



friendship force
DENVER



April, 2019

HIGHLIGHTS

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www.friendshipforcedenver.org



ABOUT THE CLUB

Friendship Force Denver meets at 6500 E. Girard Avenue, Denver 80224 at 6:45 p.m. 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

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Newsletter submittals are due on the 24th of the month.

APRIL PROGRAM

TUES. APR. 9, 6:45 P.M.

DEMYSTIFYING THE HOST/AMBASSADOR RELATIONSHIP

Which Journey was your most memorable? What events or experiences made it stay with you long after you returned? How many of your former Hosts or Ambassadors are you still in touch with? What were some of the biggest challenges you have experienced as a Host or an Ambassador? How did you handle them?



Sometimes it can be scary to stay in a stranger's home. What happens if I become ill or they do? What about bathrooms? Will there be flush toilets and privacy? How will we communicate? Must I participate in all the activities? I have a friend in the area and I want to spend some time with that person during the Journey.

These and many more questions and issues will be discussed at the April meeting. Luree Miller and Ilene Americus will lead an interactive discussion. This means your input will be solicited!! We want to help everyone become a better Ambassador and Host and share experiences and ideas. Please come prepared with ideas and stories to share. We will develop a list of the Best Practices, and publish it in the May newsletter.

**APRIL REFRESHMENTS
LAST NAMES BEGINNING WITH S - Z**

**Those bringing refreshments
please arrive by 6:30 p.m.**

FROM THE PRESIDENT

“The times they are a changin’....”

I love the old Bob Dylan songs. Specifically, the tune “The times they are a changin’...” Come on – you remember this 60’s protest song. The song’s theme spoke philosophically and in general terms but was easily referring to the necessity to embrace needed change. Change is a word we hear oh, so often. Our Baby Boomer generation was going to conquer, change and cure the world. We still can!



Who are we? Is Friendship Force International changing? Yes! We need to continue to promote Friendship Force not just as a travel club. Our strength is that ordinary people like you and me, living all over the world, are eager to open both their homes and culture to a global audience. We have the opportunity to share insights and experiences that are not available to tourists.

What is new? We will have Journeys that emphasize learning and environmental programs around the world. There will be opportunities for active and outdoor events. Example: Western Carolina is sponsoring a quilting Journey. Ambassadors will have a chance to meet up with quilters who share the same love of certain quilting methods, while gaining new ideas and techniques from each other and from many planned activities. Are you an outdoors-oriented person? Would you like to experience a diverse range of outdoor experiences in various parts of beautiful Western Washington? The Olympia Friendship Force Club invites ambassadors from around the world to join together in friendship and participate in their global adventure. Experiences include adventurous activities such as bicycling, kayaking/paddle boarding, and hiking, as well as enjoying the scenery and history of mountains, Puget Sound and nature preserves within two hours of Olympia, Washington.

What is changing within Friendship Force International? The leadership of Friendship Force International, Global Green, and Peace Boat US have agreed to combine efforts to advance global awareness of the critical need for citizen engagement to promote environmental sustainability, peace, understanding, friendship and to address other urgent global causes.

“Imagine the power for positive change that such an alliance can apply to help find solutions for our planet’s most serious challenges, most of which can be addressed and even solved by international cooperation created through friendship initiatives,” said Jeremi Snook, President and CEO of Atlanta-based Friendship Force International. The collaboration with Global Green and Peace Boat US is an outcome of Friendship Force’s stated strategy to forge partnerships with organizations aligned with its historic mission to promote understanding across the barriers that separate people.

How can I share FFI information with a friend? View this video:
<https://thefriendshipforce.org/now-more-than-ever-our-newest-video>.

Below is a great animated video about FFI:

<https://www.friendshipforce.org/new-animated-video-what-is-friendship-force/>

Yes, the times they are a changin’... We are not just a travel club. We are ambassadors of goodwill and friendship promoting learning and a new level of global understanding. Thanks for being a part of this dynamic change to make the world a better place.

John Giles

JOURNEYS & CONFERENCES

Dates May Be Subject to Change

2019

May 1 – 7 CANCELLED Domestic Journey to Dallas #15402

Need more information, contact Anita, 619-894-9464 anita.smith22@gmail.com

July 17 – 22, 5 nights before International Conference July 23-27, Domestic Inbound Journey, Dayton, Ohio #15404. Journey Coordinator Anita Smith. **We need more home hosts for the 5-night stay, & 1 more small dinner host, please consider volunteering.** Sign-up sheet is available at our monthly meeting. **Itinerary draft is on the following page, we have new activities and places to visit.**

July 28 – 31 or Aug 1 Post Conference hosting – **WE NEED 1 more home to house 2 women from Milwaukee.** Sign-up sheet is NOW available at our monthly meetings. Many THANKS to the Denver homes that have agreed to participate.

Sept 3 – 10 Inbound International Journey from Miyagi, JAPAN #15187

Ilene Americus will serve as Coordinator. Contact her to help, Sign-up sheet at our monthly 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

FRIENDSHIP FORCE INTERNATIONAL
WORLD CONFERENCE
2019
MAKE A BOLDER IMPRESSION!
BOULDER, COLORADO, USA
WILLIAMS VILLAGE CAMPUS,
UNIVERSITY OF COLORADO AT BOULDER
JULY 23 - 27, 2019
CONFERENCE ACTIVITIES: JULY 23 - 25
SOCIAL/LOCAL ACTIVITIES*: JULY 26 - 27
*OPTIONAL EXTENSION ACTIVITIES.

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

The conference agenda will include 2 days of education/sharing, general business and 2 days of activities and socializing events. Check in July 23 beginning at 3:00 p.m.

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.



2019 DAYTON INBOUND JOURNEY – July 17 to 21, 2019

Journey Coordinators: Anita Smith (619-894-9464) and Lynn Dawson (303-888-5922)

17 WED	18 THURS	19 FRI	20 SAT	21 SUN	22 MON
<p><u>Arrival:</u></p> <p>Arrive at Noon from Colorado Springs (Bustang ?)</p> <p>12:00 – 2:00 pm: Welcome Lunch: Buckhorn Exchange Restaurant (Welcome, Introductions, Restaurant History, and Speaker TBD)</p> <p>PM: Get Settled with Hosts</p>	<p><u>Metro Denver:</u></p> <p>9:00 – 11:00 am: Lakewood Heritage Center (Group Tour)</p> <p>11:30 – 1:30 pm Lunch and Tour of Molly Brown’s Summer House (Tour by Owner)</p> <p>2:00 – 4:00 pm: Kirkland Museum of Fine and Decorative Art (Group Tour)</p> <p>6:00 pm: Small Group Dinners</p>	<p><u>Downtown Denver:</u></p> <p>10:00 – Noon: Tour of Colorado’s State Capitol</p> <p>Noon -1:30 pm Lunch on Your Own at the Rendezvous Café at The History Colorado Center</p> <p>2:00 – 4:00 pm: The Ralph L. Carr Judicial Center (Group Tour)</p> <p>PM: Dinner with Hosts</p>	<p><u>Local:</u></p> <p>9:00 – Noon: Project Cure Tour and Service Project</p> <p>2:00 - 5:00 pm: Annual Friendship Force Denver Picnic at the Kaplan’s</p> <p>PM: Relax with Hosts Following Picnic</p>	<p><u>Golden:</u></p> <p>10:00 am: Red Rocks Amphitheater</p> <p>12:00 pm: Downtown Golden and Lunch on Your Own</p> <p>2:00 – 4:00 pm: Coors Brewery Tour</p> <p>PM: Ambassadors Take Hosts to Dinner</p>	<p>Depart to Boulder: Transportation ?</p> <p>On the Way: Butterfly Pavilion?</p> <p>Dushanbe Tea House – Boulder?</p> <p>July 23- 27: World Conference in Boulder</p> <p>July 28 -31: Post Conference Homestays</p>



SOCIAL NEWS BULLETIN

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

MARCH SOCIAL OUTING : CANCELED

Due to lack of interest, the Denver Mint Tour was canceled. Instead we will focus our attention on the April social outing.

APRIL LUNCH MUNCH BUNCH

Saturday April 6th at 11:00

Aki Asian Hot Pot Restaurant

12201 East Mississippi Ave. #125

All you can eat with a set price of \$21.50. Make sure you come HUNGRY! Limited seating, call Luree Miller 415-215-3770 ASAP if you would like to be part of the group.

APRIL SOCIAL OUTING: Haystack Goat Cheese Farm, 1121 Colorado Ave., Longmont, 80501

WHEN: Wednesday April 24, 10:00 until 12:00 noon. We have reservations at a nearby restaurant at 12:15. The Cheese Importer restaurant is not related to the farm but is highly recommended, and they have a room that will accommodate a large group.

The tour should take about two hours. We'll learn about the history of the farm, then tour the actual facility to see how the cheese is made. It will finish with us tasting the different cheeses that they make on site. The cost is \$10.00 per person. It takes about an hour to get there from the church where our meeting is held. Carpooling is recommended.

DEADLINE TO RSVP: Monday, April 15th

Pat Kaplan 303-241-4376 or patia51@gmail.com

LEAP (Leave Everything and Play) Suggestions

How about gathering a group of friends for a new exhibit at:

The Museum of Nature and Science, *Leonardo da Vinci - 500 Years of Genius*.

FUTURE DATES TO SAVE:

We are planning a May Social at NREL, the National Renewable Energy Lab in Golden. It will most likely be May 17. More information will come soon.

OUR PRIVATE MUSEUM TOUR in February:

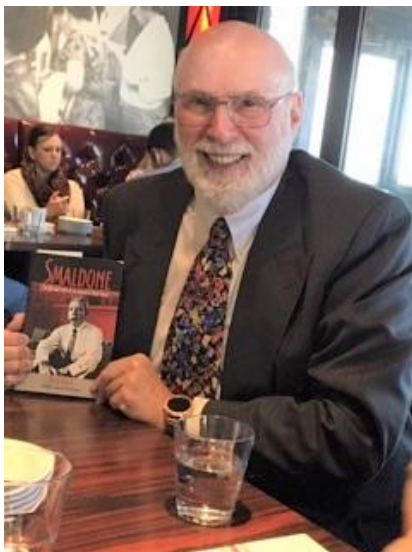
Marilyn Larkin set up a fabulous and informative tour of The Colorado History Museum. She had a good friend and docent, Rae Wiseman, volunteer to lead us. Rae has been a docent at the museum for 18 years. We also ate lunch at the museum café, which was delicious. The staff gave us our own room to eat in and were very helpful. One of the fun exhibits at the museum is a virtual ski jump run down Howelsen Hill in Steamboat Springs. It's much harder than you would think. Some of us tried it and ended in a crash with the ski patrol assisting us. See us enjoying ourselves on the next page.



THUGS AT THIS MLB OUTING? WHO KNOWS?!

On March 5th, 11 members of the Munch Lunch Bunch went to Gaetano's, the original headquarters of the Smaldones, Denver's infamous Mob Family. It was yummy Italian food (after all, this was Little Italy and *gangsta* country from the 20s through the 50s), but the setting, still reminiscent of those long-gone mob days, made us almost feel like we were in a meeting of bootleggers, loan sharks, and tampered juries, rather than friends in Friendship Force!

Plus, we had our own mobster "Godfather" present (aka Gerry Forney), who came dressed in as close to mob attire as he could create (see photo). Then there was gangster "moll" (aka Sigrid Higdon) with four goombahs (see photo – and look up the word "goombah" if you need to!). If you missed this one, you missed a fun outing. Look for future Munch Lunch Bunch outings (usually once a month) and join us as, *together*, we continue to explore Greater Denver's restaurants in its diverse ethnic, neighborhood, and historically interesting regions.



LESLIE HAWKINSON – SPIRITED ADVENTURER



Not many people have traveled all 7 continents, 48 countries, and all 50 states of the U.S. Leslie Hawkinson is one. On Tuesday night, March 12, she recounted her adventures on the most mysterious and least-visited of the 7 continents – Antarctica.

She went with Lindblad Expeditions, a tour group specializing in remote and exotic destinations. There were 148 passengers and a crew of 102 aboard a nice cruise ship with an ice breaker. Half a dozen National Geographic scientists and photographers performed scientific work and also lent a welcome hand occasionally, helping people in and out of the boats.

There was no set schedule, which is usual in extreme climates. You're guided by the weather. Nature has the final say over when ships pass through some of the toughest and most treacherous waterways in the world between Tierra del Fuego and the Antarctic. There were talks each day after lunch by experienced naturalists and mountaineers – including the sons of the first men to scale Mt. Everest, Edmund Hillary, and his guide Tenzing Norgay.

Thirteen Zodiac landing craft with small outboard engines provided transportation among the gigantic icebergs. For "wet landings," there were knee-high rubber boots. For underwater photography, there were remote vehicles equipped with splash cams, plus an intrepid dive team.

The group toured the Beagle Channel, then the more dangerous Drake Channel to the south, which is where two oceans meet, the southwest corner of the Atlantic and the southeast corner of the Pacific.



The group saw several species of penguins: small stout Macaronis, with their spikey hair; Chinstraps, who some say look they're wearing bike helmets; Adelies with their neat all black suits; majestic King penguins who don't build nests, but sit patiently on eggs the female lays; Gentoos, who make neat rock nests, only to have other penguins steal the rocks for their own nests.

For all species, Leslie could walk right up to them; they have no fear of man. (Neither did the polar bears she saw, which she and the others were content to observe from the deck of their ship, as the bears stood on their hind legs looking around for food on the deck.)

Leslie swam in 29°F water for several minutes. (This seems like a real feat, as water freezes at 32° F. – but that's in normal places, and the Antarctic is far from normal.) She claims the hard part wasn't the swimming, but getting out of the water and feeling the cold air against her skin.

Then there are the glaciers. When the big ones "calve," it can be like a small skyscraper falling to the ground. Thousands of tons of solid ice collapse with a roar into the coldest sea imaginable. The sight of whales breaching stops the ship while everyone takes pics of this spectacular event – a huge moving hump thrusting out of the sea and a spume of vapor shooting into the air. Seven countries have observation stations in Antarctica. All tourists must, by law, leave nothing behind when they visit. Dogs have been barred since 1956.

MARCH PROGRAM REVIEW, *continued*

In 2018, Leslie toured So. Georgia Island, now known mainly as a breeding ground for fur seals (very cute pups), elephant seals, and king penguins – besides being the place where the polar explorer Earnest Shackleton is buried. It's a tiny, remote bit of polar tundra, only 105 miles long and 45 miles wide, 1450 miles from true land. In summer, 32 people live there; in winter, 16.

In 2015, Leslie visited the famous Svalbard Global Seed Vault on the island of Spitsbergen, Sweden, about 800 miles south of the North Pole. It's a kind of insurance against the loss of seeds in gene banks around the world that may be destroyed by natural causes or wars.

Each seed sample consists of 500 seeds sealed within an airtight aluminum bag with ambient temperature set at -18°C, (-0.4°F) ideal for this kind of storage. The vault, which opened in 2008, has a capacity of 4.5 million seed samples.

Of all the adventures Leslie had during her trips to the coldest and most brutal places in the world, perhaps the biggest was when her hip went out in Santiago on her way home.

Since Chile doesn't do hip replacements, she had to be kept very still for some days until she could be medevaced out of the country. Finally, after what must have seemed an eternity, in pain, and with an insurance-covered cost of over \$100,000, she was home. Leslie Hawkinson is indeed a brave traveler with a message for us all!



OUR MEMBER DIRECTORY IS NOW AN APP for Android phone users

(requires Android version 5.1 or later). This was available first for IOS phones as shown in our Sept 2018 newsletter. A glitch discovered recently has been corrected.

- Simply download the **free Wild Apricot for Members app** on your device; log in with your email & password, the same you use on our website.
- Click on the three horizontal lines at the upper left; a drop-down menu will appear, allowing you to see your own profile, check on other members' information, or look at the event calendar.

Experience Different Views. Discover Common Ground.

NOTE FROM THE EDITOR

I've just returned from three weeks of immersion in all things Friendship Force, with lots of South America thrown in to complete the experience. I am proudly displaying the proclamation which shows that I navigated Cape Horn, with a little help from Holland America.

It was such fun to talk to people who have visited us in Denver, and who remembered what a special time they had. For instance, Pat from Adelaide sends love to Carol Rush. Jackie Hughes from Orlando says Hi to everyone who visited. Wil and Louise from the Bay Area club regret losing Scott and Luree to us. (Our gain!)

Holland America did a great job of enhancing our trip, with programs presented by retired professors about South America from Astronomy to Zoology, and everything in between. There were tango shows, of course, and special food, and a showing of "Evita".



The cruise was made even more special by the pre- and post-cruise excursions. We flew to the amazing Iguazu Falls for an overnight stay before boarding the ship, and spent an extra day and night touring the area around Santiago. Valparaiso, built on 43 hills around the harbor, was fascinating, with colorful



buildings and incredible street art, and marvelous ice cream.

As Leslie Hawkinson noted, the seas in the area around Cape Horn are notorious for being rough; we were not able to visit the Falkland Islands as planned. In Puerto Montt, Chile, although the ship safely made port and was able to anchor, the harbormaster would not allow the tenders to run, and we missed a tour of the Lake Country, said to be exceptionally beautiful.



My favorite day was the visit to the penguin rookery at Punto Tombo, near Puerto Madryn, Argentina.



We walked on a boardwalk surrounded by thousands of Magellanic penguins, all of them busily foraging, burrowing, and tending their fuzzy brown youngsters, without regard to us.

Plans for the next Festivals at Sea are well underway, with a 7-day cruise planned for September, 2019 to visit Alaska. In 2020, there will be a 12-day cruise beginning in Sydney, Australia on Feb. 1st, and going to New Zealand, with one port call in Tasmania, and six in New Zealand. I hope to go; would anyone like to join me?

Carol Coriell

CALENDAR

2019

BOARD MEETING*

Tuesday 1:00 - 3:00 p.m.

APR 2

MUNCH LUNCH BUNCH

Saturday, 11:00 a.m.

Aki Asian Hot Pot (details page 5)

APR 6

APRIL PROGRAM*

Tuesday, 6:45 – 9:00 p.m.

APR 9

**APRIL REFRESHMENTS
LAST NAMES BEGINNING WITH
S - Z
THOSE BRINGING REFRESHMENTS
PLEASE ARRIVE BY 6:30**

APRIL SOCIAL

Wednesday, 10:00 a.m.

Haystack Goat Cheese Farm, Longmont
Details page 5

APR 24

BOARD MEETING*

Tuesday 1:00 – 3:00 p.m.

MAY 7

MAY PROGRAM*

Tuesday, 6:45 – 9:00 p.m.

MAY 14

BOARD MEETING*

Tuesday 1:00 – 3:00 p.m.

JUNE 4

DAYTON Inbound Journey

JULY 17 – 22

ANNUAL PICNIC

Saturday, time TBD

JULY 20

WORLD CONFERENCE

Post Conference Hosting

JULY 23 – 27

JULY 28 - 31

***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.**

MEMBER NEWS

Lois Jones, a longtime member of Friendship Force of Denver, passed away on March 12. She and her late husband Earl had been members since 1983, participating in many Club activities including the 1994 Friendship Force International Conference in Denver. Both were Past Presidents of FF Denver.

Their daughter, Tammy Jones Roach, wants us to know "Friendship Force was special to Lois and Earl and brought them great joy".

Welcome to New Member

Carolyn Pinney
5311 S Queen St
Littleton CO 80127
cell phone 214-437--4489
car1pinney@gmail.com

Thank you to Anita Smith for taking on the task of doing the March newsletter, in spite of her own knee replacement surgery.

Overheard at the last meeting:

Jack and Anne just came back from Indonesia, Carol just returned from South America, six members are going to Moscow and St. Petersburg, Jim and Donna are taking their grandchild to Japan, all members are planning for Dayton's visit, followed by the World Conference, and hosting world-wide visitors. And then there's the visit from Miyagi, Japan in September.....whew! What an active club!

