

## MESSAGE FROM FFO PRESIDENT - JOAN KINNIE



I hope that everyone enjoyed the lazy, hazy and very hot days of summer. It's hard to believe that we'll soon need to bring out our fall fashions!

The last couple of months have been quite busy for many in our Club.

A huge thanks to the Coordinators for the California and the Hungarian Journeys. Lynda Heffernan, Anna Rochon and Mary Jane Kelleher organized great itineraries for our visitors. Our thanks also go to the day, night, and dinner hosts, as well as to those who drove Ambassadors to their events. Our FFO members always give their ALL resulting in wonderful inbounds for the visitors!

I am pleased to announce that our new **VP Journeys** is **Barbara Davignon**. Barb is a new FFO Member and a great addition to our Board. She has jumped right into this role, with assistance from her mentor, Pierrette Benoit. Many thanks to Barb for her fearless spirit in taking over the position and to Pierrette for mentoring Barb through this transition period.

FFI sent out an email on July 11<sup>th</sup> with the subject line: **"Your Role in FFI's Evolution"**. The email is an interesting read (with presentation slides and a video recording included).

The FFI Board of Directors has decided that ***"FFI must evolve from being primarily a socially-conscious travel organization to a movement that inspires global connections, learning, and peace-building."***

This vision has three foundational pillars:

1. Strengthening intercultural connection and friendship through journeys, events, and meaningful exchanges that include day hosting, meal sharing, and themed experiences [currently being done].
2. Education and training on becoming better global citizens through courses, conferences, and learning opportunities that empower us all to be bridge-builders.
3. Inspiring community and organizational partnerships that amplify our impact through collaborations with universities, cultural organizations and corporate sponsors."

Our members will certainly need time to think about and discuss what's being proposed by the FFI Board and how our club can best support it. I encourage all of you, whether you are an experienced club member or you have just joined FFO, to share your questions and thoughts with each other and the Board to generate great ideas and ultimately understand how our local club can get involved in FFI's proposed organizational evolution. Thank you in advance for sharing your thoughts and ideas.

Enjoy the rest of the summer.

Joan Kinnie

## 2025 FF OTTAWA BOARD

### President

Joan Kinnie

### Secretary

Vivien Runnels

### VP Journeys

Barb Davignon

### Past President

Anna Rochon

### VP Membership

Lynne Deachman

### Treasurer

Colin Leech

### Director-at-Large

Valerie Wright

### Director-at-Large

Pierrette Benoit

## COORDINATORS

### FFO Website Manager

Richard Hatherill

### Archives

Alain Dawson

### Media Equipment

Colin Leech

### Journeys Handbook

Vivien Runnels

### Facebook Administrator

Pierrette Benoit

### Newsletter Team

Joanne Curran  
Wendy Adams

## FFO CALENDAR OF EVENTS IN 2025-26

### 2025

Sep 23	Friendly Wanderers - Maria & Jaap <i>Highlights of Their Travels</i> 11:30am
Oct 20	FFO General Meeting 10am
Nov	Friendly Wanderers - MJ & Colin's <i>FF Journey to Azerbaijan</i>

### 2026

Apr	FFO Outbound to Leuven, Belgium
May/June	Inbound FF Western Colorado, USA
Sep	Inbound FF Western N Carolina, USA
Oct/Nov	FFO Outbound to Perth, Australia

## VP JOURNEYS

### FFO JOURNEYS IN 2026

We are happy to announce that FFO has 4 journeys scheduled in 2026. It looks like next year will be a very exciting and busy one!

## BARB DAVIGNON



### OUTBOUND JOURNEYS

**1. Mid-April 2026** - FFO will have an OUTBOUND journey to Leuven, Belgium. Joanne Curran and Donna Nicholson are Ambassador Co-coordinators. Currently this journey is filled and there is a wait list.



**2. Late October / early November 2026** - FFO will travel on a reciprocal OUTBOUND journey to FF Perth, Australia. Members have many fond memories from the visit the AU club made to us in 2023 and look forward to renewing friendships made during their time in Ottawa. **A volunteer(s) for the Ambassador Coordinator role is/are needed to organize this journey.**



## INBOUND JOURNEYS

**1. May/June 2026** - FFO will welcome the INBOUND journey from Friendship Force Western Colorado, USA who will be making a double journey to Lake Simcoe ON and to Ottawa. Pierrette Benoit, the Host Coordinator for this inbound journey, welcomes volunteers for the Planning Committee.



**2. September 2026** - FFO will welcome Friendship Force Western North Carolina, USA in an INBOUND journey. Their President, Nancy Wood, joined FFO on our outbound journey to Costa Rica this past November and the members of her club made a special request to visit Ottawa in 2026. **Volunteer Host Coordinator(s) and Planning Committee are needed to organize this journey.**



**CHANGING THE WAY YOU  
SEE THE WORLD**

**\*\* COORDINATORS are needed for two FFO 2026 journeys.** These volunteer roles can be shared by two people which would be a great way to share the work. Working together, newer members can become more aware of how Friendship Force and the Journeys operate. Contact VP Journeys Barb Davignon, [bkdavignon@msn.com](mailto:bkdavignon@msn.com) if you are interested in the following positions:

- **Ambassador Coordinator for FFO OUTBOUND to Perth Australia in late Oct/early Nov**
- **Host Coordinator and Planning Committee for INBOUND FF Western North Carolina USA on Sep 26<sup>th</sup>**



## VP MEMBERSHIP

## LYNNE DEACHMAN

FFO now has a total of 85 members, 12 of whom joined in 2025. Of the 85 total, 27 are *Associate Members* who participate in social activities but no longer are active travellers. Their continued interest in our club provides a richness and immense knowledge.



Welcome to our newest member, David Southall. There are possibly 4 to 6 more people from leads generated by FFO members who may join this year or early next year. Discussions with them are ongoing. In addition, there are half a dozen leads gathered by Friendship Force Lake Simcoe who set up a booth at the Mariposa Festival. All leads living in Ottawa and Chelsea have been approached to see if they would like to join. Membership is definitely growing.

Our focus on membership is two-fold: *Recruitment and Retention*.

Here are 7 ways members can strengthen our club:

1. Attend the 4 GENERAL MEETINGS. Learn from interesting guest speakers. Invite a friend!
2. The CAPCON newsletter informs members about club activities. Keep it for reference!
3. Full members can access the FFI MEMBER PORTAL account at <https://my.friendshipforce.org/en/> for information about FF clubs, group and independent journeys, interest groups and special events.
4. Visit our FFO FACEBOOK PAGE, then *Like* and *Share* it to reach a wider audience. Show your active interest in the club and raise the visibility of Friendship Force at the same time. <https://www.facebook.com/ffottawa/>
5. Participate in one or more of the social activities: Diner's club, walking group, or Friendly Wanderers' presentations.
6. FFO business cards are available from the VP Membership. Please ask for some to hand out to acquaintances who may be intrigued enough to explore joining.
7. Volunteer to take even a small part in an Incoming Journey. Participation can reveal the benefits of involvement and will give you an understanding of what an Outgoing Journey could look



## FF OTTAWA MEMBERS IN ACTION AT HOME AND AROUND THE WORLD



Showing FF Hungarians a Canadian tradition – at Tim's



FFO members in Bali, Indonesia October 2023



FFO members in Costa Rica, November 2024

## FFO ACTIVITIES

### FRIENDLY WANDERERS

JOANNE CURRAN

**Maria and Jaap Schouten**, long-standing members of Friendship Force Ottawa, are delighted to share with club members some highlights of their extensive travels over the years.

## "Surreal Sights and Close Encounters"

### Travel Highlights

Maria and Jaap Schouten

September 2025

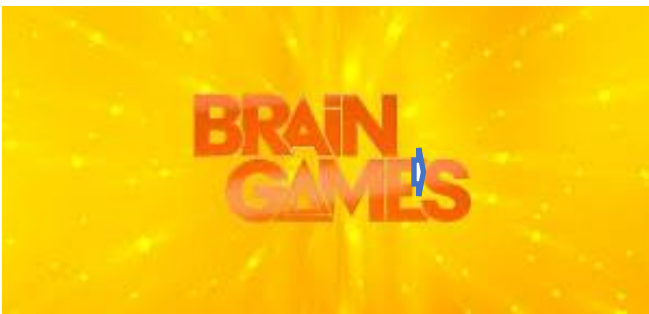


- Join us **Tues Sep 23, 2025, at 11:30am at Swiss Chalet** at 2150 Carling Avenue.
- The "Special" is **2 CAN DINE TUESDAYS FOR \$19.99** with the purchase of 2 beverages.
- Email [eventsffo@gmail.com](mailto:eventsffo@gmail.com) to reserve a spot.

### NEW!! BRAIN GAMES

CLAIRE FORTIN

Would you like to expand your memory, reasoning, creative thinking and have fun while doing this? Playing games is a super way to do it. Here are a few games to start with: *30, Sequence, Rummikub, Twinkle* and\_\_.



- I invite you to join me on the 2nd and 4th Thursdays of each month beginning **Thurs Oct 09<sup>th</sup>** at my place, **#710-200 Rideau Terrace**.
- Proposing a **12 noon start and finishing by 2:30pm** to avoid traffic. Bring a lunch/snack and I'll have tea, coffee and water available.
- Please email [clairefortin39@gmail.com](mailto:clairefortin39@gmail.com) **by Oct 1<sup>st</sup>** if you are interested. Depending on numbers, we play in my apartment or in the party room. Hope you can join in the fun.



## FFO DINERS' CLUB, 2025-26 SEASON - CLAIRE FORTIN

Yummy! Delicious! Can I have that recipe please? These are only a few comments I have heard about the meals members have prepared this year. Getting together around a dining room table in a friendly, relaxed atmosphere seems like one of the best ways to get to know one another. After 20 years of great reviews, let's keep the diners' club going! We welcome the new FFO members to join us for good food, good conversation and a good time.

Working in pairs, with 6 people in a group, you will have three opportunities to get together over a meal this upcoming season in 2025-2026. Hosts prepare the main course, and the remaining 4 guests bring appetizers, salad or dessert.

The group decides collectively on the place, date, time and kind of meal. You might opt for a BBQ at a cottage, an all-vegan or themed meal, meeting for lunch to avoid getting home in the dark ..... in the end it's up to the group to decide. Bon Appétit!

Sign up for FFO Diners' Club by **Fri. Sept. 12, 2025** by contacting Claire at [clairefortin39@gmail.com](mailto:clairefortin39@gmail.com). Any questions or concerns - please contact Claire.

Note: No need to sign up if you have already confirmed with Claire that you want to participate in 2025-2026.



FFO Diners' Group at the home of Anna and Paul Rochon on August 9, 2025

Try this puzzle: Determine the missing letter in this progression: M, \_\_, L, J