



friendship force
NORTHERN COLORADO

FRIENDSHIP FLYER



Mary Nelson - Editor & Publisher

March
2016

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

INSIDE THIS ISSUE

World Friendship Force Day & FFNC 30th Anniversary	2
February Program The Wandering Botanist in Southern Iberia	3
FFNC Goals for 2016	4
Regional Conference Invitation	5
Regional Conference Registration	6
Exchange Calendar Officers & Chairs	7
Kay Thomas - 2015 Outstanding Club Member San Diego Exch. On Again	8

FROM OUR PRESIDENT

Take heart... Spring is on the way with fun and excitement as we make plans for the **FF Rocky Mountain Regional Conference in Grand Junction** (May 13-14), our Canadian ambassadors from **Hamilton/Burlington** (June 23-29) and the joy of FFNC traveling to **Stratford-St. Marys, Canada** (July 18-25) and **San Diego, CA** (October 12-17). Let's not forget the fantastic work **Kay Thomas** and the team have done preparing for the **"Peaks To Plains" Global Exchange**, visiting six Rocky Mountain Region Friendship Force clubs in three states. Wow, 2016 is going to be a great year!



At the February FFNC Board meeting, the 2016 budget, with some additional funds for publicity, projects and celebrations, was approved. The Board also approved the club **Goals for 2016**, which are listed on pg. 4 for club review.

I would like to thank in advance the **World Friendship Day committee (Pat Sharp, Rosalie Summers, Cathie McCallum, Marcia Ross, their set up team and table hosts)** for all of the work and planning that they have put into preparing for our celebration of WFD on March 11th. I'd also like to thank the panel of **international students** who will be taking time out of their busy schedules to make our evening extra special (Sally Tran, Apple Nguyen, Hung Nguyen-Vietnam, Vishwal Shah-India and Kwami Akakpo-Togo, Africa). **Nancy Brigden and B.J. Demerseman** also deserve a round of applause for the 30th Anniversary updating of our FFNC's history and the memorabilia display. Our club has much to take pride in, and we look forward to a continued bright future. Join in the fun, become a member of FFNC! All are welcome!

Next Meeting
March 11, 2016

6:00 PM

(Note time change!!)

World Friendship Day and FFNC 30th Anniversary

First Christian Church
2000 N Lincoln Ave
Loveland, CO

Barbara Miller

WORLD FRIENDSHIP FORCE DAY & FFNC 30TH ANNIVERSARY

March 11, 2016, 6:00 - 9:00 PM *** Note the time change!

First Christian Church, 2000 S. Lincoln, Loveland, CO

Come and meet CSU students from **India, Vietnam, and Togo!** The evening program on this World Friendship Day features a panel of articulate, well-educated international students. They are each anxious to share with us their views of life in the USA, along with significant features of their native country. What an amazing opportunity for us to listen to and talk with young people from three diverse countries of the world! What is your image of Vietnam as a country? Can you find Togo on a world map without using the index? What are the dietary habits of a Jain?

Meet our Panelists:

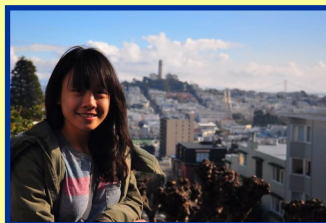


Van Hoang, a current major in Economics at CSU (minor in

Business and International Economics at Foreign Trade University in Hanoi), enjoys music, photography, writing & travel. Van would like to create his own startup.

Linh Chi is enrolled at CSU with a major in Economics. She enjoys

cats, travel, street food, cooking & baking. She loves to ride her motorbike in nice weather.



Hung Nguyen, from Hanoi, Vietnam, earned his dual Economics degrees two years ago and has returned to CSU to earn his Masters in Finance.



Kwami Noudemidjan Akakpo, from Togo, West Africa, holds a Bachelor's degree in law from the University of Lome in Togo. He served as a legal assistant with an international law firm before moving to Fort

Collins where his wife Tamara is pursuing a graduate degree at CSU.



Vishwal Shah, from southeast India, is studying for his MA in Business and Information Systems with a career goal as a Business Analyst.

With so many panelists and guests, we want to be sure to have enough food for this potluck dinner. Please contribute a main or side dish or salad that can serve a large number of people. Please prepare a small sign to set next to your dish identifying its country of origin. There will be an anniversary cake for dessert. You can add to the international flair by dressing in clothes and accessories from other countries.

Cathie McCallum



This would be the perfect time to invite your personal friends to come and see what Friendship Force is all about!

FEBRUARY 12 - THE WANDERING BOTANIST IN SOUTHERN IBERIA

Our speaker for the February meeting, **Kathy Keeler, PhD.**, shared an overview of her exploration of the area in Southern Spain known as Iberia. Dr. Keeler, a retired professor of biology, enjoys traveling the world to explore a variety of cultures and delve into the plants and vegetation in an area that link it to its historical development. **She spoke to us specifically about her travels in Southern Spain (Iberia)**, an area with a mild climate very similar to that in southern California. The growth zone, called the Mediterranean Forest Zone, is conducive to plant growth such as palms, citrus fruits and oleander.

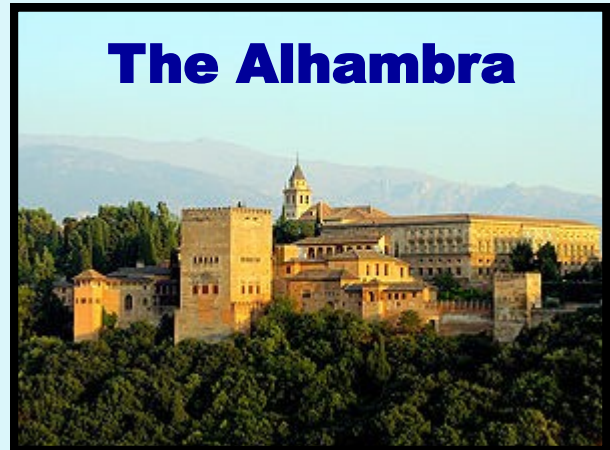


Kathy Keeler, PhD



Kathy shared with us a brief overview of the multiple occupations of the area of Southern Spain, from the Phoenicians, Greeks, Carthaginians to the Roman rule and Germanic tribes. She told us that the long Roman occupation had the greatest impact on the agriculture in the area, introducing **wheat and olive orchards**, and crops to feed their armies and citizens.

When the Muslims came north from Africa and overtook the area, the arts and architecture flourished. The still-standing Moorish Palace, called the **Alhambra**, was built by the Muslims in the 11th century. It is reported to be the **second most visited monument in Europe, after the Westminster Abbey**.



One of greatest historic impacts of the **Muslims** was the translation of hundreds of documents into Arabic, which preserved the history for later translation into Latin and other languages. The Muslims introduced **rice, sugar cane and lemons** to the crop production. Additionally, Muslims were expert engineers and constructed **incredible aqueduct and cistern systems** for irrigation and to conserve and move water, which was a precious commodity in the arid climate.

In her travels, Kathy not only visits places, she delves into the history of the people and governing entities to better understand the background surrounding current-day plants and architecture.

Marcia Ross

FFNC GOALS FOR 2016

PROGRAM:

- Continue to expand and enhance programs at monthly meeting
 - Task Force to brainstorm new ideas and contacts for programs (January 2016)

MEMBERSHIP:

- Recruit 20 new members in 2016
- Maintain Mentoring Program through Membership Committee
- Establish "Share a Ride" for members who do not drive at night

EXCHANGES:

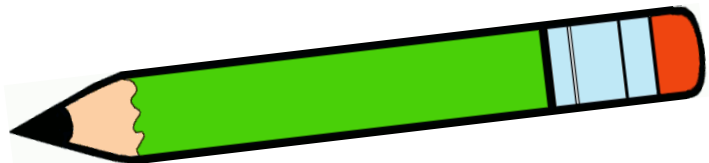
- Complete a minimum of two Inbound and two Outbound exchanges during 2016
 - Develop an ED Training Workshop that includes organizational forms as well as the area activities resource notebook
 - Exchange Directors mentor new EDs by working with assistant EDs in exchanges
- Members network with FF Clubs and at FFI Conferences to establish potential exchanges

PROMOTIONS:

- Market Friendship Force of Northern Colorado (FFNC):
 - Print: area newspapers, trifold brochure, business cards, signage
 - Online: website, Facebook, Meetup, email
 - Presence: 2-3 Community Events in 2016
 - ? Ft. Collins: New West Fest, Aug. 15-17
 - ? Loveland: Old Fashioned Corn Roast, Aug. 23-24, County Fair
 - ? Greeley: October Fest, County Fair
 - ? Windsor: Harvest Festival, Labor Day Weekend
 - ? Estes Park: Memorial Weekend, May 28-30
 - ? Longmont: County Fair

FELLOWSHIP:

- Schedule one club sponsored social activity per month throughout year
- Participate in designated service areas: Benson Sculpture Park and Area Food Banks
- ALL members talk with 1-2 people they do not know at meetings; everyone needs to feel welcome!



ROCKY MOUNTAIN REGIONAL CONFERENCE

Grand Junction—May 13 & 14

Happy New Year Everyone----- the Rocky Mountain Regional Conference in 2016 is getting closer every month. We're only 2 months away from the conference hosted by Friendship Force of Western Colorado in Grand Junction!!!

Here are the Deadlines for the conference and for hotel room reservations:

- * **Registration Forms should be received by MARCH 31, 2016**
- * **Hotel Rooms Special Price Deadline - APRIL 12, 2016**

Our Theme - "**New Directions**" is right in step at this pivotal moment for Friendship Force. Learn what is planned; and share your ideas.

Conference Agenda includes:

- | | |
|-----------------|--|
| 9:30 - 10:15 am | Key Note Speaker - Matthew Nidek, Director of Programs & Leadership Initiatives (pending) |
| 10:30 am | "Vision of the Future"-- Dave Kalan, FF Milwaukee and FFI Board Member |
| 11:50 - 1:00 pm | Lunch |
| 1:00 - 2:45 pm | <u>"New Directions" Work Groups:</u>
- New Exchange Structures
- Themed/Learning Exchanges
- Membership recruitment and retention |

We've received registration forms from several of you. Keep 'em coming!!

Sue Palmer

FF Western Colorado Planning Committee

For more information, go to ffncoloro.com and select **Regional** for a registration form and hotel reservation options.



Regional Conference Application



friendship force
WESTERN COLORADO

"NEW DIRECTIONS"

2016 Rocky Mountain Regional Conference

~ EARLY REGISTRATION FORM ~

May 13 & 14, 2016 (Friday, Saturday)

Downtown Grand Junction:

Hampton Inn, Fairfield Inn & Suites, Spring Hill Suites by Marriott

Please complete this registration form. Include your check made payable to Western Colorado Friendship Force. Mail to Sue Palmer, Conference Coordinator, 2402 Applewood Circle, Grand Junction, CO 81506

x _____
Last Name First Name (s) (Couples may choose to register on the same form)

x _____
Street Mailing Address City State Zip

x _____
E-Mail Address Phone: Home Phone: Cell

x _____
Home Club Name

Hotels in downtown Grand Junction, 2nd Block of Main Street, are offering special room rates for the Conference at \$129.95 per night. To register, see the information attached to this registration form and tell the hotel you are with the Rocky Mountain Friendship Force Conference. (See attachment for lodging information)

Registration begins on Friday, May 13 from 12:30 pm until 4:00 pm in the Monument Board Room at Spring Hill Suites. There will also be registration at 8:30 am on Saturday morning in the Main Street Room.

Optional Friday Activities: (Please choose one of the following afternoon Activities :)

- ___ 2-4:30 pm Friday, May 13 - Downtown Walking Tour (Art on the Corner and interesting shops)
- ___ 1-4:30 pm Friday, May 13 - Wine Country Tour (Drive through vineyards/ orchards and wine tasting
(May be small charge for wine tasting)
- ___ 1-4:30 pm Friday, May 13 - Colorado National Monument Tour (Drive along Rim Rock Rd.)

Registration Fees:

- ___ Saturday, May 3rd - \$125 per person
(Includes: coffee, tea and refreshments, all conference sessions, box lunch, evening banquet and entertainment)

COST: \$125

Make checks payable to-- **Western Colorado Friendship Force** and mail to:
Sue Palmer; 2402 Applewood Circle, Grand Junction, CO 81506

For questions or conference registration information, call Sue Palmer, Conference Coordinator at 970-260-4653
alfshouse12@hotmail.com OR Carol DeAngelis, Conference Coordinator at 970-250-6282 cdeangel22@gmail.com

Inbound

Outbound

EXCHANGE CALENDAR

2
0
1
6

Rocky Mtn. Regional Conference
Grand Junction, CO May 13 & 14
Get Registered ... and a place to stay!

Hamilton/Burlington, Canada
Inbound June 23-29
Alice Gibson 310-8848
Cathie McCallum 223-0436

Stratford-St. Marys, Canada
Outbound July 18-25
Christine Hall 402-0433

Peaks to Plains Global
Inbound Sept 12-15 w/ FFNC
Marilyn Garner 493-4137
Thelma Slocum 223-9855

FFI International Conference
Marrakech, Morocco Sept 16-19 (Revised dates)

San Diego
Outbound October 12-17
Barbara Miller 667-7330

Greeters/Hospitality: Nita Koplyay 613-2066 koplyay@comcast.net
Willie Westdorp, greeter 6676525 willie.westdorp@gmail.com
Elle Barr, greeter 204-9722 shilohbelle@gmail.com
Rosemary Donovan, refreshments 669-8818 donovangcd@aol.com
Dennis Miller, set-up 667-7330 dmill5050@comcast.net

Ways & Means: Dick Johnsen 484-2666 RNEjohnsen@aol.com
Larry Clark 669-5426 clarksmail@msn.com

Photographers: Cindy Paulson 225-2252 cdp225@msn.com
Ed Brigden 381-5809 Brigden@comcast.net
Cathie McCallum 223-0436 cathiemc@mail.com

Nominating Comm: Gary Cummins 682-2266 gary@gscummins.com
Marcia Ross 377-0512 mross377@msn.com
Nancy Brigden 352-3829 brigden@comcast.net

Audit Comm: Debby Jones 686-0303 dsj55@aol.com
Dennis Miller 667-7330 dmill5050@comcast.net

Music: Larry Clark 669-5426 clarksmail@msn.com
Rosemary Donovan 669-8818 donovangcd@aol.com

Tablecloth Mgr: Kay Sheahan 667-4473 kay6568@peoplepc.com

2016 OFFICERS & COMMITTEE CHAIRS

PRESIDENT: Barbara Miller
667-7330 bmill4708@comcast.net

VICE PRES: Cathie McCallum
223-0436 cathiemc@mail.com

SECRETARY: Kay Sheahan
667-4473 kay6568@peoplepc.com

TREASURER: Ray Garcia
669-3699 raybruin@msn.com

Programs: Nancy Brigden
352-3829 Brigden@comcast.net

Exchange Coordinator: Marilyn Garner
493-4137 garner.marilyn@gmail.com

Newsletter Editors/Publishers:
Ed Brigden, Cindy Paulson, Sue Cummins, Mary Nelson
381-5809 brigden@comcast.net
225-2252 cdp225@msn.com
682-2266 sue@gscummins.com
685-4037 mary.nelson625@gmail.com

Newsletter Reporters:
Thelma Slocum 223-9855 thelmaslocum@comcast.net
Dennis Miller 667-7330 dmill5050@comcast.net
Patti Stickler 227-5040 patti4chat@gmail.com
Marcia Ross 377-0512 mross377@msn.com

Publicity: Anne Brown 663-3727 abby144@aol.com
Sue Cummins 377-0512 sue@gscummins.com

Membership/Mentoring/Directory:
Thelma Slocum 223-9855 thelmaslocum@comcast.net
Marcia Ross 377-0512 mross377@msn.com

Communications:
Website & Mbr. Dir.: Ed Brigden 381-5809 brigden@comcast.net
Facebook: Barbara Miller 667-7330 bmill4708@comcast.net
Teleph. Tree: Barb Turnbull 493-0787 b.turnbull493@gmail.com

Small Grp. Social Events: Rona Baer 744-9974 baerextremes@gmail.com

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

Historian: Cheryl Stevens 231-4392 cheryl2204@msn.com

World Friendship Day Potluck, Mar. 11, 2016 (Mbrs. Invite guests)

Pat & Duane Sharp 720-218-2299 m6sharp@aol.com
Rosalie Summers 303-887-2681 eisoro1@gmail.com
Nancy Lawton 303-907-1181 nanLawton@aol.com

Annual Picnic, Aug. 2016 in Cheyenne:

Judy Flatley 223-1037 flatleyjl@msn.com

Holiday Party, Dec. 9, 2016:

Suzi & Rick Gossard 412-0691 suzi.gossard@gmail.com
Esther & Dick Johnsen 484-2666 RNEJOHNSEN@aol.com

OUTSTANDING CLUB MEMBER 2015

During the FFNC February Club Meeting, I had the pleasure of announcing that **Kay Thomas** is our **Outstanding Club Member for 2015**. Kay was recognized for her **Global Exchange idea of “Peaks To Plains.”** This exchange idea, as Kay envisioned it, would include six FF clubs in Wyoming, Colorado, and Utah. Kay spent many hours formulating her idea and communicating with the FF clubs that she hoped would be involved to see if they would commit to such an exchange. Once all of the clubs seemed to be onboard, Kay then sought her own FFNC Board support. Having her club’s blessing, Kay next spent considerable time sharing this idea with the FFI and getting their approval. Following the approval from FFI, Kay spent numerous hours communicating with the representatives of involved clubs to work out the exchange details, including travel considerations between clubs and appropriate advertising. This coming **September 9-29, 2016, the first offering of the Peaks to Plains global exchange will be conducted.** As reported by Kay at our February meeting, the exchange is virtually “full” and Kay, along with her exchange colleagues, are presently busy vetting all of the applicants from Australia, Germany, Canada, and the USA. The FFNC expresses much appreciation to Kay Thomas for such a wonderful FFI initiative, and we express our congratulations to her along with this special recognition.



Gary J. Cummins, FFNC President, 2015

SAN DIEGO OUTBOUND EXCHANGE—“BACK ON”!!!

Were you disappointed when the San Diego Exchange was cancelled? Well...the Good Trolls have been working overtime for us. Dust off your applications and reapply with Exchange Director Barbara Miller for this reciprocal exchange **to San Diego, October 12-17.**

San Diego’s Exchange to Costa Rica, which interfered with their planned Exchange from FFNC, has now been rescheduled to an earlier date. So...now FFNC is rescheduled also. **“Back on Again”.**

Contact Barbara Miller for information or to apply. Your prior application does not automatically get or keep you on the new Ambassador list.