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
President ..................... John Giles jgiles_911@hotmail.com
Vice President .......... Anita Smith anita.smith22@gmail.com
Secretary ............... Kim Means kmnchu@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.

MAY PROGRAM
TUESDAY, MAY 14, 6:45 pm

FUN, FEARLESS, and FEMALE

When Frances Pordes Phillips was in her twenties, she wanted to see the world.

But school and work interfered. Then one day, through chance, she was given the opportunity to realize her dream--

Africa, South America, sailing across the Pacific in a sea unworthy vessel, New Zealand, South East Asia and India.

She backpacked alone through more than 30 countries around the world on a shoestring budget.

Share her adventurous, exciting and sometimes dangerous experiences. Come hear how Frances planned her trip, and what really happened. And learn some tools that will ensure that wherever you travel, you will come home with great memories. Books will be available for purchase.

THE MAY MEETING WILL BE A CELEBRATION OF NEW MEMBERS!

MAY REFRESHMENTS
LAST NAMES BEGINNING WITH A – D
Those bringing refreshments please arrive by 6:30 pm
FROM THE PRESIDENT—SPRING FORWARD!

It has not been a harsh Denver winter. We had one small incident with a snow blizzard, but it got everyone ready for the next season. Spring is upon us. I can feel it. I love seeing the first buds pop on the trees and seeing the sleeping bulbs of daffodils and tulips awaken after a long winter nap. I love going to my garden supply store and choosing which flowers to plant for the year. I love seeing all the birds flying back and seeing all the baby animals being born. Spring is life, and that’s just another reason to look forward to it.

I’m ready to be brought back to life again. Here are my top six things I’m looking forward to in this 2019 spring season that’s approaching:

6) The weather I can’t wait until the weather is nice again so I can be outside. All winter, there were so many things I wanted to do outside but couldn't because of the chilling weather. We are blessed with the endless possibilities of things to do outside in Colorado. Let’s open windows, yes, let that fresh air inside.

5) The food With the warmer months coming, I always find it easier to eat healthier. Fruits and vegetables start coming into the season and my motivation to eat cleanly kicks in. I also find I exercise more in the spring and summer because there’s no longer the excuse of "it’s too cold outside to go to the gym". Even though we barbecue all year, it's so much more enjoyable to barbecue in the spring, when the sun is still up, the weather is warmer, and we can sit outside and dine al fresco. To me, that is sheer heaven.

4) Spring Cleaning I love cleaning in general, but spring cleaning is the best. I take the time to completely detox myself in the spring. I get rid of anything I don't need any more including any toxic people, environments, or thoughts. Take advantage of the idea of spring cleaning and clean up your life. There's always room for improvement.

3) Energy With spring, comes a whole new energy. It’s the season of rebirth. Take anything that no longer benefits you, and either fix it or toss it. Allow yourself to become a better version of yourself. Stop any excuses you may have been having all winter and do all the things you wish to.

2) The Ice Cream Man Yes, I am still a big kid at heart and I still love ice cream as much as I did when I was a kid. In the springtime, our ice cream man comes back on the scene, and hearing that little jolly jingle and seeing all the kids run to the truck puts a smile on my face. Of course, I always grab a few bucks and line up with the neighborhood kids to get my favorite treat, too.

1) Getting ready for the Friendship Force World Conference in Boulder Our Denver club will demonstrate the true meaning of Friendship Force. Our post-conference hosting will bring people from all over the world to our Denver home hosts.

Oh, the spring! There is no denying the sheer beauty, peacefulness, tranquility and happiness that this season imparts on me each year. Just writing this, I am yearning for the season even more! So, how about you? Why do you look forward to the spring?

I would like to make one more point—wait a minute—I hear the Ice Cream Man, gotta go.

John Giles

May 2019
JOURNEYS & CONFERENCES
Dates May Be Subject to Change

2019

July 17 – 22, 5 nights before International Conference. Domestic Inbound Journey, Dayton, Ohio #15404. Journey Coordinators Lynn Dawson & Anita Smith, Home hosts, please submit your host application to Anita. Activity sign-up sheet is available at our monthly meeting. Itinerary draft and reservation form follow this page.

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

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.

July 28 – 31 or Aug 1 Post Conference hosting........... Many THANKS to the Denver hosts that have signed up to participate. A planning meeting at the Tanners’ home is scheduled for Sat, May 4, 9:30am.

Sept 3 - 10, Inbound International Journey from Miyagi, JAPAN #15187 Ilene Americus will serve as Journey Coordinator. Mark your calendar so you can take part in the activities. Sign-up sheet at monthly meeting in May. Contact Ilene to help, iamericus-denver@yahoo.com

2020

Spring or Fall: Outbound Domestic Journey to Oregon’s Mid-Willamette Valley FF Club and the Columbia-Cascade Club. Need a Journey Coordinator to start corresponding with these two clubs to coordinate the Journey, please consider applying

MAY (suggested month) International Inbound Journey to Denver #20096, Shizuoka, Japan. Need a Journey Coordinator to start communicating with the club.

OCT (suggested month) our International Outbound Journey to Moscow, Russia & Astana, Kazakhstan #20241. Need a Journey Coordinator to start communication with the 2 clubs; please consider volunteering.

May, 2019
## 2019 DAYTON INBOUND JOURNEY – July 17 to 21, 2019

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

<table>
<thead>
<tr>
<th>17 WED</th>
<th>18 THURS</th>
<th>19 FRI</th>
<th>20 SAT</th>
<th>21 SUN</th>
<th>22 MON</th>
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<tbody>
<tr>
<td><strong>Arrival:</strong></td>
<td><strong>Metro Denver:</strong></td>
<td><strong>Downtown Denver:</strong></td>
<td><strong>Local:</strong></td>
<td><strong>Golden:</strong></td>
<td><strong>Depart to Boulder:</strong></td>
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<tr>
<td><strong>Arrive at Noon from Colorado Springs</strong></td>
<td>9:00 – 11:00 am: Lakewood Heritage Center (Group Tour)</td>
<td>Noon-1:30 pm Lunch and Tour of Molly Brown’s Summer House (Tour by Owner)</td>
<td>9:00 – Noon: Tour of Colorado’s State Capitol</td>
<td>10:00 am: Red Rocks Amphitheater</td>
<td>On the Way:</td>
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<td>12:00 – 2:00 pm: Welcome Lunch: Buckhorn Exchange Restaurant (Welcome, Introductions, Restaurant History, and Speaker -City of Sheridan City Planner)</td>
<td>2:00 – 4:00 pm: Kirkland Museum of Fine and Decorative Art (Group Tour)</td>
<td>Noon-1:30 pm Lunch on Your Own at the Rendezvous Café at The History Colorado Center</td>
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<td>Butterfly Pavilion?</td>
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<td>2:00 – 4:00 pm: The Ralph L. Carr Judicial Center (Group Tour)</td>
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<td>Dushanbe Tea House – Boulder?</td>
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<td>PM: Get Settled with Hosts</td>
<td>6:00 pm: Small Group Dinners</td>
<td>PM: Dinner with Hosts</td>
<td>PM: Relax with Hosts Following Picnic</td>
<td>PM: Ambassadors Take Hosts to Dinner</td>
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Visit [www.friendshipforce.org/Journeys](http://www.friendshipforce.org/Journeys) to see the complete range of Journeys offered by clubs throughout the world.

*Experience different views. Discover common ground.*
**DAYTON, OHIO  July 17-21, 2019**

**Reservation Form**

**Participant Name(s):** ____________________  **Phone #:** ____________________

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<tr>
<th>EVENT DATE</th>
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<td>Wed July 17</td>
<td>Welcome Lunch at Buckhorn Exchange</td>
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<td>Thurs July 18</td>
<td>Lakewood Heritage Center TOUR</td>
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<td></td>
<td>Molly Brown’s Summer House LUNCH</td>
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<td>Kirkland Museum</td>
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<tr>
<td>Sun July 21</td>
<td>Coors Brewery</td>
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<td>$ 5.00</td>
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**TOTAL AMOUNT DUE**

$ 

Please mail this completed form and a check made payable to Friendship Force Denver to:

Anita Smith  
1221 Laurenwood Way  
Littleton, CO 80129

All reservations with your payment must be received no later than JUNE 15.  
**Save a stamp, bring your payment to the May 14 meeting.** Thank you!
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!!

BOTANIC GARDENS TOUR

York Street Gardens, 1007 York St., Denver 80206
Friday, May 17, 2019
10:30-11:30 am, with lunch after the tour
$14 includes the private tour, as well as exploring the gardens on your own the rest of the day.

Tickets must be paid for in advance, with a check for $14.00 payable to Denver Botanic Gardens and mailed to Jeannette Armbrustmacher, 33 S. Holman Way, Golden, CO 80401. Check must be RECEIVED by Jeannette by May 10th.

Lunch together at the Gardens, at either the Hive Garden Bistro or the Offshoots Café. Cost of lunch is not included in the tour. Free Parking off York Street

Just in time for spring planting, join us for a personalized tour of the Botanic Gardens.

We'll have a docent directing our attention to Human Nature, the sculpture exhibit from Craig Poncio. In case of rain we'll be going to the Conservatory. If our tour group is larger than 10, docents will tour smaller groups of 5 or 6.

Questions? Call Jeannette Armbrustmacher at 303-279-0418 or email at jmarmbru@aol.com. Of course, mobility options are available. The more the merrier!!

Be sure to check out the Plant Sale, May 10 and 11!!
NO ONE WENT AWAY HUNGRY AT THIS OUTING!  

photos and story by Luree Miller

15 intrepid Lunch Munchers tackled a fascinating array of options (fish balls, shrimp, pork, chicken, enoki mushrooms, cloud ears, lotus root, bok choy, noodles, and so much more – plus both a wonderful dipping sauce bar to add to each individual hot pot and a finishing touch of ice cream for dessert) at Aki Asian Hot Pot in Aurora on April 6th. And after lunch, at least one member explored the giant Asian market next-door – did you buy anything, Sue Dunn?! A perfect day was had by all – warm spring weather, wonderful food choices to add to personalized broth, great adventurous spirits, terrific conversational company! A special thanks to Kim Sheremeta for arranging this particular MLB outing – and for her expert advice to the novices of this unique “individual” dining experience!
WHAT A GREAT APRIL SOCIAL ADVENTURE! photos and story by Luree Miller

13 “cheese heads” (and this isn’t even Wisconsin!) had a fascinating tour of the Haystack Cheese Factory in Longmont, led by Chuck Hellmer, president of the company.

We learned that 5 goats equal 1 cow in allowed animal units in unincorporated Boulder County. We also learned that mozzarella is made from water buffalo milk (did you know that?!), that goats are as trainable as dogs, goats average 5 pounds of milk produced per day (compare that to 10-20 pounds for water buffalo and 94 pounds for cows).

Haystack currently produces 200,000 pounds of cheese (35 varieties) annually but hopes to keep increasing that in the years ahead. We saw holding tanks, inoculation vats, “high temperature short time” pasteurizers, and we discovered how fashionable we all look in hair nets and blue booties. Be sure to ask one of us about the difference between lactic and rennet brie! The tour finished with a tasting of several of Chuck’s favorite cheeses and then lunch (and some wild shopping) at International Cheese Importers.

If you weren’t there, you missed a very, very special outing!
LEARNING TOGETHER FROM OUR PAST JOURNEY EXPERIENCES  
by Luree Miller

Our April meeting, overseen by Ilene Americus and Luree Miller, gave us an opportunity to look back on what has or hasn’t worked as ambassador and/or host, but in addition, enabled us to look forward to how we might enhance future experiences as ambassador and/or host. This was also a reminder that there is a role for everyone in the club when we host – from help with planning to help with set-up/clean-up to providing home/day/small group dinner hosting to participating in Welcome/Farewell parties. Thanks to everyone who participated in this open forum! And thanks, Cindy Tanner, for recommending we do an annual program “where all members can interact” – we agree!

Here are the highlights of some of the questions asked at this program:

Which journey experience was most memorable? A few examples...staying in a Buddhist monastery in SE Asia, talking about personal apartheid impacts in South Africa, helping herd sheep on a sheep ranch in New Zealand, building a quilt together with other ambassadors in North Carolina and then donating the quilt to a good cause, composing and sharing a “Chileans Isle” poem with Chileans, singing “Take Me Out To the Ballgame” while gifting German hosts Colorado ball caps and “peanuts and Cracker Jacks,” playing the part of clowns at a Clown Party in France.

How do we communicate when we don’t speak each other’s language? There are a variety of translation apps for the phone (e.g. Speak & Translate app). Also, if hosting, invite a friend or neighbor who speaks the language of your ambassador to join you for dinner or an excursion. And there are always hand gestures – and the laughter that accompanies those. Patience, wit, creativity and flexibility are the keys to such “barriers”! You would be amazed at how well we can communicate even without a common language!

Do we stay in touch with our hosts or ambassadors after a journey? From a show of hands, most of us do stay in touch (good for us!) – through email, phone calls, letters, Christmas and birthday notes, Facebook, FaceTime, Skype, and additional non-journey-related travel and visits together.

What one place in our city should our ambassadors see? Multiple answers! Red Rocks Amphitheater, Konovalenko gem stone carving exhibit at the Museum of Nature and Science, Buckhorn Exchange, RINO alley street art, the Blue Bear, Roxborough State Park, Union Station, 16th Street Mall, Dinosaur Ridge, Tattered Cover, Botanic Gardens, Casa Bonita, and further afield, Wild Animal Sanctuary, Barr Lake State Park, Georgetown, Garden of the Gods, and the Olympic Training Center.

Tips for being a good host? Send photos and email introductions before you meet. Find out ahead of time what they like to eat for breakfast and any allergies or food issues. Provide essential items (water, lotion, lip balm, tissues, snacks, flashlight), as well as international stamped postcards and a card with your name, address, phone number. Offer to do their laundry. Give them time to quietly relax. When your ambassadors take you to dinner one evening, be considerate of the expense of the restaurant you recommend.

Tips for being a good ambassador? If your host has children or grandchildren, consider a small gift for them. Do not expect to be waited on – offer to help your host. Be adaptable in all things. Embrace expected social, cultural, racial, religious, ethnic, and language differences – this is what puts the friendship in Friendship Force. Unless health precludes participation, be an active part of whatever events are planned (you are not on your own personal vacation). Be considerate of your host’s privacy needs. Be honest if you need help. Treat your host to dinner one evening. Leave a thank-you note on the pillow when you depart. Provide them with copies of photos you took during the Journey.

continued on page 10
Any Not-So-Pleasant Stories Heard or Experienced? One host had an ambassador that, when he wore a particular pin, expected to be saluted. An entire group of ambassadors left their hosts behind when they discovered they were going to be hosted by a “colored” club in Cape Town. Some ambassadors have wanted to do nothing but shop. Some ambassadors want to experience our pot culture. Speaking Javanese mistaken for speaking Japanese, so the ambassador was inadvertently separated from the rest of the group, because the host only spoke Japanese and lived in an isolated rural area. Ambassadors that want to explore separately from the group when other activities are planned.

Favorite gifts to give your host? Locally made items (aspen leaf or columbine jewelry, elk horn key chains, Enstrom candy, Celestial Seasonings tea, etc), Native American crafts (pottery, sand paintings, dream catchers, etc – the Trading Post at Garden of the Gods is a great place for these items), photo albums, books of Colorado scenery, photo books (of your family, your neighborhood, your home), tea towels, place mats. A rule of thumb: gift something that you would also like to receive.

Would you like more relaxed, free time with your hosts or ambassadors? The answer to this question was a resounding YES! All future journey coordinators should keep this in mind when planning itineraries.

Dinner suggestions as a home host? Allow yourself flexibility, because home hosting takes time and energy – so consider ordering in pizza for dinner one evening to give yourself a break and a truly relaxed evening for your ambassadors. Remember that salmon is a quick, easy, but elegant meal. Ask your ambassadors to cook a meal representative of their culture or country (shop together for the ingredients, but you pay the bill). Trade dinner evenings with other home hosts who may live near you.

SPEAKING OF BEING GOOD HOSTS ---JOIN US FOR A PIZZA PARTY!

Date: Thursday, May 30, 2019  
Time: 6:15 p.m.  
Address: Lewis Roca Rothgerber Christie LLP  
1200 17th Street, Suite 3000  
Denver, CO 80202  
Host: Kim Means  
Office: 303-628-9664  
Cell/Text: 303-935-1842  
Cost: $10.00 per person

Seven ambassadors from Brisbane, Australia will be visiting Denver for three days before a Friendship Force journey to Grand Junction and then Salt Lake City. We will be meeting them (informally) at Kim’s office building on the 30th floor of The Tabor Center (downtown) on May 30 at 6:15 p.m. for pizza and salad.

If you would like to join us, please sign up at the membership meeting or by email and pay Kim Means $10.00 per person, by Monday, May 27. (If you came to Kim’s office for the pizza party last time – where Melody was the Journey Coordinator for Canada – it will be a lot like that, with the spectacular views of downtown and the front range, but without a presentation and without the hassle of trying to get up the elevator on the weekend.)
## CALENDAR 2019

<table>
<thead>
<tr>
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<tr>
<td>BOARD MEETING*</td>
<td>MAY 7</td>
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<td>Tuesday 1:00 – 3:00 p.m.</td>
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<td>MAY PROGRAM*</td>
<td>MAY 14</td>
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<td>Tuesday, 6:45 – 9:00 p.m.</td>
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<td>Celebration of New Members</td>
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<tr>
<td>BOTANIC GARDENS TOUR &amp; LUNCH</td>
<td>MAY 17</td>
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<td>Details page 6</td>
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<tr>
<td>PIZZA with Brisbane members</td>
<td>MAY 30</td>
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<td>Details page 10</td>
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### MAY REFRESHMENTS

**LAST NAMES BEGINNING WITH A – D**

THOSE BRINGING REFRESHMENTS PLEASE ARRIVE BY 6:30

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<tr>
<td>BOARD MEETING*</td>
<td>JUNE 4</td>
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<td>DAYTON Inbound Journey</td>
<td>JULY 17 – 22</td>
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<td>ANNUAL PICNIC</td>
<td>JULY 20</td>
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<td>Saturday, time TBD</td>
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<tr>
<td>WORLD CONFERENCE</td>
<td>JULY 23 – 27</td>
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<td>Boulder, Colorado</td>
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<td>Post Conference Hosting</td>
<td>JULY 28 – 31</td>
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<td>BOARD MEETING*</td>
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<td>MIYAGI, Japan Inbound Journey</td>
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*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

### Welcome to New Members

**Heidi McKelrath**
12293 W. Cross Drive
Littleton CO 80127
heidileem@aol.com
h 303-985-4878  c 303-517-3042

**Willa Rose**
7400 Grant Ranch Blvd., #13
Denver CO 80123
willa.rose@hotmail.com
c 303-810-4292

## 2019 BOARD MEMBERS

- **President**: John Giles
- **Vice-President**: Anita Smith
- **Secretary**: Kim Means
- **Treasurer**: Jim Robinson
- **Director**: Jeanette Armbrustmacher
- **Director**: Carol Coriell
- **Director**: Steve Crocker
- **Director**: Pat Kaplan
- **Director**: Cecil Roberts
- **Director**: Cindy Tanner

## 2019 COMMITTEES

- **Journey Coordinator**: Anita Smith
- **Membership Committee**: Cecil Roberts, Jackie Goreham
- **Munch Lunch Bunch**: Luree Miller
- **Newsletter**: Carol Coriell, Dave Bentzin, Kim Means, Jim Robinson, Steve Crocker
- **Refreshment Committee**: Mary Lou Bennington, Donna Robinson
- **Programs**: Cindy Tanner
- **Social Committee**: Pat Kaplan, Jeanette Armbrustmacher
- **Webmaster**: Anita Smith
- **World Conference**: Lynn Dawson

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*Happy Mother's Day*