friendship force OTTAWA

Capital Connections

Newsletter of the Friendship Force of Ottawa, Canada

October 08, 2026 www.friendshipforceottawa

REPORT FROM THE FFO BOARD

Highlights of the Sept.11, 2026 General Meeting

- Lynne Deachman provided an update on Leonard's and Joan's current challenges. Best wishes were directed their way by everyone in attendance. The members also extended their thanks to Lynne for stepping in as President (Temporary Replacement) while retaining her V.P. Membership duties as well as taking over the Ambassador Coordinator's position for the outbound FFO journey to Perth.

- The highlights of the 14-page revised Bylaws document, previously circulated to all members, were presented. A new addition to the document is a version control page that itemizes and dates Bylaw changes. The Board will take under advisement the few comments received at the meeting, and the Bylaws will be presented at the December 08 AGM for approval.

- Lastly the Board was asked to consider dropping the FFO fees by $10 given the club's healthy balance.



In the line-up for lunch at the Sep GM

FFO BOARD 2026-2027

President (Acting) Lynne Deachman (Temporary Replacement)	VP Journeys Barb Davignon
Secretary Michael Curran	VP Membership Lynne Deachman
Treasurer Liz Ford	Past President Anna Rochon
Director-at-Large Gail Sherman	Director-at-Large Lorraine Chartrand

CALENDAR OF FFO EVENTS

2026

Nov 10	FW - *Cycling through Italy* - Julie Breeze
Nov 09-16	FFO Outbound to Perth, Australia
Dec 08	AGM - Turkey luncheon with all the trimmings. Location TBD

2027

Jan 28	FW - Cathy Datars & Conny Adam Menger *UZBEKISTAN on a GAdventures tour*
Apr 25-May 01	FFO Outbound to Turkiye Pt 1
May 1-8	FFO Outbound to Azerbaijan Pt 2
June	FF Ghana Inbound to FFO
August	FFO Outbound to Sri Lanka
Sep	FF Winnipeg Inbound to FFO

Now's your chance to have a say in how our club is run. Nominations are open to join FFO's Board! Reach out to Past President Anna Rochon anna.varochon@gmail.com or call (343) 548-2706 to nominate yourself or someone else.

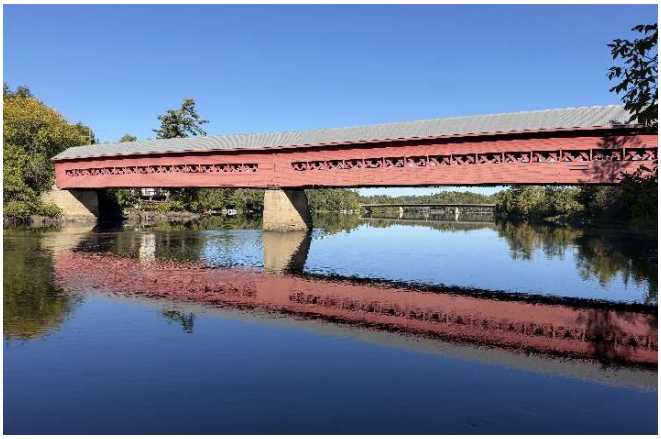
Coming soon! Details about the location of Friendly Wanderers on Nov 10th and the AGM/ holiday lunch on Dec 08th.

See the photo (right) for a clue about the menu on Dec 08th.



FFO INBOUND JOURNEY 2026 - COMPLETED!

From FF Western Colorado, USA (Sept 21-28, 2026)
FFO Journey Coordinator: Pierrette Benoit



Covered bridge at Wakefield

The ambassadors from Western Colorado were full of praise for the week' s program activities which allowed time for cultural sightseeing, outdoor excursions and relaxing downtime making new friends. Thank you to everyone that was involved, from the planning committee to the hosts.
Our club has proved once again that sharing good laughs and stories absolutely helps to build bonds of friendship!



An amazing 4 holes-in-1 at miniputt! (above)

➢ Thanks to Anna Rochon who has provided the following link to the YouTube video of this FF Western Colorado inbound journey to Ottawa.

https://youtu.be/tJUxFoYL7TU

FFO OUTBOUND JOURNEYS 2026 - SOON!

To FF Perth, Australia (November 9-16, 2026)
FFO Journey Coordinator: Lynne Deachman

Seven FFO members will be travelling on this journey to Australia along with four FFI global members: two from Mumbai, India, one from Atlanta, GA and one from Cheyenne, Wyoming. Expect to hear some Aussie slang from our members upon their return as well as stories about close encounters with **k**ookaburras and kangaroos.

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FFO INBOUND JOURNEY SEPT/OCT 2027
FF WINNIPEG TO FF OTTAWA



►Urgently Needed: 2 FFO members to volunteer as HOST AND DEPUTY COORDINATORS for FF Winnipeg's Sept./Oct. 2027 Inbound Journey. Please contact Barbara Davignon (journeysffo@gmail.com).

Winnipeg has been described as "***a big city with a small town heart"*** and is situated in a province with the slogan "***Friendly Manitoba"***. Given these two claims, can't you just wait to host FF Winnipeg!

Over the next few CapCon issues, we'll be testing your knowledge of Winnipeg.

First trivia question: How is Winnipeg connected to a famous cartoon bear?

Answer: The real Winnie-the-Pooh was inspired by a black bear cub named Winnie by a Canadian soldier whose hometown was Winnipeg.

FFO OUTBOUND DOUBLE JOURNEY 2027
APR 25-MAY 01: BURSA, TURKIYE
MAY 1-8: BAKU, AZERBAIJAN

1st week: BURSA, TURKIYE (12 Ambassadors)
Estimated club cost**:** $700 US per person
FFI fees: $25 CDN /night x 6 nights

You will be introduced to outstanding examples of Ottoman architecture when you visit an 18th century mansion and a 14th century mosque. Visits to museums will showcase the historic art of sericulture and silk weaving, and you'll experience the excitement of the conquest of Istanbul at the Panorama museum. Expect to be impressed by the striking green/blue tilework of the Green Mosque and learn how the Ottoman Empire had its origins in Bursa and the village of Cumalikizik. Experience the peaceful, historic and archaeologically significant town of Iznik located on a beautiful lake and enjoy learning about the quartz-based paste used by the local artisans to make pottery and tiles.



Baku, Azerbaijan



Bursa, Turkiye

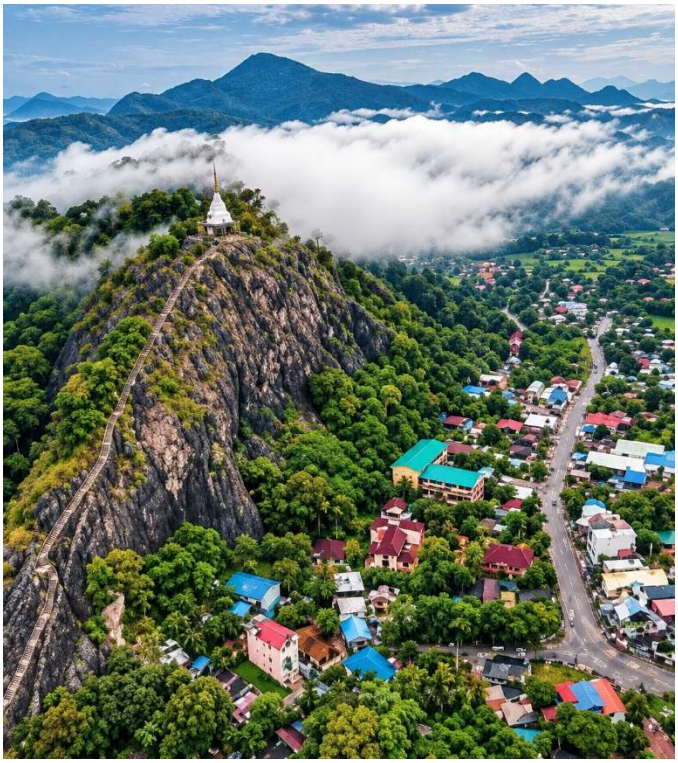
2nd week: BAKU, AZERBAIJAN (19 Ambassadors)
Estimated club cost: $625 US per person
FFI fees: $25 CDN /night x 5 nights

After a general orientation to the city, you will visit Baku's main attractions, including a pentagonal, historical, castle-like complex. The 40,000-year-old rock engravings and the remains of inhabited caves located in the semi-desert of central Azerbaijan are also on the itinerary. We'll be introduced to the lifestyle of Baku's turn-of-the-century oil magnates, the Nobel brothers of Sweden, and visit a highly revered Islamic pilgrimage site. The last 3 days will be in Shaki, a city 240 km from Baku, known for its Silk Road history, spectacular scenery because of its proximity to the Greater Caucasus mountains, and unique architecture.

Contact VP Journeys **NOW** at journeysffo@gmail.com if you're interested in being part of this fascinating journey.

FFO OUTBOUND JOURNEY - AUGUST 2027
TO FF HILL COUNTRY CLUB, SRI LANKA

14 Ambassadors (apply by Dec. 15, 2026)
Estimated club fees: USD $725 per person
FFI fees: $25 CDN/night X 7 nights



Stupa Hill above a misty mountain town

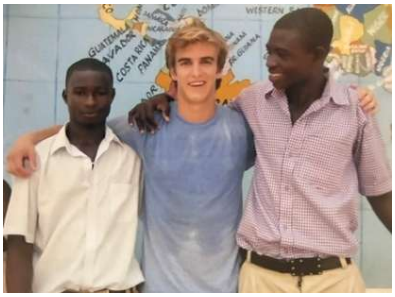
Often called the "**Pearl of the Indian Ocean**," travelers to Sri Lanka can explore centuries-old temples and UNESCO World Heritage Sites, wander through bustling local markets, and experience traditions that have been preserved for generations. Wildlife enthusiasts may encounter elephants, monkeys, crocodiles, exotic birds, and even leopards. Tea lovers can visit the lush plantations that produce some of the world's finest tea, while food enthusiasts enjoy flavorful curries, fresh seafood, and an array of tropical fruits. See the world map below.



INBOUND JOURNEY TO OTTAWA - JUNE 2027 FROM FF VOLTA LAKE, GHANA

As the first sub-Saharan African nation to gain its independence from European rule, Ghana remains a politically stable country in west Africa. Like Canada, Ghana is a commonwealth country and was an active part of the peacekeeping mission to respond to the Suez Canal crisis.

Many members of FF Volta Lake club, who will be visiting Ottawa early next June, work at a hydropower plant situated on one of the largest artificial basins (Lake Volta) in the world by volume. The plant supplies a major portion of Ghana's electricity. The club itself is young, as are its members, meaning the ambassadors will be taking time away from their work to travel to Canada and experience FFO hospitality.



On a personal note, sixteen years ago our son, Matthew Curran, spent a university semester as an international intern in Sogakope, a small town in rural Ghana about two hours east of Accra. To this day he recalls being embraced by a community that was welcoming, unhurried by life and grateful for small pleasures.

Expect to hear more about this inbound journey in the coming months from **Journey Coordinator Mary Jane Kelleher mjkelleher@bell.net 613-400-0372**

DINNER CLUB — CLAIRE FORTIN



Dinner group at 4th dinner Sep 5, 2026

FRIENDLY WANDERERS — Tues. Nov. 10, 2026

BIKE AND BARGE THROUGH THE JEWELS OF NORTHERN ITALY

You won't want to miss the inside scoop from Julie Breeze on what it's like to combine a leisurely cycle along the flat, scenic, inland waterways of northern Italy with your floating hotel accommodation traveling beside you!



- Tuesday, Nov. 10, 2027 @ 11:30am
- Location TBD – details soon.
- **RSVP by Oct. 27, 2026 @ 4:00 PM**

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FFO FRIENDLY WANDERERS - WHAT'S NEXT?

Join Cathy Datars and Conny Adam Menger in the new year as they bring their Silk Road Adventure to life.

GADVENTURES TOUR to UZBEKISTAN

- Thursday, Jan. 28, 2027 @11:30am
- Location TBD – details soon.

