

# Spring 2009 Newsletter



friendship force  
LETHBRIDGE

**Patron:**  
Senator Joyce Fairbairn

**Honorary Member:**  
Mayor Bob Tarleck

[www.friendshipforceoflethbridge.org](http://www.friendshipforceoflethbridge.org)

Vol. 15 No. 1

## **2009 Executive Board**

President: Herman Gom

V. Pres.: Barb Clarke

Secretary: Ken Livers

Treasurer: Kay Baille

Past President: Jan Smith

Activities: Enid Gom

Communications: Joan Adams

Causeway Coast ED:  
Fran Cofell

Azerbaijan ED: Don Becklund

Somerset/Washington ED:  
Ann Bradshaw

Berlin ED.: Luke Mouthaan

Niagara Conference ED.:  
Marlies Csabay

## President's Message

As the winter snows melt away we turn our attention to the approaching summer season and its many opportunities for forming new friendships and renewing old ones.

May 1-3	<i>Northern Rockies Meeting in Calgary</i>
May 7-30	<i>Outbound exchange to the Causeway Coast followed by some touring</i>
June 19-22	<i>A visit from the Mt. Gambier club of Australia</i>
July 14-20	<i>An Inbound exchange from a club in Azerbaijan</i>
August 12-19	<i>An Inbound exchange from the Somerset club of the U.K.</i>
August 19-26	<i>Friendship Force Festival in Edmonton</i>
Sept 18-25	<i>An Inbound exchange from the Berlin club of Germany</i>
Oct 14-21	<i>Canadian Conference in Niagara followed by a visit to Ottawa</i>
Nov 19-22	<i>FFI Conference in Okinawa, Japan</i>

I hope all of us find time this summer to participate in at least some of these activities.

Meanwhile, I am happy to report the "new look" of our meetings is being favourably received and that the social component of each meeting permits plenty of time for travelogues and good visiting. With the travelogue topics publicized in advance, our meetings are should also be more attractive to first time visitors.

As we await our exchange assignments for 2010 I would like to invite members to consider taking on the role of Exchange Director for one or more of these. Please let me know if you are interested in providing this very important service for our club.

Good communication remains a challenge for us. We hope this newsletter and our pre-meeting news releases will keep you in the know, and that our website ([www.friendshipforceoflethbridge.org](http://www.friendshipforceoflethbridge.org)) continues to provide useful information.

Herman

*Happy Easter!*

# Local News

## NORTHERN ROCKIES REGIONAL CONFERENCE

### ***“Changing Times/Sharing Ideas”***

Hosted by **Friendship Force of Calgary Region**

We are looking forward to this conference. It is important to know our neighbours. Calgary, one of our newer clubs have taken on the leadership and we thank them for their willingness to host. *We hope to overnight host some of our friends enroute to Calgary.*

#### **CONFERENCE PROGRAM**

**#1 New Look & Mission for FFI.** Keynote speaker, **Debbie Powell**, Manager of Program Planning and Development for FFI, Followed by discussion groups

**Topic #2 Economic Downturn, Effects & Coping**

**Topic #3 Cost of Exchanges**

**Friendship Force 2009 Outbound: Lethbridge to Causeway Coast. May 8-15; Bus Tour of Ireland May 15 – 24; Friendly visit Varel, Germany May 24 – May 30**

The outbound exchange to Causeway Coast has 26 ambassadors, from FF clubs in Hamilton (2), BC (1), Lethbridge (12) and remainder from Edmonton & Medicine Hat. Departure is May 7, arriving in Dublin via London/Heathrow at 2:40 pm May 8.

Causeway Coast ED, Winston Bustard, is providing a transfer coach for the 180 mile trip to Coleraine. Following the week homestay there is a ten day coach tour of the Republic of Ireland.

Lethbridge Friendship Force Club (12 members) have accepted a longstanding invitation from Friendship Force club of Varel, Germany. This visit is from May 24 to May 30. Return May 30, 2009.

Submitted by Fran Cofell, ED

**Mt. Gambier Club of Australia** visits Medicine Hat with side trip to Lethbridge: June 19-22, we look forward to renewing friendships.

**Friendship Force 2009 Inbound: Azerbaijan,**

July 14 -20, 2009

17 are hoping to get Visa's. A committee meeting will be held soon. Don Becklund, ED

**Friendship Force 2009 Inbound:**

**Somerset, UK and Seattle-Tacoma, USA –**

August 12-19, 2009

A suggested overview of the exchange was discussed and some amendments were made at Feb. 27, meeting. Somerset has 10 ambassadors committed to the Exchange, hoping for a couple more. Washington group has 14 interested and will be driving here. Ambassadors are to arrive August 12. We will need to meet (carpool) Somerset group in Calgary. Next committee meeting will be held after Easter. Home Hosts needed.

Ann Bradshaw, ED

**Friendship Force 2009 Inbound: Berlin,**

Sept 18 – 26, 2009

Things are on track for 17 to come here from Tacoma, Washington with a stopover in Great Falls, Montana.

Luke Mouthaan, ED

Dear Mr. Prime Minister,

Please accept my solution to our current economic problems.

This is Patriotic retirement: There are about 1.2 million people over 50 in the Canadian work force; pay them C\$1 million apiece severance with stipulations:

- 1) They leave their jobs. Immediately 1.2 million job openings - unemployment fixed.
- 2) They buy NEW Canadian made cars. 1.2 million Canadian cars ordered - auto industry fixed.
- 3) They either buy a house or pay off their mortgage- housing crisis fixed.

All this and it's still MUCH cheaper (approx.50%) than the 'bailout'.

Sincerely,

## Friendship Force 2009 CONFERENCES:

Edmonton Festival August 19, 2009  
[www.friendshipforceedmonton.org](http://www.friendshipforceedmonton.org)

### 5<sup>TH</sup> ANNUAL CANADIAN CONFERENCE OF FRIENDSHIP FORCE

*Feeling the Power  
Let Niagara Energize you!*

**October 14, 15, 16, 2009**

Hosted by The Friendship Force of Niagara  
(Home stays October 17 – 20) with additional trip  
to Ottawa following.

<http://ffcanadianconference09.org>

There is room for more ambassadors from  
Lethbridge to travel with us...

Marlies Csabay ED

**Japanese International Conference**  
Okinawa, Japan, Nov. 19 -22, 2009  
Oct. 2010 – Washington, DC will host.

**Twelve Tips to Defy Aging** Maureen Osis  
From recent "Empowering the Heart of Caring,  
2009 Seniors and Beyond Conference"  
Lethbridge, AB.

- Fuel your body, fuel your mind
- Have regular check-ups – dental, eye, mental and physical
- Pursue an active lifestyle – active mind, active body
- Be safe
- Use moderation
- Don't smoke
- Minimize stress, maximize energy
- Stay connected (friends in every generation)
- Create healthy environment
- Attend to financial health
- Plan ahead – learn a 'living'
- Adopt a positive attitude.

maureenosis.com

## 2010 ASSIGNMENTS

for Lethbridge from FFI

Jundail, Brazil (inbound) July 2110

Melbourne, Australia (inbound) August 2110

Global Exchange to Berlin (outbound September  
2110

Mexico City and Comitán, Mexico (outbound)  
November 2010

(as far as I can tell from Google Earth that  
Comitán, Chiapas, Mexico is along HWY 190,  
Inter American/Pan American Highway on the  
east side of the continental divide near  
Guatemala/ja)

**Exchange directors required.**

## *News from Belgium*

Dear friends,

I want to thank you for the congratulations  
letters regarding the 15th anniversary of the  
Brussels-Pajot club, collected by Eveline and  
Larry Janis. Those letters evoked cheers  
from my club members. We all appreciate it  
very much, especially because we didn't  
receive any from European or Belgian  
clubs even when they were invited to attend  
this celebration.

Your club or members are always welcome  
in our club when you visit Europe.

Thanks for everything.

Best regards

Martin

**FFI E-Flyer – contact:**

[rshaw@thefriendshipforce.org](mailto:rshaw@thefriendshipforce.org) if you  
want to receive this information as the  
FFI magazine is no longer available.

Thought to ponder (suggestions below)

What would you do with One Thousand Dollars? If you were given \$1000.00, how would you invest to “defy” aging?

**News from Flathead Valley, our neighbours to the west:**

- December 1, 2009 Festival at Sea – Caribbean.
- April 2010 Flathead Valley and Tucson, Arizona to Kiel, Germany
- October 2010 FFI International Conference in Washington, DC, USA
- October 2010 Costa Rica to Flathead Valley

**News from Central Montana, our neighbours to the south:**

Students from a Public Relations Class at Carroll College are creating a better image for FF through development of club website that is easy to use and maintain. In addition, they are producing a press kit to provide templates for members to use.

Ed comment: What nice community support!

Mystery Exchange to Europe June 15 – 25, 2009 Helsingborg, Sweden for 7 days home hosting then to Copenhagen Denmark for 4 days hotel stay.

# CHANGING THE WAY YOU SEE THE WORLD

EXPLORE \* UNDERSTAND \* SERVE

Thought to ponder suggestions... Pedometer, walking shoes, prescription sunglasses, dental floss, fitness exercise – tai chi, What else did you think of?

**“You must be the change you wish to see in the world.”**

**Mahatma Gandhi**

**Board of Directors Meets in Atlanta in March 2009**

The March 2009 meeting saw five newcomers replacing retiring members and starting a four year term. The board represents clubs world wide with members from Belgium, Brazil, Canada, China, Germany, Indonesia, New Zealand and the USA.

Board meetings typically include a report on operations by the president (George Brown) and his staff and then focus on specific the challenges facing us. All agree the “re-branding” and new image has gone well. Exchanges with special themes are underway and the website is being used more and more; offering new ways to help members communicate with FFI and each other.

Special attention was paid to diversifying the funding base for Friendship Force, to solicit gifts from corporations, foundations, and individuals. Board members personally committed substantial sums to kick off this effort.

The economic downturn and its impact on Friendship Force was also discussed at length. We have seen a substantial number of cancellations in 2009, leading to \$100,000.00 in reduced income to cover the costs of keeping the network running. This is a very serious situation for Friendship force members. Operating costs in Atlanta have been reduced by staff reductions and other economies. The priority for Friendship Force is to fill every exchange and the various ways of doing this were discussed. These include the new Global Exchange program, e-flyers to advertise unfilled spaces within regions, deposits payable when exchanges are awarded and others.

The board meets twice each year. In between meetings, an executive committee meets by teleconference as needed and six subcommittees meet by phone to bring forward proposals on critical areas such as finance, program, and policies.

**LET’S EAT OUT**

May – Onion Bar & Grille, north side  
June – Mocha Cabana, downtown

**FRIENDS AND GUESTS ARE ALWAYS WELCOME AT FRIENDSHIP FORCE EVENTS**

## NEW FFI PROGRAMS

Friendship Force is introducing a few specialized themed exchanges to excite the more active Friendship Force member and to help recruit the younger generation into our organization. The goal is for Friendship Force to become more diverse and multigenerational.

Exchanges with an environmental theme will begin this Fall. Since the activity level of these exchanges will be greater than a typical exchange, the trip may not suit every ambassador. Don't only think of yourself but look to the future. Through your social network, you may be able to deliver the message to our next generation of potential leaders who may be attracted to nature and outdoor activities.

As the Exchange Director for the USA Eco-Exchange, I invite you to consider and promote not only my exchange but the other eco-exchanges being introduced:

1. [USA Eco-Exchange \(Sept. 9-22, 2009\) - See flyer here](#)
  - \* 4 night home stay in **Chicago**
  - \* 6 night home stay & environmental program in **Milwaukee**
  - \* 3 night home stay at a country home in rural **Wisconsin**
2. **New Zealand South Island Adventure** (Sept., 2009)
  - \* 5 days biking the NZ countryside between towns
  - \* 3 night home stay in Dunedin
  - Tour of the coastline with a nature guide
3. **Costa Rica Eco Education and Adventure** (November, 2009)
  - \* Participate in environmental projects at the Earth University
  - \* Explore the rainforest and stay at an eco-lodge
4. **Natural China** (April, 2010)
  - \* Observe environmental projects of the Nature Conservancy
  - \* Visit a panda research and breeding center
  - \* 1 day home stay and service project in a village

To sign up or for more information, contact me (davekalan@sbcglobal.net) or Debbie Powell (dpowell@thefriendshipforce.org).

### Contact Information:

Friendship Force International,  
233 Peachtree St., Suite 2250  
Atlanta, GA 30303 USA  
404-522-9490, Fax: 404-688-6148  
Website: <http://www.thefriendshipforce.org>

Friendship Force of Lethbridge  
President Herman Gom 403-329-3893  
E-mail: [herenid@htelus.net](mailto:herenid@htelus.net)  
Website: <http://www.friendshipforceoflethbridge.org>

## THE FRIENDSHIP FORCE FACT SHEET

(Updated January 2007)

**Why?** **The Friendship Force** believes that a "World of friends is a world of peace". Its purpose is to create an environment in which seeds of friendship can be sown across the barriers that divide the people of the world.

**What?** **Friendship Force International (FFI)**, is a non-profit non-denominational cultural exchange organization. (see bottom left for contact info).

**When?** **The Friendship Force** was first organized in 1977 and announced March 1<sup>st</sup> from the White House by former **President Jimmy Carter**, and for some 25 years **Mrs. Rosalynn Carter** was Honorary Chairperson. Founding president was President Carter's friend, **Rev. Wayne Smith**. **Chip Carter** was the organization's second president. He was succeeded by Rev. Wayne Smith's daughter, **Susie Smith**, April 1, 2004. The current president and CEO is **Dr. George Brown**, who heads a **Board of Trustees**, and an office staff at F.F.I.'s Atlanta headquarters.

**Where?** The Friendship Force has chartered clubs in some 360 cities in almost 60 countries on 6 continents. The Friendship Force clubs are run by elected leaders and volunteer committees, who organize week-long inbound and outbound home stay "exchanges" for groups of "ambassadors".

Friendship Force International organizes an **International Conference** in November of each year, and **Regional Conferences** are held each spring. Lethbridge members attend the **Northern Rockies Regional Conference**, a region comprised of the clubs in Montana, Washington, Idaho, B.C. and Alberta. In Canada a **Canadian National Conference** is organized every two years. **The Friendship Force of Lethbridge** is a chartered member of FF International.

The Lethbridge club was chartered in December 1994, and began operating January 1995. It was the first club to be chartered of almost 20 now in Canada. **Friendship Force of Lethbridge** is one of the four clubs in Alberta; the others are in Calgary, Edmonton, and Medicine Hat.

**How?** Each year **The Friendship Force of Lethbridge** is scheduled to conduct four "exchanges" with other clubs around the world or across Canada. An **inbound exchange** is when the Lethbridge club hosts a visiting group of ambassadors from another country or part of Canada for up to a week, and organizes a program which provides opportunities for cultural experiences, social interaction, plus some sight-seeing. On an **outbound exchange** a group of ambassadors from the club will travel to a host city for a one week home-hosting experience.

The Friendship Force International program also provides opportunities to join other clubs on their exchanges, to participate in special cultural events or **festivals**, or to join specialized exchanges comprised of travellers from a certain **occupational or interest group**, or for a **humanitarian** project.

# The Friendship Force of Lethbridge

## MEMBERSHIP APPLICATION

The Friendship Force is a non-profit international citizen exchange Organization not affiliated with any religious or political group.

The goals of The Friendship Force are attained through the travel of goodwill ambassadors from one country to another to share the lifestyle of a host family for a week or two. Diplomacy through home-hosting is the heart of the Friendship Force program.

Names of Applicants (please print): \_\_\_\_\_  
\_\_\_\_\_

Address (include postal code): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

E-Mail: \_\_\_\_\_

Telephone: Home: \_\_\_\_\_

Work: \_\_\_\_\_

\_\_\_\_\_  
Signature of Applicant)

Date of Application: \_\_\_\_\_

### ANNUAL MEMBERSHIP FEES

Fee	\$25.00	_____
Club Badge (new members only - \$8.00 pp)		_____
<b>Total</b>		_____*

\*please make cheques payable to The Friendship Force of Lethbridge

Give names as you wish them to appear on your badge(s).

\_\_\_\_\_

New members are very important to this organization. Please explain the goals of The Friendship Force to your friends and invite them to a meeting.

