



# Capital Connections

Newsletter of the Friendship Force of Ottawa, Canada

November 2011 [www.friendshipforceottawa.ca](http://www.friendshipforceottawa.ca)

## Calendar 2011

### **General Meeting Dates**

#### **2011 AGM**

Friday, Dec. 2,  
7:00 -9:30 p.m.  
Tom Brown Hall

#### **2012 General Meeting**

**Monday Jan 23, 2012**  
**Tom Brown Hall**  
(To include a pot  
luck supper - more  
info later)

#### **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  
Frank Mayda  
John Taylor

Past President

Jaap Schouten

## **Reflections on Friendship**

My two year term as your president will end this week. With a touch of sadness, I realize it's time to pass the baton. But I do so with appreciation for the time you have allowed me at the helm of our club. It has given me the opportunity to forge many friendships in our club and abroad. The members that I have worked with, travelled with and spent time with, even if only for a few minutes, have clearly demonstrated to me that we have one of the best and most successful clubs in the Friendship Force Organization.

As I leave, there are so many people I would like to thank. To start naming individuals, however, would take more than my allotted space and I would miss many.

With your help we have accomplished much in the last two years. Your board has worked diligently on a number of fronts. Exchanges are what define us and, with a little lobbying to Atlanta, our club was allocated an extra international exchange in each of the last two years. Our exchanges this year were all successful except the outbound to Cairo which sadly we had to cancel due to unrest. We have, however, invited Cairo to visit us in 2013. For 2012 we have been awarded two of the most sought after destinations, N. Ireland and Sweden. We have also organized a domestic exchange to Okanagan-Penticton and Calgary to provide us with an opportunity to create friendships in the western part of our great country.

I must mention initiatives that have given me satisfaction during my term. The vitalization project required quite a bit of work by a number of people. This was perhaps the most important initiative that your board undertook. While a few other clubs have felt the problems of age by dwindling or even ceasing operations, vitalization has taken hold in Ottawa and we will continue to be a dynamic club with active, fun loving and global friendship oriented members.

From the vitalization initiative, an updated website was spawned. This will be of significant assistance to our members, incoming ambassadors and also to prospective members

Finally, the purchase of our sound system has allowed those of us with declining hearing to fully take part in our functions.

As I look back, I fondly remember receiving the baton from Jaap. It contained the friendship of many, the efforts of previous board members, Presidents, EDs, hosts and the confidence of the club. I pass it on to the care of Pierrette, hoping that it now contains a little more than when I received it.

Thank You

*Meru*

## 2011 Exchange Reports

### Greater Lansing, Michigan Outbound, Sept. 7 to 14, 2011



All ambassadors traveled by car so our first social activity on route September 6 was a happy hour in a Port Huron hotel, followed by a dinner in a local restaurant. The hosting club provided us with a balanced program that featured tours of their State Capitol (where our group was introduced in a session of the legislature), Michigan State University (MSU) campus, an aboriginal learning center, a MSU Concert Hall, parks and various museums, including the famous Henry Ford Museum just outside Detroit. For many of us the highlight of the week was a big ten university football game with the requisite tail gate party where fans gather for breakfast/brunch prior to the game. We found that fans were extremely friendly, offering to share their food and drinks with strangers. The stadium capacity is an impressive 70,000 and the half time show was quite a spectacle with the Alumni band and the regular marching band totaling 600 musicians performing together. The week concluded with a pot luck dinner during which our Ambassadors provided the hosts with a performance of the *Cremation of Sam McGee* which was good fun for the performers and hosts. Thank you to Phil and Margie Bott for directing our little bit of amateur theatre. Ray & Eleanor Cote, EDs

### Central NC & Florence SC Inbound, Sept. 22-29, 2011



Entertainment provided by host performers during Carolinas Exchange.



**Central NC & Florence SC Inbound, Sept. 22-29, 2011** (cont'd)

**Autumn Adventures:**

Friendly ambassadors eager to learn about Ottawa and Canada, congenial hosts, great weather and extensive participation by FFO members in exchange activities added to the success of our last incoming exchange of 2011. On his return home, Ralph Cauthen, Incoming Exchange Director, wrote "We enjoyed our trip to Canada and met some wonderful people. Even as I type this note, I am recalling so many good experiences. You showed us more sights and places than we could take in. All we can do is say thank you, over and over." And I add my appreciation to Ralph's - my sincere thanks to Planning Committee members, Night, Day and Dinner Hosts and the many other FFO members who offered their assistance in countless ways. You were part of a great team.

Elizabeth Bowen, ED

**Vina del Mar Outbound, Oct 20 to 27, 2011**

After a long overnight flight twelve ambassadors arrived safely in Santiago, Chile on Oct 19. There they met up with four others who had come to Chile on personal travel some days earlier. A half-day tour of Santiago followed to complete the day. We were picked up by the ED, Viviana and two other Vina FF members Maria Teresa and Marie Helene for the bus ride to Vina. The welcome dinner was held on the 20th. During the week we visited museums, a fishing village, fish and vegetable markets. We had a harbour boat tour of Valparaiso, went horse back riding in Olume, rode the historic trolley, took trains and buses and went up and down the city's famous elevators. We visited the Congress where the federal government sits and one of our members even had a memorable visit to a local police station. After the exchange fourteen ambassadors were met by another FFO member in Lima, Peru for a fantastic six days visiting Inca ruins in Cusco and Machu Picchu. Some of the Inca works are still in operation today notably the Salt Mines at Maras.

Frank Mayda, ED



Riders at Olmue (The Chilean word is 'huasos' instead of 'gauchos' as in Argentina)



In front of the Vina del Mar monument to the two Nobel Laureates, Mistral and Neruda

## EXCHANGES

2012

### Inbound

**Pre-Canadian  
Conference  
(Quebec City)**

May 13-15, 2012

**Nashik, India**

May 20-27, 2012

**Eastern  
Washington,  
Northern Idaho**  
August 13<sup>th</sup> week  
2012

**Florianopolis,  
Brazil**

October 13-21,  
2012

### Outbound

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

**Helsingborg,  
Sweden**

June, 2012

**Solo, Surakarta,  
Indonesia**

Sept 2012

**Missoula, Western  
Montana and  
Portland Oregon,  
Lower Columbia,  
USA**

Sept, 2012

**Penticton,  
Okanagan**

Sept 27- Oct 1,  
2012

Draw for over-  
subscribed  
exchanges:

Dec. 12<sup>th</sup>,  
10:00 a.m.

Tom Brown Arena  
Upper Hall

## VP EXCHANGES REPORT

### Exchanges 2011

FFO had a very successful year!! Seventy-two (72) members participated in Outbound Exchanges: Budapest, Dallas, Lansing and Vina del Mar. We hosted sixty-five (65) ambassadors coming from: Australia and the USA for the February global exchange, Kauai and, Central North Carolina and Florence. A big thank you to all the Exchange Directors, Committee members, night hosts, day hosts and dinner hosts; we should all be proud of our accomplishments and successes!!!

### Exchanges 2012

The following is a list of Inbound and Outbound Exchanges for 2012. Dates are not yet confirmed for all exchanges but will be shared as soon as possible. Three (3) outbound exchanges are oversubscribed; Causeway Coast, Sweden and, Missoula Western Montana and Portland Oregon Lower Columbia; **draws will be held on December 12<sup>th</sup>, 10:00am** at Tom Brown Arena, Upper Hall. Receipts for paid registration fees for all outbound exchanges will be available at the December 2<sup>nd</sup> Annual General Meeting.

### INBOUND EXCHANGES

May 13 – 15

FFO will be providing night hosting prior to the Québec City Canadian Conference  
Nashik, India (Exchange # 10883)  
Eastern Washington & Northern Idaho  
(Exchange # 10999)

May 20 – 27

Week of August 13<sup>th</sup>

**We need more members for the Planning Committee, night hosts, day hosts and dinner hosts.**

October 13 – 21

Florianopolis, Brazil (Exchange # 10819)

**We need more members for the Planning Committee, night hosts, day hosts and dinner hosts.**

**\*\*\*\* Sign up sheets for all inbound exchanges will be at the  
December 2<sup>nd</sup> Annual General Meeting.**

### OUTBOUND EXCHANGES

Between June 10<sup>th</sup> & 30<sup>th</sup>

Causeway Coast, Northern Ireland  
(Exchange # 10848)  
OVERSUBSCRIBED

Week of June 4<sup>th</sup> or 11<sup>th</sup>

Helsingborg, Sweden  
(Exchange # 11119)  
OVERSUBSCRIBED

Early September Missoula  
Mid-September Oregon

Missoula Western Montana AND  
Portland Oregon, Lower Columbia  
(Exchange # 10850)  
OVERSUBSCRIBED

September (exploring dates  
of September 10<sup>th</sup> or 17<sup>th</sup>)  
Sept 27<sup>th</sup> to Oct 1

Solo, Surakarta, Indonesia (Exchange #  
11150)  
Penticton Okanagan

We are also exploring the possibility of a domestic exchange around this time with FF Calgary; stay tuned for more information.

## **EXCHANGES 2012**

### **Inbound**

**Pre-Canadian  
Conference  
(Quebec City)**  
May 13-15, 2012

**Nashik, India**  
May 20-27, 2012

**Eastern  
Washington,  
Northern Idaho**  
August 13<sup>th</sup> week  
2012

**Florianopolis,  
Brazil**  
October 13-21,  
2012

### **Outbound**

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

**Helsingborg,  
Sweden**  
June, 2012

**Solo, Surakarta,  
Indonesia**  
Sept 2012

**Missoula, Western  
Montana and  
Portland Oregon,  
Lower Columbia,  
USA**  
Sept, 2012

**Penticton,  
Okanagan**  
Sept 27- Oct 1, 2012

**Please provide  
feedback  
regarding any of  
these exchanges  
to**

Pierrette Benoit  
[Hbenoitp@ncf.ca](mailto:Hbenoitp@ncf.ca)

## **Exchanges 2013**

Our 2013 Planning Request Form has been sent to FFI, and we expect to receive their proposals sometime in February/March 2012.

In terms of outbound exchanges we indicated preferences as follows:

1) Peru or Mexico; 2) England; 3) Thailand or China; 4) California and Nevada or, Baton Rouge and New Orleans. We also indicated an alternate preference for Kenya in terms of an international exchange. In submitting our choices, consideration was given to the timing of exchanges; our goal is to try to distribute outbound exchanges throughout the year thereby promoting increased opportunities for all members to participate and ensuring that we have a good number of our members available to host our inbound exchanges.

In terms of inbound exchanges, we indicated an interest in hosting:

1) a Winter Global Exchange in February 2013; 2) a reciprocal exchange with Horowhenua New Zealand; 3) the Cairo club since we regrettably had to cancel our 2011 outbound exchange. We also indicated an interest in hosting a hiking/walking exchange.

Pierrette Benoit, VP Exchanges

## **VP MEMBERSHIP REPORT**

We presently have 183 members. Consider this a friendly reminder to please renew your membership before Dec 31. Forms will be at the tables at the AGM on Dec 2 or you can print your own and bring it to the meeting. Fees are \$35 per person until Dec 31<sup>st</sup> after which the fee increases to \$40. Thanks for your cooperation.

As part of the vitalization process, we had a pot luck meeting of 8 of our newer (less than 3 years) members (hosted by Diane MacIntyre). The consensus from that meeting was a need for a 'mentor' to be attached to new members for at least the first year; a reminder to call ALL volunteers, even if they are not needed; a need to emphasize the positive aspects of the 'small group' gatherings (dinner parties, pot lucks, art groups, etc.); the importance of 'thank you's'; and a reminder that we are a friendship group, not a clique - invite new members to join your group. Again, thanks to those who were able to come to this gathering.

The article on our club written by Garry Bowes and published in the Sat, Nov 13<sup>th</sup> Citizen (Travel Section) has generated interest from many quarters, so there will be an information session on Thurs Dec 8 for many of these folk. Well done Garry!

We have applied to have a half booth at the Travel Show on Mar 10-11, 2012, in the new Conference Hall. We are expecting to share this booth with the French club. More information on this at a later date.

We (with major help from Ulysse) will be updating the Membership Directory before I finish my term, so if anyone has changes, please let me know before Dec 15<sup>th</sup>. Thank you.

Gail Nevraumont, VP Membership

[Friendship Force Membership Directory](#)

Contact Gail at [Hffmembersh@gmail.com](mailto:Hffmembersh@gmail.com) to obtain the link to view or print the most current directory.

Contact Gail with any changes of membership info by Dec. 15<sup>th</sup>, 2011

## **FAQs FFO**

Am I required to host or go on Outbound Exchanges if I am a member?

Answer: Although there is no requirement by our club for members to host visitors or go on outbound exchanges, we expect those joining will actively participate in exchanges, as they are one of the best ways to learn about people in other cultures. If you cannot host or travel, you can still be a day host, a dinner host or participate in other ways. Before going on an outbound exchange, you are usually expected to help in the club by becoming involved in some way with at least 2 of the incoming exchanges.

Do you plan to visit clubs in the United States?

Answer: Yes, there are over 100 clubs in the United States

Do you plan to visit clubs in Canada?

Answer: Yes, there are over 25 clubs in Canada and clubs can arrange what are called "Domestic Exchanges" or "Inter-club Exchanges" with another club where there is a mutual interest in such a visit. We have often had short 3 to 4 day stays for clubs before or after conferences. These are usually without a planned program, unless someone volunteers to set one up.

Does everyone travel as a group?

Answer: Yes and no; the group usually consists of 15 to 25 individuals, known as "Ambassadors." Travel arrangements vary from departing the local airport as a group, to some or all of the individuals making their own travel arrangements and meeting at a specific location in the host city at a definite time. The latter provides the most flexibility. Group travel can contribute to a very rewarding experience. The method of travel is a decision made by the group.

What is an "Exchange Director"?

Answer: An "Exchange Director" (ED) is an individual who has been approved by the Board of Directors to plan, organize and lead the exchange. This job is open to anyone who has the desired leadership qualities and can make the commitment of time needed for adequate planning and can recruit Ambassadors with a 9 to 12 month lead-time. Our club has some great experienced Exchange Directors (ED) who are more than willing to mentor a first time ED. Our club offers 'training sessions' most years. If you are interested in this, please let our VP in charge of Exchanges know.

How do you find out what is happening in the club?

Answer: You will receive a membership handbook and then periodic newsletters plus frequent bulletins by e-mail about activities, new members and exchanges. Check out our local club's website [www.friendshipforceottawa.ca](http://www.friendshipforceottawa.ca). On the international level go to: [www.friendshipforce.org](http://www.friendshipforce.org)

How much are membership dues?

Answer: Currently dues are \$35 per calendar year for an individual member if paid by Dec. 31<sup>st</sup>. Fees after this date are \$40. Contact the VP Membership at [ffmembersh@gmail.com](mailto:ffmembersh@gmail.com).

## Social Activities

### **Social Activity coordinators:**

Social Director:  
Marion Dunning

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

Bridge Club:  
Lorna McKenzie

Art Appreciation:  
Laura Legare  
Tania Kamienski

Dinner Club:  
Jessica Sullivan

Walking Club:  
Maria Schouten

Summer Concerts  
(Flying Solo):  
Heather Pettipas

Friendly Wanderers:  
Raymond Coté

Golf:  
Rheo Brunet

### **National Canadian Conference**



**Quebec City  
May 16-19, 2012**

**<http://www.forceamitieregionquebec.com/ccff2012/en/>**

A huge THANK YOU is given to Linda Steingarten for taking on the responsibility of looking after the refreshments for the General Meetings at Tom Brown arena for one year. Shayla Mindell will be assisting her. We owe you ladies our debt of gratitude for keeping our meeting a social gathering prior to the meeting and during the break. Everyone enjoys the coffee and cookies.

### **Art Appreciation**

Thanks to Tania Kamienski for taking over the leadership of the Art Appreciation Group 2. 16 people attended the Louise Bourgeois collection and 9 of us went to the Black Thorne for dinner after the tour. Louise Bourgeois died May 2010 at the age of 98. We were surprised to learn that she has 6 other spiders in the world like the one we have in front of our National Art Gallery. (Editorial note: The Nicholsons and the Botts were privileged to view one of these spiders during their recent exchange to Lansing, Michigan when their host took them to see the Meijer Botanical Gardens and Sculpture Park in Grand Rapids, MI.)



### **Dinner Club**

A very special thank you goes to Lucy Nelms for organizing the dinner club for many years. We welcome Jessica Sullivan who has taken on this activity and organized the Dinner Club this year with 56 members. Some groups have already had their first dinner. Thank you Jessica for taking on this responsibility. In response to the request in the suggestion box for a Dinner Club for 6 people, only one couple replied indicating that they were interested so this will not be happening this year. There were no names left over from the Dinner Groups of 8.

### **Christmas Party**

82 People have bought tickets for the Christmas Party Wednesday December 7th starting at 6 PM. Your last chance to buy tickets will be at the AGM on December 2<sup>nd</sup>. You can order your tickets NOW from Heather Pettipas at (see membership list). (Please make cheques out to FF Ottawa and supply names of those who want to be seated together.) Tickets are \$45pp. Not only do you get a delicious meal at the Cedarhill Golf and Country Club but there is a live band (Ed Lascelle and the Mellow Tones) with great music to dance to and great friends to visit with. Don't forget to bring to the meeting your gently used jewelry, scarves or small accessories for Navin's Canugan Disability Project in Africa.

Marion Dunning, Social Activities Director

## Technical Support/Info

FFO Webmaster:

John Nelms

FFO Website:

Hwww.friendship  
forceottawa.ca

FFI Website:

Hwww.thefriend  
shipHforce.org

FFO Newsletter  
Editor:

Donna Nicholson

Send your text  
and/or pictures  
to: see membership  
list

## Suggestions & Feedback

Your board always  
welcomes feedback  
and suggestions.  
Contact Merv  
(ffopres@bell.net)  
or any other board  
member.

## Walking Club

### Great Fall Walks Enjoyed By All

by Maria Schouten

On September 22, ten feisty FFO walkers hiked the 3.7 km Jack Pine



Trail in Stony Swamp, in the city's west end, followed by a nice lunch at the Sukothai Restaurant in Bells Corners. To the left are some of the dapper hikers:

On October 13, twelve FFO members hiked around Pink Lake in the Gatineau Park.



After the walk, the group convened for a relaxing and cozy lunch in the Old Chelsea Pub 1875. No walks are scheduled for the rest of the year. We will resume in 2012.

Above, FFO hikers gather for a group picture around the tranquil waters of Pink Lake.

### Thank-you to John Nelms

With a new website and new webmaster on the horizon, it is appropriate at this time to recognize the commitment of many years by current Webmaster John Nelms. John has not only spent many hours caring for the current website, but has in recent days offered his time to ensure the launch of the new.

Much of the success of Friendship Force Ottawa is owed to people like John Nelms, who willingly give their skills and time to the many tasks demanded by an organization of volunteers.

We join in our thanks to John and wish him well on any new ventures with the club and in his personal life.

*Merv Sullivan*

**ANNUAL GENERAL MEETING**

**Tuesday, November 9, 2010, Tom Brown Arena, Ottawa**

**Minutes**

President Merv Sullivan called the meeting to order at 7:30. Eighty-six members and four guests were present.

- 1) Introduction of New Members and Visitors:** Merv Sullivan introduced guests Mildred Breault, Carole Ingham and Jim and Shirley Lowe. He noted that membership badges were available for Phyllis Nitschke and Kim Gagnon.
- 2) Adoption of Agenda:** Moved by Diane McIntyre and seconded by Maureen Sly that the agenda be adopted. CARRIED.
- 3) Approval of Minutes of last AGM:** Moved by Carolyn Masleck and seconded by Carol Lundy that the minutes of the November 3, 2009 Annual General Meeting be approved. CARRIED.
- 4) Committee Reports:**
  - a) President's Report:** President Merv Sullivan expressed gratitude for the honour of leading our club and appreciation for the effort and dedication of members. He reviewed our successful incoming and outgoing exchanges, naming and thanking the EDs. He updated club members on the club vitalization project noting that a comprehensive report of the survey and visualization exercises will be published in the January issue of *Capital Connections*. A proposed plan will be brought to the membership at an early general meeting. He referred to the enhancement of the Website and noted that details will be provided later in the meeting. (President's full report—Attachment 1).
  - b) Membership:** Membership Vice President Gail Nevraumont summarized membership statistics and activities over the past year. As of October there are 182 members, including 15 new members. Nine information sessions have been held since last October. Membership renewals begin tonight, and Gail noted that as a result of the \$4 per member increase from Friendship Force International, our dues will increase by \$3 from \$32 to \$35. (Membership full report—Attachment 2).
  - c) Treasurer's Report:** - Treasurer Richard Hatherill reported on the 2010 income and expenses and the 2011 proposed budget. Both reports were sent to members via email, and print copies were available at the meeting (Budget reports—Attachment 3). In response to questions Richard noted that (1) a surplus usually goes into the reserve fund, and (2) in 2011 the new website will be treated as a capital expense. Questions, discussion and comments by past presidents regarding whether the amount of \$1000 for international conferences was sufficient indicated that this amount should be reviewed. Moved by Jaap Schouten and seconded by Garry Bowes that the 2010 and 2011 budgets be approved. CARRIED.
  - d) Exchanges:** Exchanges Vice President Pierrette Benoit thanked the exchange directors who made the 2010 exchanges go smoothly. She announced that she will be holding a "post-mortem" for these exchanges to draw from the experiences and determine what can be done to make exchange planning and execution easier for next year's exchange directors.

Workshops for new exchange directors will be held early in December. Manuals for inbound and outbound exchanges have been revised to simplify the manuals and to ensure they are in line with new policies. Pierrette announced that she is drafting a list of suggested activities for inbound exchanges. Pierrette reviewed the planning to date for the 2011 exchanges. (2011 Exchanges report–Attachment 4)

e) **Activities:** Christmas party: Patricia Hay reminded members that tickets for the December 2<sup>nd</sup> Christmas party would be for sale during the break at \$45. Maria Schouten noted that the next walk is scheduled for November 25.

5) **Change to Significant Contribution:** Merv Sullivan reviewed the current requirements for a “significant contribution” for members to be included in the primary draw for oversubscribed exchanges. He noted that we need to clarify requirements for day hosting and also that we need many day, dinner and night hosts to function as a club and run our inbound exchanges; for example, the recent inbound Moscow Cultural Exchange of 22 ambassadors needed 90 FFO members to plan the exchange, host, etc. The proposal before the meeting is to change the day hosting requirements for a “significant contribution” from 1 day to 4 days. (See Attachment 5) It was noted that “credits” expire after three years. Also noted was that members who miss out on an Ottawa club exchange have access to exchanges with other clubs to many locations all over the world. Moved by Andrew Stirling, seconded by Maria Schouten that the day hosting requirements be changed to “day host for a total of 4 days”. CARRIED.

6) **Website Upgrade:** Richard Hatherill explained that a committee of five, two from the board and three from the membership will be struck to look at our club website and make recommendations for improvement. The purpose of the improvements is to provide easy access of information to members, to attract new members and to archive historical information. (See Attachment 6) Richard asked for three volunteers to serve on the committee.

7) **Exchange Reports (Vienna, Australia, Forth Worth and Moscow):** Vienna–ED Joan Gregoire reported that 12 lucky ambassadors traveled to Vienna. All went well and the group experienced opulent galleries and castles as well as cafes, vineyards and “heurigers”. Of special interest was our hosts’ candid talk about World War II and the following occupation. Australia–Garry Bowes acknowledged the efforts of the cohesive and diligent planning committee. Eighty were at the welcome party. Activities included the steam train, meeting with Mayor O’Brien, the City Hall art gallery and the aboriginal experience on Victoria Island. Fort Worth—George Neilson reported on behalf of Doug McGregor. Activities included a narrated city tour, a presentation by Janet Wilkinson, tour of the Rideau Hall grounds, an excursion on the St. Laurence River and a visit to US Embassy. Suggestions for future exchanges were included in the report. Moscow Cultural Exchange–Gail Nevraumont reported that the Temple Israel concert was the highlight. There were many barriers and challenges. Cancellation of the visit of the two cosmonauts resulted in loss of the Aviation Museum venue for the welcome luncheon, the reception planned at the Russian Embassy, the meeting with the mayor and the Carleton University presentation. Canterbury High School cancelled the musical performances and meetings with students two days before they were scheduled to take place. It was very difficult and frustrating to obtain visas from the Canadian Embassy visa office in Moscow. Nonetheless the exchange itself went well with no international incidents and flexible and accommodating hosts. The Muscovites were impressed by our Parliament and the Memorial Chamber and the by how close observers could be to politicians and ceremonies. The nature and green in our city and the experience of Hallowe’en were mentioned as highlights. Potluck dinners and the inclusion of day hosts in the dinners contributed to everyone’s enjoyment. Fully half the FFO membership was involved in the exchange. Maria Schouten commented on the help of friends who provided activities with

Russian translation and noted how nice it was to see young faces among the ambassadors. She thanked the club for assistance with visas.

### **Intermission**

(Dallas video & signup; Lansing – sign up for 8 remaining spaces; Membership renewal; Christmas party tickets)

- 8) 2012 Exchanges:** Exchanges Vice-President Pierrette Benoit outlined the proposals to Friendship Force International for 2012 exchanges. (See Attachment 7) She noted that we have requested one additional outbound exchange to balance our diligent work on inbound exchanges. Outbound: a double exchange to Northern Ireland and Scotland; Italy; Missoula Montana; Korea. Inbound: Florianopolis, Brazil; New Zealand; Northern Ireland; Peru. We have indicated an interest in humanitarian and themed exchanges.
- 9) Other business:** Our next general meeting is scheduled for Thursday, January 27, 2011. Andrew Stirling announced that Susan Aiken has information on a proposed two week exchange to the Arctic. This would include people from all over the world. He further announced that home stays are being provided in Hamburg after the August 2011 International Conference.
- 10) Thanks to Outgoing Board:** Jaap Schouten thanked the four outgoing Board members: Ray Côté, Elizabeth Bowen, Bonnie Hudon and David Williams.
- 11) Election of Officers & Directors for 2011:** Jaap Schouten reported that this year's FFO Nominations Committee was composed of Helen Hamon, Kay Knobel, Vic Hudon, and himself. He reported that Joan Gregoire, Garry Bowes, Frank Mayda and Marion Dunning have agreed to serve on the 2011 board of directors.
- 12) Adjournment:** The meeting adjourned at 9:45. Moved by Carolyn Masleck. CARRIED.

Ruth Kirk, Acting Recording Secretary

## Attachment 1

### President's Report Merv Sullivan Nov 9, 2010

It's hard to believe that a year has passed since I stood here last November as your Rookie President. (well it wasn't quite here – if you remember we had to quickly relocate our AGM last year to the First Unitarian Church due to H1N1 which was the scare of the moment). If I were to summarize my emotions at the end of this year, they would be **gratitude and appreciation** – Gratitude for having been given the honour of leading this fantastic club, one of the 4 largest and in my view - one of the best in the world. Appreciation because I now see the tremendous amount of effort, dedication and friendliness that our members put into our club. Thank you so much - **You** have made this club a continuing success and made my job a lot easier and fulfilling. As Friendship Force Ottawa, we operate under the umbrella of Friendship Force International located in Atlanta Georgia. At the recent FFI World Conference I attended in Washington DC. there was a lot of emphasis on our Mission " *to promote global understanding across the barriers that separate people*" It was heartening to see members from countries such as Albania & Burundi (just to name a couple) insisting in a heartfelt manner that we come to visit them. I'll put more about the conference in the January Capital Connections. Closer to home this year, we had a very successful series of exchanges Our Incoming Exchanges: 1 Medicine Hat EDs John & Louise DuVernet 2 Bundaberg Cairns EDs Garry & Cavelle Bowes 3 Fort Worth ED Doug McGregor 4 Moscow EDs Gail & Ulysse Nevraumont

Not so close to home we explored, understood and served on Our Outgoing Exchanges: 1 Bogotá & West Alajuela EDs Frank Mayda and Bob Nichols 2 Vienna Austria ED Joan Gregoire 3 E Central Florida & Sarasota EDs Arthur & Mary Roy (currently on that exchange)

(All EDs Please stand)

We also owe a vote of thanks to all the committee members, night hosts, day hosts and dinner hosts. These are the people who are the face of our Ottawa Club to the world. This year we purchased a sound system to ensure that our exchange events don't have audio problems. It was first used for the Australian exchange (and it seemed to work well) Tonight we are experimenting with it for large gatherings where it will serve as a backup. We started a vitalization project this year. The first step was a survey of our members. 133 of our 182 members responded. I'll give you just a few results based on the 133 responses. In responding to the question of maintaining membership which appears to be a growing problem, particularly in Europe, over 90% of our members believe it is "a risk but not imminent" The main reason for 70% being members of the club was to "develop and enjoy international friendships through exchange programs and develop & enjoy the friendships & activities within our club". Last year, 50% took part in outgoing exchanges, while 75% said they will probably register for an outgoing exchange in the next 2 years. In terms of incoming exchanges, 70% took part in night hosting, 72% in day hosting 68% in dinner hosting. These 3 numbers are really the key to our success. The above are just a few items from the survey. A more comprehensive report will be published in the January issue of Capcon. The second step of our program was a visualization exercise. Elizabeth Bowen was the moderator and David Williams the facilitator for 3 sessions held last month. A committee is currently analyzing the results and recommendations to the board are expected early next year. Shortly after that a proposed plan will be brought to the membership at one of our early General Meetings. This year, your board will create an enhanced website. This is in keeping with a far more connected world that we live in today. More on that later, but I would like to thank John Nelms for all the effort he put into our website over the past years. (Are you here?) I realize that board members will be thanked formally later on but I would also like to personally thank each one of them for their time and effort in helping to make our club the success it is today. Bonnie Hudon is retiring as Editor of our Newsletter and I would like to express my appreciation to her for great work in keeping our members informed. We will miss you. A word of thanks to our Refreshment Co-ordinators for their work over the last year. We need more people like them to keep our socializing at meetings an ongoing success. Tonight we have Kathy Williams and Marion Dunning to thank. Finally, I would like to thank my wife Jessica for her patience with the time requirements of the position and also for her encouragement in our cause which we both truly believe in. Thank you.

Merv Sullivan

## Attachment 2

### Membership Report Nov 9 2010

Annual General Meeting;

As of Oct 2010, we have 182 members, 58 couples & 66 singles down from 188 total last year. In 2010, we added 15 new members. Please welcome James & Darlene Frank, Kim Gagnon, Susan Gardiner, Suzanne Gumpert, Wally & Marilyn Guty, Jackie Harris, Patricia Hay, Patricia Jackson, Catherine & Stan Pope, Vickie Schoenherr, Susan Thompson, & Jenny Rae. Many of these people were involved in our in coming exchanges already. Also we had Joyce Hodgins & Phyllis Nitschke returning. We lost Charlie Cajka, Claudette Tougas, & Phil Hodgins who passed away. Hal Lilly, Phil & Marion Campbell, Eva Grodde, Al & Barb Kennedy, Richard Leclair, Harry & Doris McIlroy, Andrea & Bob Medagia, Sheila Reid, Helen Reiss, Ken & Doris Shoultz, Paulette St Jacques, Hart & Liz Steeves, Judy & Peter Tinsley, some long term members who have changed their priorities &/or no longer plan on traveling, or who as newer members, felt that FFO was not the best fit for them. Bill Grant & Jinny Slyfield joined then promptly resigned.

There were 9 information sessions held since last Oct with over 30 people attending. There are 3 scheduled for this month. Many were held in the homes of prospective members. Thank you to those who helped by coming with me - (often Ulysse) or by hosting us in their homes - Mayda's, Gregoires, Nicolsons, Jan Sterling, & Greta Cameron.

We have attempted to get notices placed in free 'community activities' in the local papers, with no success so far, but will keep trying. I prepared some business cards for members to carry in their wallets to distribute in their wanderings & just had my first contact with this. Thanks to Andrew Stirling who made a presentation to Newcomers Alumni on Nov 3, which has given us several leads. The Travel show did not allow us to participate last year. The Board has also offered a \$30 Gift Certificate for writing an article that gets published locally that would encourage enquiries as well. See the last Capital Connections.

Membership renewal starts tonight, so please aid your treasurer by getting your fees of \$35 per person in as soon as possible. Kathy Hatherill is available to take your cheques at the table tonight. We are also requesting the membership renewal form as well, as a method of tracking the club activities. The membership fee has increased to \$35 from \$32 as a result of an increase in our fees to FFI by \$4. We are absorbing \$1 as a club. As both Richard & I, as volunteers, continued the tradition of the past years, of spending between 20-30 hours each collecting fees last year, the board has added an incentive by adding a fee of \$5 to fees after Jan 1. We will send a reminder in Jan, but fees not paid by Mar 31, will result in your membership being suspended & your names taken off the exchanges.

The Directory is being updated & will be sent to you before Xmas for the next year exchanges to use.

Gail Nevraumont  
Membership Chair FFO  
2010.

### Attachment 3

#### FFO FY10 Budget - Inc. & Exp.

				Budget	Actual	Variance	Notes
<b>Income</b>							
	Fee	\$32	Members	185	186		182 in 2009
<b>Membership fees</b>				<b>\$5,920</b>	<b>\$5,952</b>	<b>\$32</b>	
<b>Total Income</b>				<b>\$5,920</b>	<b>\$5,952</b>	<b>\$32</b>	
<b>Expenditures</b>							
<b>Membership Expenses</b>							
FFI Fees (Can. Dollars)				\$1,010	\$1,062	-\$52	
General Meeting Refreshments				\$220	\$192	\$28	
Member-Recruitment				\$170	\$0	\$170	Travel show (canc.)
ED Training				\$150	\$0	\$150	
New Members Welcome Reception				\$120	\$79	\$41	
<b>Sub-total</b>				<b>\$1,670</b>	<b>\$1,334</b>	<b>\$336</b>	
<b>Administration</b>							
International Conference Attendance				\$1,000	\$700	\$300	
Meeting Room Rentals				\$450	\$386	\$64	
Telephone				\$0	\$44	-\$44	
Photocopying/Printing				\$180	\$102	\$78	
Manuals, Photos etc				\$150	\$0	\$150	
Stamps/Stationary/Office supplies				\$50	\$108	-\$58	
<b>Sub-total</b>				<b>\$1,830</b>	<b>\$1,340</b>	<b>\$490</b>	
<b>Insurance</b>							
Directors' and Officers' Insurance				\$891	\$891	\$0	
<b>Sub-total</b>				<b>\$891</b>	<b>\$891</b>	<b>\$0</b>	
<b>Communications</b>							
Website				\$300	\$182	\$118	
Capital Connections				\$75	\$45	\$30	
<b>Sub-total</b>				<b>\$375</b>	<b>\$227</b>	<b>\$148</b>	
<b>Contribution To FFI Legacy Fund</b>							
Contribution to Legacy Fund				\$500	\$527	-\$27	
<b>Sub-total</b>				<b>\$500</b>	<b>\$527</b>	<b>-\$27</b>	
<b>Revenue Neutral Accounts</b>							
Inbound Exchanges				\$0	-\$573	\$573	
Outbound Exchanges				\$0	\$1	-\$1	
Cash Flow Items				\$0	\$89	-\$89	
Social Committee				\$350	\$403	-\$53	
<b>Sub-total</b>				<b>\$350</b>	<b>-\$79</b>	<b>\$429</b>	
<b>Contingency</b>							
Contingency				\$304	\$0	\$304	
<b>Sub-total</b>				<b>\$304</b>	<b>\$0</b>	<b>\$304</b>	
<b>Total Expenditures</b>				<b>\$5,920</b>	<b>\$4,239</b>	<b>\$1,681</b>	
<b>Balance/Deficit</b>				<b>\$0</b>	<b>\$1,713</b>		

**Attachment 4**

<b>EXCHANGES 2011</b>			
<b>FEBRUARY 9 – 16 INBOUND</b>	<b>Global Exchange</b> Australia and USA	<b>FFO ED:</b> Pierrette Benoit (FFO) Roger Lafleur (FARCC)	Receiving 32 ambassadors  <b>HOSTS REQUIRED</b>
<b>APRIL 28 to MAY 5 OUTBOUND</b>	<b>Budapest, Hungary</b>	<b>FFO ED:</b> Ralph and Carole Baker <b>Host ED :</b> Istvan Feher	15 ambassadors
<b>MAY 24-31 INBOUND</b>	<b>Kauai, USA</b>  First to Big Canoe: May 17-24	<b>FFO ED:</b> John and Kay Knobel <b>Ambassador ED:</b> Georgine Yamada  808-332-9870	<b>HOSTS REQUIRED</b>
<b>APRIL 27 to MAY 4 OUTBOUND</b>	<b>Dallas, USA</b>	<b>FFO ED: TBD</b>  <b>Host ED:</b> Mary Williams	20 spaces available 4 members registered  <b>REGISTRATION TO CONTINUE...</b>
<b>SEPTEMBER Sept 6-13 OUTBOUND</b>	<b>Lansing, Michigan</b>	<b>FFO ED:</b> Raymond and Eleanor Coté <b>Host ED:</b> Diane Maxim	25 spaces available 17 members registered <b>REGISTRATION DEADLINE OCTOBER 31ST</b>
<b>SEPTEMBER 22-29 INBOUND</b>	<b>Central North Carolina And Florence, USA</b>	<b>FFO ED:</b> Elizabeth Bowen <b>Ambassador EDs:</b> Duane Rupert  Ralph Cauthen	<b>HOSTS REQUIRED</b>
<b>Proposed October 12-19 INBOUND</b>	<b>Jena, Germany And Gelsenkirchen, Germany</b> <b>CANCELLED</b>	<b>FFO ED:</b> Carol and Mike Lundy	<b>HOSTS REQUIRED</b>
<b>Proposed Oct 24-31 or Oct 30-Nov 6 OUTBOUND</b>	<b>Vina Del Mar, Chile</b>	<b>Ambassador ED: TBD</b>  <b>Host ED:</b> Margot Canepa	15 spaces available  <b>OVERSUBSCRIBED Draw held Nov 2<sup>nd</sup></b>
<b>NOVEMBER DATE proposed November 20 OUTBOUND</b>	<b>Cairo, Egypt</b>	<b>FFO ED:</b> Jaap and Maria Schouten  <b>Host ED:</b> Hanaa Rashad	33 ambassadors registered – 25 spaces available  <b>OVERSUBSCRIBED Draw held Sept 2<sup>nd</sup></b>

## Attachment 5

### Proposal to specify Day Hosting requirements in Ambassador Selection Rules

#### Background

The current rules for inclusion in the primary draw for oversubscribed exchanges includes a definition of "Significant Contribution" which will allow a member to be included in the primary draw.

**Significant Contribution:** A member has made a Significant Contribution by participating in incoming exchanges as a billeting host, or a dinner host or a day host, served on the Board of Directors, or served as an Exchange Director, or chaired an exchange committee, or worked on an exchange committee or served as editor of the club newsletter or performed some other function approved by the Board in the current calendar year or the two calendar years preceding the current year. In the majority of cases, the Significant Contribution will be met by being involved in an exchange as either a billeting host, a dinner host or a day host. Billeting host and dinner host are almost self defining in that billeting hosts usually are involved for 6 or 7 nights while dinner hosts entertain 6 or 8 guests. In many instances of late, members are stating that they can day host for only one or two days. In some cases it has actually been stated that this single day will fill their requirement for travel on an outbound exchange. There are two incorrect perceptions involved in the day host requirement. A few members believe that a single day of day hosting is satisfactory not only to get on an exchange but also that the club can function well with this minimal contribution. A second incorrect perception is that many members are getting a "free ride" to an exchange when in fact this happens in very few cases.

#### Proposal:

That "day host" be changed to "day host for a total of 4 days".

#### Rationale:

Our rules need to deal with the reality of exchanges and give the correct message to our members. Night hosts and dinner hosts are certainly very important, but day hosts also fill an important need in relieving night hosts from being involved for 24 hours a day for 7 days. It is also important that incoming ambassadors meet other members of our community. But the message to members must be clarified - day hosting for one day will not allow the club to function properly and will in fact create resentment among those who are much more involved. In looking at our current situation with 4 incoming exchanges, most of our members must be involved in some way in at least 2 incoming exchanges. This "4 day" requirement could be met by 4 days on any combination of exchanges. Thus there are plenty of opportunities for members to meet the requirement over the year. In the unlikely event that new members are unable to fulfill this or any other requirement, they will be placed on a standby list which in most cases results in eventually being accepted on one exchange. Just the act of being placed on a standby list will, however, bring to the fore the minimal expectation for the day hosting..

## **Attachment 6**

### **FFO Web Site Update**

#### **Purpose**

To provide easy access of information for members

To attract new members

To archive historical information

#### **Committee of Five**

Two from the board

Three from membership

#### **Stage 1 – Research**

Examine similar organizations' web sites

Determine best fit for our needs

Determine web site content

#### **Stage 2 – Development**

#### **Stage 3 – Roll-out**

## PROPOSALS TO FFI – 2012 EXCHANGES

### OUTBOUND:

1. **Northern Ireland and Scotland:** never been to these areas and there is high interest in learning more about their history and culture. A perfect opportunity for a double exchange given their proximity and our history of filling International Exchanges.
2. **Italy:** high interest in a themed exchange to this area – Italian vineyards – interesting backdrop to experience their culture and learn Italian
3. **USA Missoula Montana:** FFO received a verbal invitation from this club and many members are interested in learning about this State, making new friends
4. **Korea:** in view of the size of our club, FFO typically hosts 4 inbound exchanges a year. When surveyed regarding 2012 exchanges, members also indicated an interest in an exchange to Korea. The 3 clubs about plus Korea would provide us with 4 outbound exchanges

**FFI had proposed an exchange to Kauai, USA in 2011;** however this club preferred to receive a club that would provide them with a more intense cultural experience. FFO would like to propose an exchange to Honolulu in 2012 as a potential alternative should destinations listed above not be available to us.

**We indicated that FFO believes it should be allocated one more outbound –** Justification is that our inbound capacity is about 25 ambassadors – with 4 inbound exchanges this equals 100 ambassadors. To balance the requests from our club members who have worked diligently on inbound exchanges, we should be providing 90-100 opportunities for outbound exchanges. However, when many clubs are able to host only 15-16 members (ie: Chile and Budapest in 2011), some of our members are not able to travel with our club though they would like to. Thus, the request for one additional outbound exchange. We also indicated that for FFO, exchanges are essentially domestic exchanges since many members have friends and family in the USA, particularly the South. **For this reason, we would prefer at least 3 international and 2 USA exchanges.**

### INBOUND:

1. **Florianopolis, Brazil:** club received us in 2007 and have by e-mail indicated an interest in coming to Ottawa.
2. **New Zealand**
3. **Northern Ireland**
4. **Peru**

We indicated that we would be open to **hosting themed exchanges** (ie: winter sports in Feb, and walking/hiking in the spring and fall. We also indicated that we would like to work with them to explore the possibility of **a humanitarian exchange.**

**We received an e-mail from FFI –** they indicated that they would definitely take our requirements into consideration during the 2012 planning process. They are open to our suggestions for themed exchanges: walking/hiking, wine tasting, and humanitarian – and are interested in working with us on these initiatives.