



friendship force
NORTHERN COLORADO



Sue Cummins - Editor & Publisher

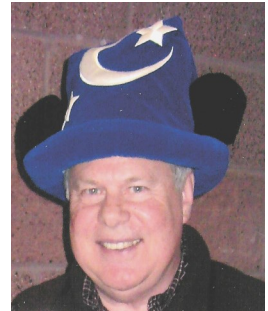
April
2015

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

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FROM OUR PRESIDENT

Dear Friends,



My thanks to Barbara Miller, her helpers, and all of our members responsible for making our March meeting and “World Friendship Day” a most successful event. Many of our visitors, including our guest speaker, Dr. Kron, commended our club for the wonderful international meal, the excellent program about Guatemala, and especially the friendliness of our club members. Many thanks to Ed and Nancy Brigden for their special part in our Guatemala program.

Our April program will be presented by Jamie Sigley, a Business Specialist from Wells Fargo, who will speak about “Identity Theft” and how we can best protect ourselves as we travel as Friendship Force Ambassadors. This will be another wonderful program to invite guests to. Please invite people you know who might be interested in getting involved with the Friendship Force of Northern Colorado.

Cindy Paulson recently helped me to send an email to all of you asking if you have registered for the Friendship Force International “World Conference 2015” in Vancouver, Canada. If you received the email and plan to attend but haven’t responded to me yet, please do so as soon as possible. My email address is: gary@gscummins.com.

Thanks to all of you who turned in the completed “Member Survey” that I handed out during my first month as your president. I’m in the process of collating that feedback, and I plan to present the results to our Board at the April meeting. I will also be sharing that information with all of our club members.

We are starting to gear up for the Ambassadors coming from San Diego in June. Those of us who are hosting just received our matches from Exchange Director Barbara Miller at the March meeting or via email. If you are hosting, please contact your guests soon.

2015 Annual Dues: Have you paid your Friendship Force dues for 2015? Please check with Thelma Slocum to make sure that you are current on your club dues. You can reach her at 223-9855.

Gary Cummins

Friday, April 10
Identity Theft
Jamie Sigley
Business Specialist
Wells Fargo

First Christian Church
2000 N. Lincoln Ave.
Loveland

WORLD FRIENDSHIP DAY DINNER & PROGRAM

The annual celebration of World Friendship Day was filled with fellowship and food! We started the evening with a fun social mixer, trying to name the country from which 22 hanging flags came (thanks to members Phil & Linda Smith for their flag collection). Unfortunately, no one was able to name all 22 countries...guess that means we need more travel!

Members outdid themselves with the variety of dishes from around the world. This made for a tasty evening, topped off with the WFD cake.

Our programs on the "Mission Exchange" (Nancy & Ed Brigden) and the Habitat for Humanity efforts in Guatemala (Dr. Robert & Judy Kron and Paulette Weaver) were exceptional. We all learned more about the extreme poverty, medical, and housing needs of this nation as well as the happiness and beauty of its people. Thank you to all who helped make this evening a success!

Barbara Miller



GUATEMALA FEATURED AT WORLD FRIENDSHIP DAY PROGRAM

FFNC members and guests at our March World Friendship Day were treated to a wonderful program about Guatemala. Dr. Robert Kron and FFNC members Nancy & Ed Brigden and Paulette Weaver each shared experiences from their time in Guatemala.

Some quick facts about this fascinating and lovely Central American nation:

Located at the northern end of Central America, bordering Mexico, San Salvador, Honduras and Belize.

Three geographic regions: northern plains, volcanic central highlands (most populous area) and agricultural Pacific lowlands. with a will to be all they can be.

Major challenges are clean water, sanitation, poverty (75% of population), lack of access to education.

Dr. Kron has been to Guatemala as a Habitat leader (building housing, schools, medical facilities), as a student at the language immersion school, and as a volunteer dentist. He told us that he loves going to Guatemala and is impressed with the people, who are warm, welcoming, and positive, even in very difficult circumstances. **Paulette Weaver** also traveled to Guatemala to volunteer in Habitat construction projects. She shared her impressions of the people, telling us that they were the most generous and caring people she has known. "They have almost nothing, but are eager to share anything that they have. They share **themselves** with a great deal of pride in their families, their culture, and their beautiful country."

Nancy & Ed Brigden participated in a Friendship Force Exchange to Guatemala. During this "In-Service" exchange, they visited several areas and delivered a variety of donations. Money was given to a medical clinic to pay for building rental and to provide back-pay for staff. Shoes were given to students at the Lavosi

School for Deaf, and they were delighted as each of them got to select what he/she liked in the correct size. Tools and cash were given to a Wildlife Recovery Program with the Guatemala Dept. of Wildlife. School supplies, books and a computer were donated to a school and activity program similar to our Boys & Girls Clubs. Shoes and school supplies were also provided for Escuela Vida Nueva (New Life School), serving children with disabilities. Medical supplies and a cash donation were given to the Manos Abiertas (Open Hands), a women's health clinic. Fees paid by the 16 members of the group were used to pay for blood tests for homeless Guatemalans in extreme poverty.

Nancy said that this Friendship Force group was thrilled to be in Guatemala during the Lenten season and to be able to see the processions traveling to the Cathedral in Antigua. The residents of the areas along the procession used various materials such as flowers, vegetables, fruits, pine needles, and wood shavings to create amazing carpets (alfombras) for the procession to tread upon. (See Guatemala photos on page 8.) Thousands of people come from all over the world to see the 30+ processions.

This Friendship Force "In-Service" experience was a great success! Nancy and Ed expressed that they would like to see more opportunities of this kind for Friendship Force. *Cindy Paulson*



IT'S BENSON GARDEN TIME AGAIN

Volunteers from The Friendship Force of Northern Colorado adopted a garden in Loveland's Benson Sculpture Park in 2011. All of the gardens surrounding the sculptures in the Park are adopted by various individuals or groups.

Most FFNC inbound exchanges include a foundry tour followed by a visit to Benson Sculptures. Tending to our adopted garden is a nice way to give back. While working, we often get questions about Friendship Force from Park visitors.

Garden volunteers can also verify that the scheduled cleanup and weeding sessions offer a good time! It's a great way to build friendships with your co-worker members. Chatting over a stubborn bindweed seems much more relaxed than trying to get to know each other at our busy monthly meetings.

Join us for one or all of the work sessions listed below. The FFNC garden is on the east side of the Park just north of 29th Street at the

Park's east entry. You'll know you are there

when you see the fat ladies of the ***They Are Waiting*** Sculpture off to the right at the entry from Beech Street! There are also several signs to denote that FFNC volunteers take care of this entryway.

Here's the upcoming schedule for April to June, Weather Permitting:

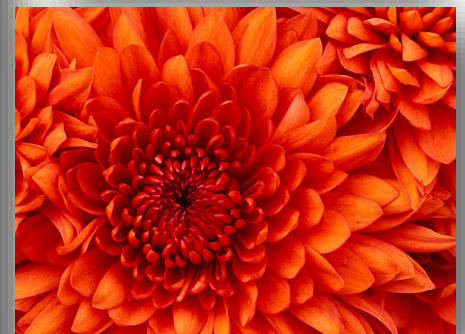
-Saturday, April 11 9:30 a.m. Clippers/Bags/Hand Rake/Small Blade Shovel/Gloves for regular work day

-Saturday, May 9, 9:00 a.m. Regular Work Day

-Saturday, June 6, Tentative All-City Work Day to spread mulch and plant

-Saturday, June 13, 9:00 a.m. Regular Work Day

Crew times are flexible. Come when you can, stay for as long as you wish, but usually not for more than an hour or two. So grab your hat, tools, gloves, and a water bottle and come on out! Call Nancy Brigden at 970.352.3829 if you have a question.



News from Our Mountain States Field Representative Barbara Guilford

March 19, 2015

Field Representatives talked for more than an hour about various issues.

Matt reported on the meetings he attended in New Zealand and Australia.

Joy summarized the Board Meeting held in Atlanta. She reported that the organization has lost 10 weeks of hosting in Europe and has organized for a European Study Group. More field reps are needed in Europe, Latin America, and Asia.

We were given a tentative agenda for the July 22-25 Field Rep Meeting in Atlanta.

Home hosting will be replaced by a night out at suburban homes. We will hear from our Vetting Committee, continue our conversations on opening up exchanges, finding different kinds of travelers, diplomacy, e-mail club connections, workshops in Vancouver, and, as always, building membership.

I reported on Mountain States World Friendship Day Activities that included international dinners, library book donations, a presentation on habitat work in Guatemala, volunteer work on Project Cure in Denver, and student scholarships at LCCC in Cheyenne. We are an active bunch of FF leaders! Cheyenne membership numbers are down but have been made up by increases in Utah.

Commitment to the goals for International Cultural Exchanges is strong throughout the region. We continue to cooperate with our 2016 **Plains to Peaks** International Exchange, and the 2015 Harrisburg, PA Exchange in 2015 to Northern Colorado and Cheyenne. My hope is that we can get new ideas in Vancouver in August of 2015 and Western Colorado in 2016. I read recently in the April 2015 HARPER'S MAGAZINE that *we should recognize friendship as the queen of all virtues, for it is the foundation of all worthy human connection, including marriage.* "Going It Alone," F. Johnson



Friendship Force International

800-554-6715

www.thefriendshipforce.org

EXCHANGE OPPORTUNITIES

2015

June 5-11; San Diego; Inbound;

Exchange Director: Barbara Miller, 667-7330

July 10-30; Lima Peru; Outbound;

Exchange Director: Alice Gibson, 310-8848

August 21-27; Napier, New Zealand, Inbound

Exchange Director: Sue Cummins, 682-2266

(Napier will be in Des Moines (8/9-8/14) and in Lincoln (8/15-8/20)

August 28- 31; Friendship Force International World Conference; Vancouver, B.C., Canada

September 23-30;- Harrisburg, Pennsylvania; Inbound; Exchange Director Nita Kopyay, 613-2066; (Harrisburg is visiting Cheyenne FF the previous week of September 16-23)

2016

San Diego; Pending Outbound; possibility of a second week with another California club

June (TBD); Canada, Hamilton/Burlington; Inbound

September 9-21; Peaks to Plains Global Exchange; Inbound to Cheyenne, Northern Colorado, Denver, and Pikes Peak Friendship Force clubs; Exchange Director: Marilyn Garner, 493-4137

October 2-5; Marrakech, Morocco, Friendship Force International World Conference

Reminder:

We have been asked to compile a list of our members who are registered to attend the FFI World Conference in August 2015 in Vancouver.

Please email Gary Cummins at gary@gscummins.com if you ARE REGISTERED TO ATTEND or if you PLAN TO REGISTER TO ATTEND, so that he can send this information to our Mountain States Field Rep. Thanks for your help!

Inbound

Outbound

EXCHANGE CALENDAR

**2015 OFFICERS & COMMITTEE CHAIRS
CHAIRS**

2
0
1
5

2
0
1
6

June 5-9; San Diego; Inbound
Exchange Director: Barbara Miller,
bmill4708@comcast.net 667-7330

July 10-30, Lima, Peru; Outbound
Exchange Director: Alice Gibson
aligibs@gmail.com 310-8848

August 21-27; Napier, New Zealand;
Inbound
Exchange Director: Sue Cummins
sue@gscummins.com 682-2266
Home Hosts, Day Hosts, and Dinner
Hosts needed.

August 29-31
Friendship Force International World
Conference; Vancouver, BC, Canada.
Check with FFI to see if more registra-
tions are possible.

September 23-30
Harrisburg, Pennsylvania; Inbound
Exchange Director: Nita Kopolyay,
kopolyay@comcast.net 613-2066

San Diego and perhaps another
California location; Outbound

September 9-21
Peaks to Plains Global Exchange
Exchange Director: Marilyn Garner
garner.marilyn@gmail.com 493-4137

October 2-5
FFI International World Conference
Marrakech, Morocco

President: Gary Cummins
493-4137 garner.marilyn@gmail.com
Vice President: Nita Kopolyay
613-2066 kopolyay@comcast.net
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225-2252 mross377@msn.com

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Music: Rosemary Donovan, Larry Clark
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669-5426 clarksmail@msn.com

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RNEjohnsen@aol.com

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Cindy Paulson

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Slocum, Marion Sparks

Membership and Dues Update

HAVE YOU PAID YOUR DUES?

Thanks to the 70+ members who have paid their 2015 \$35 dues. About 25 other current members still need to pay. If you are among the latter group, please send your dues with a check made out to FFNC to our treasurer, **Duane Sharp** 825 Glenarbor Circle Longmont, CO 80504.

FFNC/Cheyenne Regional Picnic

MARK YOUR CALENDARS TO JOIN US FOR THE FFNC & FF CHEYENNE REGIONAL PICNIC

DATE & TIME: Sunday, August 23, 2015, noon to 3 p.m.

LOCATION: North Lake Park in Loveland Shelter House #3 (nearest Lake Loveland)

BRING: A side dish or dessert to share. FFNC will provide chicken, drinks, and table service.

We will be hosting FF Napier, New Zealand that week, so they will participate in the picnic, too!

Photos from Guatemala

