



Capital Connections

Newsletter of the Friendship Force of Ottawa, Canada

June 2010 www.friendshipforceottawa.ca

Calendar 2010

General Meetings

Tuesday June 15th
Tom Brown Hall

Tuesday Sept 21st
Tom Brown Hall

Annual General Meeting

Tuesday Nov 16th
Tom Brown Hall

FFO Board '10

Merv Sullivan
President

Gail Nevraumont
VP, Membership

Pierrette Benoit
VP, Exchanges

Richard Hatherill
Treasurer

Norm McLeod
Secretary

Directors:
Susan Aiken
Elizabeth Bowen
Raymond Coté
Bonnie Hudon
John Taylor
David Williams
Jaap Schouten
(Past President)

How do YOU vision our club in five years?

According to Friendship Force International, Ottawa is one of the largest and most successful clubs in the World. This hasn't happened just by chance. It is the involvement, dedication and friendship of all club members that has made our club a star.

There are a number of clubs in the world, however, that have not fared as well. A few clubs have seen their membership drop below 50 which makes it difficult to host or travel on an outgoing exchange.

Where are we as a club right now?

How do we ensure that our club stays vibrant? The first step is knowing where our club stands right now. One of the objectives of our club is "to promote friendly relations and improved understanding between cultures through exchanges with Friendship Force clubs in other countries and in other regions of Canada." But how many members are willing to host? How many want to travel on an exchange? What are the challenges to our finding hosts? Why are our members in the club?

Answers to these questions will tell us how many incoming and outgoing exchanges we can continue to handle. To gather this data, we will be forwarding a survey to all members and to ensure that we get everyone's input. We need all members to fill it in and return it.

Visioning Exercise - YOUR input



Once we better understand where we are today as a club, we need to get a clear idea of where we want to go. So the next item in our vitalization program is to determine what YOU see our club being like in 5 years. We will have sessions for all club members to provide their input. We expect these sessions to be held in early fall. This will be

your opportunity to shape our club of the future.

A Plan

Based on your input, the board will form a committee to review the data and come up with a vision statement. This will be presented and explained to the members. Based on this understanding of what we want the club to be, we will establish a plan to ensure that we get there. This plan is critical to our vitality and continuing success. We certainly want to avoid "change for changes sake" but it is a fact that very few organizations remain successful if they stay static. Changes to the way we work as a club may be needed. Any proposed changes will, of course, be brought back to you for discussion and approval. We expect this to happen late this year or early next year. Again, as I said in February, our aim is not so much to "light a fire but rather to keep the club (pot) boiling" with success.

In the meantime let's not forget what our club is here for. There are still a number of hosting needs, so give an ED or Pierrette Benoit a call (596-6442) and she will put you in touch with an exchange that needs your help.

Merv

Your Board

Are you in?

Gail Nevraumont and Carol Fryer are continuing their work on our **Members Directory** for release in the fall. We are still missing a number of bios and/or pictures.

If you haven't already done so, please get them to Gail at nevreaumo@magma.ca.

Suggestions & Feedback

Your board always welcomes feedback and suggestions. Contact Merv mmerjess@sympatico.ca or any other board member.

Have a friend who might make a good member of FFO ?

Bring him, her or them with you to the General Meeting Wed June 15th at Tom Brown arena. Let Merv know before the meeting starts and he'll introduce them. Don't forget to introduce them to VP membership, Gail Nevraumont



Thanks to John Taylor, we have a picture of the board. From left to right are; Jaap Schouten, Gail Nevraumont, Raymond Coté, Merv Sullivan, Elizabeth Bowen, Susan Aiken, Pierrette Benoit, Bonnie Hudon, Richard Hatherill and John Taylor. Unavailable for the picture were Norm Mcleod and David Williams.

Meet Some of our New(er) Members

By Gail Nevraumont



Suzanne Gumpert

Suzanne Gumpert joined FFO in late 2009 on recommendation of Jan Sterling. Originally from Montreal, she has lived in Ottawa for over 30 years and has traveled extensively. She recently retired from the Canadian Nurses Association and is doing volunteer work with the National Gallery and the Canadian Nurses Foundation.

She participates in a Russian Studies group and plans to be involved with the Russian group coming this fall.

Suzanne plays golf, some bridge and enjoys good food, wine and lots of laughs



Vickie Schoenherr

Vickie is a retired Carleton School teacher, who still supplies, was raised in Ottawa, with 3 children & 3 grand children, all who still live in Ottawa. She has hosted many Asian teachers & traveled extensively, but still wants to visit Africa & Australia. She belongs to many organizations & continues to learn with the "Learning in Retirement" at Carleton.



Pat Jackson

Pat Jackson was born in Toronto and moved to Ottawa in 1963. She and husband Ted raised two children, Sean & Stephanie. Sean lives & works in Ottawa. Stephanie lives in Toronto with her husband Eric & son Matthew who is 13 years old. After working several years in the newspaper industry she retired from the Ottawa Sun. Unfortunately her husband Ted passed away in 1996, succumbing to cancer.

Pat enjoys travel and belongs to an exercise class which she attends regularly. She is a member of the Board of Directors for her condo building. She also enjoys the outdoors & getting together with family & friends.

Exchanges 2010

Inbound 2010:

Medicine Hat
Alberta June 6-10,
2010

Bundaberg &
Cairns - August 20 -
27, 2010
EDs Gary & Cavelle
Bowes

Fort Worth - Sept 7-
14, 2010
ED: -Doug
McGregor

Moscow - October
27- Nov 3, 2010
EDs: Gail & Ulysse
Nevraumont

Outbound 2010

Vienna, Austria
May 29 - June 5
ED: Joan Gregoire

East Central Florida
& Sarasota, Florida
November 3 - 17,
2010
EDs Arthur & Mary
Roy



Wally & Marilyn Guty

Wally grew up in Northern Ontario & Marilyn in Prince Edward Island. They met in Ottawa when they both worked for the National Research Council. Wally spent 35 years in the Gas Dynamics Laboratory and retired in 1991. Marilyn worked at various careers including her own Ladies Wear Store in Ottawa and most recently in Real Estate. They raised two children, Tania & Allan and have two grandchildren; one living in Alberta & one in

China.

Their hobbies include making maple syrup, the old fashioned way, travel, downhill & cross country skiing, hiking, working out at OAC and relaxing during the summer months at their summer home in PEI.

Incoming Exchanges in 2010

Medicine Hat Exchange June 6-10, 2010

By ED John DuVernet

At the time of writing (May 29), we are looking forward to receiving 12 Ambassadors from Medicine Hat Alberta next Sunday.

They are excited about meeting us and seeing Ottawa's sights. By the time you read this they will have met their night hosts at a welcome party at Louise and John DuVernet's home. The program includes visits to the always popular Mackenzie King Estate, the National Gallery, the Museum of Civilization and Merrickville, weather permitting, and there will be with enough free time to relax and enjoy their time in Ottawa.

Louise and I thank those who are welcoming the Ambassadors and have taken on the roles of night hosts, day hosts and friendship dinner hosts.

Bundaberg, Australia Exchange August 20 to 26, 2010

By ED Gary Bowes

Preparations are in place for the incoming Bundaberg/Cairns exchange, 20-27 August. Our committee has worked diligently and they have done a fine job! We thank everyone who has volunteered to assist with the hosting and encourage all members to join the activities, including the steam train excursion to Wakefield. Tickets are sold out for the welcoming but are still available for the Farewell dinner at the Anderson Links Club House. This promises to be a great venue and we have held the cost to \$36. The Australians, with a rather small club, were wonderful hosts, when we visited Bundaberg, and we are confident that our much larger Ottawa Chapter will give them a great reception.

Fort Worth, Texas, September 7 - 14, 2010

By ED Doug McGregor & Jaap Schouten

On September 7, 2010, twenty-six ambassadors from Fort Worth, Texas, will arrive in Ottawa, for a 1-week exchange. In preparation for their arrival, an Organizing Committee, composed of Doug McGregor, Brenda Worswick, George Neilson, Ralph Baker, Bob Brett, and Jaap Schouten is working hard (see photo, Bob is not shown), to develop an innovative program. The Welcome and Farewell



Parties promise to be particularly creative and interesting, both for our Texas ambassadors and our club members. Tickets for these events will go on sale at

Exchanges 2011

Inbound 2011:

Global Exchange
Feb 9 - 16, 2011

Kauai USA
May, 2011

Central North
Carolina and
Florence, South
Carolina
Sept, 2011

Jena &
Gelsenkirchen,
Germany
October, 2011

Outbound 2011:

Vina del Mar Chile
& Dallas Texas
April, 2011

Budapest, Hungary
May, 2011

Lansing Michigan
July, 2011

Cairo, Egypt
November, 2011

Registration for
2011 Outbound
Starts at this GM
June 15, 2010

Ends Aug 19, 2010

the next General Meeting, on Tuesday, June 15th. Be sure to buy your tickets then! However, we still need night hosts, day hosts, and dinner hosts. Anyone interested in hosting our friends from the Lone Star State should contact Brenda Worswick, our Hosting Coordinator, immediately. She can be reached by phone at 613-224-0706 or by email at bjworsw@sympatico.ca.

We count particularly on those members who have recently gone on outbound exchanges, or will do so in the very near future!

Anyone interested in helping out with the program of activities should contact either Doug McGregor, Exchange Director, or George Neilson, Program Coordinator. They can be reached at 613-422-0955 / douglasmcgregor@mail.com (Doug) or 613-741-2933 / ottgan@rogers.com.

We need your help to make this exchange a complete success! We count on your support and participation!

Moscow Cultural Exchange Oct 27 to Nov 4, 2010 By ED Gail Nevraumont

Since our last meeting we have had the dates established as Oct 27 to Nov 4, 2010 for 25 Ambassadors from Moscow. Around 10 will be 'cultural' Ambassadors who will be presenting various talents at different venues. The planning is going well, & we hope to be sharing opportunities for the club to experience some activities at the next meeting.

Outgoing Exchanges in 2010

Vienna, Austria Exchange May 29 to June 5, 2010 By ED Joan Gregoire

The ambassadors held their final pre exchange meeting May 12th, and all are looking forward to a rewarding exchange. We have recently received our host details, so can now communicate and begin the process of building friendships. The group, although small, has diverse plans both pre and post exchange. We will all gather at the airport in Vienna at 10 am May 29th where we will be met by our hosts. We do not as yet (May 13th) have an itinerary, but are positive that our time in Vienna will be exciting and informative. All arrangements that can be made in advance have been completed, and we are in packing mode. Fingers crossed for clear skies.

New Smyrna Beach, Florida Nov 3-10, 2010 & Sarasota Florida Nov 10 -17, 2010

By EDs Arthur & Mary Roy

Our numbers are holding. Standby list only. A general meeting was held on May 19th. Plans for the exchange are progressing well at both ends of the exchange. Individual travel plans to and from Florida are now complete. The booklet is ready for printing. Matching information form for hosting purposes is in Florida ED's hands and program info is beginning to filter in. Not much will be done nor needs to be done during the summer months. Next meeting is scheduled for mid September.

**Social Activity
Coordinators:**

Board Liaison:
Raymond Coté
(Director)

Social Committee:
Heather Pettipas
Hazel Baskin
Pauline Delorme

Bridge Club:
Lorna McKenzie

Art Appreciation:
Laura Legare

Dinner Club:
Lucy Nelms

Table Tennis:
Garry Bowes

Walking Club:
Raymond Coté

Summer Concerts:
Heather Pettipas

Golf:
Rheo Brunet

FFO Webmaster:
John Nelms

FFO Website:
[www.friendship
forceottawa.ca](http://www.friendshipforceottawa.ca)

FFI Website:
[www.thefriendship
force.org](http://www.thefriendshipforce.org)

ED Training
Coordinator:
John DuVernet

FFO Exchanges for 2011

By Pierrette Benoit

FFI confirmation has been received for the 2011 Inbound Exchanges as follows:

INBOUND 2011

Global Exchange

Dates: February 9 - 16, 2011

FFO and FAARC have joined forces to organize this Global

Exchange; Roger Lafleur (FAARC) and Pierrette Benoit (FFO) are CO-EDs

We will be receiving 44 ambassadors - 32 from Australia and 12 from the USA.

The Exchange Committee has developed a draft program that will enable ambassadors to experience Winterlude, the Sugar Bush and many other local cultural/social events. Planning is in the early stages, but progressing very well.

Kauai, USA

Date: May 2011

Central North Carolina and Florence, South Carolina

Date: September 2011

Jena, Germany and Gelsenkirchen, Germany

Date: October, 2011

How about becoming an Exchange Director or volunteering to work on an exchange committee!

You are encouraged to contact Pierrette Benoit, VP Exchanges, if you are interested in being the ED or a member of the Planning Committee for one of the incoming exchanges. Sign-up Sheets will be available at the June 15th General Meeting; you can also contact the VP Exchanges directly to indicate your interest - Pierrette Benoit, benoitp@ncf.ca, 613-596-6442.

OUTBOUND 2011

FFI confirmation has been received for the following 2011 Outbound exchanges:

Budapest, Hungary

April 2011

Vina del Mar, Chile and Dallas Texas

May 2011

Lansing, Michigan

July 2011

Cairo, Egypt

November 2011

Registration for Outgoing Exchanges will start on June 15th at the General Meeting. Registration Fees (\$35.00 per person, per exchange) must be paid for the registration to be accepted. Cheques are to be made out to "Friendship Force of Ottawa" and clearly indicate the name of the specific exchange on the "memo" line. **The Registration deadline for all Outgoing Exchanges is August 19th.** Members may also send in their registration by mail to the VP Exchanges, Pierrette Benoit, 2706 Violet Street, Ottawa, ON K2B 6X2. The FFO Ambassador Selection Procedures for Oversubscribed Exchanges will be applied should any of the 2011 exchanges be oversubscribed

Membership Report

By Gail Nevraumont

We currently have 177 members with 14 new members to date this year. Since our last meeting, please welcome Vickie Schoenherr & Jackie Harris.

I am trying to initiate a small membership drive for members from the east end of the city. If anyone has possible leads, please contact Gail @ 723-5591.

We are continuing our exit interviews with non renewals.

The directory is progressing. I have had no requests for a 'hard copy' so we may not need to print this. If you should want a hard copy of the directory, please let me know.

Change of email address for:

George & Sue Nielsen email to ottgan@rogers.com,

Vickie Schoenherr - 613-738-1162 & address is - 2240 Halifax Dr Apt 1114, Ottawa K1G 2W8

PICTURE POOL

By John Taylor

It has been suggested FFO compile a photographic pool of Canadian places with an emphasis on Ottawa, and I have been suggested as the compiler. This pool of pix could be used for outbound exchange booklets, for use in power point presentations, or be used for souvenir discs for both inbound and outbound exchanges. There is clearly enough artistic merit in the club that we can use our own stuff.

The photographs should be good quality jpegs, that is in focus, not blurry, and with some, shall we say, merit. Subject matter should focus on the regions of Canada, the Ottawa area, and FFO events. They should be accompanied by a brief description, and the name of the photographer. These details I can (or you can) place on the image so it would not become a stray and so it would not be used elsewhere without permission.

I would say limit yourself to about 10 of your best for now. Email them to me at johnhtaylor@sympatico.ca or give me a disc when our paths cross. I will store them on a disc and on my computer, at least for the nonce. There is no immediate rush to submit. Ruth and I are on the Vienna exchange and won't be back in Ottawa until mid-June.

Social Activities

WALKING CLUB

By Jan Sterling



Picture by Jan Sterling
L to R – Jackie Harris, Marilyn Guty,
Pat Jackson, Raymond & Eleanor Coté,
Carolyn Maslick, Bonnie Hudon, Marion
Dunning, Susan Aiken, Wally Guty, Vic
Hudon

On May 13th, twelve fit members of FFO headed off from Rideau Valley Conservation area in Manotick walking along a trail by the Rideau River until it met the Jock river and we followed that into Stonebridge area of Barrhaven.

Six new members were in the group on a beautiful warm day. The hike took an hour and a half followed by lunch at the Black Dog restaurant where we tried to gain back any calories burned by having sweet potato fries. A fun time! Next month it's off to Pink's lake with Marion Dunning.

Bridge Anyone?

Any member interested in joining the Bridge Club please contact

lamckenzie@sympatico.ca or

613-829-0047

by the beginning of August so that we can compile a list of players and a game schedule for next year.

We will be holding our get together on **September 16th**, which will complete this season and begin the next. The season will run from September 2010 -2011. Information on the windup will follow.

Next General Meeting

Don't forget our General Meeting On **Tuesday June 15th**.

Hear about the wonderful exchange opportunities we have been given and sign up for an exchange to Egypt, Hungary, Chile or the USA.

2010 World Conference

Saturday, October 16, 2010 9:00 AM - Monday, October 18, 2010 12:00 PM (Eastern Time)

Renaissance Washington DC Hotel

Sounds like Fun but time is running out

For more info see FFI Website

www.thefriendshipforce.org

Calling All Web Designers..... By Merv Sullivan

We are looking for members, or members who might have friends who could devote some time and effort to redesigning the FFO website.

Over the years, we have been lucky to have John Nelms who has devoted a lot of time and effort to our website and who acts as our webmaster. We want to thank John for all his efforts on a web site which has served us well over the years.

Our web site is now a few years old and times in web site design change extremely quickly in today's high tech world. We, as an organization, have to keep up with the times in getting our PR message out. Our web site is seen not only by our members but also those who might consider becoming members.

In this regard, the Message and the Medium are very closely entwined.

So if you have any capabilities in this area or know someone who might be willing to help us - even in a small way - please let Merv Sullivan know.

mmerjess@sympatico.ca

Friendship Force World Conference



Building the Friendship Force of the future. Plenary sessions and leadership workshops on how to grow your club for the future. Sessions will feature new initiatives in membership growth, exchange planning, club management and publicity; along with tips on how to design new themed exchanges for both outbound and inbound exchanges.

The Friendship Force as Citizen Diplomacy. Prominent speakers from a variety of Washington-based international organizations and government agencies will introduce Friendship Force leaders to the growing global movement known as citizen diplomacy. You'll learn how important our mission is in today's world and how you can connect with organizations in your community that share our goals.

Networking. You'll be part of a global gathering with Friendship Force leaders from six continents. There will be ample opportunity to meet your counterparts, learning from their experiences while you enjoy developing new friendships.

Fun! Having fun is a requirement at any Friendship Force gathering, and Sunday's gala banquet will be an evening you'll long remember. Entertainment, music, dancing, and camaraderie. The theme of our banquet is "World Costume", so feel free to wear your national dress or any items you have acquired overseas during your Friendship Force travels!

Explore Washington. The Renaissance Hotel is located in the heart of downtown Washington. You'll want to take advantage of the amazing array of museums, historic sites and cultural activities.

**Got an Article or a
Topic of Interest**

We're interested in hearing from you if you have an article of interest to our club or a topic that might be presented to one of our General Meetings

CONTACT

bonnie.hudon@rogers.com

In Memorium - Phil Hodgins by Beth Patterson

We are sad to share the news of the death, after a sudden illness, of Phil Hodgins. You may have met Phil and his wife, Joyce, as they cheerfully managed the coffee time at our general meetings.

Though relative newcomers to our club, they enjoyed meeting Friendship Force folks, day hosting and dinner hosting at a number of inbound exchanges. Meeting members in smaller groups as a participant in the Dinner Club was another way he got to know people.

Outside of the Friendship Force he was an avid sportsperson, golfer and curler and a great dad to Deborah and Joanne. Phil's kind and gentle spirit will be remembered by those who were fortunate enough to know him.

He will be missed.

Our condolences and friendship go out to Joyce and his family.