



www.friendshipforce.org

MARCH, 2020

HIGHLIGHTS

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Facebook.com/friendshipforceofdenver

ABOUT THE CLUB

Friendship Force Denver rents event space from and meets at Calvary Baptist Church, 6500 E. Girard Avenue, Denver 80224 at 6:45 pm the second Tuesday of Jan - May and Sept - Nov, and also offers numerous social events throughout the year. See our website for more information at www.friendshipforcedenver.org

Come visit and bring your friends!

CLUB OFFICERS

Co-Presidents
 Mike Tanner mcap747@cs.com
 Cecil Roberts cecbsk@gmail.com

 Vice President Ilene Americus
 iamericus-denver@yahoo.com

 Secretary Heidi McKelrath
 heidileem@aol.com

 Treasurer Tuti Tierney
 tuti.tierney@gmail.com

 Newsletter Editor. Carol Coriell
 carolcoriell@gmail.com
 Newsletter submissions are due on the 24th of the month.

MARCH PROGRAM TUES. MARCH 10, 6:45 pm

THE LUDLOW MASSACRE and THE COLORADO COAL WAR



Riggs Smith returns to fascinate us with the little-known story of the coal wars in southern Colorado.

In the early 1900s, coal was "king". It fueled industry and our homes. It was in demand to make steel and railroads. The U.S. needed coal!

West of the Mississippi River, Colorado was the biggest coal producing state in the U.S. In Colorado, coal mines were our largest employers. Most of them were in little coal communities in southern Colorado near Trinidad. One of these was in Ludlow.

Most of these mines were privately owned by wealthy owners, including John D. Rockefeller. Mineworkers had little to say about the working conditions. The United Mine Workers of America attempted to influence conditions but were generally ignored. In 1914, the miners in the little town of Ludlow went on strike. The results were - The Ludlow Massacre and the Colorado Coal War, as shown in this headline:



**MARCH REFRESHMENTS
 LAST NAMES BEGINNING WITH E - J
 Those bringing refreshments
 please arrive by 6:30 pm.**

FROM THE CO-PRESIDENTS



Mike Tanner



Cecil Roberts

Sue Palmer, our FFI Regional Representative, called a joint telephone meeting of Rocky Mountain club presidents for 17 February. Mike and I represented our club. Other clubs participating included Colorado Springs, Utah, Grand Junction, Albuquerque, and Northern Colorado. The meeting took about an hour.

The principal business item was getting a club charter signed and returned to FFI in Atlanta. In my 29 years in this club, we seemed to get along OK without a 27-page charter. In any event, I signed each of the pages that required a signature (about eight or nine pages) and sent the whole pile to Atlanta. FFI responded with an acknowledgement to Mike and to me.

There was also a brief discussion in support of the Western Regional Super Conference in Portland, OR on May 21-23. The conference theme is "Embracing Diversity through Friendship Force." The application form and more information is on our website, www.friendshipforcedenver.org > Events > Western Regional Conference.

It was also announced that an FF club in North or South Carolina is interested in a journey to the "West" THIS YEAR! There did not seem to be much enthusiasm for an additional in-bound journey by any of the clubs.

Our March program will feature a gentleman who spoke to us about a year ago, Riggs Smith. His subject this year will be the Colorado coal strike and the Ludlow massacre. Ludlow is a small town about 4 1/2 miles north and a little west of Trinidad, CO.

I'm looking forward to seeing everyone in March. Be sure to attend, and bring your friends.

Cecil Roberts



JOURNEYS

2020

MARCH 27- APRIL 5, OPEN WORLD visitors from Kazakhstan. Details on page 4.

APRIL 19, 10:00 A.M., JOURNEY COORDINATOR TRAINING, Details on page 4.

MAY 21-23, WESTERN REGIONAL SUPER CONFERENCE in Portland, OR for anyone interested in learning more about FFI and connecting with other clubs in our region. Registration forms are on our club website, <https://friendshipforcedenver.org/event-3749014>

JUNE 17-23, INCOMING INTERNATIONAL JOURNEY, Shizuoka, Japan
Irene Ludwig and Gerry Forney, Journey Coordinators. Flights have been confirmed for these dates, and Gerry and Irene are working on the day by day schedule.

JULY 13-26, OUTBOUND DOMESTIC JOURNEY
Mid-Willamette Valley, OR, and San Francisco Bay Area, CA
Details on page 5.

AUTUMN, DATES TBD An International Outbound Journey is being developed by Tuti Tierney to Moscow, Russia in the fall. There will probably be an extension to St. Petersburg. Unfortunately, Nur Sultan, Kazakhstan is not able to host us this year, so Tuti is investigating other possibilities.

We have another busy season of hosting and traveling for our club. As always, it takes a village. Please sign up, get involved and volunteer. For information contact Ilene Americus.

MAKE FRIENDS ACROSS THE WORLD

Friendship Force International provides opportunities to explore new countries and cultures from the inside by bringing people together at the personal level. Through the signature program of home hospitality, local hosts welcome international visitors into their culture, sharing meals, conversation, and the best sights and experiences of their region.

Visit www.friendshipforce.org to see the featured worldwide journeys which are available to all Friendship Force members.

Experience Different Views. Discover Common Ground.

OPEN WORLD: ESL TEACHERS FROM KAZAKHSTAN MARCH 27 – APRIL 5, 2020

We are hosting a group of six university professors from Kazakhstan as part of the Congressional Open World program from March 27 - April 5, 2020. They will be attending a Teaching English as a Second Language Conference and meeting with other teachers during the week, but will have time to explore Denver museums, Red Rocks, and shopping opportunities during the weekends. The Farewell Party will be at Kim Means' clubhouse, 2990 E. 17th Avenue, on Saturday, April 4, 2020 from 5:00 p.m. Please join us and meet these delightful women. RSVP to Willa Rose, willa.rose@hotmail.com.

JOURNEY COORDINATOR TRAINING APRIL 19, 2020, 10:00 AM

The Friendship Force Denver club will be presenting a half day training seminar on how to coordinate a Journey. The training is open to anyone interested in leading a Journey or learning more about what's involved and the process. We will cover both inbound and outbound Journeys, budgets, filling the seats, setting an itinerary, recruiting help and having fun!

Invitations have been extended to the Rocky Mountain Regional clubs as well. It will be Sunday, April 19th from 10:00 a.m. until about 2:00 p.m. at Ilene Americus' clubhouse, 4601 S Yosemite St., Denver, 80237. Presenters will be Sue Palmer, Regional Liaison; Lynn Dawson; Ilene Americus; and anyone else with a desire to share! For more information contact Ilene Americus, iamicus-denver@yahoo.com.

WELCOME TO NEW MEMBER DEENA MANGAN



Deena Mangan first heard of Friendship Force forty years ago while traveling in New Zealand and knew the premise had merit. She never forgot that encounter, and, now retired, she recently Googled our organization's number, called, and became a member. She's a seasoned traveler, having been to all seven continents and over 100 countries, including Australia, South America, Antarctica, Dubai, India, Thailand, and China, to name a few. Deena is a native of Colorado and received her BS degree in business from the University of Northern Colorado. During Deena's career, travel has remained her first love. She started a couple of small businesses in database solutions and also worked in sales for information technology corporations such as IBM, finishing her career as an Operations Analyst with Wells Fargo and Envestnet.

Earlier she often traveled solo but that no longer seems practical. She enjoys staying in people's homes and learning about their culture, and she has hosted international students over the years through various language schools such as Arapahoe Community College and University of Denver. She remains close to one favorite student from China who came to Denver to attend the language school at the sister campus to a Japanese university that inhabited the old Loretta Heights campus. Deena was her host mom when her student was 22 and that student is now married, almost 40, a mother of two, and a real estate attorney in Manhattan. While enjoying life, Deena has a broad base of interesting activities. She paints, likes to read, and finds solace in nature and outdoor activities like hiking and snowshoeing. One of her present projects is organizing her 50th high school reunion. As an active new member of Friendship Force, Deena's early dreams and passion for travel will continue to flourish.

UPDATE ON OUTBOUD DOMESTIC JOURNEYS MID-WILLAMETTE VALLEY AND SAN FRANCISCO BAY AREA JULY 13 – JULY 24, 2020

We have confirmed the Journey dates for our combined Journeys to the Mid-Willamette Valley of Oregon and San Francisco Bay Area, California. They are Monday through Saturday, July 13 -18, for the Oregon portion and Saturday through Friday July 18 – 24, for the California portion of the trip. We will fly into Eugene, Oregon, on Monday, July 13, because this is the easiest place for them to pick us up. Train travel between Oregon and San Francisco is not very appealing; it would be a long overnight trip with no sightseeing, so we will fly from Eugene into San Francisco on July 18th. We do not have specific itineraries for either location; however, we do have some general information that sounds exciting.



In Oregon, typical activities include visits to the State Capitol in Salem, seeing local hand carved carousels, visiting a winery, visiting the Oregon Garden, seeing Silver Falls State Park, museums, and a day trip to the beach. We may also have the option of a day trip eastward to Central Oregon, which is a high desert area.



The San Francisco Bay Area Club wants to provide us with an absolutely memorable week. Usually they try to give Ambassadors a feel for the San Francisco Bay Area. As you may know from their visit with us, they have very few members who actually live in the city of San Francisco. They do, however, plan to have one or maybe two days in the city itself. They said they also will try to give us a taste of the redwoods, the ocean and, of course, California wine.

These are going to be great Journeys. It is not easy to get Journeys with West Coast clubs, since they are so popular (Lynn arranged the Journey to Oregon in 2016). This will be your last chance for a while to head West!

If you are interested, please contact Pat Kaplan (patia51@gmail.com or 303-241-4379) or Lynn Dawson (LynnLDawson@comcast.net or 303-888-5922) with any questions or to sign up, as soon as you can, since we are moving forward with confirming plans for these Journeys.

SOCIAL NEWS



SATURDAY MARCH 28, 10:00 a.m. – 2:00 p.m. - We'll enjoy a mid-morning day of snowshoeing at the Frisco Nordic Center, which is located just minutes from Frisco's charming Main Street at 616 Recreation Way. 970-668-2570. Frisco's Nordic Center offers an excellent high-altitude experience in snow shoeing with exceptional views of beautiful mountain peaks in every direction. There are 10 km of groomed trails, including the easier Chickadee trail of 2 km and a more challenging 4.5 km trail, the Snowshoe Hare. The Frisco Nordic Center offers a variety of lesson programs and group coaching sessions, along with rental and demo equipment. Trail passes and snowshoe rentals are each \$15.00 for seniors, \$20.00 for others. Contact Pat Kaplan, patia51@gmail.com



SATURDAY, APRIL 18, 10:00 a.m. – 2:00 p.m. - We will go on a guided tour of The Forney Museum of Transportation, 4303 Brighton Blvd., Denver, 80216. The museum is a one-of-a-kind collection of over 600 artifacts relating to historical transportation. It began over 60 years ago, and includes not just vehicles but also buggies, motorcycles, steam locomotives, aircraft, carriages, rail equipment, fire apparatus, public transportation, sleighs, bicycles, toys and diecast models, vintage apparel and much, much more. The tickets are \$12.00 each for a guided tour, paid by April 13 with a check payable to Friendship Force Denver and sent to Jeannette Armbrustmacher, 33 S. Holman Way, Golden 80401. No backpacks or purses, free lockers available. Contact Jeannette Armbrustmacher, jmarmbru@aol.com



SATURDAY, MAY 16, 8:00 a.m. – 3:00 p.m. - Come join us on a wildflower hike in Pawnee National Grasslands, located at 115 North 2nd Ave., Ault, CO 80610 in Weld County. The grassland is near Greeley on the eastern plains in the South Platte River Basin. We will hike the easy three-mile West Pawnee Butte hike. It is one of the most unusual destinations in Colorado for wildflower viewers; it takes you down into a basin of raw beauty and unusual wildflowers. Contact Pat Kaplan, patia51@gmail.com



MUNCH LUNCH BUNCH is taking a break in March. Please enjoy the other club social activities this month. We plan to resume MLB in April...in time for spring!

Leave Everything And Play! (LEAP)

Do you enjoy classic movies? Here's your chance to watch a few at Chez Artiste during the month of March and on April 1st. These are not being officially organized as an event by the FFD Social Committee. However, you may want to attend with fellow FFD members and have a meal or a coffee before or after the movies.

Each movie is shown on a Wednesday at both 2 p.m. and 7 p.m.. Everyone is responsible for purchasing his/her own ticket. Here is the schedule:

- ❖ MARCH 4 - *Kind Hearts and Coronets* (with Alec Guinness)
- ❖ MARCH 11 - *Mon Oncle* (1958 Academy Award for best foreign language film)
- ❖ MARCH 18 - *Steamboat Bill, Jr.* (with Buster Keaton)
- ❖ MARCH 25 - *Being There* (with Peter Sellers & Melvyn Douglas)
- ❖ APRIL 1 - *Dr. Strangelove* (with Peter Sellers)

WHERE: **Landmark Chez Artiste**

2800 South Colorado Blvd., Denver

WELCOME TO NANCY CROCKER, MEMBERSHIP CHAIR

As a college student, Nancy spent one summer traveling through Europe on a Eurail Pass. It was a life-changing experience that led her to return to Europe after graduation and spend the next seven years working in Madrid and Paris. Although she returned to the States to become gainfully employed, she never lost her passion for different cultures, languages, and travel.

She landed in Denver where a federal power-marketing agency provided her with a challenging job as an IT software developer and analyst for over thirty years. Nowadays, she enjoys her retirement, auditing history and foreign language classes at CU-Denver. For about five years she taught English to adult foreign students on a volunteer basis. More recently, she has become addicted to genealogy research and Korean Netflix dramas. Thank goodness for sub-titles!

She and her husband, Steve, have been members of Friendship Force Denver since 2014. They have thoroughly enjoyed home-hosting multiple domestic and international clubs and have been overseas ambassadors six times. When they are not participating in Munch Lunch Bunch and other FFD social activities, they can often be found attending concerts, the theater, or attempting to get fit. She shares some of these enthusiasms with the rest of us – as shown above in the LEAP offering, which was submitted by Nancy.

BIRDING AT BARR LAKE

by Gerry Forney

On Saturday February 22, five members of Friendship Force Denver participated in a public birding event at Barr Lake State Park. Barr Lake is located about five miles southeast of Brighton, Colorado and it is known for having the largest number of bird species of any natural area in Colorado.

The lake is actually man-made, and it covers an area of about 5 square miles. Originally the lake was a blowout depression in the prairie that collected water. In 1886, the Burlington Canal was built to divert water from the South Platte River, and the diverted water filled the depression and formed the lake. The depth of the lake was stabilized in 1908 when a dam was built.

After we paid the \$8 per car fee to enter the park, we checked in at the Visitor Center, which is located near the shore of the lake. The bird watching tours take place every second Saturday at 9 a.m., and they are free and open to the public. Five FFD members were joined by about 20 other people, and we had two excellent volunteer guides (Ira and Tammy Sanders). Many people brought binoculars, and loaner binoculars were available at the ranger station. The guides also brought excellent tripod-mounted spotting scopes, so we were able to see many of the birds at close-up range.



Photo used by permission of Ira Sanders

Barr Lake is especially well known for Bald Eagles. There is a resident pair of eagles that spends the entire year at the park. The various resident eagles have fledged 59 babies since 1986. The non-resident eagles spend the winter in the park, and then go back to Alaska or other parts north. The visiting eagles normally arrive in November and leave in April, so February is a very good time to see eagles. The eagles now hang out on the north side of the lake, where there is a gazebo for eagle watching. A large golf cart is sometimes available to take people to the north side of the lake if you don't feel like making the three-mile round trip walk. This "Eagle Express" is run by volunteers and is free, and it normally goes on Saturday and Sunday mornings. Call before you plan a trip.

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BIRDING AT BARR LAKE, *continued*



We saw the eagles from across the lake, because our two-hour bird walk emphasized the area close to the Visitor Center. A total of 350 bird species have been reported from Barr Lake State Park. The park ranger gave us a checklist so we could keep track of what we saw.

Here is what I recorded (I am told that bird names are not capitalized):

DUCKS AND GEESE: cackling goose, canada goose, northern pintail, common merganser, red-breasted merganser

PELICANS: american white pelican

RAPTORS: bald eagle, red-tailed hawk

PIGEONS AND DOVES: eurasian collared dove

CHICKADEES: black-capped chickadee

NUTHATCHES: white-breasted nuthatch

STARLINGS: european starling

SPARROWS: song sparrow, white-crowned sparrow

BLACKBIRDS AND ORIOLES: red-winged blackbird, bullock's oriole

FINCHES: house finch

OLD WORLD SPARROWS: house sparrow

This is the first bird list that I have ever made, and I now have 18 birds on my lifetime list! I had always found bird checklists rather confusing because they were supposed to be based on bird evolution. In other words, the most primitive birds (closest to the dinosaurs) were supposed to be at the beginning of the list and more evolved birds like finches are near the end. The traditional checklist order was based on paleontology, but now DNA studies are upsetting the apple cart:

<https://www.audubon.org/news/here-are-biggest-changes-aou-checklist-north-american-birds>

In addition to birds, we saw a herd of more than 20 mule deer. They ran right by us less than 20 yards away. Our guides said it was the largest deer herd they have ever seen at Barr Lake. We also saw a lonesome coyote walking across the lake at a great distance. In conclusion, the weather was great, our guides were enthusiastic and informative, and it was nice to do something so fun and educational with our fellow members of Friendship Force Denver!

FEBRUARY PROGRAM SUMMARY

FRACKING IN THE DENVER BASIN

by Steve Crocker



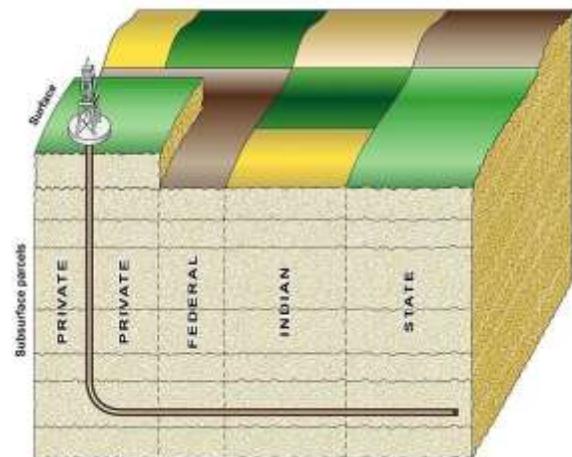
The oil business is rough-and-tumble, especially here in the west. Boom and bust cycles have followed each other in unpredictable ways since World War II. Oil geologist Logan MacMillan, who spoke to the Denver chapter of Friendship Force on February 11, can attest to that.

Over the years, Logan estimates he's spent about half of his time either unemployed or working as a consultant to various oil exploration and environmental groups. In the early 90s, he was a volunteer oil and gas commissioner for the state of Colorado.

Logan's talk at the Friendship Force Club meeting on February 11 was about fracking and how it may impact people who live in the Denver area. Fracking is the drilling technique that helped make the US self-sufficient in oil production.

So . . . what is fracking, anyway? And what is the Denver Basin?

Fracking – or, to give it its full name, hydraulic fracturing - is pumping water at high speed far below the surface of the ground into rock that's rich in hydrocarbons. The goal is to break up the rock so that it releases these hydrocarbons. These are the compounds that make up petroleum, the yellow-brown liquid made from the decay of ancient organic matter like leaves and dinosaurs. Fracking usually takes two or three days and comes after you drill the oil well which is step one. The drilling process usually takes from a week to ten days.



The first part of your hole will be from 4" to 8" wide and deeper than the bottom of the water table – up to 4,000' down. Then you encase the hole with cement to keep the oil you'll be forcing up from contaminating the water. Then you resume drilling down to where your research says the oil is.

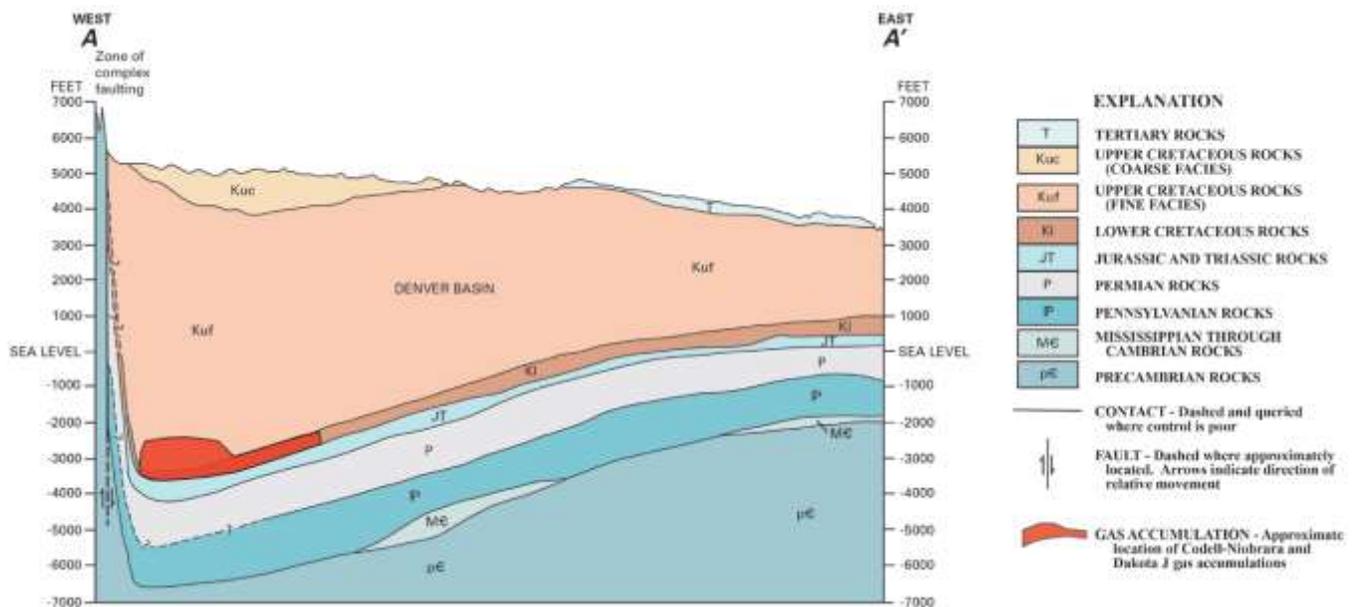
At this point, you curve the borehole and start drilling horizontally, up to 10,000 feet. You encase this part of the hole also in cement and put a 4" steel pipe all the way down to the end of the hole. Then you pump in water, sand, and chemicals at high pressure to break up ("stimulate" Logan says) the rock so that it releases its hydrocarbons. Then you stop. The oil and gas, freed from downward pressure, flow up through the pipe. Among the advantages of fracking, Logan

said, is that it allows you to extract 3 to 7 times more oil than a vertical drilling operation. From a vertical shaft, you're able to drill for several miles in any direction to obtain oil.

The Denver Basin (where we live) covers 7,000 square miles. Millions of years ago, it was a shallow sea with a bed of decayed matter. Today it's a rich source of oil. One of the oil horizons is the Niobrara Formation, an enormous deposit spread over eastern Colorado, western Kansas and Nebraska, South Dakota, and southern Wyoming. Broadly speaking, the Denver Basin has three levels: a shallow level (less than 4000' beneath the surface of the ground) where the water-bearing rock is; a moderate level (between 4000' and 7000' deep), where the natural gas lies; and a deep level (more than 7000' down.) This is where most of the hydrocarbon-rich rock layers are, and it's where the fracking takes place.

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FRACKING IN THE DENVER BASIN, *continued*



To date, some 29,000 wells have been drilled in the Basin, yielding over 5 million barrels of oil and 2 trillion cubic feet of natural gas. Today, about 7,000 wells still produce.

The Denver Basin may have a future even richer than its past. Parts of it lie near the Dakota Hogback. This is a long, broken ridge of sandstone sandwiched between the high plains of eastern Colorado and the Rocky Mountains to the west. It runs from Cheyenne south to northern New Mexico and is parallel to I-25 for much of that distance. According to Logan, the oil just east of the hogback has a potential yield of 680 million barrels of oil with a rough value at current prices of \$834 billion.

Logan stressed that a big challenge to frackers is safeguarding the shallow groundwater 1500' – 2000' down. The upper formations of the Denver Basin are aquifers (underground layers of water-bearing permeable rock) that provide Denver and the surrounding area with much-needed water. This is a critical resource here, since we get only 13" a year of moisture from rain and snow.

In April of 2019, people with little or no experience in the oil business were put on the Colorado Oil and Gas Commission. This is a group with full regulatory power over the industry in our state, and there is only one person on the board with first-hand knowledge of how oil reserves are discovered, extracted, and transported. and how the surrounding land and subsurface water is protected.

Logan provided us with a list of two dozen professional societies that have reached out to various parts of the public living in and around the Denver Basin to explain the work of oil companies, including the potential benefits and risks involved. Some of these groups are: the Rocky Mountain Association of Geologists, the Society of Independent Professional Earth Scientists, Denver chapter, and the Denver Association of Petroleum Landmen.

Thank you, Logan MacMillan, for educating us on the basics of local fracking, an integral part of an industry with a rich past that will be critical in supplying much of the world's energy needs for decades to come.

CALENDAR 2020

BOARD MEETING* **MAR 3**
Tuesday, 1:00 - 3:00 p.m.

MARCH PROGRAM* **MAR 10**
Tuesday, 6:45 - 9:00 p.m.
The Ludlow Massacre and Colorado Coal Wars

REFRESHMENTS
LAST NAMES BEGINNING WITH E - J
Please arrive by 6:30

OPEN WORLD **MAR 27 – APR 5**
Visitors from Kazakhstan, details page 3

MARCH SOCIAL **MAR 28**
Saturday, 10:00 a.m. – 2:00 p.m.
Snowshoeing at Frisco Nordic Center
Details, page 6

BOARD MEETING* **APR 7**
Tuesday, 1:00 - 3:00 pm

APRIL PROGRAM* **APR 14**
Tuesday, 6:45 - 9:00 p.m.
The Early History of Denver

APRIL SOCIAL **APR 18**
Saturday, 10:00 a.m. – 2:00 p.m.
Forney Museum of Transportation
Details, page 6

JOURNEY COORDINATOR TRAINING **APR 19**
Sunday, 10:00 a.m., details page 4

BOARD MEETING* **MAY 5**
Tuesday, 1:00 - 3:00 p.m.

MAY PROGRAM* **MAY 12**
Tuesday, 6:45 - 9:00 p.m.
Healthy Traveling

MAY SOCIAL **MAY 16**
Saturday, 8:00 a.m. – 3:00 p.m.
Wildflower Hike, Pawnee National Grasslands
Details, page 6

Calendar continued in next column

CALENDAR 2020, *continued*

WEST. SUPER REGIONAL CONF. MAY 21 – 23
Information and registration at:
<https://friendshipforcedenver.org/event-3749014>

INCOMING INT'L. JOURNEY **JUNE 17 – 23**
SHIZUOKA, JAPAN
Irene Ludwig and Gerry Forney,
Journey coordinators.

OUTGOING DOMESTIC JOURNEY **JULY 13 - 26**
Mid-Willamette Valley, OR, and
San Francisco Bay Area, CA
Details, page 5.

* Board meetings and monthly meetings are held at 6500 E. Girard Avenue, Denver 80224

INTERESTING FACT:

The 10 million Americans who make their homes above 4,900 feet live one to three years longer than those near sea level. Some experts think lower oxygen levels help heart function. Yea, Denver!



March 8, 2020