



Capital Connections

Newsletter of the Friendship Force of Ottawa, Canada

April 2011 www.friendshipforceottawa.ca

FFO Board 2011

President
Merv Sullivan

VP, Membership
Gail
Nevraumont

VP, Exchanges
Pierrette Benoit

Treasurer
Richard
Hatherill

Secretary
Norm McLeod

Directors:
Susan Aiken
Garry Bowes
Marion
Dunning
Joan Gregoire
Frank Mayda
John Taylor

Past President
Jaap Schouten

Vitalization is Here and Now!

After much brainstorming, discussion and effort, our vitalization program is now ready to fly! The committee report was presented to the board at the April Board meeting and will be presented to the General Meeting on Thursday April 14.

The report not only proposes the Vision, Mission and Goals of our club but also details 21 concrete objectives to keep Friendship Force Ottawa one of the most dynamic and active clubs in the FFI organization.

Recommendations include **Ten High Priority Objectives for our club to concentrate on over the next 8 – 12 months.**

Space does not allow a detailed look at the recommendations here but the key points will be presented to the General Meeting and the full report will be emailed to all members late this week. I hope everyone will take the time to read the report and then get involved!

I would like to thank all our members who completed the membership survey and those who took part in the visioning exercise. Members of the committee are owed a special thanks for their time and effort.

We now have the tools to keep our club one of the best in the world. Let's use them!

Merv

Your 2011 Board



Front row, L to R, John Taylor, Merv Sullivan, Garry Bowes; middle row, L to R, Jaap Schouten, Marion Dunning, Joan Gregoire, Susan Aiken, Frank Mayda; back row, L to R, Richard Hatherill, Pierrette Benoit, Norm McLeod. Absent: Gail Nevraumont
Photo John Taylor

Calendar 2011

General Meeting Dates For 2011

**Thursday April
14**
7:00 -9:30 p.m.
Tom Brown Hall

Thursday June 16
7:00 -9:30 p.m.
Tom Brown Hall

Tuesday Sept.20
7:00 -9:30 p.m.
Tom Brown Hall

AGM

Date to be
confirmed
7:00 -9:30 p.m.
Tom Brown Hall

Suggestions & Feedback

Your board always
welcomes feedback
and suggestions.
Contact Merv
([mmerjess@
sympatico.ca](mailto:mmerjess@sympatico.ca))
or any other board
member.

2011 Exchange Reports

Past Exchanges

Global Exchange Report: February 9-16, 2011

What a great success! In what turned out to be a week of great weather, providing a touch of snow, lots of sunshine and temperatures that were quite reasonable, 27 ambassadors from the Sunshine Coast and 4 ambassadors from southern USA experienced an Ottawa winter. Of course there was a visit to the Parliament Buildings, the Byward Market and the Museum of Civilization. But what is a winter experience without dog sledding, a visit to Omega Park, a stroll down the Canal, a visit to Confederation Park to see the ice sculptures, a visit to Jacques Cartier Park to see the great slides, ice fishing on the Ottawa River, snowshoeing in Gatineau Park, and finally the sugar bush experience in Pakenham. Ambassadors and hosts had lots of fun being kids playing in the snow! Their biggest challenge was getting dressed and undressed...they had never put on so many clothes! The visiting ambassador ED indicated that "the friendship and hospitality offered by our hosts was up to the usual Friendship Force high standard." She highly recommends a winter exchange to Ottawa as an option for those who live in hot climates..."it's an experience of a lifetime." Congratulations to all the hosts and everyone else who helped make this exchange such a great success!

ED Pierrette Benoit

2010 Moscow Cultural Exchange CD

Norm McLeod has several copies of Irina Nikonova's CD "*Liebestraum*". Irina was the pianist at the Russian Concert at the Temple Israel on October 31st. People who attended the concert expressed an interest in having one of her CDs but she sold out in Montreal. The CD is of excellent quality and contains music by Schubert, Chopin, and Liszt with Irina at the piano. Anyone interested in purchasing one of these CDs can contact Norm McLeod at 613 521 4823. The cost is \$23.

Upcoming Exchanges

Incoming Kauai Exchange - May 24 -31, 2011

Plans are well under way to welcome the Friendship Force members from Hawaii plus, to add an international flavour, ambassadors from California, Kenya and Tanzania, perhaps 17 in all. We will be celebrating their welcome on Wednesday May 25 at 3:30 to 6:30 in Stonehaven Manor at 70 Stonehaven Drive Kanata - everyone welcome - cost \$15 pp.

Numerous activities are planned throughout the week and we certainly appreciate the help of all our members who have volunteered to host in various capacities.

The Farewell celebration will be held at St Maurice Church 4 Perry St off of Meadowlands Drive on Monday May 30th at 6:00 pm BYOB cost \$35 pp.

Tickets will be available at the April 14th Friendship Force meeting or by phone to the Knobels at 613 226-2028. Hope to see as many of our members as possible.

EXCHANGES 2011

Inbound 2011:

Global Exchange
(Australia & USA)
Feb. 9-16

Kauai, USA
May 24-31

**Central NC &
Florence, SC,
USA**
Sept. 22-29

**Santo Angelo,
Brazil**
Oct. 12-19

Outbound 2011:

**Budapest,
Hungary**
April 28-May 5

Dallas, USA
April 27- May 4

**Lansing,
Michigan, USA**
Sept 6-13

**Vina Del Mar,
Chile**
Oct. 20-27

Cairo, Egypt
Nov (proposed)

**Please provide
feedback
regarding any of
these
exchanges to
Pierrette Benoit
benoitp@ncf.ca**

Incoming Central N Carolina & Florence, S Carolina, Sept 2011

Members of the planning committee have made lots of progress towards organizing an exciting exchange for our incoming ambassadors. We are expecting a total of 22 ambassadors from the two clubs. The cost of welcome and farewell parties should be modest and we hope our FFO membership will be well represented at these events. Volunteer hosts are still needed.

Elizabeth Bowen, ED

Outgoing Lansing Michigan Exchange Update, Sept 2011

Planning for the exchange is progressing well. The Ambassadors met once and committees have been struck. The Lansing ED has provided an advanced draft program and discussions are still taking place on the costing of the activities since some Michigan State University events are not available for booking yet. So far we have 18 ambassadors signed on for the exchange. Since the Lansing club can accommodate up to 25 guests, we could accept applications so if you are interested please let us know and send us an application. Our e-mail address is rj.cote@rogers.com.

EDs Raymond & Eleanor Coté

Outgoing Vina Del Mar, Chile Update, October 2011

The dates for the outgoing exchange to Vina del Mar, Chile have been chosen (Oct 20 to 27). We will have 16 ambassadors - the host club capacity. A first planning meeting has been held and most jobs assigned. Some ambassadors are planning their own post-exchange travel but a number are considering a five day excursion to Macchu Picchu, Peru.

ED Frank Mayda

Outgoing Cairo, Egypt Exchange Update, November 2011

Given the situation in Egypt and the federal government's travel warning that is in effect at the time of writing (28 March 2011), our Cairo group of ambassadors is now in a 'wait and see' mode, pending the lifting of this travel warning. On February 28, during an animated and enjoyable potluck dinner with a Middle Eastern theme at the home of Beth and Tom Patterson, our guest speaker, Magda Sharara, put the 'Egyptian Revolution' in perspective and provided us with an update of the situation 'on the ground'. Background reading was distributed to all by Jan Sterling. Kathy Hatherill presented pre- and post-exchange travel plans for Egypt, Jordan, and Israel. These plans are currently on hold and may be revived once the situation improves. Our next group meeting is scheduled for Thursday, May 5 at 7 pm, at the home of Pat Cianfaglione, 900 Garwood Avenue, Ottawa. This is an oversubscribed exchange with a number of members on the waiting list.

EDs Jaap & Maria Schouten

VP Exchanges Report

FFO Members as travel agents

Concerns were raised with the FFO Board regarding potential conflict of interest where a member who is a travel agent is asked or offers to act in that capacity for a FFO outbound exchange. This issue was discussed at

**EXCHANGES
2012
Under
consideration**

Inbound 2012:

**Hiroshima
Japan**
May 2012

**Eastern
Washington-
Northern Idaho**
August 2012

**Florianopolis,
Brazil**
Sept. 2012

**One, yet
undetermined**

Outbound 2011:

**Causeway
Coast, N.
Ireland**
June 2012

**Missoula W.
Montana &
Lower Columbia**
Sept 2012

**Kwangjou, S.
Korea**
October 2012

**One, yet
undetermined**
(possibly a
Discover type)

**Please provide
feedback
regarding any of
these
exchanges to
Pierrette Benoit
benoitp@ncf.ca**

the Board meeting of February 22, 2011 and resulted in the approval of the following policy: FFO members who are travel agents shall not enter into a business relationship with any outbound exchange.

Domestic Exchange 2011

Some members have indicated an interest in exploring the possibility of a domestic exchange. A sign-up sheet will be available at the April 14th meeting to gauge the overall level of interest of FFO members, by provincial destination.

2012 EXCHANGES:

FFI proposals for exchanges in 2012 were reviewed by FFO Board members in February, and an e-mail sent to FFI agreeing to the exchanges. We are now waiting for the formal "It's a Match" confirmation from FFI, and expect to receive this in time for our June General Meeting.

The exchange requests submitted for 2012 were as follows:

OUTBOUND

- to Causeway Coast, UK – June 2012
- Ottawa to Missoula-W Montana & Lower Columbia, USA – September 2012
- Ottawa to Gwangju, Korea – October 2012
It is recommended that FFO organize a pre or post tour of the country.
- For a 4th outbound exchange, FFI is proposing a "Discover" exchange. We have indicated an interest and have provided input as to possible options. Further discussions will be taking place with FFI in the next few months. We will keep you informed in this regard.

INBOUND

- Hiroshima, Japan to Ottawa – May 2012
- Eastern Washington-Northern Idaho, USA to Ottawa – August 2012
- Florianopolis, Brazil to Ottawa – October 2012
- Once a decision is made regarding a 4th outbound exchange, we may explore options for a 4th inbound exchange. We will keep you informed in this regard.

Pierrette Benoit, VP Exchanges

Policy regarding Grace at Social Functions

I have been asked by the board to bring the following to your attention. The Board, after recently receiving a couple of inputs, reviewed the policy of saying grace at club functions. It was decided by vote that Grace could be said at club functions. However, in order not to offend atheists or members of some religions, "God" should not be mentioned. This will of course preclude the sung grace that has been used at a number of functions. Samples of complying formats are available from Norm McLeod, the Board Secretary.

Merv Sullivan

Membership

Meet our new members



Catherine and Stan Pope moved to Ottawa for work in the Social Work field after 22 years in Peterborough. They have 2 grown children, both living in Toronto. Their extended family lives in England, across Canada, and in Georgia in the USA. They enjoy traveling, often staying in B & B's. They belong to a movie club and a book club.



Mildred Breault joined FFO in 2011. Mildred is a francophone, born in Montreal. She has a curiosity for the world that started when she was a young child and was limited to streetcars in the city. She has traveled for extensive periods: a year in Africa; 3 months in New Zealand, Australia as well as most of the South Pacific. She was a life-long educator including 30 years teaching high school in Kirkland Lake and retiring as principal. Her interests include bridge, swimming, walking and just recently, she took up snow shoeing.



Kitty (Claudette) Green is semi retired and has lived in Chelsea overlooking the Gatineau River for 40 years where her two daughters were born. She is a grandmother and skis at Vorlage with her granddaughter and her Mom. She loves boating, swimming, tennis, painting and is an avid golfer. In the past she has also been involved with Little Theatre and Orpheus Operatic society as an actor. Having owned Algonquin Travel - Bank Street for 30 years and organizing seniors' tours for 15 years, she has traveled to many parts of the world. The friendship Force is an ideal venue for future travel on a personal level where she is looking forward to meeting and sharing with people from other Countries as well as people from Ottawa.



Jim and Darlene Frank were raised in small Alberta towns; the prairies are in their souls - big, blue sky country with open spaces and mountains. Now both retired (an economist and a high school math teacher) and their sons launched, they enjoy activities in Ottawa and during four winter months spent in Florida. They share an interest in golf, reading, bridge, theatre, music and traveling. Jim loves his fishing trips and Darlene enjoys cycling but is now an armchair curler after more than 40 years 'on the ice'.

and.....meet two of our Founding Members



Josie and Bob Machacek, founding members of the Ottawa Friendship Force (1994), met at the University of Manitoba's Faculty of Education. Josie retired from a teaching, library work and soloist career but is actively involved in Opera Lyra chorus, choirs, book club, and International Women's Club. As a teacher Bob worked in Ottawa and in east and west Africa with CUSO and CIDA. An avid reader, Bob also

enjoys model railroading, hiking, cycling and movies. Together they enjoy their church, travel, bridge, live theatre, concerts and gardening. Travels have taken them across Canada, the USA, Europe, the Middle East and Africa. He and Josie have two sons. Graham, his wife and two daughters live in Ottawa while Dan, engaged to be married in July 2011, works in London, UK.

VP Membership Report April 2011

The Directory is completed, with just one photo missing that will be added next month. The draft was sent to all members & the final product was uploaded to Gmail space, for any of our club to access. (The link was sent to all our members). Those who ordered hard copies can pick them up from Gail at the April meeting. If you need help in using any of these pictures for booklets, etc., just contact Gail, who will enlist Ulysse to help. ;<) Richard will be sending out an updated membership list this month. Some address changes are:

Suzanne Gumpert (as of April 1) 302-111 Echo Drive, Ottawa ON, K1S 5K8 [613-421-3473](tel:613-421-3473)

Jill Moll - new email address - Jill.moll@gmail.com

Joyce Hodgins - new phone # [613- 421-8277](tel:613-421-8277)

Stolariks - slight change in email address - maistol@bell.net

New Members since Christmas 2010:

Eve Elliott, 105 Sentinel Pine Way, Ottawa ON, evethehun.ca@live.com [613- 831-6524](tel:613-831-6524)

Gordon & Cynthia Walker, 38 Beaver Ridge, Ottawa ON, gordwalker@rogers.com [613-225-1986](tel:613-225-1986)

Jan Jones, 824 Iroquois Rd, Ottawa ON jjottawa@hotmail.com [613-722-2097](tel:613-722-2097)

Anne Marie Sarazen, 258 Helm Circle, Stittsville ON, ramsarazen@rogers.com [613-435-0049](tel:613-435-0049)

Kitty Green, 12 Carman Road, Ottawa ON, kitgreen@magma.ca [819-459-2244](tel:819-459-2244)

Sandra Mohr, 301-2625 Regina St, Ottawa ON, K2B 5W8, sandra.mohr@sympatico.ca
[613-828-4768](tel:613-828-4768)

There was an information session on March 1 and the next info session scheduled is April 7 at 7 p.m. I have been trying to determine the dates that people have joined FFO. I have about half the membership so far and will put this information on the next membership list.

The Travel show was not available for us again this year. They sent some free tickets that I tried to get to those who had signed up to work at the show. We will need to find another similar venue to start recruiting members other than our friends.

Current membership is 177, 54 couples & 69 singles.

Gail Nevraumont, VP Membership

**Social Activity
Directors:**

Directo Social
Activities:
Joan Gregoire

Social Committee:
Heather Pettipas
Hazel Baskin
Pauline Delorme
Patricia Hay
Elaine Bradley

Bridge Club:
Lorna McKenzie

Art Appreciation:
Laura Legare

Dinner Club:
Lucy Nelms

Walking Club:
Maria Schouten

Summer Concerts
(Flying Solo):
Heather Pettipas

Friendly
Wanderers:
Raymond Cote

Golf:
Rheo Brunet

Social Activities

General Meetings Social Time

Have you enjoyed having coffee and tea at the social time prior to the general meetings? If so, and you would like to see this continue, we need volunteers to make and serve the coffee and tea. Two couples or two groups of two would be ideal so that if one group is away on vacation or sick the other group can take over. There are approximately 4 meetings a year.

This activity would count as a significant contribution to the club. If you are able to volunteer or have any questions, please contact Marion Dunning at [613-226-4681](tel:613-226-4681), e-mail marion.dunning@rogers.com or sign up at the next general meeting.

Art Appreciation

Eight new members have joined the FFO Art Appreciation group for a total of 24. There will be two more events this season.

For next season, beginning in the fall of 2011, the Art Appreciation group will have a cut off of 16 members. There needs to be at least 10 other interested people for a second group to form. We also need a volunteer to handle the paperwork and liaise with the gallery. A sign up sheet for the second group will be available at the June GM. Volunteers to organize the group should contact Joan Gregoire.

World Friendship Day

Fifty six FFO members and guests celebrated World Friendship Day at Tom Brown Hall on Saturday, February 26. It was a huge success. Everyone had their fill of delicious food, but there was still lots left which was delivered to *The Shepherds of Good Hope*. The silent auction made \$539.45 which was donated to the food bank. Congratulations to Cavelle Bowes and Conrad Gregoire who won FFO aprons at *TWO-UP*, the Australian game we learned when our Sunshine Coast guests were in town.

Thanks to everyone who donated items to the auction, with special thanks to Jaap Schouten who played auctioneer at the end, finding good homes for everything left on the tables. The organizing team of Marion Dunning, Joan Gregoire, Ruth Kirk, Mary Mayda, Gail Nevraumont, and Maureen Sly really appreciated the help of Bonnie and Vic Hudon, Conrad Gregoire, Frank Mayda, John Taylor, Jeanne d'Arc Lachapelle, Di McIntyre and countless others who pitched in and helped wherever needed. It felt more like a fun family picnic than a club social activity. We're already looking forward to next year!

Joan Gregoire

Technical Support/Info

FFO Webmaster:
John Nelms

FFO Website:
www.friendshipforceottawa.ca

FFI Website:
www.thefriendshipforce.org

ED Training Coordinator:
Pierrette Benoit

FFO Newsletter Editor:
Donna Nicholson
Send your text and/or pictures to:
donna.nicholson@gmail.com

Friendship Force Membership Directory

Contact Gail at ffomembership@gmail.com to obtain the link to view or print the most current directory.

World Friendship Day Celebration Feb.26th, 2011



Playing "Two Up"



Photos John Taylor

20 FFO walkers explore New Edinburgh's "Heritage Trail"



"Spring Has Sprung": the FFO Walking Club Is Out and About!

On March 24, 2011, twenty dapper members of the Walking Club braved the cold to explore New Edinburgh's heritage and history, ably guided by Claire Fortin. Afterwards, Claire hosted the group in her nice apartment on Rideau Terrace, serving hot soup, sandwiches, and various other tasty snacks. Our next outing will take place in early May when we will explore the beauty of Mer Bleu, southeast of Ottawa. Please stay tuned for further announcements about the date, time, and place of this spring outing. For information, contact Maria Schouten.

Maria Schouten

Responsibilities of Ambassadors

- Do research
- Communicate with host
- Participate in all activities
- Be punctual
- Bring pictures
- Be respectful of resources
- Bring a gift
- Treat hosts to dinner
- Discuss problems with ED

Night Hosts

- Communicate
- Welcome ambassadors
- Attend welcome & farewell parties
- Accompany
- Partner
- Collaborate

Message from your Exchange Directors

Planning is well underway for our 2011 exchanges. So, the Board thought it would be timely to review the responsibilities of ambassadors, night hosts, day hosts and dinner hosts. Everyone working as a team is what brings about the great successes we've had in the past and will continue to do so in the future. Whether you are involved in an outbound or inbound exchange, you are a representative of our club and of our country. It is therefore important that ambassadors be open minded, have a sense of humour, be flexible and adaptable, have a positive regard for others, be empathetic and be enthusiastic; these are key to a positive experience and a successful exchange. One needs to expect the unexpected, be willing to experience a different culture and a different way of life.

Ambassadors: Ambassadors should do research on the country/city, and communicate with their hosts prior to the exchange. This will enable them to have a better understanding and appreciation of their hosts. Ambassadors are required to participate in all activities planned by the host club and respective hosts; they have worked hard to provide a wide variety of experiences and want to extend full hospitality. Punctuality is mandatory; it is a sign of respect for everyone. Ambassadors are encouraged to bring pictures of their family as this is a great way to engage in conversation, especially when a different language is spoken. Be respectful of potential limited resources (i.e. water, heat, etc.) in the homes of hosts; remember that hosts are proud to have you in their home. To show appreciation to hosts, ambassadors should bring a gift and treat their hosts to a thank you dinner; expensive gifts or restaurants could be embarrassing to hosts who feel they need to return the gesture, so keep it simple. An ambassador who encounters a delicate/difficult situation while on an exchange should discretely discuss with their own Exchange Director who will determine the best course of action.

Night Hosts - the biggest job with the most time involved. The key responsibility is to make the ambassadors comfortable and feel welcome; make them feel that your home is their home for the week. Communicate with your ambassadors prior the exchange to build an early rapport. Welcome the ambassadors at the airport to help them feel comfortable. Attend the welcome and farewell party with them. Provide companionship and spend time with your ambassadors; involve them in your daily activities and share your way of life and culture with them. Provide as many opportunities as possible for ambassadors to get to know many members of our club; consider inviting your day host to join you for breakfast when they come to pick up the ambassador for the day and include them in pot lucks, if possible. Accompanying the ambassadors on certain program activities is a wonderful way to spend more time together and develop a friendship. Partner with other night hosts for things like carpooling to free up other members for duties where or when they are more needed.

Day Hosts

- Work as a team
- Have a vehicle
- Spend 2-3 days
- Attend events
- Collaborate

Dinner Hosts

- 1 evening meal
- Team up or share preparation
- Consider traditional Canadian meal
- Collaborate

Day Hosts: Work as part of the team with night hosts and dinner hosts to provide a rewarding experience for the ambassadors. It is not simply a means of taking the load off night hosts, but an opportunity to enhance the ambassador's experience and build new friendships. Day hosts are expected to dedicate 2-3 days during the week to exchange activities and hosting duties; to do so, the day host needs to have a vehicle and be comfortable driving in all conditions. The Exchange Hosting Coordinator will make every effort to match night and day hosts based on geographical location to prevent cross town trips; however, this is not always feasible. Attending the welcome and farewell party and friendship dinners is a great way to get to know the ambassadors and meet the other ambassadors. Ensure that you pick-up and return the ambassador from the night host's residence, and accompany them to organized events and/or entertain the ambassador during un-programmed time. As a day host, you are playing a key role towards the success of the exchange.

Dinner Hosts: Provide one evening meal for their assigned guests – ambassadors, night hosts, day hosts and possibly other friends. The dinner host will indicate the number of people he/she can comfortably accommodate. Team up with another member to jointly host a dinner; this will reduce the cost/member plus reduce the work. Offer to provide the entire meal or set-up a shared meal where their guests, other than the ambassadors, bring an appetizer, a salad or a dessert. It is not a competition, but a gathering of friends for a cultural experience; consider preparing a traditional Canadian meal to enhance the experience.

Communication is very important whether it is an outbound or an inbound exchange, and e-mail communication is the fastest and easiest way to share information. All members participating on an exchange are strongly encouraged to have an e-mail account or to make arrangements with a friend who has access to e-mail; of course that's only half the story – members need to check their e-mails on a daily basis to ensure they have the most up-to-date information.

Collaboration...collaboration...collaboration!!! Working together. It's something we do best and that's why our club is so successful. Let's keep it going, and let's pass it forward!!!

General Meeting

Thursday January 27, 2011 socialize 7 p.m., meeting 7:30 p.m.

Tom Brown Hall, 141 Bayview Road, Ottawa

MINUTES OF THE MEETING

There were 93 members present including one new member and one guest.

President Merv Sullivan opened the meeting at 7:30 p.m.

1) Introduction of New Members & Guests and opening remarks:

New member welcomed: Mildred Breault

Guest welcomed: Anne-Marie Sarazin

Merv introduced the new editor of Capital Connections, Donna Nicholson, and thanked Bonnie Hudon for her work as former editor.

Merv read a letter from Bob & Laura Légaré who expressed their appreciation for the club's condolences on the death of their son.

2) Approval of the Agenda : MOVED John Knobel, **SECONDED** Phil Bott that the agenda be adopted. **CARRIED**

3) Approval of the Minutes of September 21, 2010: MOVED Garry Bowes, **SECONDED** Barb Smith **CARRIED**

4) Membership Report: Gail Nevraumont made the following report:

Membership Issues: The annual membership runs from Jan 1 to Dec 31.

Renewals are solicited in Nov & Dec. Renewals after the 31 Dec are subjected to a \$5 late fee. New members who join after Sept 1 are given the following year as part of their original membership fee. This is a one time "benefit". The introduction of a 'late fee' has facilitated earlier renewals. At present we have 174 renewals, 4 pending, 2 new members, and 12 non renewals with 99% of the membership accounted for. This has made the task of both the Membership Chair and Treasurer much lighter. Thank you for your great response.

Information sessions: There was one in Jan and one coming in Feb. Inquiries have been made about getting the booth for the Travel show, but so far there has been no response. If any one is interested in helping on Sat April 2 or Sun April 3, please sign up at the table.

Notices about the Jan 27 meeting were sent to the Citizen, Forever Young & the EMC local papers.

The Citizen notice was in the paper on Thurs Jan 6 & again Thurs Jan 20. I believe that we got 2 new calls about the club from those notices.

Reminder for any aspiring journalists: A prize of a \$30 gift certificate to Chapters will be awarded to any club member who writes an article encouraging membership in Friendship Force that gets published in a local newspaper or magazine. Articles must be approved by the Board before submission for publication.

Please note: the new email address for Rheo and Dorothy Brunet as in Jan.2011 Cap Con.

Volunteers are being sought to form a new support committee for the Membership VP. Individuals have been recruited for several tasks over the last year and it was decided to try a make a viable group that would help in setting up and/or hosting information sessions, acting as mentors or recruiters for mentors, heading up the travel show volunteers, working on the membership directory and other membership-related tasks. Three to four people to act as a committee would make the load fairly light for all. If you are interested please let Gail know.

The directory is in the last stage of development and an updated electronic version with this year's membership will be distributed to all by Feb 1. If you would like a hardcopy, please let Gail know. You will be charged the printing cost in the range of \$15. Gail thanked Ulysse for all his hard work on this project.

5) Exchanges 2011: Pierrette Benoit reviewed the 2011 exchanges adding the following new information:

Global: there are 31 ambassadors (4 – US; 27 Australia)

Kauai: 13 ambassadors – John & Kay Knobel are the ED's and are in contact with Mrs Yamata (ED) from Kauai

Dallas: now 10 FFO members. John Taylor is the ED. There are still 10 spaces available.

Lansing: September 7-14. 15 FFO members are registered. Raymond & Eleanor Coté are the ED's. There are still 10 spaces available.

Florence and Central North Carolina: There are 12 from Florence. The number from CNC is not yet known. Elizabeth Bowen (ED) spoke and asked for ideas on tours as there had been a request for industrial tours in Ottawa.

Santo Angelo Brazil: dates of October 12-19 were proposed to the Brazil ED. Mike & Carole Lundy are the ED's. They expect to have 15 ambassadors.

Vina del Mar: Oversubscribed. Frank & Mary Mayda are the ED's. Some members with assured spaces have now withdrawn; therefore people on the stand-by list are being approached to fill available spaces to a maximum of 15. The dates are to be confirmed, but the target is mid to late October.

Cairo: no firm date yet but it will not be prior to November 20, 2011. There are 25 confirmed ambassadors. Jaap and Maria Schouten are the ED's.

EXCHANGES 2011			
FEBRUARY 9 – 16 INBOUND	Global Exchange Australia and USA	FFO ED: Pierrette Benoit (FFO) Roger Lafleur (FARCC)	Receiving 31 ambassadors
APRIL 28 to MAY 5 OUTBOUND	Budapest, Hungary	FFO ED: Ralph and Carole Baker	15 ambassadors
MAY 24-31 INBOUND	Kauai, USA First to Big Canoe: May 17-24	FFO ED: John and Kay Knobel	Receiving 13 ambassadors
APRIL 27 to MAY 4 OUTBOUND	Dallas, USA	FFO ED: John Taylor	20 spaces available 10 members registered
SEPTEMBER Sept 7-14 OUTBOUND	Lansing, Michigan	FFO ED: Raymond and Eleanor Coté	25 spaces available 15 members registered
SEPTEMBER 22-29 INBOUND	Central North Carolina And Florence, USA	FFO ED: Elizabeth Bowen ebowen@rogers.com	Receiving: Florence = 12 CNC = ?
OCTOBER DATE proposed October 12-19 INBOUND	Santo Angelo, Brazil	FFO ED: Carol and Mike Lundy	Receiving: potentially 15 Number of ambassadors to be confirmed
OCTOBER DATE proposed Oct 24-31 Or Oct 30-Nov 6 OUTBOUND	Vina Del Mar, Chile	Ambassador ED: Frank and Mary Mayda	15 spaces available OVERSUBSCRIBED: Draw held Nov 2nd
NOVEMBER DATE proposed November 20 OUTBOUND	Cairo, Egypt	FFO ED: Jaap and Maria Schouten	25 spaces available OVERSUBSCRIBED Draw held Sept 2ⁿ

6) World Friendship Day: Joan Gregoire reported on the arrangements for the Saturday February 26 breakfast to be held at the Tom Brown Hall from 10 a.m. to noon. There will be a Silent Auction with the money going to the Food Bank. Tickets @ \$5.00 ea were being sold at the meeting. People absent who would like tickets can contact Joan Gregoire (613-592-1353) or Mary Mayda (613-224-7594). Members are encouraged to bring their friends.

INTERMISSION

7) Treasurer's Report: Richard Hatherill reported a sound financial situation. Here are the account details:

FFO General Account			Payment	Deposit	Balance
		Opening Balance (31 Oct 10)			\$1,881
		Expenses/Income	\$260	\$5,833	\$5,573
		Non-revenue accounts	\$643	\$1,520	\$877
		Closing Balance (27 Jan 11)			\$8,331
FFO Reserve Account			Fees	Interest	Balance
		Opening Balance (31 Oct 10)			\$3,864
		Expenses/Income	\$4	\$3	-\$1
		Closing Balance (27 Jan 11)			\$3,863
Total					\$12,194

8) Reviewer for 2011 financial Records: At the AGM of 2010, there was no volunteer to act as Reviewer for 2011. Since then, Jim Frank has volunteered. As this was business not dealt with at the AGM, the following motion was put to the January GM:

Motion to suspend a section of club by-law 4.1 for the fiscal year 2010-2011, that specifically being:

'The members present at the annual general meeting shall elect a person or a member then not a member of the Board of Directors following the presentation to the meeting of the Board's nominee, to conduct a review in the next fiscal year of the club's financial records and practices of the current fiscal year in accordance with article 8.5' and further that Jim Frank be elected to fill the said position for the fiscal year and that notice of this motion be waived.

MOVED Raymond Coté, **SECONDED** Bob Machacek, **CARRIED**

9) Report on the Sept 2010 Florida Exchange: Arthur Roy reported on this double exchange to East Central Florida and Sarasota, his report being accompanied by a power point presentation of photos showing the various activities our ambassadors enjoyed. He thanked the members of his committee.

10) Navin Parekkh's Uganda project: Navin spoke on his "Canugan Disability Support Project". He had volunteered in Kasese on the western border of Uganda near the Democratic Republic of the Congo for 5 months in 2010, working with people with a variety of disabilities caused by birth defects, accidents and war. He spoke about the need for tricycles, fashioned to help people cope with the terrain and which ultimately give them some independence. He mentioned a formal partnership with the Hindu Society of Ottawa-Carleton, a non-religious organization working with the people of Kasese. Through their partnership, tricycles, canes and hearing aids can be provided to disabled people in that region. He gave their website: www.canugan.org for members wishing to explore this project further.

11) FFI World Conference October 2010: Merv reported on this 4 day conference in Washington, organized by the Washington club. There were 500 delegates, 250 from the USA. He pointed out that FFI is looking to expand the program away from club-club exchanges to include theme exchanges. It seems that some clubs are not receiving exchanges, as their cities are not being requested. There is also a problem with aging in some clubs. He pointed out the advantages to attending World Conferences:

- time to meet our FFI contacts
- understanding of our exchange partners
- helping to educate other clubs (FFO is the 3rd or 4th largest club in the world)
- we get an update on the new directions of FFI

The next world conference will be in Hamburg.

12) Other Business: none

13) Adjournment: **MOVED** Dorothy Brunet, **SECONDED** Margie Bott

Next General Meeting: Thursday April 14, 2011 Tom Brown Hall