



July  
August  
2025

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Editor and Publisher

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

FROM OUR PRESIDENT SUZI GOSSARD

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Summer Greetings, FFNC Members!

I hope you are all having a wonderful summer! I have heard that many of you were able to enjoy the incoming Journey from FF Central Phoenix. Many thanks go out to all of you who worked so hard with **LaDonna Palm** to make it a success – Journey hosts, committee members, small group dinner hosts and all of you who participated in welcoming these lovely Ambassadors! It takes a lot of effort by many individuals like you to put together these wonderful opportunities to meet new friends and extend the bonds that tie us all together. Read more about it later in this newsletter!



**Rocky Padden** is planning to host a mid-summer CLEO at her house on July 17! It will be a fun day of games and fellowship for all who come. Let her know if you can join!

Don't forget our picnic coming up on August 3 with **Friendship Force from Cheyenne!** Their club will provide the location and main dishes. Members of our club will bring desserts. See details in a separate article. I hope many of you can join in!

**Elizabeth McCoy** and her committee have been hard at work on the incoming Journey August 19-25 from FF Baton Rouge. Many thanks to those of you who are hosting the 15 Ambassadors, organizing outings, preparing small group dinners, etc. If you are not already involved, see the article to find out how you can be part of this fun week!

I was recently notified of an opportunity to join a Journey to Peru with one of the clubs in our Rocky Mountain region, **FF Salt Lake City**, due to someone having to drop out following an accident. They are going from August 10-21. It involves a 6-night homestay in Tarapoto, Peru, with a commercial trip to Machu Picchu. If you haven't been there, Machu Picchu is amazing! Let me know if you are interested and I can put you in touch with their Coordinator, Margret Boes-Ingraham.

Congratulations to our new Board members, voted into office for 2026 at our last meeting:

- Susanna Garner**, President
- Rocky Padden** and Pam Morrison, Co-VPs
- Nancy Benson**, Secretary
- Carol McGrath**, Treasurer

We are so glad to have such fine leadership as we work to make Friendship Force of Northern Colorado a better and more vibrant organization, focused not just on what we can get out of the club (travel), but also what we can contribute to the cause of peace and understanding among all peoples of the world and give back to our own community.

**Next meeting:**  
September 12  
Elderhaus  
6813 S. College  
7 pm  
Invite a friend!

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I was sorry to have missed the Journey from Central Phoenix, but I was on a journey of my own: a river cruise down the Rhine River and a bus tour of Germany. While my favorite part was the day we cruised through the Rhine Gorge where we saw over 30 castles (or their ruins), our stop in Berlin helped me understand more about the Cold War Era and imagine what it must have been like to live in that divided city and country under such a repressive regime. We are so blessed to live in the USA, imperfect as it may be, with all our freedoms. I hope you have a wonderful time with family and friends celebrating our country's Independence Day!

In Friendship,

Suzi Gossard, President

## 2026 FFNC elected officers



**Rocky Padden** co-Vice President with Pam Morrison (not pictured),  
**Nancy Benson** Secretary,  
**Carol McGrath** treasurer,  
**Susanna Garner** President



## May Program: FFI Vision

**Michael English** spoke to us about Friendship Force International's vision for the next ten years. Michael is a specialist in conflict analysis and resolution and currently teaches for and directs the Peace, Conflict and Security Program at the University of Colorado Boulder. Throughout the years Friendship Force has become a travel adventure rather than a mission. Friendship Force International is discussing how to bring back the original mission of Jimmy Carter as the original plan. FFI is discussing how Friendship Force can make a difference in the world by crossing barriers for different cultures and adapting to the changing world. There was a discussion about how we could form partnerships with other organizations to learn and admire people from other cultures.



## June Program: Guatemala



**Felicity Sentance** has made three trips to Guatemala. The first was part of her journey towards learning Spanish, the second, in 2025, to help build ovens in the remote mountains, while the third, this year, was to help fabricate and install large mosaics on exterior walls in San Lucas Tolimán on the southern shore of Lake Atitlan.

For more pictures feel free to look at the link shared by Felicity to Cindy's (the mosaicist who organizes the mosaic trips to Guatemala) website.

<https://bigbangmosaics.com/index.html>





Inbound Journey — Central Phoenix June 23 — 29, 2025



Richard Mueller, Chris Kastella,  
Nancy Mueller, Pat Forsythe,  
Al Forsythe, Marla Karow, Russ Karow,  
Bonnie Yamashita, Denise Maestri,  
Nancy Galbraith, Claudia Deschu



The Elderhaus proved to be an excellent place  
for the Welcome Party.



It was cold on the pontoon ride on  
Horsetooth Reservoir—



—but the pilot didn't  
seem to notice.



Sharing a brew at New  
Belgium Brewery



The Artcasting  
tour was a hit!  
Here, with our  
guide, are Sara  
Tarr, Nancy  
Benson, Rich-  
ard and Nancy  
Mueller



Marcia Ross share the sculpture of two feet at  
the Benson Sculpture Gardens.



Small group dinners are always fun. Here are Rob Pickett, Marla Karow, Sara Tarr, Russ Karow, Chris Kastella, Paulette Weaver, Ken Weaver, Susan Mathre.

Rocky Mountain National Park never disappoints.



The Greeley Stampede rodeo was a new experience for many.

It was 98 degrees out, but at least we were in the shade.



We ended the week with a pizza party at Weaver's. The outside temperature drove us inside, but Ken and Paulette, as always, fit us in.



## CLEO and other social opportunities



On May 15 Cathie, Rocky, LaDonna, Pam, and Jan enjoyed lunch at Chili Thai in Windsor.

**July 17: CLEO+Games at Rocky's house:RSVP**

**October 16: CLEO + Mosaic Class**

**PREVIEW:**

WHAT?: a brown bag lunch with a mosaic class taught by Felicity Sentance!  
Watch for details in the September news letter:.



## Summer Picnic with Cheyenne

Our annual summer picnic will be held in Cheyenne on Sunday, August 3rd at 1:00 pm at Holiday Park. Cheyenne FF will provide the main dishes and drinks. We will provide desserts to share. Let's plan to carpool as much as possible! If you are interested in attending, please contact Susanne Garner for further details.

## Possible Outreach Opportunities

Rocky Padden and Ken Weaver have volunteered to lead a team to explore outreach ideas for our Northern Colorado club. Renewed commitment to the original Friendship Force values of promoting understanding and personal relationships has created some excitement in our club, as well as with Friendship Force International, and we'd like include all interested members in these opportunities.

Please contact Rocky or Ken for more information.



## 2026 International Journey



As you may remember, Suzi Gossard sent us the news last month that Friendship Force has assigned our club a journey to **Indonesia** tentatively scheduled for August of 2026. It is now time to start planning for that adventure and we are in need of an Ambassador Coordinator. If you are willing to consider this, please contact Marilyn Garner, Journey Director. To get a taste of Indonesian culture, here is 4 minute YouTube of Surabaya, one of the Journey's destinations. <https://www.youtube.com/watch?v=VOb6OfkzOls>

Here is one of Banjarmasin, the other city assigned.  
<https://www.youtube.com/watch?v=onapb2q1yMA>

## 2025 Inbound from Baton Rouge

Elizabeth McCoy is Journey Coordinator for the in bound from Baton Rouge scheduled for August 19-25. Details will be shared as they come available.

## 2025 Outbound to New Hampshire Seacoast

The New Hampshire Seacoast Journey is set for September 15th through the 22nd. It's always fun to make new friends and enjoy time together! A few members are extending the journey with a week exploring the Canadian Maritimes and seeing the setting of Anne of Green Gables through an optional pre-journey Canadian Maritime motor coach tour with Caravan Tours which starts September 7th and ends on the 15th and is available to anyone who is interested. Contact Carol McGrath, Ambassador Coordinator

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## JOURNEYS 2025

## 2025 OFFICERS & COMMITTEE CHAIRS

### INBOUND

Phoenix, AZ: June 23-29  
Baton Rouge, LA: August 19-26

### OUTBOUND

New Hampshire Seacoast  
September 17-23

### Elderhaus Happenings

Larry Clark contacted Jenny Langness of Elderhaus to inquire about ways we might support their mission, since they provide our wonderful meeting place free of charge. Jenny informed him that they are currently working on an outdoor patio and could use donations toward that project. Specifically, they are asking for people to sponsor seating benches and tables for the patio: \$500/bench and \$1000/table. Sponsorship comes with the donor's name on a plaque. Smaller donations are also welcome as there are other needs for their outdoor space, like awning material and basketball hoops. This might be a way for our club to pay them back for their generosity.

Another way FFNC could help them is through volunteering. Jenny mentioned that they have an ongoing need for volunteers. They are currently creating a workspace for memory care individuals to come and work on special projects. When it is completed, they will need volunteers to oversee the projects and assist the individuals here. She also indicated that she sends out email whenever they need volunteers with the particulars and sees who is available to help. FFNC has been added to that email list. Suzi will make sure the membership gets this information in case any of you would like to be involved. It's a great way to give back to our community!

**PRESIDENT:** Suzi Gossard  
**VICE PRES:** Susanna Garner  
**SECRETARY/HISTORIAN:** Cinda Clark  
**TREASURER:** Carol McGrath

**Journey Directors:** Marilyn Garner  
**Meeting Greeter:** Gerald and Ann Loader  
**Meeting Hospitality:** Elizabeth McGoy  
**Meeting Music:** Rosemary Donovan  
**Membership:** Cathie McCallum +committee  
**Membership booklet:**  
**Reporters Coordinator:** Suzi Gossard  
**Newsletter Editors/Publishers:**  
Sue Cummins  
Marilyn Garner  
Cathie McCallum

**Programs:** Cathie McCallum  
**Social Activities:** Rocky Padden  
**Store Manager:** Debby Jones  
**Ways and Means:** Nancy Benson  
**Website:** Rick Lohmeyer

*If you are willing to help with any position, please contact Suzi Gossard, president, or the chair of the committee that interests you.*

*Committee chairs, invite someone to work with you! It feels good to be needed and wanted,—an active member.*

Refer to our club website, [ffncolo.com](http://ffncolo.com), for back issues of newsletters and information on programs, journeys, leadership contacts, upcoming events and for opportunities to apply for other regional club journeys. Thanks to Rick Lohmeyer for an outstanding website that can provide up-to-the-minute information between newsletters. Refer to [www.friendshipforce.org](http://www.friendshipforce.org) for broad information about Friendship Force and [my.friendshipforce.org](http://my.friendshipforce.org) for information specific to members and secure for sharing personal information needed for journey registration