



friendship force

LETHBRIDGE

SUMMER 2009 NEWSLETTER

**PACK YOUR SALAD OR DESSERT,
START YOUR ENGINES
BECOME A TOURIST
IN YOUR OWN BACK YARD
FRIDAY, JULY 24TH @ 3:30 PM**

Meet at Immanuel Lutheran Church, intersection of **University Drive and Rocky Mountain Blvd.**
"quoting a westside member if you miss it, you must be blind"

*You will be divided into teams and handed a list of questions that you have to find answers for.

***It is not a Timed Event or race:** just fun fact-finding activity to make you aware of some of the significant things in Lethbridge that you might not have known.

***PLEASE SIGN UP WITH ENID GOM BY JULY 21**

BBQed beef burgers for a 'fooney' each, and coffee/tea/juice available.

**Bring a salad or dessert (6 – 8 serving size), plus serving silverware if needed
Bring your own chair, dishes & silverware**

Refer to July 17 e-mail from Herman and Enid for all other details!

ENJOY, ENJOY, ENJOY THE DAY

DISAPPOINTMENT -- Azerbaijan July Inbound cancelled:

We are saddened to announce that **Baku, Azerbaijan** was unable to secure the necessary travel visas to complete there inbound with us. They will still go to Washington and Helena, Montana has graciously offered to host them for the second week. As seen in the excerpt from the Montana newsletter...anyone interested in making a trip to Helena???

EXCITING EXCHANGE NEWS!!! July/August 2009

Friendship Force International has contacted our club about hosting a group of ambassadors from **Baku, Azerbaijan** the end of July. The board voted to accept this exchange and the time the ambassadors will be here in Montana will be shared with the Helena group. This exchange is still tentative as they are waiting for their visas. There will be about 10-12 ambassadors who will be hosted in Washington first before coming to Montana...specific dates are unknown at this time.

If you would be interested in hosting or day hosting these ambassadors please contact Robin Baker (868-5252) Great Falls, or Gerry Bantz (227-7911) Helena.

Taken from the Montana newsletter

Report: Exchange from Somerset UK and Seattle-Tacoma WA August 12-19, 2009

Ann Bradshaw ED

We are preparing to welcome six ambassadors from England and 12 from the Seattle-Tacoma area. The exchange committee and hosts have met, our program is ready and the hosts are already contacting their ambassador guests. I urge all members who will be in town during August 12-19 to become involved in the exchange and to help welcome our English and American guests. Please consider joining us for the welcome, the barbecue, the farewell, or at one of the hosted dinners.

Exchange Program:

- Aug. 12 - Ambassadors arrive by car pools from Calgary and Washington
- Aug. 13 - City Hall & LSCO Welcome & Lunch
 - * Evening BBQ at Vonkemans' acreage
- Aug. 14 - Day Trip to HSIBJ, lunch and tour at Granum Colony, visit Fort Macleod
 - * Hosted mix 'n' match dinners
- Aug. 15 - Free day to visit sites and attractions in Lethbridge and immediate area
- Aug. 16 - Day Trip to Crowsnest Pass, picnic lunch at the Weiss cabin, Pincher Creek Rodeo
- Aug. 17 - Day Trip to Cardston (Remington Carriage Museum) and Waterton Lakes NP
- Aug. 18 - Whoop-Up Days events
 - * Farewell dinner at Regent Restaurant
- Aug. 19 - Ambassadors depart

Members should have received a registration form for the exchange events. Please turn this in with your payment by July 31st to Teresa Grice or me.

Need a form or more information? Contact me at 403-328-9357 or bradaq@telusplanet.net

Hosting, day hosting and being involved in exchanges is part of the Friendship Force experience, and can be considered a "down payment" on your next outbound exchange.

Sad News from Japan

Those members who took part in the exchange to Japan in 2005 will remember our stop-over in Kyoto. Two members of the local Friendship Force club escorted most of the group on an informal tour of part of the city. I had word from the daughter of one of the ladies that her mother, Tomiko Yonei, died on June 28th from heart failure. I have sent a message of sympathy and condolence on behalf of the club, and especially from those who met Tomiko and enjoyed her tour in Kyoto.

Geoff Bradshaw, Exchange ED

Happy 50th Wedding
Anniversary Greetings!
Ann & Geoff Bradshaw
July 29, 1959 - 2009

From all your friends at Friendship Force
July 25th Open House 2 – 4 pm @ Bradshaw's
Married in Plymouth, Devon, England

Report: Exchange from Berlin, September 18 – 25, 2009

Luke Mouthaan, ED

The exchange committee is finalizing the last parts of the program. Hosts and Ambassadors have their matching forms so they are encouraged to exchange pictures. The amount of Ambassadors is still eleven (11). With just under the 80 million Germans, they couldn't find more who wanted to come to Lethbridge in September.

Mount Gambier, Australia, Medicine Hat visit, and Barbeque at Vonkeman's

Bob Scott, ED

We were very fortunate to have pleasant weather for this mini exchange. Apart from the Mt. Gambier Exchange Director, the group was made up mostly of those from the Adelaide area plus one from Gold Coast. There were seven ambassadors in all. The Medicine Hat FF drove our guests to Lethbridge and enjoyed a fabulous BBQ, at the Vonkeman's, which was also our annual BBQ and was very well attended. The next day we were off to Waterton Park with a quick stop in Cardston for a look at the temple. Dinner was roast beef or chicken at the Great Canadian Barn Dance with dancing afterward. It was a long day. We were fortunate to arrive next day at Head-Smashed-In Buffalo Jump to the National Aboriginal Day celebration with dancing. That evening we were hosted by Barb Beatty at her home in Monarch for a lovely dinner.

Early Monday morning, we drove our guests to the Calgary airport. The Aussies are a fun-loving group and we enjoyed their visit immensely.

Many thanks to the committee, the hosts, the drivers, and to all those who help contributed to the success of this exchange.

Outbound from Causeway Coast, Northern Ireland & Bus Tour of the Republic of Ireland, May 7 – 30, 2009 – Joan Adams

Our group, comprised of 12 from Lethbridge, 2 couples from Medicine Hat, a couple from Okotoks and another from St. Albert, along with women from Edmonton, BC, & Ontario, met at the Dublin Airport being transported northward via Belfast (stopping for traditional fish & chips with apple crisp and custard) to our destination of Coleraine. Our host homes were various directions from Coleraine.

Being my first outbound, I did not anticipate the huge learning curve of the trip; understanding the people, culture and history. Ireland has always been near and dear to my heart.

An overview of what we saw and did:

- * Bellaghy Bawn, features exhibitions on local natural history, the history of the Ulster Plantation and the poetry of local Nobel Laureate, Seamus Haney. Artist, Helen Heron was present to share her experience of interpreting each one of Seamus' poems from his book "Fieldwork" in a medium of fabric over the past year.
- *Springhill House, display of old clothing, a last remaining Beetling Mill (where linen fibres were made), mix and match dinners.
- *Time for some to catch up with relatives or just see local sights that hosts recommended.
- *Doagh Island Famine Village, the inside story of the Potato Famine.
- *How the Economic Union changed Ireland.
- *toured inside the walls of Derry or Londonderry & met the Lord Mayor
- *Educational talk on Diabetic research in the Bio Med Science Department
- *Coleraine Mayoral Reception (specialized crested china for the Borough)
- *Dunluce Castle ruins, bays & waterfronts on way to Bushmills Golf course for Famine style Irish Stew (potatoes, a carrot and a couple of pieces of meat). A pleasant pub night with a round of 'Quizzes'
- *Causeway Coast, experience, unique landscape formed from volcanoes, walked the stones, tour of Old Causeway School
- *toured Antrim Coast Road, fields of bluebells, gorse, and fuchsia's
- *Ambassador dinner at Laragh Lodge, new experience for our hosts. Most Irish dinners have two kinds of potatoes and veggies come in a dish to be passed.
- *some toured a Guinness Distillery
- *early farewell dinner so we could watch practice session for the Annual Race Week Festival and

North West 200 Motorcycle Race that takes over the streets of Portrush, Portstewart, Coleraine and Ballymoney.

Our Friendship Force Exchange was a wonderful experience. They treated us royally. We had very little rain though the wind could blow! We were treated to sunshine in Dublin.

- Saying our good byes, we headed off with Specialized Tours and a terrific bus driver to Londonderry or just simply Derry, on to Sligo for lunch on the west coast, overnight at Westport.
- *a quick visit after long drive to the Ceide Fields, ancient rock walls and old settlement beneath.
- *Connemara where the Quiet Man was filmed with John Wayne, also marble factory from local quarry.
- *Kylemore Abbey & Gardens
- *encountered a large bike race, school children cheered us when they saw Lethbridge FF sign!
- *Galway City, on the verge of hosting the Volvo Tall Ship Race, lots of excitement.
- *Aran Islands, how the Irish survived the Cromwell and the famine...carried pails of sand and seaweed to make fertile ground. Miles and miles of rock walls & sheep by the thousand. Also home of the Aran Sweater Market. It was a rainy day.
- *Cnoc Suain, cultural village experience integrating the old with today's living.
- *The Republic is bilingual; Irish on road way signs.
- *The Burren, vast bare, eerie limestone plateau with some Mediterranean and Alpine species.
- *Cliffs of Moher, has a fantastic interpretive centre built into the hillside with view decks of the sea walls and bird sanctuary's.
- *Bunratty Castle Medieval Dinner Experience, our own Ian McLaughlin (Medicine Hat) was chosen Earl for the evening.
- *Tour of the castle and explanation of various terms we use today that have origins from castle life.
- *Toured Bunratty Village for a glimpse of how people lived in the past.
- *Adare village, known for thatched roofs, Tudor style houses, beautiful gardens and ivy clad medieval churches.
- *Tour of Killarney National Park and Muckross House and Gardens. This house is fortunate to be preserved in its original state. The family had spent years getting ready for a two night visit from Queen Victoria though never received the 'titles' they were looking for. *I could imagine my 3x great-grandma and great-grandfather working in this home as Lady-in-waiting and Butler. It was truly the most elegant of the homes we visited if I may say so. JA*
- *Ring of Kerry, one way road around a peninsula, learning more about the land and culture...

*Our bus driver joined in with some local musicians at one of the vistas. Also stopped "Lady's View" where Queen Victoria and her Ladies visited... *I think it is a familiar view used by many as I'm sure I saw it before*. JA

*Blarney Castle, major tourist trap, but fun anyway! Many of us climbed up and "kissed" the Blarney Stone "to go forth with the gift of eloquence".

**I have a new appreciation for castles and will read historical fiction with a new view.* JA

*Our bus driver occasionally made way for special Photo Ops along the way, so we have some unusually grave stone pictures, turf pictures, animals at a roadside stop waiting for tourist Photo Ops! He gave us the southern view of life in Ireland and was extremely knowledgeable. He indulged us with songs, stories and limerick or two. He congratulated us on having a 'vacation' rather than cramming our time in Ireland.

*Waterford is no longer a destination.

*New Ross is the home of a historic emigrant ship Dunbrody. Our passage ticket contained the names of real emigrants that had boarded the ship. Two of the passengers offered us their stories and we were able to find 'our bunks'. *We witnessed first hand the appalling conditions of the Irish, beyond our comprehension...* JA

*Wexford, a small seaside town, fishing village was our next overnight stop, interesting narrow streets and walked the waterfront.

*County Wicklow, "Garden of Ireland" beautiful country. We made an unplanned stop at Avoca, known for its local crafters as well as the home of the TV series "Ballykiss Angel".

*Glendalough Visitor Centre, early Christian ecclesiastical settlement was founded by St. Kevin in the 6th century.

*Dublin, our destination. We attended an Irish Stage Show especially for bus tours and had a table front and centre for our dinner and show.

*Free day in Dublin before going our separate ways.

***On our own** – we missed the group at Howth Harbour where we found Fishing Docks, something we hadn't seen. There were five harbour seals, gulls galore, and fishing nets being mended. Sorry you missed the experience...

**CHANGING THE WAY
YOU SEE THE WORLD**

Explore * Understand * Serve

Edmonton Festival August 20 – 25, still time to register

Niagara All Canada Conference, Oct. 14 – 20
May still have space to register

Japan International Conference, Nov. 19 – 22
CANCELLED

2010 Conference to be held in the USA

Environmentally Friendly" Eco-Exchange to Costa Rica

November 3-16, 2009

Exchange fee - \$1500 (land only)

Vicki Vance, ED

vcvance@aol.com 225-275-3816

Are you interested in learning about one of the world's most diverse ecosystems and the research being done to protect it? If so, come experience the incredible beauty of Costa Rica beginning with a 5 night homestay in the southeastern town of Turrialba. Surrounded by volcanoes and valleys, our FF hosts will introduce us to area attractions such as coffee and macadamia nut plantations, waterfalls, tropical plants and birds.

We then move to EARTH University (Escuela de Agricultura de la Region Tropical Humeda) where we will spend 3 days touring the 8200 acre campus while learning about sustainable agricultural practices in the tropics and projects such as developing less chemically dependent bananas. We may assist with volunteer projects and will stay at the university hotel in Guacimo. We will visit their private nature reserve, recycling projects, help make banana paper, visit their dairy and botanical garden.

Next our adventure takes us down the eastern Caribbean coast for a 3 night stay at the environmental award winning Selva Bananito Eco-Lodge, located at the foot of Muchilla Mountain. Here we will have some fun and soft adventure such as horseback riding, hiking in the rainforest, tree climbing, birdwatching or zipline/canopy tour. This lodge puts the E in eco-friendly with solar powered hot water, cabins made from scraps of recycled wood, composting and treatment of gray wastewater. Lighting is candle or kerosene lanterns only -- no electricity here!

This exchange is geared towards the active ambassador who is interested in environmental issues, nature, agriculture and wildlife. Good mobility is a must. This exchange is open to ambassadors' world wide.

Welcome New Members

Terri DeMerchant, Fairmont
Bill & Bev Harding, Shaughnessy
Carol Knox, North Lethbridge
Joan Malloy, Southside
Doreen Raftery, Downtown
Robert & Patricia McNeill

We hope to feature member profiles in the future editions of the newsletter.

Friendship Force Cheyenne is anxious to have us visit them following their informal visit here in 2008, so anxious they've asked Atlanta to have us visit them...Our 2010 schedule looks pretty full – it is up to you the membership to decide if you want to arrange a return Exchange with this group...don't know what their winter weather is like? Anybody have any ideas??? Share your thoughts with Herman.

From the President's Desk

(Its summertime Herman; sorry to move you to the last page.)

It is with pleasure that I announce we have received applications for each of the four E.D. positions that we need to fill for the 2010 term. At our next regular general meeting our Club Executive will be recommending these applicants for your approval. In the meantime, however, we see no harm in letting you know who they are, and to thank them for stepping forward.

- Berlin Outbound, [Marlies Csabay](#), Sept. 2010
- Jundiai, Brazil Inbound - [Barb Beatty](#), July 2010
- Melbourne, Australia Inbound, [Beth Weiss](#), August 2010
- Mexico Outbound, [Don Becklund](#), Nov. 2010
(*Note: non of the dates are finalized*)

We have had preliminary contact with all of the clubs involved and there appears to be an eagerness to make these exchanges successful. I hope all of our members will consider very seriously the prospect of both traveling and hosting next year.

Regards, Herman

Don't forget to be
"A Tourist in your own back Yard"
July 24, 2009 @ 3:30 pm

Anyone interested in Geocaching? Sounds like a good thing for FFI members to become involved in.

[Geocaching > Getting Started with Geocaching](#)

Geocaching (pronounced geo-cashing) is a worldwide game of hiding and seeking treasure. A geocacher can place a *geocache* in the world; pinpoint its location ...

www.geocaching.com/about/ -

Patron:

Senator Joyce Fairbairn

Honorary Member:

Mayor Bob Tarleck

www.friendshipforceoflethbridge.org

Vol. 15 No. 2

2009 Executive Board

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