

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

#### FROM OUR PRESIDENT

### ISSUE

**INSIDE THIS** 

Report on Cyber Security Program from October meeting

#### Continued...

Journey Update for 2021 Note from Barb McCluskey

CLEO and GAME	
NIGHT NEWS	

5

6

Outbound Journey 2020 and FFI Cruise

Events Calendar Officers & Chairs

Social Calendar

#### Nov. 8, 2019 MEETING 7:00—9:00 PM

Cheryl Glanz, manager of the Colorado Welcome Center, will inspire us with her topic "A Peek at Colorado Tourism".

1st Christian Church 2000 N. Lincoln Ave. Loveland, CO



Winter is approaching and it's time to get ready for our annual holiday party. This year the gathering will be held on December 13 at the Poudre Learning Center in Greeley. We will have a dinner catered by Qdoba restaurants with a Mexican theme. The price will be \$15 per person.

The PLC is located at 8313 W. F St, just off of 83<sup>rd</sup> Ave. (See Map below) The party starts at 6pm with dinner starting about 6.30.

Please bring your payment to our treasurer, Marilyn Garner, at the November meeting. A check would be the easiest way to confirm your attendance and get a count for our order. If you will not be able to attend the meeting, please mail your check (FFNC) to Marilyn at 808 E Elizabeth, Fort Collins 80524 by Nov.13.

Hope to see you all at the party!





# friendship force

# CYBER SECURITY BY SUSAN VANCE



Susan Vance, Crime Prevention Specialist from the FCPD, reminded our attendees at the October meeting of several ways we can protect ourselves from scams, and keep

our personal information safer.

Using the adage "If it sounds too good to be true..." she encouraged us to investigate further when we receive email, postal or phone messages that offer free dinners, gifts or travel packages. She encouraged us to use local reputable companies for household services whenever possible, rather than going with a company that contacts you by email or knocks on your door, and to look up BBB and other ratings when selecting a service provider.

# ARE YOU ON LINE?

- Before making on line purchases and/or entering sensitive information, look to see that it is a <u>SECURE</u> sight.
- In the address line, you will see at the beginning:

# https

When you receive emails that encourage you to get help for things like supposed computer problems, personal identity security, or problems with credit cards or bank accounts, **DO NOT click on the links and DO NOT call the number that is listed**. Those are bogus scams. Always look for the "s" in the website: http<u>s</u>://, especially if you're not sure it is legitimate. If the "s" is not in the website address, it is not a secure site, so you should never give out information such as your social security number, account numbers, credit card numbers or passwords. In your emails, before opening unrecognized email senders, you can hover your mouse over the email address to see if the "s" is present. If it contains random letters and numbers, it is likely a scam. DO NOT OPEN...DELETE!

### GRANDMA SCAM

- "Oh Grandma, I need your help!"
- "Johnny, is that you?"
- "Yes, this is Johnny!"
- ▶ "I'm in jail in Cancun. Please send money!"

Susan suggested three keys to look for when you suspect an email or phone call may be a scam: poor grammar or misspelled/mispronounced words, stating of announcements that aren't true ("you missed jury duty and you have to pay to not be arrested"), or information that promotes hysteria—like the ones that say your grandson is in jail in the Philippines. Don't be too quick to click any links on your computer...again, hover your mouse over the link they may give, and it will show you if it doesn't have a secure website (with the "https). DON'T CLICK ON THE LINK! If you receive these persistent messages as a phone call HANG UP IMMEDIATELY. Do not try to ask them a lot of questions, or answer their questions. Whenever you feel uncomfortable, just hang up. (Continued on Page 3)



# CYBER SECURITY CONTINUED ......

You don't need to feel rude about hanging up. After all, they're the ones that are trying to scam you! If you receive an unexplained and unexpected check in the mail, be wary, READ THE FINE PRINT, shred it and do not cash it. Often if you cash it, it means you're signing up for an expensive service or subscription or membership.

When you receive SPAM emails that seem to be soliciting funds or account information, you can contact your phone or email service provider and let them know. If you get caught up in the scam, NOTIFY SOMEONE, and get help. You can contact family members, friends, the police or your service provider. You can contact the Securities Exchange Commission at https://www.sec.gov. Many scams are from foreign countries, so it is difficult for local officials to track them down, but you should still report it if you've been scammed. er or a lawyer or a senior services provider. Susan advised us NOT to carry our Social Securi ty cards, NOT to carry our checkbooks (maybe just 1-2 emergency checks), and not to carry mor than 1-2 credit cards in our wallet. She also suggested we shouldn't carry around one-of-a-kind precious photos or items that can't be replaced. Additionally, DO NOT write your pin numbers o passwords on your cards or carry those in your wallet. She encouraged us to utilize Caller ID for our phones (only answering numbers we recog-

#### WHY DO PEOPLE FALL FOR SCAMS?

- Because we sometimes feel desperate with lack of finances.
- The economy looks bleak.
- Get rich quick.
- It sounds easy, what's the harm?
- ► We want to help others.

Susan said unfortunately, many scams are also committed by family members wanting control of your banking or credit card information, or fraudulently cashing your checks. She said they may take a check from the middle of your checkbook so you won't automatically notice it. If you suspect that's the case, get the help of your banker or a lawyer or a senior services provider.

Susan advised us NOT to carry our Social Security cards, NOT to carry our checkbooks (maybe just 1-2 emergency checks), and not to carry more than 1-2 credit cards in our wallet. She also suggested we shouldn't carry around one-of-a-kind precious photos or items that can't be replaced. Additionally, DO NOT write your pin numbers or passwords on your cards or carry those in your our phones (only answering numbers we recognize), to put NO SOLICITING signs on our doors, and to never open our house door automatically without knowing who's ringing the bell. She noted that many in our group may be in from a generation where we are more trusting, more gullible and more polite, but for our own safety, we should not hesitate to look out for our affairs and have a bit of skepticism about phone calls from unknown numbers, emails from unknown people or addresses, or people coming unsolicited to our doors.

—- Marcia Ross, reporter

## THE FRIENDSHIP FORCE PLEDGE

As a member of the Friendship Force, I recognize that I can make a difference. I recognize that I have a mission. That mission is to be a friend to the people of the world. As I embark upon this adventure, I know that others will be watching me. I know that through my example to my fellow citizens and the people of other countries, the cause of friendship and peace can be furthered.



# REPORT ON 2021 JOURNEYS

#### The 2021 Journeys We've Spoken For

The requests are in. Inbound in 2021, Northern Colorado said we're willing to host one international journey and one U.S. domestic journey.

We're also trying to develop a themed global journey. called "grassland to glacier", or "the High Plains to the High Alpine". Greeley was once "the Athens of the West", Loveland is a Western Art epicenter and like Fort Collins is gateway to the Rocky Mountains. We might include the Michener archives in Greeley (James Michener's <u>Centennial</u> tells tales, Art Castings of Colorado foundry in Loveland, water rights law and science at CSU, horseback riding at a heritage ranch, Estes Park, and, high in Rocky Mountain National Park, an optional Ute Trail hike and visit to the Alpine Visitor Center.

For an outbound international journey, based e-mail responses from over half of our members in our Google survey, our first preference was Canada (Ottawa came here in 2017), particularly Eastern Canada (Quebec Province). We also requested a second international outbound journey, to Taiwan and Japan. The 2021 World Conference will be in Taiwan.

Our wishful backups were Belgium, plus Hungary or Georgia, or Egypt with Turkey (an obvious opportunity for side trips to Greece or Cyprus). We also requested one outbound U.S. domestic journey, preferably to the Northeast or Northwest. We said we're flexible.

Let's hope some of this bears fruit. FFI's hosting analysis includes 336 clubs with 427 weeks of availability, so our requests are ambitious. The 2021 journey assignment details will be sent from FFI to club presidents mid-February.





# NOTE FROM BARB MCCLUSKEY

To my Friendship Force Family:

Thank you for all the lovely cards and visits while I was in the rehab center and at home. I lost my girlish figure due to all the goodies! I enjoyed every one! I'm still not able to walk without help of a wheelchair. I'm trying to use the walker again. I'm working hard to get up and about ASAP. Thank you for all the love and support.



Page 5

# CLEO AND GAME NIGHTS



We need 6 more people to sign up for hosting CLEO by picking a restaurant and making those arrangements

for the following dates. July 23, 2020, August 27th, 2020, September 24, 2020, November 19, 2020, and December 17, 2020

We need one more member to host a game night In May 2020.

November and December dates are the third Thursday instead of fourth Thursday to accommodate holidays.

#### GAME NIGHT IN OCTOBER AT THE SLOCUM'S

Only a few were able to attend, but it was a great time.



**CLEO for October** was arranged by Kay Sheahan. We met at the Hogfish Restaurant in South Loveland. Betty Jean, Kay Sheahan, Barb Turnbull, Thelma, LaDonna, Barb Klein, Marilyn, Alice, Cathie, Susan Mathre, Marcia, Kay Thomas had tasty meals and Ann Brown joined us for a little chat at the end. The food was delicious . Good job, Kay!







# FFNC PROGRAM FOR FRIDAY, NOV. 8



Cheryl Glanz, manager of the Colorado Welcome Center, will inspire us with her topic "A Peek at Colorado Tourism". Invite a friend to join you for this meeting! The information will be of interest to everyone.

At the Center Colorado experts provide complimentary Colorado maps, routing information, weather updates, brochures and more. The welcome center houses the North Park Region office of Colorado State Parks and the Rocky Mountain Nature Association bookstore.

Journey to Whangarei, NZ & Casterton, Australia March 2020 Cathie McCallum, Ambassador Coordinator

Twelve women ambassadors will journey to Whangarei, New Zealand and Casterton, Australia in March 2020. In addition to six days hosted in the homes of members of the two FF clubs, the group will spend two days and three nights in Melbourne, Australia. Seven of the ambassadors will also enjoy a pre-journey trip to the South Island. The group includes FF members from Austin, Texas; Henderson, Nevada; Lincoln, Nebraska; and Mason City, Iowa.



# FFNC JOURNEY CORNER

by Debby Jones, FFNC Journey Coordinator

Join FFI President/CEO Jeremi Snook and many other friends from around the world on the 2020Destival at Sea cruise! This transpacific voyage sets sail

**2020 FESTIVAL AT SEA** 

from Vancouver, B.C., Canada and stops at two Alaskan port cities before spending a week at sea and ending in Yokohama, Japan. Your days at sea will be filled with social gatherings, workshops, presentations and , of course, friendship building opportunities!

- Try some of the freshest seafood at fishing port cities
- Experience the uniquely preserved traditional culture of Hokkaido, Japan
- Enjoy stunning parks and incredible wildlife viewing opportunities including whales, bears,

and bald eagles

- Take an optional canoe ride through the wetlands of Japan's Kushiro Shitsugen National Park
- Catch a glimpse of Mt. Fuji and take in the bustling city of Tokyo



2019

Page 7

In Northern Colorado

2

0

2

0

Outbound

### JOURNEYS & EVENTS

up at November meeting or

mail your check to Marilyn

**HOST: Marilyn Garner** 

be announced

Thurs, February 27,

to be announced

MARCH 2020

Journey to

**Journey Coordinator:** 

to be announced

2019 OFFICERS & COMMITTEE CHAIRS

Thurs, Nov. 21, 11:30 a.m. **PRESIDENT:** Alice Gibson 970-310-8848 aligibsco@gmail.com Location in Fort Collins VICE PRES: Ken Weaver **RSVP** to Marilyn Garner 970-381-3611 interweaver@gmail.com SECRETARY/HISTORIAN: LaDonna Palm 651-302-2024 dnlpalm@aol.com Friday, December 13th, 2019 **TREASURER:** Marilyn Garner ANNUAL HOLIDAY PARTY at 970-493-4137 garner.marilyn@gmail.com Poudre Learning Center. Sign Programs: Cathie McCallum 223-0436 cathiemc@mail.com Journey Coordinator: Debby Jones 970-686-0303 dsj55@aol.com **Newsletter Editors/Publishers:** GAME NIGHT January 16, 2020 Cindy Paulson 581-6801 cdp225@msn.com Sue Cummins 682-2266 sue@gscummins.com Marilyn Garner 493-4137 garner.marilyn@gmail.com Cathie McCallum 223-0436 cathiemc@mail.com Thurs, January 23, 2020, **Newsletter Reporters Coordinator:** 11:30 a.m. Location to Marcia Ross 377-0512 mross377@msn.com **Photographers: RSVP** to Alice Gibson Cindy Paulson 581-6801 cdp225@msn.com Ed Brigden 381-5809 brigden@comcast.net Cathie McCallum 223-0436 cathiemc@mail.com 2020, 11:30 a.m. Location **Communications:** Website & Member Directory **RSVP to Anne Brown** Ed Brigden 381-5809 brigden@comcast.net Facebook: Publicity: Anne Brown 663-3727 abby144@aol.com **Membership:** Whangarei, New Zealand & Kay Sheahan 667-4473 kay6568@peoplepc.com Casterton, Victoria, Australia Social Committee: Cathie McCallum 223-0436 Thelma Slocum 223-9855 themaslocum@comcast.net

SEPTEMBER 2020 **Inbound Journey from Friendship Force of Stratford** & St. Marys, Canada Host Coordinator: Marilyn Garner

World Friendship Day Celebration & Potluck: Thelma Slocum 223-9855 themaslocum@comcast.net

Meeting Set Up: Larry Slocum 223-9855 Meeting Greeters: Willie Westdorp 667-6525 Meeting Hospitality: Suzi Gossard 412-0691



# FFNC SOCIAL ACTIVITIES

#### Social Calendar and Sign-up

Mark your calendars for these events, and check out opportunities to help get FFNC social calendar filled up!

We plan to continue CLEO lunches each month and GAME NIGHTS every other month (6 per year.)

### CLEOS

(more details soon)

Nov. 21 CLEO: Marilyn Garner: FC location TBA

Jan. 23, 2020 CLEO: Alice Gibson; FC location TBA

Feb. 27 CLEO: Anne Brown; Loveland location TBA

March 26 CLEO BJ Demerseman: Greeley location TBA

April 23 CLEO Thelma Slocum; Brewhouse; FC

### GAME NIGHTS

(more details soon) Jan. 2020 Game Night: Marilyn Garner 808 E Elizabeth; Fort Collins RSVP to Marilyn 493-4137 Garner.marilyn@gmail.com March 2020 Game Night; Anne Brown May 2020 Game Night host needed July 2020 Game Night; Marcia Ross October 2020 Ken and Paulette Weaver November 2020 Game Night host needed

### COME TO OUR ANNUAL HOLIDAY PARTY FRIDAY, DECEMBER 13, 6:00 PM

COST IS \$15 - PLEASE PAY AT THE NOVEMBER MEETING OR SEND TO MARILYN GARNER, TREASURER.

