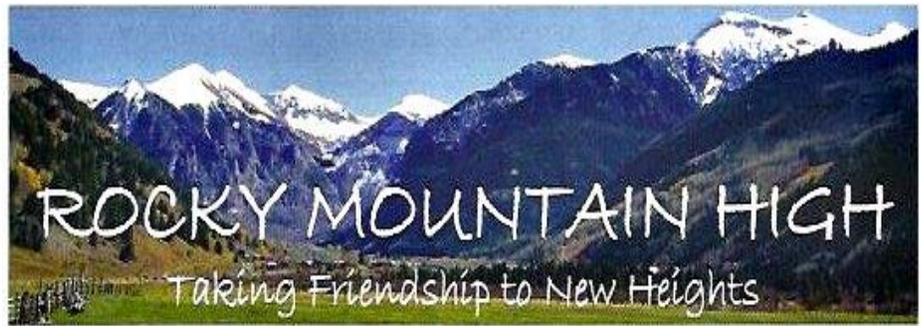




friendship force
DENVER



January, 2019

HIGHLIGHTS

- Journey News** Page 3 – 4
- World Conference** Page 5
- Social News** Page 6
- 2019 Board** Pages 7 – 9
- Calendar** Page 10

www.friendshipforcedenver.org



ABOUT THE CLUB

Friendship Force Denver meets at 6500 E. Girard Avenue, Denver 80224 at 6:45 pm the second Tuesday of Sept - Nov, and Jan – May, 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

President John Giles
jgiles_911@hotmail.com

Vice President. Anita Smith
anita.smith22@gmail.com

Secretary. Kim Means
kimnchu@gmail.com

Treasurer. Jim Robinson
robinjd@q.com

NEWSLETTER EDITOR: Carol Coriell
carolcoriell@gmail.com
Newsletter submittals are due on the 24th of the month.

JANUARY PROGRAM TUES. JAN 15, 6:45 PM

ADVENTURES IN ANTARCTICA AND BEYOND



LESLIE HAWKINSON has lots of adventures to share with us! She fell in love with horses while growing up in Cleveland, OH. This eventually led to going on the road with the Coors Belgian Horse Hitch, traveling with 8 draft horses from coast to coast, putting on shows.

She then began traveling from Antarctica to the Arctic, with many exotic places in between. (Notice that in the photo above she is flanked by penguins.) Her adventures include spending a week in a third-world hospital, and an extended visits on the remote Falkland Islands. Be sure to join us for an exciting evening!

JANUARY REFRESHMENTS
LAST NAMES BEGINNING WITH A – D
Those bringing refreshments
please arrive by 6:30 pm

FROM THE PRESIDENT

My Real New Year's Resolutions, No, I Mean It!

I've been looking at the most common New Year's resolutions. I'm getting expert advice to help you make a 2019's resolution list.

With New Year's rounding the corner, everyone is sharing their 2019 resolutions, and it's giving us that auld déjà vu. According to a survey, the top three resolutions for 2018 were losing weight, getting more exercise, and saving more money. According to a new survey, the top resolutions for 2019 are — wait for it — to exercise more, lose weight, and save money.



Clearly, we've missed the mark. To kick off the 2019 New Year right, let's look at some different resolutions and see how we may be able to make them happen in 2019.

Eat healthier

Eating better is a laudable goal; one many of us could strive to improve on. Don't fall for dietary fads, though. They help us neither live healthier nor lose weight.

"Everyone is blaming dieters for regaining weight they lose, and that's just wrong — it's not their fault they regain weight, and it's not about willpower, or any lack thereof," Dr. Traci Mann, of the University of Minnesota's Health and Eating Lab, told the Washington Post. He notes diets trigger three physiological changes that make it difficult for us to maintain them. The first is neurological (dieters' brains become programmed to notice food more); the second is hormonal (diets increase the hormones that make people feel hungry); and the third is biological (when you try to lose weight, your body starts to store calories as fat).
Note: Eating healthy does not apply to Friendship Force of Denver monthly meetings or our summer picnic. Please bring fried chicken and pie.

Make new friends

We are fortunate to have the opportunity to make new friends in Friendship Force. I've added nine more people to my Christmas card list. How many will we add this year with incoming journeys and the FF World Conference in Boulder? *Note: My goal is to add 2 more people to my list. How about you?*

Volunteer, Volunteer, Volunteer

Volunteering is a win-win for all parties involved. When you look at the reasons why volunteering is important, it's not only about the impact we can make in the lives of others, but the role it can play in making us more giving toward the global community. Each member of Friendship Force of Denver should be willing to offer some time by using their talent and skills within our organization. Can you put volunteering on your New Year's Resolution list? *Note: Friendship Force of Denver will be involved with volunteering opportunities throughout the year. Stay tuned with the monthly newsletter for more information.*

My Resolutions – Eat healthier, make new friends, volunteer. I believe I can make these 2019 resolutions. How about you?

John Giles

JOURNEYS & CONFERENCES

Dates May Be Subject to Change

2019



- **Outbound Domestic Journey to Dallas #15402**
 - **EARLY MAY confirmed * Need Coordinator to help plan this Journey. MUST Sign up in JANUARY.** If we are low on interest then we will need to cancel by the end of January. Sign Up sheet is available at our meeting or contact Anita 619.894.9464

July 17 – 22, 5 nights before International Conference, Domestic Inbound Journey, Dayton, Ohio #15404. Journey Coordinators Linda Lustig & Anita Smith. Sign Up sheet available at meeting.

July 28 – 31 or Aug 1 Post Conference hosting – informal itinerary. Sign Up sheet is NOW available at our monthly meetings. Many thanks to the nine Denver host families who have signed up to participate.

Sept – dates TBD Inbound International Journey from Miyagi, JAPAN #15187. **Ilene Americus** will serve as Coordinator. Contact her to help. Sign up at meeting.

2020

Spring or Fall: Outbound Domestic Journey to Oregon's Mid-Willamette Valley FF Club and the Columbia-Cascade Club.

July 23-27, 2019 INTERNATIONAL CONFERENCE, FF Denver Representative, Lynn Dawson

A colorful banner for the 'FRIENDSHIP FORCE INTERNATIONAL WORLD CONFERENCE 2019'. The banner features a stylized mountain range in green and blue, with the text 'MAKE A BOLDER IMPRESSION!' and 'BOULDER, COLORADO, USA' written on it. To the right is a circular logo with a colorful sunburst design. The text on the banner includes: 'WILLIAMS VILLAGE CAMPUS, UNIVERSITY OF COLORADO AT BOULDER', 'JULY 23 - 27, 2019', 'CONFERENCE ACTIVITIES: JULY 23 - 25', 'SOCIAL/LOCAL ACTIVITIES*: JULY 26 - 27', and '*OPTIONAL EXTENSION ACTIVITIES.' The background is a light blue sky with white clouds.

REGISTRATION IS NOW OPEN! An easy link to register is on our club's website home page.

Visit www.friendshipforce.org/Journeys to see the complete range of Journeys offered by clubs throughout the world. Many exciting Journeys are being advertised now for 2019. If you want to travel internationally, now is the time to review the openings.

Domestic Outbound Journey

to Texas

May 2019

Shorter Journey of 5 nights only

(Dates TBD, early part of May)



What's in Dallas To See and Do? Too many attractions in the list below for our short stay. Y'all come along to enjoy some Texas hospitality & culture!

- **George W. Bush Presidential Library and Museum**
- **Reunion Tower Landmark & Observation Deck**
- **Meadows Museum of Art (biggest collection of Spanish art outside of Spain)**
- **Southfork Ranch and the Series "Dallas"**
- **Dallas Arboretum and Botanical Gardens - 70 acres**
- **John F. Kennedy Memorial and Memorial Monument Plaza**
- **The Murder Mystery Company - Eddie Deen's Ranch (museum)**
- **Swiss Avenue, a recognized Dallas Historic District**
- **Arts District, including the Morton H. Meyerson Symphony Centre**

JOIN in this Texas adventure....sign up is due in January so our club and Dallas FF can plan this visit. Sign up sheet will be at our meeting OR contact Anita Smith at 619.894.9464 or anita.smith22@gmail.com

UPDATE ON THE PLANS FOR THE 2019 WORLD CONFERENCE IN BOULDER

I wanted to share some of the plans for the World Conference in 2019. I am your regional rep, and my contact is with Debbie Thomas, who is the Conference Chair.

Registration is going well and to date there are 247 registered to attend the World Conference. The following is additional information on the plans:

- **Home Hosting Club Updates:**

- Kay Thomas, Home Host Coordinator - Northern Colorado FF
- Clubs that are hosting include:
Cheyenne, Wyoming; Northern Colorado; Denver; Colorado Springs; Grand Junction; Cincinnati, Ohio; Lincoln, Nebraska; Dallas, Texas
- Requests for homestays continue as members register

- **World Program for all attendees includes:**

- Programs and workshops are being developed with designated speakers and presenters and will be outlined in the program.
- Conference Booklet will contain a list of workshops and meeting rooms; map of the campus; info on high altitude and dry climate guidelines; locations and times for the activities and social events; etc.

- **Responsibilities from the Rocky Mountain Region (RM Region) Hosts:**

- Need volunteers to welcome delegates; help staff assemble and distribute welcome packet/bags. Need volunteers to assist with helping to answer questions about area, restaurants and general information.
-

- **Welcome Bags :**

- Cathie McCallum, Coordinator – Northern Colorado FF cathiemc@mail.com
- Bags will be ordered and shipped to conference venue.
- Contents include:
Local information pamphlets/maps; Suggested items: local post cards; lip balm; donated items from local businesses with logos, i.e. key chains; mints; suntan lotion; items from Visitor Centers in the area.
- Cathie will be in contact with each club to ask for donated items.

- **General Information:**

- I received a question regarding having tables for clubs to display items. Per Debbie the CU campus doesn't have room to accommodate.
- Volunteers from the RM Region working on the Conference unfortunately will not be compensated.
- All volunteers from the RM Region will have a ribbon under their name badge to be identified as a host of the World Conference. Each club is also welcome to wear t-shirts with their club logo.

In Friendship,

Sue Palmer, Regional Rep
alfshouse12@hotmail.com



SOCIAL NEWS BULLETIN

Here are the current happenings:

SPECIAL NOTE: Check this site in each month's newsletter for *possible* planned activities that all members would be welcome to participate in. It is our hope that members of our club – that means YOU! – will volunteer to take one month and then organize, with help from former members of the Social Committee as well as

the members-at-large, a fun outing for that month. Please contact one of the Board members if you can help in this *important* way!!

Here are the current happenings:

NEW YEAR'S DAY OPEN HOUSE – Tuesday, January 1st from 2 p.m. to 5 p.m. – Mary Lou Bennington is hosting at her famously-decorated-for-the-holidays home...7464 S. Milwaukee Court, Centennial. Please bring a snack and/or beverage to share. She will be providing non-alcoholic drinks. For further information, contact Mary Lou at 303-741-5265.

MUNCH LUNCH BUNCH – Saturday, January 26th – We had to cancel December's MLB so members could attend Rosalie Summers' memorial. But MLB is back again. Details of place and time to be announced via eBlast and through the website soon, so stay tuned!

LUNCH & MUSEUM DOCENT-LED PRIVATE TOUR – Tuesday, February 26th -- Marilyn Larkin has put together a wonderful opportunity for us! Lunch at 11:30 a.m. at the Rendezvous Café (located in the History Colorado Center – 1200 N. Broadway/at 12th Avenue in downtown Denver) and at 12:45 p.m., a docent-led private tour of History Colorado Center. Please buy your museum tickets (\$10/senior) at the museum prior to the tour. Reservations: contact Marilyn at: marilynlarin@gmail.com (preferred) or call her at 913-481-6549.

Deadline to register: February 21st.

LEAP (Leave Everything And Play) Suggestions – How about gathering a group of Friendship Force friends for...

- (1) Interested in House of Dior haute couture? "Dior: From Paris to the World" exhibit at the Denver Art Museum is open now through March 3rd.
- (2) Stock Show Parade – January 10th. Free! Check out the march of the longhorns through downtown Denver, which kicks off the National Western Stock Show and Rodeo, running from January 12 through January 27.
- (3) Phamaly Theater Company performance of "Morph Masters: How Disability Made Famous Artists Awesome!". January 11-20. Call 303-365-0005 for more information and tickets, including the fact that the first five performances are FREE!

WE NEED YOUR HELPING HANDS!!



Without committed volunteers to help in so many ways – *as Social Committee organizers, as Journey Coordinators or home/day hosts or small dinner group hosts, as active Board members willing to take on leadership roles, as mentors to new members, as hospitality workers, as newsletter editors or assistants* – we will not have a strong membership. And without a strong membership, we will not have a strong club. It is up to each one of us individually to decide in what way we can contribute best. Contact a Board member today to volunteer your helping hands! You are definitely needed!

WELCOME TO THE FRIENDSHIP FORCE DENVER 2019 BOARD

John Giles, President



I am a retired engineering consultant. I currently work as a Tax Specialist in the tax season. I am a "southern boy" raised in Tennessee, and went to college at Georgia Tech. My wife, Linda, and I enjoy traveling and joined Friendship Force Denver in September, 2011. We have traveled outbound to Costa Rica, Australia, France, Spain and Florida. We have hosted numerous ambassadors, small dinner events and "Happy Hours" for inbound groups. We are avid bridge players and you can find us on the dance floor at local clubs.

We enjoy the lasting friendships made throughout the world. You really do get to know real people by sharing real life, and the friendships that are formed last a lifetime. I'm looking forward to working with the other Board members and serving the Denver club.

Anita Smith, Vice President



I've been a member of FF since 2003; my first club was San Diego, and then I moved to Denver in the fall of 2010. I have been active on the board since moving here; I served as club president in 2013 & 2015. Currently I oversee the Denver website & merchandise sales. In the working world I was an elementary & ESL teacher, then I spent 21 years at San Diego State University where I was a finance & HR manager, and event planner. I enjoy travelling and learning about other cultures. I have been on several international exchanges, traveling to Japan, Brazil, Peru, Bogotá, Canada, New Zealand, and Europe, and participated in domestic exchanges to clubs in Montana, Virginia, Florida, North

Carolina, Western Michigan and Ohio. I have served as ED on several exchanges/journeys, both domestic and international, and have directed several Open World visits. I have 2 daughters and 4 grandsons.

Secretary, Kim Means



I grew up in a military family and have lived around the U.S. and in Greece, Germany, and the U.S. Virgin Islands. I don't know if it was all the moving around in my childhood, or just an innate travel bug, but I have always loved to travel. I live on the south side of Denver's City Park and work downtown as a legal secretary. I spend every other weekend (and then some) with my mom, who lives in Colorado Springs. In my "free" time, I am co-editor of the newsletter for the A+ Angels Mentor Program at East High School, and I serve on the Board of my Investment Club, the Mindful Market Mavens. I also volunteer at The Delores Project, a women's shelter, and I am a "First American Friend" for a family from Belarus. I love to

dog sit for my neighbors when I can. And of course, I travel as much as possible.

Treasurer, Jim Robinson



Donna and I have been members of the Friendship Force of Denver since 1993. During that time, we have been Ambassadors on many outbound Journeys, and hosted many incoming Journeys. I have held several club offices, including president in 2003, and served on many committees.

I am presently in charge of the audio-video set up at meetings, in addition to my duties as treasurer. My interests include travel, history, reading, computers, and construction. Donna and I live near Littleton, and our two sons, their wives, and three granddaughters also live in the Denver area.

Directors are listed in alphabetical order:

Director, Jeanette Armbrustmacher



I have been a FFD member since 2014. The New Zealand exchange and the Australian Outback Exchange cemented my commitment to membership in FFD. I coordinated the Orlando Journey (and home hosted 2 Ambassadors), home hosted for the Canadian Journey, and have day hosted every Journey available to our club.

I taught music in American schools in Maracaibo, Venezuela, (2 years) and Berlin (1 year). My Austrian "sister" (my family hosted a ICYE high school exchange student) and I have maintained our friendship. In October I attended her 50th wedding anniversary in Tulln (near Vienna), Austria. We subsequently travelled to Innsbruck for a week. It's enlightening to gain increased awareness of the refugee crisis by being with people who are personally affected by world decisions. This is why Friendship Force is critical to world understanding.

Director, Carol Coriell



I moved to Denver from Santa Barbara in 1978, when my husband was transferred. I became the Denver representative for a Los Angeles company specializing in commercial window coverings. We traveled the U.S., Canada, and a bit of Mexico in our motorhome, and also entertained exchange visitors and traveled overseas.

We joined FF Denver in 2010, and were delighted to find an exchange to Santa Barbara in the planning stage. We joined the outbound group, had an incredible experience with very friendly hosts, and were sold on the concept. I have been editor and producer of the newsletter for seven years, and have served on the Board since 2013. I am looking forward to continuing my work with FFD, and participating in the FFI Festival at Sea in February, and the World Conference in Boulder in July.

Director, Steve Crocker



I grew up in Denver after living as a child in Japan and France, where my father was a colonel in the US Air Force. In 2009 I retired from Qwest, where I'd worked as a technical writer. Before that, I taught English in private schools in New Hampshire and Colorado and reviewed books for the Denver Post. I'm on the board of directors of the Baroque Chamber Orchestra of Colorado and have served on the board of our local homeowners' organization.

My wife Nancy and I are keen travelers and have been Friendship Force members for four years. We've hosted ambassadors from France, Australia, Canada, North Carolina and California, as well as visitors from Turkmenistan and the Ukraine. We've been hosted by Friendship Force members in France, Peru, Germany, and Belgium. We feel fortunate to have made so many friends, thanks to this wonderful association.

Director, Pat Kaplan



I heard about Friendship Force from my friend, Tuti Tierney, and joined about a year and a half ago. I have not yet been on any Journeys, but I am looking forward to being able to join in and learn about Journeys as a board member. My dad worked for the state department, and I grew up in Bermuda, 3 different cities in France, and graduated from high school in Rio de Janeiro. One happy result is that I speak English, French, and Portuguese. After finishing college in Arizona, I moved to Denver in 1979, where I have lived happily ever since. I worked as a kindergarten teacher for 20 years, and am now enjoying retirement. My husband, Jamie, and I are outdoors people, and love to travel.

We have two daughters, one in Denver and one in New York City. We were happy to be able to share our garden last summer for the annual picnic. I have volunteered to be Co-Chair for the social committee, and Jeanette Armbrustmacher will also be Co-Chair. We would love to have suggestions from members for activities.

Director, Cecil Roberts



After a time in the Army and over 30 years as a natural resource manager, I retired. Dave Bentzin introduced my wife and me to Friendship Force in the summer of 1991. Our first exchange was to Japan in November of that year. Japan remains my favorite place to visit, and I have been there at least six additional times. Since 1991 I have held several assignments in the club. Program chair, secretary a few times, exchange director a few times, board member several times, and president twice. I have always had a good time doing worthwhile things with worthwhile people. I have been pretty dormant the last few years but have decided to resume a more active profile.

Director, Cindy Tanner



I grew up in central Wisconsin and attended the University of Wisconsin in Madison. After graduation, I went to work as a stewardess for United Air Lines in Chicago because I have always loved to travel. I have also worked for the City of Sheridan as a victim advocate. About 10 years ago FFD member Pat La Moe invited me to accompany her on a FF exchange to Germany and to the Czech Republic. It was a fabulous experience and Mike and I joined the club shortly thereafter. We went to the International Conference in Japan, where we had the opportunity to stay in a Buddhist monastery. Most recently we visited Uganda and Kenya with the Denver Club. Over the years we have hosted a number of dinners and several visitors, and the annual picnic. I look forward to many

more unique and rewarding experiences with Friendship Force. I have volunteered to be Program Chair, and hope for suggestions from members about programs that would be of interest.

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.”

Margaret Mead

CALENDAR	2019
NEW YEAR'S DAY OPEN HOUSE Tuesday, 2:00 – 5:00 pm Mary Lou Bennington's 7464 S. Milwaukee Court, Centennial Details on page 1	JAN 1
BOARD MEETING* Tuesday 1:30 - 3:30 pm NOTE DATE CHANGE	JAN 8
JANUARY PROGRAM* Tuesday, 6:45 – 9:00 pm NOTE DATE CHANGE	JAN 15
JANUARY REFRESHMENTS LAST NAMES BEGINNING WITH A – D THOSE BRINGING REFRESHMENTS PLEASE ARRIVE BY 6:30 pm	
BOARD MEETING* Tuesday 12 noon – 2:00 pm	FEB 5
FEBRUARY PROGRAM* Tuesday, 6:45 – 9:00 pm	FEB 12
BOARD MEETING* Tuesday 12 noon – 2:00 pm	MAR 5
MARCH PROGRAM* Tuesday, 6:45 – 9:00 pm	MAR 12
NOTE: The Board has decided to change the official start of the meeting to 6:45. This will give us time for socializing before starting the program at 7:15, and allow us to be finished by 9:00 pm.	
*Board meetings and monthly meetings are held at 6500 E. Girard Ave., Denver 80224. All members are welcome at Board meetings; guests are always welcome at programs.	



Membership

Friendship Force membership renewals were due Dec. 15th. So far, we have received 98 membership renewals for 2019. There are 12 Individual and 6 Household Memberships whose dues we have not yet received. A notice will be sent out to these members in January.

PARTICIPATION OPPORTUNITIES

Please contact Cindy Tanner if you have any suggestions for future Friendship Force programs. You may email her at mcap747@cs.com or call her at 303-730-2464. Thanks in advance for your ideas.

Pat Kaplan and Jeanette Armbrustmacher have volunteered to be Social Co-Chairs. They need a few people to serve as committee members. Ideas from members are always welcome, as are offers to plan and host a pop-up event. patia51@gmail.com 303-241-4379 or jmarmbru@yahoo.com 303-279-0418

The newsletter editor needs volunteers who will take notes at the monthly programs and write an article for the next newsletter. You can volunteer to do one program, all programs, or anything in between. Contact Carol Coriell, 303-979-4128, or carolcoriell@gmail.com.

Security for Overseas Travelers

It is strongly recommended that overseas travelers register with the U.S. Government at <https://step.state.gov>. This will ensure that they can be contacted in case of a disaster, (natural or otherwise) and will receive the protection due U.S. citizens.



Friendship Force Denver
Carol Coriell, Newsletter Editor
7900 W. Layton Ave., #846
Littleton CO 80123

JANUARY, 2019