Prewett, who provided such an interesting program about her experiences as an exchange student in Thailand. We certainly appreciated everyone's contributions of the delicious international foods, and we enjoyed seeing the beautiful variety of clothing from around the world.



Congratulations to our Friendship Force of Northern Colorado 2012 Volunteer of the Year, Ed Brigden. Ed was recognized for his outstanding service to the club as: webmaster, newsletter editor/publisher, photographer, creator and publisher of the FFNC Membership Directory, and creator of a number of other projects such as photo-shows for meeting programs/reports, exchange booklets, brochures, and other club documents. Ed was presented with a photo-on-canvas print of a sloth we encountered while we were canoeing in Costa Rica.

It is an honor and a joy to be president of the Friendship Force of Northern Colorado. I appreciate everyone's participation and involvement in our club. I was pleasantly surprised by the gift card to Highland Meadows Golf Club. I will enjoy my round of golf there as soon as the snow melts and the greens are green again. Thank you for the generous gift, and for giving me the opportunity to continue as your president in 2013. We can all look forward to another exciting and active year in FFNC!

**Next Meeting**  
**April 12, 2013**  
**7:00 PM**  
**Costa Rica**

**First Christian  
Church**  
**2000 N Lincoln Ave.**  
**Loveland, CO**

*Marcia Ross*

## UPCOMING EXCHANGES

### HARRISBURG, PA

MAY 1—8

*Outbound*

This Exchange to Harrisburg from May 1 - 8 is full, with a wait list. Congrats to you early birds!

Harrisburg is the Capital of Pennsylvania and is located near Gettysburg, Hershey and Lancaster, in the midst of Amish Country and near the Appalachian Trail. We have not received an itinerary of locations we will visit, but it is sure to

be a special week in Pennsylvania. Please call if you have any questions.

#### EXCHANGE DIRECTOR

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### MID-WILLAMETTE VALLEY, OREGON

JUNE 12—18

*Inbound*

Oregon's Mid-Willamette Valley Ambassadors, 14-strong, will arrive on June 12. We have planned a schedule that highlights our area well—including Fort Collins, Greeley, Loveland and Estes Park.

The Oregon Ambassadors will join us at our FFNC June meeting on June 12.

**We need volunteers and hosts, day hosts and dinner hosts. Please call and volunteer your help and assistance.**

#### EXCHANGE DIRECTORS

Anne Brown 663-3727  
 Nita Kopyay 613-2066

## APRIL 12 MEETING—COSTA RICA

Members and guests will be treated to an Ambassador-presented program on Costa Rica. Share the beauty, the people and the specialness of this Central American gem from our Ambassadors who were on this Exchange and subsequent tour in January.

Ambassadors enjoyed a one-week Exchange with the Turrialba FF club members followed by a commercial tour that took us “coast-to-coast” over a 10-day period.

We experienced warm people, great vegetation and amazing flowers, and saw most intriguing birds and animals.





# MARCH 8 MEETING - WORLD FRIENDSHIP CELEBRATION



Potluck

Thank you FFNC members for the wonderful support you showed to World Friendship activities. The evening was a great success. As usual the food was a delicious mix of our best international recipes. Unique outfits from visits throughout the globe and worn by members were beautiful. The

setting in our new meeting place was lovely. Thanks go out to the committee for set up, decorations and, of course, clean up!

President Marcia Ross honored our **Volunteer of the Year**, Ed Brigden, with a canvas sloth photograph taken on their recent Costa Rica exchange. Ed has worked diligently with photography for club events, exchange slideshows, Membership Directory, website and newsletter production as well as hosting numerous events and guests at the Brigden home. Thank you Ed for a job well done; you are a model to all!



Helen

Kay Thomas surprised Marcia with a golf gift card from the club as a thank you for her work facilitating meetings, programs and exchanges. Marcia continues to be an exceptional representative for Friendship Force



Anne

wherever she goes...sharing her knowledge, organizational skills and contagious smile! Keep up the great work Marcia!

The program for our World Friendship evening was provided by Meike Prewett, a senior at Fossil Ridge High School in Ft. Collins. During the past year Meike was the recipient of a school year Rotary Exchange scholarship to Bangkok, Thailand. She enthusiastically shared her



Cathy

adventures living in such a large city, attending a catholic high school and experiencing the "flood of the century". During the flood, international students were evacuated to the Bangkok Zoo for several weeks. A rural family who had just returned to its two room water soaked

home graciously hosted Meike during her evacuation.

Undoubtedly, Meike's positive attitude and her

out-going personality helped her to deal with unusual and stressful circumstances. She impressed us all with her experiences within a very unique mixture of cultures, and the unforgettable relationships she developed during that year. We enjoyed the information shared about Thailand, and the insight into the humorous exchanges between her Thai friends. Thank you Meike for sharing your adventure with our club. You were a great inspiration.



Speaker, Meike Prewett

Barbara Miller

## COMPANY FOR DINNER

Neither rain nor snow -- oops, that is not the motto but it could be. Dinner guests were determined to brave the blizzard, wind and snow-drifted roads to sample that wonderful Colorado fish that Frank Cada has as a specialty.

Our theme song should be "Getting to Know You". And one dinner party braved the cold and blizzard to do it.

Our thanks go to Frank and Dot Cada and their determined guests. We have now reached \$340 for the Legacy Fund. Thanks also to Mary Riney and Anne Brown. We'll get to sample their dinners soon.

Marcia Ross and Cindy Paulson have also made a sizable contribution by holding an auction in Costa Rica. Thanks for the additional \$150 raised from the Costa Rica Ambassadors.

Next Month we will try something a little different. Since many find that Saturday is a very busy committed day we will hold the

**Company for Dinner nights on Saturday, April 20 and Sunday, April 21.**

Guests and Hosts will be able to sign up for either or both nights. You will only get one dinner but those few who can accommodate both nights will make it easier to plan a full table.

Here is your chance to **"get to know your fellow members."**

Bring your calendar and sign up for a great evening.

*Betty Jean DeMersseman*

## THANKS FROM MARCIA

I wish to thank all of my FFNC friends for your support and kindness through my mother's hospital and Hospice stays and her passing. Your cards, flowers, emails, phone calls and words of comfort have been much appreciated and have given me strength in this difficult time.

*Marcia*

## VOLUNTEER OF THE YEAR



Thank you one-and-all for the honor of being chosen Volunteer of the Year. This was certainly a total surprise. If I had known, I would have left my Uzbek hat at the table.

I have enjoyed my years with FFNC, as Ambassador, Host and "team member". Other

than serving for two years as Treasurer in the mid-90's, my volunteerism has consisted of low-key, behind-the-scenes endeavors and assistance—where I feel most comfortable.

Activities with the FFNC newsletter, the membership manual and the website have provided me with venues for artistic expression and an attempt to stay up with the media and tools of technology. Just trying to keep the brain cells on overtime!

I urge others to join Cindy Paulson, Sue Cummins and me as editors of the monthly newsletter. Then you too, can write about yourself.

*Ed Brigden*



## SHOP THE STORE—TRAVEL PACKING CUBES



Wow! Check out the FFNC Store! We now have a great selection of e-bags packing cubes to get/stay more organized within your suitcases. There is a great selection of sizes (small, medium, large and slim) in a variety of colors (tangerine, blue, purple, black, grey and red). You may mix and match—colors and sizes.

Stock up for yourself or acquire some as gifts. For travel, business, school, graduation, weddings or organizing around the home. Or, are you already too organized?



### Price & Sizes Schedule (each):

Small	\$ 7.00	11x6.75x3"
Medium	8.00	9.75x13.75x3"
Large	9.00	12.75x17.5x3.25"
Slim	8.00	14x5x2.75"



## MOUNTAIN STATES FIELD REP REPORT

Reports from the Board of Directors meeting focused on the search for a replacement for George Brown and a discussion of 2014 fee policy.

Starting in 2014 Ambassadors will pay an additional \$15 per person per week.

Club fees will also increase but not until 2015. This delay is needed for clubs to be able to implement the increase into their budget.

There is no change in the Domestic Exchange rate.

Host Fees—Everyone agreed we want the fees to be simple. With inflation at 8 % an increase is needed since the last change, 3 years ago. Everyone is ready to put FFI on solid financial footing and leave the new CEO with no financial crises looming.

The Expansion plan is on line and shows some new community involvement. New Clubs are showing growth but the second year is the

most critical. Mentoring is really important.

By the way, Athens, Greece now has a club. Can we reapply?

Some US clubs are thinking of geographical combinations to share inbound Exchanges. (ie., Salt Lake and Provo joining to share an exchange). Several years ago the Helena and Great Falls clubs shared our visiting FFNC Exchange.

New Orleans now has over 200 registered for the FFI Convention. A commitment for dinner there is not needed until the week before the conference. *(See more on page 6).*

In June my replacement, Barbara Guilford, from FF Cheyenne, will become our Field Rep. Barbara was the Regional Conference Coordinator in 2012 and did a fine job. Congratulations.

*Betty Jean DeMersseman*

## RAFFLE DONATIONS NEEDED

We are requesting that our members donate items to be used for a special raffle in June. The proceeds will be divided 2/3 to the FFI Legacy Fund and 1/3 to our FFNC Special Projects and Activities Fund.

Please consider donating an item or two, perhaps a hand-made or home-made item, something nice you've purchased on an exchange but don't have a place for, a photo, painting or other piece of artwork, jewelry, or an offer of services (i.e. demonstration of a skill such as an hour of computer lessons on a certain topic or volunteering to teach an art or craft lesson, etc.)--- Use your imagination! If you are willing to donate something for the raffle, please email or call Marilyn Garner [garner.marilyn@gmail.com](mailto:garner.marilyn@gmail.com)

493-4137 to let us know what you're willing to contribute, and the approximate value. We need this information by April 10, 2013 or sooner. All members can help by purchasing raffle tickets. We will likely group items of lesser value into larger mixed-item packages. Ticket-purchasers will be able to put their ticket into a can for each gift or group of gifts they are interested in trying to win, and winners will be drawn from each can. Tickets for the raffle will be sold at the May and June meetings; \$5 each or 5 tickets for \$20. The winners will be drawn at the June meeting. Let's all pitch in to make this a fun way to raise money to donate to the Legacy Fund and our own Activities Fund, and to have a chance to win something very special.

*Marcia Ross*



On behalf of Friendship Force of Baton Rouge, I want to extend to you a personal invitation to join us when the **World Comes to New Orleans** for this year's FFI International Conference. I can promise it will be a conference as unique and exciting as New Orleans itself. You will have the opportunity to listen to experience our music and even learn to do the Cajun Two Step as well as participate in a Second Line parade down Bourbon Street.

The closing banquet on Sunday night will be "extra special" as we are encouraging everyone to **come in costume** and dance the night away! Visit the conference registration web site and find out more about what's planned and what to expect.....and then expect the unexpected!

*Bob Duncan FFBR/Conference Chair*

## MYANMAR EXCHANGE PHOTOS ON BLOG

Ming ga la ba,

Due to camera problems, Jan has managed to gather pictures from other Ambassadors on our Exchange to Myanmar in February. These are now available on a blog:

[burmesefriendship.wordpress.com](http://burmesefriendship.wordpress.com)

*Dot Cada*

Inbound

Outbound

**EXCHANGE CALENDAR**

2013	Harrisburg, PA	May 1—8 Kay Thomas
	Wales Coastal Ramble	May 8—21 Nancy Brigden
	Willamette Valley, OR Revisitation	June 12—18 Anne Brown & Anita Kopyay
	Penticton, BC, Canada Revisitation	September 4—11 Barbara Miller
	Discover Europe "Jewels of Central Europe" Vienna, Bratislava, Prague, Budapest, Krakow	Sept 23—Oct 8 Cinda Clark
	FFI International Convention New Orleans, LA	November 22-25

2014	Harrisburg, PA Revisitation	Fall ED needed
	FFI International Convention Auckland, NZ	November

Refer to our website, [ffncolo.com](http://ffncolo.com) for newsletter issues and information on Programs, Exchanges, Leadership contacts, Upcoming events, etc.....

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## DISCOVER THE JEWELS OF CENTRAL EUROPE

### SEPTEMBER 23—OCTOBER 8

Wow! The e-mailed FFI catalog listing of January 17th certainly generated a lot of interest in the exchange to Central Europe. This Exchange is now full, with an extensive waiting list. I am pleased that our Ambassadors are all so engaging and well-traveled.

The cities we will visit are Prague, Krakow, Bu-

dapest, Bratislava, and Vienna. Our two-night homestay will be in Bratislava. Please give me a call with any questions.

**EXCHANGE DIRECTOR**  
Cinda Clark 669-5426  
clarksmail@msn.com

## BENSON GARDEN—SPRING SCHEDULE

Please reserve the dates April 13 & April 27 for POSSIBLE work days at our adopted gardens in Benson Sculpture Park in Loveland. At the April 12 FFNC meeting we'll give a go/no go for Saturday's schedule. Generally we expect to schedule most work days on the day following our FFNC meetings. Sometimes special events or incoming exchanges will require an extra crew to fluff up our gardens for visitors.

Thanks to the work done by the crews in 2012, our gardens really look good this spring. This year the FFNC gardens should be much easier to maintain (weather cooperating).

*Nancy Brigden*

April 13	8:45	Potluck B-fast	5130 Coral Burst Cir, Loveland
	10:00-noon	Spring Garden Cleanup	
April 27	10:00	Cleanup date	
May 11	8:30-9:30	May work date	
June 1	8:00-noon	All-city volunteers work day	
July 13	8:00-10:00	Weeding date	
July 27	8:00-10:00	Prep for sculpture show	
August 3	8:00-10:00	Prep for sculpture show	
August 31	9:00-11:00	Prep for Canadian exchange	
October 12	9:00-11:00	Last Fall work date	

## MEMBERSHIP ... AND DUES ARE DUE

As of March 17, FFNC has 77 paid members for 2013. This includes a record **SEVENTEEN** new members! If you have not yet renewed your Friendship Force membership for this year, please mail your \$35-per-person check to:

Thelma Slocum  
5025 Blue Stem Ct  
Ft. Collins, CO 80525

There are 25 former members who have not yet renewed their 2013 FFNC memberships. If you are among this group, please include your contact information with your check so that we can verify your: name, address, home phone number and email address. Please rejoin FFNC.

Thanks!

*Cindy Paulson & Thelma Slocum, membership co-chairs*



## LESSON ON STRESS

A young lady confidently walked around the room while leading and explaining stress management..... "How heavy is this glass of water?" she inquired with a smile. Answers called out ranged from 8 oz. To 20 oz.

She replied , "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm.

If I hold it for a day, you'll have to call an Ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes." She continued, "and that's the way it is with stress. "

"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden - holding stress longer and better each time practiced.

So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night... Pick them up tomorrow.

- 1 \* Accept the fact that some days you're the pigeon, and some days you're the statue!
- 2 \* Always keep your words soft and sweet, just in case you have to eat them.
- 3 \* Always read stuff that will make you look good if you die in the middle of it.
- 4 \* Drive carefully... It's not only cars that can be recalled by their Maker.
- 5 \* If you can't be kind, at least have the decency to be vague.
- 6 \* If you lend someone \$20 and never see that person again, it was probably worth it.
- 7 \* It may be that your sole purpose in life is simply to serve as a warning to others.
- 8 \* Never buy a car you can't push.
- 9 \* Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
- 10 \* Nobody cares if you can't dance well. Just get up and dance.
- 11 \* Since it's the early worm that gets eaten by the bird, sleep late.
- 12 \* The second mouse gets the cheese.
- 13 \* When everything's coming your way, you're in the wrong lane.
- 14 \* Birthdays are good for you. The more you have, the longer you live.
- 16 \* Some mistakes are too much fun to make only once.
- 17 \* We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colors, but they all have to live in the same box.
- 18 \* A truly happy person is one who can enjoy the scenery on a detour.
- 19 \* Have an awesome day and know that someone has thought about you today.
- 20 \* Save the earth..... It's the only planet with chocolate!