



friendship force
NORTHERN COLORADO

FRIENDSHIP FLYER



Ed Brigden—Editor & Publisher

March
2013

Fort Collins, Greeley, Loveland, Windsor and Surrounding Areas

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FROM OUR PRESIDENT

In case you missed it, the

February meeting was a time for celebrating! At that meeting we welcomed the new officers for 2013 (Marilyn Garner, Vice President; Alice Gibson, Treasurer; and Paulette Weaver, Secretary; we thanked and celebrated the 2012 officers, standing committee members and those with FFI posts. Special thanks went to Kay Thomas, outgoing Vice President (and new 2013 Exchange Director Coordinator); Dennis Miller, outgoing Treasurer; and Marilyn Garner, outgoing Secretary (and new Vice President for 2013). Their contributions helped to keep us organized, fiscally solvent and informed over the last year. Additionally, I extended a big thank you to all of those who served as a Standing Committee Chair in 2012 (see a list on page 7 of the newsletter). Each and every one of those members provided valuable service(s) to the club.



Additionally, I thanked everyone in our membership who served on planning committees, hosted ambassadors, traveled as ambassadors, prepared meals or day hosted during inbound exchanges, organized club events, worked in our adopted gardens, brought treats to meetings, attended monthly meetings and/or regional events, brought in and/or mentored new members, gave someone a ride to a meeting, served as a financial auditor, purchased raffle tickets, helped with set-up and clean-up at events, presented at the Regional Conference or to another club, or served in a position with FFI. I am proud to serve again as your president.

Dig out your international recipes, cook up a favorite, and come to join in the fun at our March 8th World Friendship Day Celebration. We will begin at 6:00 p.m at the First Christian Church in Loveland, with an International Pot Luck supper. Everyone should bring a covered dish to serve at least 10 (main, vegetable, salad, bread or dessert). Table settings and drinks will be provided. Please label your food item, and indicate where it's from. You are encouraged (not required) to come dressed in some of that not-often-used apparel you've acquired while traveling abroad.

Hope to see you all there!

Marcia Ross

Next Meeting
March 8, 2013
6:00 PM

**World Friend-
ship Day &
Thailand**

First Christian
Church
2000 N Lincoln Ave.
Loveland, CO

UPCOMING EXCHANGES

HARRISBURG, PA

MAY 1—8

Outbound

This Exchange to Harrisburg is May 1 to May 8. There are still openings available and we hope you will consider joining us.

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

Kay Thomas 278-9054

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MARCH 8 MEETING—WORLD FRIENDSHIP DAY

WHO: FFNC members and potential members (guests)

WHAT: INTERNATIONAL POT LUCK SUPPER to celebrate WORLD FRIENDSHIP DAY

WHEN: 6:00 p.m. Friday, March 8, 2013, to start earlier than our regular monthly meeting time

WHERE: First Christian Church, 2000 N. Lincoln Loveland (Hwy. 287 N of Hwy 34)

WHY: To enjoy a FFNC social gathering and to be reminded of our mission to promote global understanding across barriers that separate people.

HOW: Everyone needs to bring one covered dish item to share (10+ servings) of a main dish, salad, vegetable, bread or dessert. Preferably, this will be from an international recipe. Please label your dish with the name of the item and the country it's from, and remember to bring a serving utensil. Table service and drinks will be provided by the club.

We will hear an interesting program about the culture of Thailand presented by a high school senior who returned recently from a one-year Rotary exchange.

Don't miss this fun opportunity to sport some of the articles of clothing you've picked up in your international travels! (optional) We hope to see you there at 6:00 with your covered dish, wearing your international attire!

World Friendship Day committee: Kay Thomas, Marilyn Garner, Barbara Miller, Dennis Miller, Nita Kopyay, Cindy Paulson, Rona Baer, Marcia Ross

FEBRUARY 8 MEETING - BRAZIL & OPEN WORLD



Ambassadors, from FFNC, New Mexico and West Virginia, flew to Brazil on September 18 to be hosted by the FF club of Sao Jose do Rio Preto. They were treated to a welcome reception at the home of their ED, Hania and Marcos. Ambassadors were served a delicious Brazilian meal and entertained with guitar playing and singing. Among many activities that week were visits to the Guarana Sugar and Ethanol Industry, sugar cane fields, a retirement center, Thomas dos Laranjais Water Park, Hevean Plantation (to walk among rubber trees and see how the latex was extracted).

One evening Ambassadors attended a masquerade ball with dancing until midnight! A tour at the city of Sao Jose do Rio Preto included a farmers market, and the Basilica Minor de Nossa Senhora Aparecida. The group also visited the "Monkey Woods" where monkeys ate out of their hands, followed by a drive to the municipal dams built across the Black River. The farewell party at the home of Nelson and Celia provided dancing, music, good food, and a delightful evening of sharing between our two countries.

On September 25 the group flew to Curitiba to meet their next hosts and to join a welcoming party at Milene and Luiz's condo. Curitiba, founded in 1693, and now home to more than 2.4

million diverse inhabitants. Community tours included a walk through the Botanical Gardens, the Niemeyer Museum, the Polish Memorial, the German Grove and the Opera House. A train ride to the coast traveled through the rain forest to the villages of Barreado and Antonena founded in 1714. Another day the group visited the Communications Museum and the University Campus. The week ended with the farewell dinner and a lot of good-bye hugs.

Following these two Exchanges, the Ambassadors moved on to Iguassu Falls, one of the new Seven Wonders of the World. Following an adventure to a 12-acre bird park in the Atlantic Rainforest, the group crossed the border into Argentina for another view of the spectacular falls. After a flight to Rio de Janeiro, they traveled through the Tijuca forest and rode a cable car to Corcovado Mountain to reach Sugar Loaf Mountain and Christ the Redeemer Statue (one of the new Seven Wonders of the World) that overlooks the city of Rio. October 5th marked the final day in Brazil as Ambassadors returned with memories of the men and women of Brazil as kind, welcoming and polite.

Thelma Slocum

See next page for article on Open World

NEW MEMBERS ORIENTATION



New members of FFNC, together with their Mentors, were honored and welcomed at an Orientation Social on February 20. Cindy Paulson and Thelma Slocum, membership co-chairs, hosted the event. The evening provided an opportunity for our newest members to learn more about Friendship Force. The orientation included brief presentations about the components of Friendship Force: History of FFI and FFNC; Meetings & Programs, Special Events, Exchanges, Hosting, Day Hosting and Dinner Hosting; New Member Perspective; FFNC Store; Communication and Information; FFI Jargon; and

the “BIT” system (Being in Touch) whereby FFNC Mentors assist new members to more quickly assimilate within our FFNC club with Exchanges, meetings and events, and volunteer opportunities.

New Member attendees, pictured above, were **Sue Cummins, Marta Aquayo, Phyllis Kennell, Cindy Kenna and Ingrid Bowden**. Those unable to attend were Rod McCormack, Shirley Remmenga, Phyllis & Tim Jachowski, Ramona Knipper, Phil & Linda Smith, Diane, Don & Shannon Locke, Christine Hall, and Connie & Don Winders.

Cindy Paulson

OPEN WORLD

At the February meeting, Dot Cada and Dr. John Fitch gave us an update on the Open World visit to Northern Colorado in November. Dot thanked the FFNC hosts who housed participants. The theme from the Library of Congress for this year's group was Sustainable and Renewable Energy. Among the many places visited during the week were the Lightning Hybrids in Loveland and the Western Power Authority.

Dr. Fitch, who 33 years ago was working at the White House, met with Jimmy Carter and Wayne

Smith (*founder of FFI*) to discuss world peace and to create a better relationship between scientists of the U.S and Russia.

During this recent visit, the Russian scientists met with the EPA administrator in Denver and were greeted by the mayor of Fort Collins. Russians are trying to make an impact on their country with solar energy and ATV electric. Dot reported that they would also like to create a Sister City relationship.

Thelma Slocum

REGIONAL REP REPORT

Over 100 people have registered (including 5 from FFNC) for the 2013 World Conference in New Orleans (Nov 21—26). This is your chance to see part of Southern life in America and to enjoy a world conference at a closer distance than abroad.

At the Conference, we plan to have a Regional Meeting for all the Mountain States leadership. Is that you? If you plan to arrive early or stay later, the hotel has special rates for Conference attendees.

Planning for 2014 is underway. Deadline to announce 2014 Exchanges (**It's A Match**) is March 31.

The new FFI website debuts Friday, February 22. Check out the new user-friendly Home Page. New

website informational brochures will be delivered next week to FFI and will be available immediately for all clubs.

It is expected that the new Regional Field Reps will be selected by July and a training session will be held in August in Atlanta. We should hear who my replacement will be soon.

The Board of Directors meets soon to discuss FFI fees and Host fees as well as hear the report from the search committee about CEO George Brown's replacement.

BJ DeMersseman

FFI WORLD CONFERENCE—NEW ORLEANS

We are anticipating that a number of FFNC members (currently 5) will attend this World Conference. If you are interested, I urge you to go ahead and **get your reservations made** so you won't miss out on this fun opportunity. If you're planning to attend, you will need to complete your own registration, find your own roommate (if traveling as a single), and book your own rooms and flights. During the conference there will be several opportunities for us to gather at group events and meals.

At an earlier FF meeting, 6-8 of you indicated that you would be willing to **home host conference attendees after the conference to share with them your traditional Thanksgiving holiday**. These homestays would begin late Monday Nov. 25th, or sometime Tuesday the 26th (depending on travel plans), and last until the Friday or Saturday after Thanksgiving. Pallie Savoie, from FFI, needs specific contact information from those of you who are willing to host so she can do the matching. **Please contact me immediately if you are willing to provide a home-host spot, and let me know how many guests you can accommodate.**

We can't know for sure if guests will come to Northern Colorado, but we need to be able to advertise how many spots we have available. Most of the post conference ambassadors will be from other countries, although Pallie said there may be some U.S. FF members who also want to participate in this opportunity. Hosts will be responsible to provide transportation to/from DIA, and make any other plans for the 4-day homestay. This is not a regular exchange where the club arranges activities, meals or group gatherings. You do not have to attend the conference to participate as a home host, but the Conference schedule allows for you to attend if you wish. Again, if you're willing to participate as a home host, please contact Marcia A.S.A.P. at 377-0512 or mross377@msn.com. For those of you who are willing/able to participate, thank you in advance. This should be a fun opportunity, and a great chance to show off history, our culture and our warm Colorado hospitality!

Marcia Ross

COMPANY FOR DINNER—FEB 23

Our first Company for Dinner had a final tally of twenty-two participants.

A special thank you to our Dinner Hosts: Rona Baer, Ken and Paulette Weaver, Gary and Sue Cummins and Thelma and Larry Slocum.

It was also helpful to have several additional volunteer hosts in reserve; this certainly aids in flexible planning. Thanks to one and all.

I look forward to hearing the reports and planning the next dinner.

Betty Jean DeMersseman



Pictures by Ed Brigden, Cindy Paulson & Sue Cummins

COMPANY'S COMING—MARCH 23 (LET'S DO IT AGAIN!)

Join your Friendship Force friends for a delicious dinner at a friend's home.

- Check the date for your availability **Saturday, March 23, 2013.**
- Decide if you want to host a dinner or be a guest.
 - ⇒ Hosts provide the main course, coffee and tea
 - ⇒ Guests provide one of the following:
 - Appetizer, salad, vegetable, soup, bread and wine
- You will be notified where to go for dinner and what to bring
- Everyone at the table will put \$ 10 into the kitty for the Legacy Fund to expand FF
- Meet and greet your members and new friends

This effort will be coordinated by Betty Jean DeMersseman. Come and join in the fun!

Inbound

Outbound

EXCHANGE CALENDAR

2013 OFFICERS & COMMITTEE CHAIRS

2
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1
3
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 September 4—11
Revisitation Barbara Miller

Discover Europe Sept 23—Oct 8
“Jewels of Central Europe”
Vienna, Bratislava, Prague, Budapest,
Krakow Cinda Clark

FFI International Convention
New Orleans, LA November 22-25

2
0
1
4
Harrisburg, PA Fall
Revisitation ED needed

FFI International Convention
Auckland, NZ November

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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
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Refer to our website, ffncolo.com for newsletter issues and information on Programs, Exchanges, Leadership contacts, Upcoming events, etc.....

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. We are at 18 paid applications in the group, aiming for 20. I am pleased that our applicants are all so engaging and well-traveled. If you have been thinking about this exchange, and mean to apply, don't wait any longer. If you are new to our club, and just reading about this for the first time, I can

send the agenda to you. The cities we will visit are Prague, Krakow, Budapest, Bratislava, and Vienna. Our two-night homestay will be in Bratislava. Please give me a call.

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

BENSON GARDEN—NEW SCHEDULE

Please hold these dates for POSSIBLE work days at our adopted gardens in Benson Sculpture Park in Loveland. Moisture levels and temperatures in March and April will guide us to give firm updates in the April newsletter, on the website and also at our April meeting. Generally we try to schedule work days on the day following our FFNC meetings unless special events or incoming exchanges require some extra attention to our gardens.

Nancy Brigden

April 13	0845	Potluck B-fast	5130 Coral Burst Cir, Loveland
	1000-noon	Spring Garden Cleanup	
April 27	1000	Cleanup date	
May 11	0830-0930	May work date	
June 4	0800-noon	All-city volunteers work day	
July 13	0800-1000	Weeding date	
July 27	0800-1000	Prep for sculpture show	
August 3	0800-1000	Prep for sculpture show	
August 31	0900-1100	Prep for Canadian exchange	
October 12	0900-1100	Last Fall work date	

MAILED NEWSLETTERS

As we hope you know, we are happy to provide a paper copy of the FFNC monthly newsletter to **those of you without e-mail accounts**. Our costs for paper, software upgrades, printing and mailing costs exceed \$1.50 per printed copy each month. At the February board meeting, we voted to request a voluntary annual mailed subscription fee of \$15.00 per recipient to help offset some of those costs. A few of you are already making an annual contribution, and that is greatly appreciated.

Please mail a check for \$15.00 for the 2013 year of mailed FFNC newsletters to:

Alice Gibson 1012 Akin Ave.

Fort Collins, CO 80525

Thank you,

Marcia Ross, FFNC President

FFNC SHIRTS, JACKETS & VESTS

Good news! We will be placing another order for our FFNC logo clothing: fleece jackets & vests and cotton-blend polo shirts. Our color is **hunter green**, and our FFNC logo will be embroidered on the top-left. Jackets and vests are full-zip garments, and have two zippered pockets, and shirts are cotton-poly blend with collar and short sleeves.

Garments are available in women's and men's sizes small through 3XL. Some sizes are in stock in our store, but if we don't have your size, we'll be taking orders at the March 8 FFNC meeting. Polo shirts are \$25 and fleece jackets or vests are \$30.

Contact Debby Jones for more information.

45 LESSONS OF LIFE

Written by Regina Brett, 90 years old, of the Plain Dealer, Cleveland , Ohio .

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short – enjoy it.
4. Your job won't take care of you when you are sick. Your friends and family will.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Stay true to yourself.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. He can take it.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won't screw up the present.
12. It's OK to let your children see you cry.
13. Don't compare your life to others. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye But don't worry; God never blinks.
16. Take a deep breath. It calms the mind.
17. Get rid of anything that isn't useful. Clutter weighs you down in many ways.
18. Whatever doesn't kill you really does make you stronger.
19. It's never too late to be happy. But it's all up to you and no one else.
20. When it comes to going after what you love in life, don't take no for an answer.
21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
22. Over prepare, then go with the flow.
23. Be eccentric now. Don't wait for old age to wear purple.
24. The most important sex organ is the brain.
25. No one is in charge of your happiness but you.
26. Frame every so-called disaster with these words 'In five years, will this matter?'
27. Always choose life.
28. Forgive
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time time.
31. However good or bad a situation, it will change.
32. Don't take yourself so seriously. No one else does.
33. Believe in miracles.
34. God loves you because of who God is, not because of anything you did or didn't do.
35. Don't audit life. Show up and make the most of it now.
36. Growing old beats the alternative.
37. Your children get only one childhood.
38. All that truly matters in the end is that you loved.
39. Get outside every day. Miracles are waiting everywhere.
40. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
41. Envy is a waste of time. Accept what you already have not what you need
42. The best is yet to come...
43. No matter how you feel, get up, dress up and show up.
44. Yield.
45. Life isn't tied with a bow, but it's still a gift.