



friendship force
NORTHERN COLORADO

FRIENDSHIP FLYER



July
2014

Cindy Paulson,
Editor & Publisher

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Estes Park, Fort Collins, Greeley, Loveland, Windsor

FROM OUR PRESIDENT



Summer is in full swing now and I miss the cool days of spring, especially after seeing them in the vibrant colors of the northern latitudes in Germany, Norway and Sweden. Our Kiel exchange is still fresh in my mind and I am excited to share it with you at the September meeting. Remember that we have no meeting in July. On August 24 we will join with our neighboring Cheyenne Friendship Force for our annual picnic. They are providing the fried chicken and we are bringing side dishes of veggies, salads and desserts. **Picnic details and directions on page 8.**

At our June meeting we elected the 2015 slate of officers:

Gary Cummins, president; Nita Kopyay, vice pres/president elect; Paulette Weaver, secretary; & Duane Sharp, treasurer

Rona Baer, our new Small Group Coordinator, set out signup sheets for a variety of social activities. See page 3 for the activities and lists of like-minded friends who are interested in getting together this summer. Rona will assist with notifying people of event dates, and people can call each other to confirm plans and carools. This is an excellent opportunity to get better acquainted with each other.

Joy DiBenedetto, FFI president, asked me to encourage you to fill out the questionnaire that will be coming in your email soon. It is so important that we participate in the survey to let FFI know what direction we want our club to go. This is our opportunity to grow and change under fresh new leadership as well as maintain what we love about the club. I will send out an email to remind you as soon as I get the questionnaire.

Have a wonderful summer and I look forward to seeing you as we get together for small group social events and the picnic in Cheyenne on August 24.

In Friendship,

Marilyn Garner

Next Meeting FF PICNIC

August 24
1:00-4:00 p.m.

Lions Park

Cheyenne

Details & Directions
on Page 8

JUNE PROGRAM REPORT: REGIONAL CONFERENCE IN SLC



FFNC was well-represented at the Mountain State Regional Conference, with 16 members attending. Our June FF meeting program was presented by Sue, Gary and Ed, who told us all about the conference, summarizing the workshop sessions, and sharing great information and photos.



The conference was held at the beautiful Little America Hotel in downtown SLC. Registrants were given the opportunity to board an open top city bus that took them on an enjoyable and informative tour of SLC.

Joy DiBenedito, President and CEO of FF International, presented the keynote address on Saturday morning. Her graphs and survey results gave detailed information about where Friendship Force International has been, where we are now, and how we are poised for the future.

A workshop on "Promotion and Publicity" was presented by Denise Wheeler, author, lecturer, and past president Utah FF. Some of her suggestions for promoting our individual clubs were: grant writing, presentations at service clubs, give each new member a job, target new members for home-hosting, have a booth community events, display posters in local businesses, libraries and community centers, and write and submit articles to newspapers and community publications. *Get the word out!*

Keith Hill presented the second workshop which encouraged us to "Unleash the Great Photographer within You". He shared his passion for photography and provided several suggestions: Read your camera's manual and use online tutorials, think about what your subject is before you take a picture. If your pictures aren't good enough, you're probably not close enough. Make sure you can see the eyes and focus on them. Skies with a few clouds help make excellent photos.

Becky Hale presented "Packing and Travel Tips." She shared many practical ideas, and demonstrated and showed specialty travel items & equipment, including Briggs and Riley luggage, which come with life-time guarantee, Scotty Travel Vests, quick dry wool socks, and micro fiber towels.

The final workshop included "Recruitment" by Jean DeMersseman, "Mentoring New Members" presented by Cindy Paulson, and "Keeping New Members Engaged" by Sue Palmer.

FFI President Joy led a question and answer session. The banquet, special award presentation, and entertainment by the Hale Family Musical Ties completed the evening.

Sunday's activities included attending a Mormon Tabernacle Broadcast where the FF attendees were recognized and introduced. This was followed by a tour of Temple Square.

Thanks to all who attended and for sharing great ideas that will serve our club well.

Donna Clark, reporter



SUMMER SOCIAL ACTIVITIES

RONA BAER, SMALL GROUP COORDINATOR

Let's get together! Here are the lists of activity possibilities and the names of friends who have expressed interest. I will notify people of opportunities/events during the summer. People can call each other to confirm plans and arrange rides together. Call me or email me to have your name added to any of these lists.

~ Rona Baer 744 9974 baer@extremes@gmail.com

MEET FOR CONCERTS

- Joann Winegardner
- B J DeMersseman
- Barb Turnbull
- Debby Jones
- Kay Thomas
- Elle Barr
- Rosemary Donovan
- Cindy Paulson
- Ed & Nancy Brigden
- Cheryl Stevens
- Marilyn Garner
- Rona Baer
- Mary Lou Selch
- Larry & Cinda Clark
- Cathie McCallum
- Nita Kopyay
- Marcia Ross



James Taylor Concert at Redrocks



MEET TO EAT OUT

Also known as: LEO (Let's Eat Out)

- B J DeMersseman
- Mary Riney
- Debby Jones
- Gary & Sue Cummins
- Elle Barr
- Ed & Nancy Brigden
- Joann Winegardner
- Cheryl Stevens
- Don & Diane Locke
- Nita Kopyay
- Anne Brown
- Marcia Ross
- Rona Baer
- Barbara Klein
- Kay Thomas
- Larry & Thelma Slocum
- Don & Diane Locke
- Larry & Cinda
- Kay Sheahan
- Anne Brown

PEOPLE INTERESTED IN PROGRESSIVE DINNERS

- B J DeMersseman
- Mary Riney
- Debby Jones
- Rona Baer
- Elle Barr
- Ed & Nancy Brigden
- Joann Winegardner
- Cheryl Stevens
- Cindy Paulson
- Don & Diane Locke
- Anne Brown
- Marcia Ross
- Larry & Thelma Slocum
- Marilyn Garner
- Kay Sheahan
- Ken & Paulette Weaver



Supper in Olde Town, with Finnders & Youngberg , Bluegrass



MEET TO GO TO MOVIES

- Joann Winegardner
- Mary Riney
- Debby Jones
- Barbara Klein
- Elle Barr
- Cindy Paulson
- Willie Westdorp
- Marilyn Garner
- Marcia Ross
- Rona Baer

FFNC EXCHANGE TO FF KIEL, GERMANY

Between May 21 and June 8, 2014, 17 fun-loving ambassadors traveled to Germany, Norway and Sweden. Eleven of the group members were from Northern Colorado, two from Australia, one from NV, WA, NJ and VA. Our first stop was in Hamburg, where we used our 3-day transportation passes to explore the beautiful, history-rich city. Highlights included our Le Meridien Hotel location which was in walking distance to the ornate Rathaus train station and a great variety of restaurants and shopping areas. This modern hotel was situated right on beautiful Lake Alster, and included a leisurely ferry ride around the lake. While exploring the city, we all marveled at the creativity at the Miniature Wonderland (you can look it up online!), and were awed by the beauty of St. Michael's Cathedral, where many of us enjoyed a free organ recital. And of course, many of us enjoyed the experience of tasting authentic German bratwurst, currywurst and various other delightful foods.

After a rather harrowing experience to board the express train, we headed to Kiel, where we were met by our FF Kiel hosts. Throughout the week they displayed warm hospitality and friendliness, and gave us an interesting overview of the highlights in and around the port city of Kiel. Touring by steamer, motorboat, bus and car, we were impressed by the cleanliness of the city, the fluency with which most Germans spoke English, the preservation of cathedrals, churches and other historical buildings (some built in the 13th century) and the beauty of the Schleswig-Holstein maritime region. At the Kiel Town Hall, we were welcomed by the Deputy President, and got an amazing panoramic view of the city atop the Town Hall Tower.



We traveled by steamer to Laboe where we explored the German Naval Memorial (which honored veterans from all countries involved in WWII) and walked through a very narrow submarine. We learned about the history of the fishing and ship building industries and the Viking/Danish influence in the region. On a very windy and cold day we witnessed a ship coming through the locks on the Kiel Canal and saw the old lighthouse.



Our hosts and other FF Kiel members treated us to a lovely welcome/farewell dinner and fun musical performance by a local duet at their regular monthly meeting. During the evening we entertained their club with our "Colorado" presentation---expertly translated to German by our own Irene Little--- and presented them with a Colorado flag. They presented a special plaque to President Marilyn Garner, commemorating our exchange.

The home hosts and other club members really went all-out to provide us with an interesting itinerary, great food, and an outstanding overall experience. We were delighted to hear they are planning to come to Winnipeg in 2015, and we offered the possibility of having them add on a visit to FFNC.

From Kiel, we boarded our MSC Cruise ship, headed northwest through the Baltic and North Seas. We were treated to magnificent views of fjords, waterfalls and quaint villages along the coastline. During shore excursions in Norway in Kristiansand, Hellesylt/Geiranger, Flam, and Stavanger and also in Goteborg, Sweden, we explored the areas by bus, small boat and foot and even by kayak!



Onboard the huge ship, it was fun to experience the dining and menu choices, explore the various lounges and other options, and enjoy the wonderful evening entertainment on-board ship.

You can hear more about our exchange and other experiences and view some of our photos (no, we won't overwhelm you with thousands!) at our regular September 2014 FFNC meeting.

~ Marcia Ross, Co-ED

Exchange Directors Needed for Upcoming Exchanges

June, 2nd week, 2015 - San Diego - Incoming

San Diego will be coming to Northern Colorado the 2nd week of June, 2015 for a 5 day exchange, then will go to the Denver club for 2 or 3 days. They have invited us to come to their club in 2016.

August or September, 2015 - Napier, New Zealand - Incoming

Napier, New Zealand will be visiting our club for a 1 week exchange, as well as the Des Moines & Lincoln clubs. They will be with the Iowa clubs sometime during August 13 - 23 and we will coordinate a week either before or after their exchange.

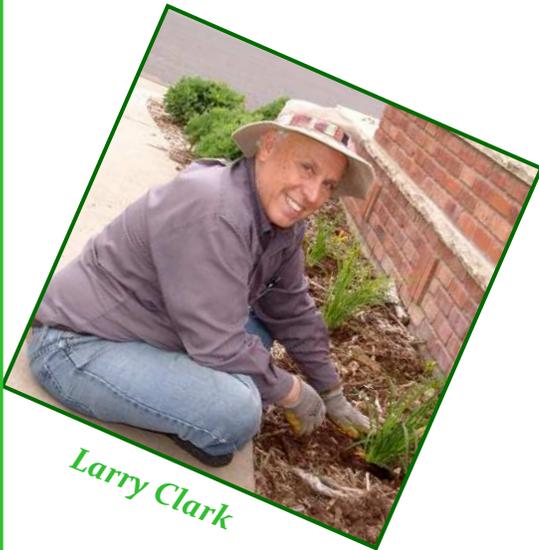
September 2015 - Harrisburg Pennsylvania - Incoming

Harrisburg is coming to Northern Colorado and also to the Cheyenne club, so dates need to be coordinated. We want dates to our club to show off our fall colors - so probably mid to late September.

If you would like to be Exchange Director for any of these exchanges, please fill out an application (available on our web site) and get it to Marilyn Garner. Co-Ed's, or having an Assistant ED, is also a possibility and would be a fun way to get involved and get acquainted in the club. Manuals with information on what to do and see in our Northern Colorado area are also available for your use. If you have any questions, please call Marilyn 493-4137 or Kay 278-9054.

BENSON PARK FRIENDSHIP FORCE GARDENING

BY NANCY BRIGDEN



Larry Clark



Nancy Brigden



Kay Sheahan

On June 7, four lonely FFNC members faced the large list of spring garden chores for Loveland's Garden Day at Benson Park . Unfortunately, most regular FFNC garden helpers were off enjoying Scandinavian fiords and making new friends in Kiel, Germany.

But then, Loveland Youth Gardeners arrived to save the day! These energetic young people helped weed, shovel out overgrown ornamental grasses, set transplants, and spread mulch. Many hands made the work happen!

Later in June our FFNC board approved an ice cream social thank you for these young helpers and their mentors. In mid June, we met at two Youth Gardener projects in downtown Loveland for a tour of their gardens. They explained their work program before we all enjoyed cool treats.



Cinda Clark



Loveland Youth Gardeners

Inbound

Outbound

EXCHANGE CALENDAR

2
0
1
4
↓

St. Louis, MO Sept 21—Oct 4
Alice Gibson **310-8848**

FFI International Conference
Auckland, NZ October 14—16

Registration available online with FFI

2
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5
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Kiel, Germany Spring 2015
Inbound
Plans Pending, ED will be needed

San Diego, CA June 2015
Inbound
ED Needed

Peru July 2015
Outbound
ED Alice Gibson **310-8848**

Napier, New Zealand August 2015
Inbound
ED Needed

Harrisburg, PA Fall 2015
Inbound
ED Needed

FFI International Conference
Vancouver, BC, Canada TBA

2014 OFFICERS & COMMITTEE CHAIRS

PRESIDENT: Marilyn Garner
493-4137 garner.marilyn@gmail.com

VICE PRES: Gary Cummins
682-2266 gary@gscummins.com

SECRETARY: Paulette Weaver
356-5068 interweaver@greeleynet.com

TREASURER: Alice Gibson
310-8848 aligibs@yahoo.com

Programs: Esther Johnsen
484-2666 RNEJOHNSEN@aol.com

Exchange Coordinator: Kay Thomas
278-9054 kthomaslvnd@aol.com

Website: Ed Brigden
381-5809 brigden@comcast.net

Newsletter Editors/Publishers:
Ed Brigden, Cindy Paulson, Sue Cummins
381-5809 brigden@comcast.net
225-2252 cdp225@msn.com
682-2266 sue@gscummins.com

Publicity: Anne Brown
663-3727 abby144@aol.com

Member Directory: Ed Brigden
381-5809 brigden@comcast.net

Membership: Thelma Slocum & Cindy Paulson
223-9855 thelmaslocum@comcast.net
225-2252 cdp225@msn.com

Telephone Tree: Barbara Turnbull
493-0787 b.turnbull493@gmail.com

Music: Rosemary Donovan, Larry Clark
669-8818 donovangcd@aol.com
669-5426 clarksmail@msn.com

Store: Debby Jones
686-0303 dsj55@aol.com

Historian: Mary Lou Selch
356-5068 interweaver@greeleynet.com

Greeting Table: Willie Westdorp 667-6525
Nita Kopyay 613-2066

Hospitality: Rosemary Donovan 669-8818
Donna Clark 484-8009
Cheryl Stevens 663-4588

Social Activity Coordinator:
Rona Baer 744-9974

Tablecloth Mgr: Kay Sheahan
667-4473 kay6568@peoplepc.com

Ways & Means: Dick Johnsen & Doris Rogers
484-2666 RNEjohnsen@aol.com
203-9045 doris.rogers@live.com

Photographers: Cathie McCallum, Ed Brigden
Reporters: Donna Clark, Marcia Ross, Barbara Miller, Thelma Slocum, Marion Sparks

Dear Friends,

I recently called all club presidents to discuss their club activities, update officers, and pinpoint items they would like me to take to Atlanta in August when I give club reports.

June 19 Conference Call highlights:

1. Three new Field Reps, John Heard, Gwendolyn Deas and Adrienne Moes were introduced and will attend the conference in Atlanta, August 19-22.
2. The World Survey and Club Survey have been completed and released in 4 languages: Spanish, Portuguese, English and French.
3. 270 have signed up for the New Zealand Conference. US is lightly represented. Space available.
4. Laurie Scott and Kathy Thomas attended the Enrichment Cruise to Europe and added dynamic, vibrant FF participants and \$90,000 to the FFI budget.
5. The Great Lakes Conference Workshop treated 4 new members to a mini-exchange.

In friendship,

Barbara Guilford, Mt. States Regional Rep

SUMMER PICNIC IN CHEYENNE AUGUST 24, 1:00-4:00

The Friendship Force of Cheyenne will host this year's picnic on August 24 at Lions Park. FF of Cheyenne will provide the meat, and we will bring side dishes or desserts. Please call or email Marilyn Garner during the first week of August to RSVP for the picnic.

493-4137 garner.marilyn@gmail.com

Let Marilyn know if you **need a ride**, or if you can **give a ride** to another person or two. Marilyn will compile a list and will assist with arranging carpools.

Picnic will be at the North Picnic Shelter in Lions Park; Cheyenne

Directions from I-25:

1. Take the Central Exit in Cheyenne.
2. Stay in the right-hand lane.
3. Once you pass the first stop light, get in the right turn lane.
4. Turn right (west) onto Kennedy Drive. Lions Park will be on your left.
5. Take the very next left turn into the Park.

Lions Park North Picnic Shelter will be in front of you and to the right.

The address is 901 Martin Esquibel Drive.

Let's wear our green FFNC shirts!

This reminder will be sent/emailed to everyone again on August 1. For now, please just mark your calendars for August 24.