



**January**  
**2013**

**Fort Collins, Greeley, Loveland, and Surrounding Areas**

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**FROM OUR PRESIDENT**



Happy New Year! Hopefully all of you enjoyed the holiday season, and were able to spend special time with family and friends.

Our 2013 FFNC calendar is full of opportunities to meet new friends and explore while we participate in outbound exchanges (Costa Rica; Myanmar; Harrisburg, PA; Central Europe; New Orleans), or participate in exchanges listed on the FFI website. We will welcome guests from Mid-Willamette Valley, Oregon in June and Penticton/Okanagan Valley, Canada in September. Watch for sign-up sheets! Your participation in various other club activities including attending our regular monthly meetings, attending special events such as our regional picnic or regional conference, and serving on various club committees will enrich your overall membership experience, so look for ways to get involved! The contributions of all of our members are key to our club's success, and are greatly appreciated!

For those of you (75!) who attended, wasn't the holiday party a delightful gathering? Our party planners: Barbara & Dennis Miller, Esther & Dick Johnsen, Jane Willhour, Elle Barr, Doris Rogers, and Marta Aguayo did an outstanding job of decorating, making the dinner arrangements and planning for fun mixers and entertainment. Larry Clark added his special talents on the keyboard and Gary Cummins (with Sue in her funny Santa hat and Ed at the projector) did a great job reminding us about the healthful benefits and overall importance of adding humor to our daily lives. Thanks to all of you for planning such a fun event... and to the many attendees who contributed items for the successful raffle. A very special evening together!

Because several of our current and incoming officers will be in Costa Rica during the January FFNC meeting, we will wait until the February meeting to have installation of our new officers. If you are not on an exchange in January we hope you will be able to attend the regular meeting on January 11, 2013 at 7:00 p.m. in our **NEW LOCATION at the First Christian Church in Loveland, 2000 N. Lincoln.** The program by our own extremely knowledgeable member, Ed Jakubauskas, sounds most interesting and thought provoking.

May 2013 be a happy and rewarding year for you! Marcia Ross

*Next Meeting*  
**January 11, 2013**  
**7:00 PM**  
**Syria**  
**A Failed State**  


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

## UPCOMING EXCHANGES

### COSTA RICA

JANUARY 6—22

*Outbound*

#### ¡Vamos a Costa Rica!

After nearly eight months of planning and preparation, it's finally time for our Friendship Force exchange and tour in Costa Rica! Twenty two members of FFNC, along with four from the Friendship Force of Denver, will fly to San Jose, Costa Rica, then go by bus to the city of Turrialba for a one week homestay.

While we are in Turrialba, we have a wonderful itinerary of activities and events with our hosts. The club has told us they look forward to partying, dancing and celebrating friendship with us!

After our homestay, we will have a 10-day

tour throughout Costa Rica. The tour includes visits and tours in several cities, and a wide variety of nature and wildlife experiences: hiking in the cloud forests and rain forests, visit to national parks, butterfly gardens, wildlife refuges, canal and river cruises, tours of pineapple and coffee plantations, volcanoes, hot springs, suspension bridges over the rainforests, waterfalls, tropical birds, and time at a Pacific beach resort.

#### EXCHANGE DIRECTORS

**Marcia Ross** 377-0512  
[mross377@msn.com](mailto:mross377@msn.com)  
**Cindy Paulson** 225-2252  
[cdp225@msn.com](mailto:cdp225@msn.com)

### MYANMAR

FEBRUARY 16—MARCH 1

*Outbound*

This Exchange to Myanmar, formerly Burma, will be a global non-homestay to provide aid and to assess for a new FF club. FFNC had an outbound Exchange to Myanmar in 2006.

We have 21 ambassadors, including 2 MDs. The medical docs will treat patients and train medical personnel in the Yangon area. Other Ambassadors will collect items for the Diplomat school.

Our goal is to work toward Friendship Force club formation and home hosting when the

government allows. Therefore, all ambassadors will encourage aid recipients and others to create and join a Friendship Force club in the Yangon area.

We hope that this Discovery program can project the value and importance of Friendship Force International.

#### EXCHANGE DIRECTOR

**Dot Cada** 667-7548  
[dotcada@yahoo.com](mailto:dotcada@yahoo.com)

### HARRISBURG, PA

MAY 1—8

*Outbound*

The Harrisburg exchange still has openings for Ambassadors. Let us introduce you to the capital of Pennsylvania, which is located between the Blue Mountain Range and Gettysburg. It is in the midst of Amish country, the Appalachian Trail, close to Lancaster and also Hershey -

which is the chocolate capital of the USA.

Please consider joining us for a special week in Pennsylvania.

#### EXCHANGE DIRECTOR

**Kay Thomas** 278-9054  
[KThomasLvInd@comcast.net](mailto:KThomasLvInd@comcast.net)

## JANUARY 11 MEETING

Entitled “Anatomy of a Failed State”, Ed Jakubauskas will present a program on Syria.

Emerging from the failing Ottoman Empire after World War I, Syria was a French mandate which included a variety of religions and ethnic groups. After the French mandate, a minority religious sect emerged as a dominant power group. Following numerous revolts and rebellions, the family of Assad assumed power through cunning intrigue and ruthless behavior. Current

instability has led to a fierce and bloody Civil War, which in addition to internal chaos, threatens to spread to wider regional conflict.

Can there be any hope for the people of Syria, or will the country endure endless strife and bloodshed?

Join us to learn more at this next meeting.

**New Meeting Place:**

**2000 N. Lincoln Ave, Loveland**

## OFFICERS FOR 2013

A list of officers follows for the 2013 calendar year.

Normally, new officers are inducted at the January meeting. However, since most will be out of town, the induction will occur at the February meeting.

**President** Marcia Ross  
**Vice President** Marilyn Garner  
**Secretary** Paulette Weaver  
**Treasurer** Alice Gibson

## RECENT NEW MEMBERS

<b>Ingrid Bowden</b>	970-613-1727	<b>Don, Diane &amp; Shannon Locke</b>	970-377-2447
<b>Donna Clark</b>	970-484-8009	<b>Rod McCormick</b>	970-225-9826
<b>Tim &amp; Phyllis Jachowski</b>	970-286-4404	<b>Shirley Remmenga</b>	970-484-7378
<b>Cindy Kenna</b>	970-624-0032	<b>Phil &amp; Linda Smith</b>	970-216-6804
<b>Phyllis Kennell</b>	970-493-3837	<b>Don &amp; Cornelia Winters</b>	970-667-7517

Please welcome the new members listed above, added within the past several months.

The year 2012 has been good to us, as we have attracted 21 new members to keep our club size robust.

The number of Exchanges can be determined by the size and vitality of a club. So active membership is the key; Let's continue to invite friends and neighbors!

If not done already, remember to bring \$35 each—to pay your 2013 Membership dues at the January or February meetings.

*Thelma Slocum*

## HOLIDAY PARTY



The Holiday party at Johnson's Corner on December 14 was attended by 75 members and guests. As we arrived, a name was taped to each person's back, and they were to guess who they were by asking questions that could be answered by "yes" or "no." It was a great mixer before the buffet dinner was served. While enjoying the meal, we had the opportunity at each table to determine the correct titles of a list of Christmas songs with "alternative song titles." Marcia Ross then gave a brief update on the 2013 exchanges.

New (and former) member and president of FFNC, Gary Cummins, presented a program titled "The Importance of Humor in Our Lives."

Gary's professional background includes 20 years as a Marine Corps officer, 15 years in corporate education and training in two health systems, and nine years as Executive Director of the Colorado Dental Association. Gary currently serves as Associate Minister of Dayspring Christian Church in Fort Collins.

*Judith Cadarette  
&  
Bette Younger*



# HOLIDAY PARTY (CONTINUED)

Gary's presentation was, indeed, humorous, as well as informational. As we sang "My Bonnie Lies Over the Ocean" while raising and lowering our arms, it was apparent some of us may not be as focused and coordinated as others, and this resulted in hearty laughter.

Some of the benefits of laughter to the body are: T-cells that fight infection, the skeletal system relaxes, oxygen increases, nerve endings are stimulated, blood pressure goes up and then goes down lower than before. Research shows that five minutes of laughter can double the heart rate and that there is an inverse relationship between humor and pain.

Workplace humor promotes less absenteeism, and productivity goes up 20% when you create a playful environment. That environment could include brainteasers, props, stories, and jokes.

you grow old, you grow old when you stop laughing."

Raffle tickets sold for \$1.00. When your number was drawn, you could choose one of the many gifts that members brought.

The evening ended as we sang Christmas songs, accompanied by Larry Clark on the synthesizer.

*Marian Sparks*



*Betty Jean DeMersseman and Rona Baer enjoy gifts from Elf Dennis Miller*



*New Member Don "Santa" Locke Just Before Smiling*



*Gary & Sue Cummins singing along with Charlie, Kim, and Helen Carihfield*

At the end of life, people prefer a funny story over serious words of wisdom. "You don't stop laughing because

*Holiday Party pages produced by Sue Cummins  
Photos by Cindy Paulson & Ed Brigden*



*New Members Phil & Linda Smith*



## LEGACY FUND

We're trying to think of creative ways to raise funds to donate to the FFI Legacy Fund, which will be used in part in the effort to establish up to 45 new clubs in the next few years. Your skills and help are needed! We know there are many talented and generous folks within our club membership. 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! Betty Jean DeMersseman has already committed to donating a hand-made summer weight comforter and pillow shams, value around \$300. (Thank you B.J.!) 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 package of gifts they are interested in trying to win, and winners will be drawn from each can. Because the raffle we do at our regular

meetings is one of the few fund raisers for our Special Projects and Activities fund, the raffle proceeds will be split 2/3 Legacy Fund, 1/3 FFNC Activities Fund.

If you are willing to donate something toward the raffle, please send an email to Marcia Ross [mross377@msn.com](mailto:mross377@msn.com) , or give me a call at 377-0512, and let me know what you're willing to contribute, and the approximate value. I need this information by April 10, 2013 or sooner. All members can help by purchasing raffle tickets! We will be selling raffle tickets for these donated items at our regular May and June meeting for \$5 each, or 5 tickets for \$20. THE DRAWINGS WILL TAKE PLACE AT OUR JUNE MEETING, and winners will have an opportunity to select from the wonderful array of items contributed by our members. 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 some wonderful gifts!

*Marcia Ross*

## FFI FIELD REP UPDATES

In the latter part of December, the FFI Board of Directors held a Conference call to plan for the procedure to locate and "land" the best candidate to lead Friendship Force into the future. George Brown (current president) is retiring with plans to begin the transfer of responsibilities in April.

Each Regional Field Rep will be contacting all the clubs of the region to plan the next Regional Meeting. This meeting is to be held before the beginning of the next International Conference in New Orleans in November, 2013. Let's hope that we can get a big representation at the conference. Following the Conference, several FFNC

families have already signed up to host the Post-Thanksgiving Week End Home Stay. This is a great opportunity for the world to Celebrate our Thanksgiving.

New Field Reps will hold a conference in August. Who will be the Mountain States Rep?

A discussion was held about one club having the same President for 7 years. Many valuable suggestions were offered.

News on the Personal Front: Pallie Savoie from FFI is expecting a baby the end of May. Congratulations!

*Betty Jean DeMersseman*

Inbound

Outbound

## EXCHANGE CALENDAR

## 2012 OFFICERS & COMMITTEE CHAIRS

2  
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3  
Costa Rica January 6—22  
Marcia Ross & Cindy Paulson

Myanmar February 16—March 1  
Global Exchange for Aid & to Assess  
for new FF club Dot Cada

Harrisburg, PA May 1—8  
Kay Thomas

Wales Coastal Ramble May 8—21  
Nancy Brigden

Willamette Valley, OR June 12—18  
Revisitation Anne Brown  
& Anita Kopyay

Penticton, BC, Canada Early September  
Revisitation Barbara Miller

Discover Europe Sept/October  
“Jewels of Eastern Europe”  
Vienna, Bratislava, Prague, Budapest  
Cinda Clark

FFI World Conference  
New Orleans, LA November 22-25

2  
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1  
4  
Harrisburg, PA Fall  
Revisitation ED needed

**PRESIDENT:** Marcia Ross

377-0512 mross377@msn.com

**VICE PRES:** Marilyn Garner

493-4137 garner.marilyn@gmail.com

**SECRETARY:** Paulette Weaver

356-5068 interweaver@greeleynet.com

**TREASURER:** Alice Gibson

310-8848 aligibs@yahoo.com

**Programs:** Esther Johnsen

484-2666 RNEJOHNSEN@aol.com

**Exchange Coordinator:** Kay Thomas

278-9054 kthomaslvld@aol.com

**Website:** Ed Brigden

381-5809 brigden@comcast.net

**Newsletter Editors/Publishers:**

Ed Brigden, Cindy Paulson, Sue Cummins

381-5809 brigden@comcast.net

225-2252 cdp225@msn.com

682-2266 sue@gscummins.com

**Publicity:** Anne Brown

663-3727 abby144@aol.com

**Member Directory:** Ed Brigden

381-5809 brigden@comcast.net

**Membership:** Thelma Slocum & Cindy Paulson

223-9855 thelmaslocum@comcast.net

225-2252 cdp225@msn.com

**Telephone Tree:** Barbara Turnbull

493-0787 b.turnbull493@gmail.com

**Music:** Rosemary Donovan, Larry Clark

669-8818 donovangcd@aol.com

669-5426 clarksmail@msn.com

**Store:** Debby Jones

686-0303 dsj55@aol.com

**Historian:** Ken Weaver

356-5068 interweaver@greeleynet.com

**Greeting Table:** Willie Westdorp 667-6525

Carolyn Crowley 377-1299

**Hospitality:** Mary Riney 330-5248

Marta Aguayo 377-1456

**Tablecloth Mgr:** Kay Sheahan

667-4473 kay6568@peoplepc.com

**Lge. Drink Containers:** Cindy Paulson

**Ways & Means:** Dick Johnsen & Doris Rogers

484-2666 RNEjohnsen@aol.com

203-9045 doris.rogers@live.com

**Photographers:** Cathie McCallum, Ed Brigden,  
Cindy Paulson

**Reporters:** Barbara Miller, Marion Sparks, Thelma  
Slocum, Brenda Wiginton

## WALES COASTAL RAMBLE

MAY 8—21

From May 8-21, prior to a global cycling exchange in Europe, a small group will go to Wales for a Ramble (walk) Along The Pembrokeshire Coastal Path. This Wales National Trail pathway hugs the coastline along the south and western part of the country.

Until February 1, we have the option to add 2 more participants to our group. If you have ever been drawn to walk a scenic route that sometimes follows cliff edges above the sea, sometimes crosses sandy beaches, or even weaves inland out of sight and sound of the sea, this may be the adventure for you. A string of coastal villages scattered at regular intervals along the path, add lots of charm and warmth to daily walks. Along the path, we'll learn about 700 million years of geologic time and how the Ice Age formed the coastal land now known as Britain. Wildflowers, nesting puffins and other seabirds are billed as late spring attractions throughout the area.

Homebase for the walk will be in St David's, known as Britain's smallest city. Lodging will be double occupancy in guest house or inn, close to cafes, pubs, and ale-houses. Contact Nancy Brigden, prior to Feb 1 at 352-

3829 or [brigden@comcast.net](mailto:brigden@comcast.net), for itinerary and details. (Please note that the subsequent Global Cycling Exchange is currently full although the Dutch Exchange Director has established a waiting list should any vacancies occur.)

*Nancy Brigden*



## JEWELS OF EASTERN EUROPE

SEPTEMBER 23—OCTOBER 8

There are still seats available, but not for long, on this Discover exchange. FFI will be advertising it soon.

Highlights: Included are a cruise to see ancient **Prague** (never bombed in any war), and tours of **Kracow**, near which we will visit historic Auschwitz-Birkenau. We will view sights in **Buda** and **Pest**, between which flows the Danube. In **Bratislava**, new friends will greet us for two nights of hosting. Then, on to **Vienna** via an inter-country cruise! There are many cultural possibilities in Vienna, where we will tour. Other highlights? FFI is arranging short meetings for us with locals, to whom we can introduce the concept of the Friendship Force. (We won't be the only Discoverers!)

If you would like to go on this exciting exchange, has your application been submitted? In January, the Friendship Force International online catalog will be inviting members nationwide and worldwide to join Northern Colorado club members on this Discover exchange, so please save your place soon!

The land cost for this exchange is \$2,345. Group air may be possible, but will be additional.

**EXCHANGE DIRECTOR**  
**Cinda Clark** 669-5426  
[clarksmail@msn.com](mailto:clarksmail@msn.com)



## PARAPROSDOKIANS

The presentation on humor by Gary Cummins at the FFNC December Holiday Party causes us to reflect further on the impact and sources of humor available and in our lives.

A Paraproisdokian is a phrase or sentence that leads us down the garden path to an unexpected ending. Some “not only change the meaning of an early phrase, but they also play on the double meaning of a particular word, creating a form of *syllepsis*”. Review the following examples. Can you locate or create others?

1. Do not argue with an idiot. He will drag you down to his level and beat you with experience.
2. Where there's a will, I want to be in it. — (Winston Churchill)
3. The last thing I want to do is hurt you. But it's still on my list.
4. Light travels faster than sound. This is why some people appear bright until you hear them speak.
5. If I agreed with you, we'd both be wrong.
6. We never really grow up; we only learn how to act in public.
7. War does not determine who is right—only who is left...
8. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
9. Evening news is where they begin with “Good Evening”, and then proceed to tell you why it isn't.
10. To steal ideas from one person is plagiarism. To steal from many is research.
11. A bus station is where a bus stops. A train station is where a train stops. On my desk, I have a work station...
12. I thought I wanted a career. Turns out I just wanted paychecks.
13. Whenever I fill out an application, in the part that says, “in case of emergency, notify:” I put “DOCTOR”.
14. I didn't say it was your fault, I said I was blaming you.
15. Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.
16. Behind every successful man is a woman. Behind the fall of a successful man is usually another woman.
17. A clear conscience is the sign of a fuzzy memory.
18. You do not need a parachute to skydive. You only need a parachute to skydive twice.
19. Money can't buy happiness, but it sure makes misery easier to live with.
20. There's a fine line between cuddling and holding someone down so they can't get away.
21. I used to be indecisive. Now I'm not so sure.
22. You're never too old to learn something stupid.
23. To be sure of hitting the target, shoot first and call whatever you hit the target.
24. Nostalgia isn't what it used to be.
25. Change is inevitable, except from a vending machine.
26. Going to church doesn't make you a Christian any more than standing in a garage makes you a car.
27. Where there's a will, there are relatives.