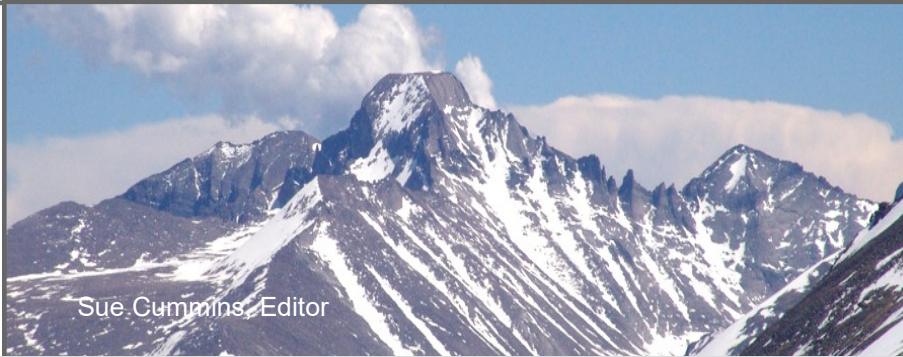




friendship force  
NORTHERN COLORADO



Sue Cummins, Editor

June  
2019

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

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**Dr. Brian Butki  
Semester at Sea**

7 p.m.  
Friday, June 14  
1st Christian Church  
2000 N. Lincoln Ave.  
Loveland, CO



May and June certainly are my busiest time of the year. Between spring cleaning, gardening, family reunions, weddings, graduations and volunteering, it seems there is little time left for appreciating the little things that make this state so special. Please take some time in our beautiful spring season to enjoy the birds, the flowers, and all of the new life that appears at this time of the year. You will certainly

spend your time wisely stopping to “smell the roses.”

Our last meeting before summer break will be on June 14 at 7 pm. We will have the **Semester at Sea** presentation in the kitchen area of the church where the tables are already set up. The church is preparing for their summer education schedule, so we will have our meeting in the smaller area. I am hoping this move will help with the sound quality at our meetings. Many of our members have mentioned the difficulty in hearing our speakers in the large community room.

Our CLEO luncheons continue to be a hit with our members. There are pictures of our May lunch at Pueblo Viejo in Windsor in this publication along with a list of where and when our future CLEOs will be.

Thank you to all of our members who are active in the planning for the world conference in Boulder in July. There will be more information on this conference elsewhere in this newsletter.

August will find us at annual potluck picnic with the Cheyenne Club. We have reserved the picnic shelter at Edora Park in Fort Collins for Sunday, the 4th, from noon to four and hope as many of you can attend with your family and friends as possible. More information will be available as the time draws closer. Sue Cummins is organizing this event for us. Please give her a call if you can lend a hand or need any information about this event. As always, thank you all for all you do for the club.

*Alice Gibson*



## JUNE 14TH PROGRAM: SEMESTER AT SEA

Our June program will feature Brian Butki, PhD, a professor in the Health and Exercise Science Department at Colorado State University, who recently returned from an assignment on SEMESTER AT SEA. The presentation will include slides from the 12 ports of call that the ship visited in the fall of 2018. Brian enjoyed the Semester at Sea experience with his wife and teenage daughters, while sharing his passion for health and movement.

Brian received his bachelor's degree in Psychology (French minor) from the University of Wyoming, and a master's degree in Exercise Physiology from UW as well. After a year riding his bike through France and Belgium, he completed his doctorate in Sport and Exercise Behavior from the University of North Carolina (Greensboro). He worked for a few years as an activity therapist, and then he rediscovered his passion for teaching. He's been involved in higher education for the past 20 years.

Brian teaches courses in basic health (focusing on behavioral theory), population and community health, sport/performance psychology, coaching leadership, and health behavior. He uses a very involved approach to teaching, preferring stories, discussions, and interactive activities for improved conceptual and applied knowledge. He has been awarded the CSU Alumni Association Best Teacher Award, the CHHS Outstanding Teacher Award, the CHHS Outstanding Advisor Award, and the CSU/Waterpik Excellence in Education Award.

Dr. Butki will give some tips on how you may be able to apply for a position or berth on future sailings. **Invite your children and grandchildren to learn about this new educational opportunity managed by CSU!**

Wow! We're a good group, but I think he's overqualified to speak to us. Don't miss this if you're in town.





## Calling All Gardeners!

It's time to begin getting our FFNC garden in Benson Park in shape for this year. And the City of Loveland Parks Department has scheduled this year's parks planting day:

**SATURDAY, JUNE 1; 9 a.m. - noon  
at Benson Park**

The City of Loveland will provide plants and mulch, and water and light refreshments will be available. Please

grab your gardening gloves and tools, (pruning clippers, shovel, rake, bucket---whatever useful equipment you want to bring) and meet us on Saturday morning at the FFNC garden at the east entrance to Benson Park on Beech Street. We'll be weeding, pruning, planting, and mulching to get our garden awakened for the season.



Hope to see you at 9:00 Saturday morning at the FFNC Garden on the east side of Benson Park on Beech Street.

Please reply to let me know if you will be there. Cindy Paulson: 970 581-6801 or [cdp225@msn.com](mailto:cdp225@msn.com)

## 2020 FFNC Slate of Officers

FFNC officers for 2020 will be elected at the June 14th meeting.

According to the Bylaws, Article VI, Section 4:

*At the meeting to elect officers, nominations may be made from the floor, provided the consent of the nominee has been secured. The affirmative vote of a majority of the members present shall be required to elect each of the officers. If there is only one nominee for an office, voting for that office may be by voice vote; otherwise voting must be done by ballot. In the event of a tie, another vote must be taken.*

The nominating committee of Marcia Ross, Cathie McCallum and Judy Flatley has nominated and the board has approved the following slate of officers:

President: Ken Weaver

Vice President: LaDonna Palm

Secretary/Historian: Paulette Weaver

Treasurer: Marilyn Garner



## MAY CLEO AT PUEBLO VIEJO



The **CLEO Lunch Bunch** has been successfully gathering monthly for stimulating conversation and delicious food. On May 15, Friendship Force members joined host Marcia Ross at Pueblo Viejo Mexican Restaurant in Windsor. As usual, we ate too much, talked too long, and enjoyed our time together. Hope you will RSVP to our next hosts:



- Anne Brown 970-663-3727 for **June 27** at Serious Texas BBQ in Loveland
- B.J. Demersseman 970-775-4055 for **August 22** at Gourmet Grub in Greeley
- Thelma Slocum 970-223-9855 for **September 26** at Tres Margaritas in Ft. Collins

Our **Game Nights** are also a great way to stay in touch with all our members. We usually meet every other month at someone's home, 6:30 pm to 8:45 pm, and bring a snack to share if convenient. We have shared a wide variety of games (cards, board games, Mexican Train Dominos, Bunco, Rummikub...we've even introduced jigsaw puzzles).

Our NEXT game night will be **August 29**, at Ken & Paulette Weaver's home in Greeley; skipping September and on to Oct. 15th at the Slocum home in Ft. Collins. We'll skip November and nothing is scheduled for December due to the FFNC Holiday Bash! Please think about volunteering to be a Game Night Host in January! Watch your emails for details about sending your RSVP

*Barbara Miller*

### Debby's Journey Corner

Our club has been assigned a proposed September 2020 Inbound Journey to host the FF Club of Stratford and St Marys Canada. FFNC visited their club a few years ago and had a wonderful time; we are looking forward to their visit. A Journey Coordinator will be assigned as soon as dates are confirmed.

If you are interested in a "Choose Your Own Adventure" option for 2019, check out the Friendship Force International website for their Journey Catalog. They have some amazing opportunities for you to join with other clubs like **Discover Sicily, September 2019**; or **Discover Iceland, October 2019**; or **Invitation Guadeloupe, a beautiful Caribbean Island, October 2019**. This is a wonderful way to travel and meet other Friendship Force club members.

*Debby Jones*



FRIENDSHIP FORCE INTERNATIONAL  
WORLD CONFERENCE  
MAKE A BOLDER IMPRESSION!  
BOULDER, COLORADO, USA  
2019

WILLIAMS VILLAGE CAMPUS,  
UNIVERSITY OF COLORADO AT BOULDER

**JULY 23 - 27, 2019**

CONFERENCE ACTIVITIES: JULY 23 - 25  
SOCIAL/LOCAL ACTIVITIES\*: JULY 26 - 27  
\*OPTIONAL EXTENSION ACTIVITIES.

## POST-CONFERENCE HOMESTAYS

Plans are shaping up for the FFNC post-conference homestay option July 28-August 1. We have 10 confirmed ambassadors registered from a variety of locales including Japan, South Korea, Belgium, Wisconsin, Florida and Virginia. Additionally, we have 8 potential ambassadors from Nairobi, Kenya who are working to obtain visas in order to attend the conference and our homestay. Thank you to all of the members who have volunteered to host these guests. Per FFI guidelines, activities during each short post-conference homestay are typically guided by the home host, and this is not a full-blown Journey. I have organized some daily activities for which all home hosts may opt in/opt out. These include a welcome event at my house, a Fort Collins day with Magic Bus and New Belgium tours, a Loveland Day with a foundry visit and a picnic and tour at Benson Sculpture Garden, and a day in Estes Park and RMNP. Because of space limitations, the only activity open to non-hosting members of the club will be the Benson Garden picnic and tour, and your participation is welcomed. *Watch for a sign-up sheet email in late June which will include the time and price for the picnic for non-hosting members.* Hosting members will be receiving more specific information in June so that you can let me know if you decide to participate in the various activities.

*Marcia Ross*

For direct access to complete World Conference information go to [www.eventleaf.com/2019FFWorldConf](http://www.eventleaf.com/2019FFWorldConf). or start with [www.FriendshipForce.org](http://www.FriendshipForce.org). After Sue Palmer meets on campus with Christina, the CU representative, she will hold a conference call to make it clearer to all the volunteers what type of help will be needed for the Conference.

Stay tuned!

*Cathie McCallum*



## IN 2020, TRAVEL TO WHANGAREI, NEW ZEALAND AND CASTERTON, VICTORIA, AUSTRALIA



Whangarei, New Zealand  
known as "The Land of the Whales"

Suggested Dates  
March 15-March 21, 2020



Casterton, Victoria, Australia

A recent message from Doug Barge, Whangarei FF President, suggests that FFNC arrive in New Zealand Sunday, March 15 and leave them on Saturday March 21, 2020 – 6 nights. Their club meetings are always on the third Sunday of each month, so that would work well for them. Whangarei is approximately 2 to 3 hours north of Auckland but only a 35-minute flight from Auckland. It is the subtropical area of New Zealand with a temperate climate all year round. Doug will work with Casterton FF, Australia to establish dates that work.

*Cathie McCallum*



In Northern Colorado

Outbound

**JOURNEYS & EVENTS**

**2019 OFFICERS & COMMITTEE CHAIRS**

11:30 am, June 22  
**Serious Texas BBQ**  
201 West 71st Street, Loveland  
RSVP to Anne Brown  
663-3727



Colorado Let's Eat Out

**CLEO**

11:30 am, August 22  
**Gourmet Grub**  
2118 35th Avenue, Greeley  
RSVP to B.J. Demersseman

August 29th, Game Night

At the Weavers' Home in Greeley  
RSVP to Ken or Paulette; 970-381-3611

World Conference, Boulder, July 23-27  
Register at  
[thefriendshipforce.org/worldconference](http://thefriendshipforce.org/worldconference)

FF Cheyenne/ FFNC Picnic Lunch  
Noon, August 4th  
Edora Park, Fort Collins

March  
Journey to  
Whangarei, New Zealand  
and  
Casterton, Victoria, Australia  
Cathie McCallum, 223-0436  
See page 6

September  
Tentative date for  
Inbound Journey from  
Friendship Force of Stratford  
and St. Marys, Canada

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**TREASURER:** Marilyn Garner  
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**Programs:** Cathie McCallum  
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Barbara Miller 667-7330 bmill4708@comcast.net

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**Meeting Greeters:** Willie Westdorp 667-6525

**Meeting Hospitality:** Suzi Gossard 412-0691

**Meeting Music:** Rosemary Donovan 669-8818

**FFNC Store:** Debby Jones 686-0303 dsj55@aol.com



# LET'S PICNIC WITH CHEYENNE FF

## Edora Park

1420 East Stuart Street  
Fort Collins

12:30 pm, Sunday, August 4, 2019

Our club will furnish chicken, and if each of you FFNC members can please bring a side, our guests from Cheyenne will bring the deserts. Bone up on your Friendship Force knowledge for a little competition/education. We'll bring some lawn games for all to enjoy.



Alas, the wine pictured in this famous painting is not allowed at our park.

From I-25 exit 268, west on **Prospect Rd** (2.7 miles) to **Welch St**.

2. South (left) on **Welch St** (couple blocks) to **Stuart St**.

3. East (left) on **Stuart St** and take the first left into **Edora Park**.

Our shelter is to the west of the ball field. Watch for our FFNC signs.

