



Capital Connections

Newsletter of the Friendship Force of Ottawa, Canada

March 2019 www.friendshipforceottawa.ca

2019 MEETINGS

GM – March 18

GM – June 17

GM – Sept. 9

FFO BOARD 2019

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Lynda Heffernan

VP Journeys

Anna Van Adrichem Rochon

VP Membership

Joanne Curran

Treasurer

Alain Dawson

Secretary

Charlotte Foster

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Wendy Adams

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Joan Kinnie

Director-at-Large

Colin Leech

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Solo Group

Shayla Mindell

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Colin Leech

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Alain Dawson

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Newsletter Editor

Joanne Curran

FFO Website Manager

Conrad Gregoire

FFI web: friendshipforce.org

Message from Your President:

Lynda Heffernan



It's been a harsh winter. We have had more than our share of snow, wind, cold temperatures with rain and a few higher than usual warmer days in the mix. Yet we know that spring will come. The days are getting longer and the blue skies lift everyone's spirits. Soon we will be welcoming back our snowbird members and Friendship Force Ottawa will begin our 2019 journey adventures.

Our first outbound journeys will begin in April with a double journey to Oklahoma City and St. Louis followed by a journey to Trujillo, Peru. Our first inbound journey by the Greater Des Moines Club will be in May, a beautiful and popular time to visit Ottawa. This is just the beginning of our busy year.

All 23 FF Canadian clubs are being surveyed by their FFI Field Representative as to their wish to continue with **National Liability Insurance**. Our current policy expires in July. This insurance protects all members when performing official FF duties. Like home and car insurance, it may never be used but it is certainly essential. We are also researching competitive insurance carriers so we can continue with the insurance that gives us the best coverage for the best price.

Our work on **updating our media equipment** has been slow. We have evaluated our current equipment and reviewed our needs. The next step will be to shop around for the best prices. We will bring our findings to the Board and then to the Membership before purchasing anything.

FFO Directory - An updated Directory sent out to the membership on Feb. 12th, is a useful tool for new and seasoned members to become familiar with each other.

Thoughts - Our wishes for a quick recovery go out to **Maureen Sly** who is recuperating from an unplanned hip replacement and is currently at the Ottawa Rehabilitation Centre on Smyth Rd. Our condolences to **Claire Fortin** on the loss of her brother Robert and Margie Bott on the loss of her husband Phil.

Welcome – Please welcome **Linda Miller-Nesbitt** who is a returning member after a long break from FFO. She has already signed up for a journey to Ulan Ude & Ulaan Baatar in July.

I look forward to seeing you all at the March 18th general meeting at the Tom Brown arena. Social time begins at 7:00pm and formal meeting begins at 7:30pm.

Lynda Heffernan



FFO's success depends on the contributions and engagement of members in club activities. The Honour Roll is one way for the Board to thank and to recognize publicly FFO members' contributions. Nominations are open now for our next Honour Roll Recipient (s).

2019 INBOUND JOURNEYS

May 10-17

IOWA, Greater Des Moines

HC: Barb Smith

Sept. 12-19

NORTH GEORGIA, Big Canoe

HC:

Oct. 16-23

TAIWAN, Taipei

HCS: Jaap & Maria Schouten

2019 OUTBOUND JOURNEYS

April 2-9, 10-17

OKLAHOMA, Oklahoma
MISSOURI, St Louis

ACs: Merv Jessica Sullivan

April 24-May 1

PERU, Trujillo

AC: Joanne Curran

July 2-9, 10-17

SIBERIA, Ulan Ude
MONGOLIA, Ulaan Baatar

ACs: Mary Jane Kelleher & Colin Leech

Nov 5-12, 15-22

NEW ZEALAND Manawatu
NEW ZEALAND Christchurch

ACs: Joan Gregoire & Sharon Bedier



VP Journeys: Anna Van Adrichem Rochon

Journey Treasurer Workshop – Alain Dawson, Facilitator

On Saturday, 26 January 2019, thirteen keen FFO members (including a newly recruited member) participated in Journey Treasurer TRAINING. Two PowerPoint presentations, two budgeting scenarios (for IN and OUT bound treasurers) and the journey treasurer template were circulated before the workshop. An overview of FFI policies and FFI/FFO guidelines for journey treasurers, the Bank of Montreal banking fees and the journey treasurer template were presented with reference being made to the types of computers and office suites being used by participants. Participants reviewed a completed template and enthusiastically practiced their newly learned skills with an



outbound journey exercise. Thank you to Margaret Dennis, Marketing Manager of City View for donating the venue and snacks.

POSSIBLE TIMING	2020 JOURNEYS	
February		OTTAWA to GUADELOUPE, GUADELOUPE
May		RICHMOND, USA to OTTAWA
June		CAIRO, EGYPT to OTTAWA
TBD		OTTAWA to SOLO-SURAKARTA & SURABAYA, INDONESIA
September		MANAWATU, WANGANUI & HOROWHENUA, NZ to OTTAWA
October		OTTAWA to NORTHERN ILLINOIS AND GREATER DES MOINES, USA
TBD		OTTAWA to HALIBURTON HIGHLANDS, ONTARIO

DATE	2019 OUTBOUND JOURNEY & AMBASSADORS		AMBASSADOR COORDINATORS
APRIL 2-9, 2019	OKLAHOMA, OKLAHOMA 15 Spaces		Merv & Jessica Sullivan mervjes@thesullivans.ca
APRIL 10-17, 2019 FFO Board decision for 3 April journeys	 MISSOURI, ST. LOUIS 15 Spaces		REGISTRATION OPEN
APRIL 24- MAY 1, 2019 FFO Board decision for 3 April journeys	PERU, TRUJILLO 20 Spaces		Joanne Curran Jocurran5@gmail.com
JULY 2-9, 2019	RUSSIA, ULAN UDE 15 Spaces		Mary Jane Kelleher mjkelleher@bell.net
JULY 10-17, 2019	 MONGOLIA, ULAANBAATAR - 15 Spaces		WAIT LIST OPEN
NOV 5 - 12, 2019	NEW ZEALAND, Palmerton N Fielding MANAWATU 15 Spaces		Joan Gregoire cjgregoire@sympatico.ca
Nov 15 – 22, 2019	NEW ZEALAND, CHRISTCHURCH 15 Spaces		Sharon Bedier Srbedier70@gmail.com
			LIMITED SPOTS AVAILABLE

CALL FOR VOLUNTEERS for
BIG CANOE, Georgia INBOUND JOURNEY, September 12-19, 2019
HC- EVE ELLIOTT. NEEDED ... DAY, NIGHT OR DINNER HOSTS



The lazy, hazy days of summer will almost be behind us when **Friendship Force Big Canoe** visit our city. This club of 58 members is located in the mountains of North Georgia, 65 miles from Atlanta. The ambassadors are keen to visit Canada's capital after which they will hop on a cruise from Montreal to Boston. According to Wikipedia, Big Canoe is named after a Native American chieftain who in 1825, as an ally of the French, boarded an English troop ship at night with four of his companions. Believing the Chieftain was leading a large surprise party, the English surrendered. The Red Coats were handed over to the French who bestowed upon Big Canoe an officer's uniform in thanks for his heroic efforts.

CALL FOR VOLUNTEERS for
Greater Des Moines, IOWA INBOUND JOURNEY, May 10-17, 2019
NEEDED DAY, NIGHT OR DINNER HOSTS



Des Moines, Iowa's capital city, ranks with London, England & Hartford, Connecticut as home to the largest insurance companies. **Friendship Force Greater Des Moines** is one of the oldest clubs, having started in 1977. A year later 254 ambassadors chartered a plane to Dublin while almost an equal number of Dubliners were being hosted by the club in Des Moines. This club of 80 members has created a travel scholarship to enable new members, without the financial means to travel, to experience other cultures.

CALL FOR VOLUNTEERS for
Taipei, TAIWAN INBOUND JOURNEY, October 16-23, 2019
NEEDED DAY, NIGHT OR DINNER HOSTS



Three years after FFO ambassadors visited FF Taipei, that club is arriving in Ottawa on a reciprocal journey. Eddy Luok, a fascinating fellow, will be **FF Taipei's** Ambassador Coordinator. For those of us who were hosted by the Taipei club we have terrific memories of a fun-loving group of hosts, Karaoke evenings, sculpting with clay, navigating a city of 2.7 million people, the background hum of over a million scooters, electronic stores on every street corner and the city's exciting street food scene. Stay tuned for the memorable itinerary our club is planning for our Taiwanese visitors.

FF Brasilia to FFO, October 2018

By Donna Nicholson, Night Host



What a beautiful time of year to welcome our Brazilian visitors to the National Capital! We picked up two lovely ladies at the airport and stopped off on our way to our journey's meeting place, for a walking tour of Hog's Back Falls. The water was flowing in torrents and the fall foliage provided a lovely, colourful background for our first group photos. As with many of our FFO hosting experiences, it took only a matter of minutes until we felt like old friends, enjoying an outing together. Although most of our Brazilian ambassadors spoke limited English, we were fortunate to be hosting Ana Cecilia who spoke English well and served as an excellent translator for most of

the journey. She told us she is the daughter of their club's first president and founder who met with Wayne Smith as FFI was just beginning.



The journey proved to be a very busy time including many of our usual planned activities (Thousand Islands boat cruise, Parliament, Park Omega, museums, Mosaiculture) plus potlucks and friendship dinners, drives to view the autumn foliage, an apple orchard and a few visits to Costco for picking up the long list of much sought-after items for our ambassadors to take back home to family and friends.

For us, the journey's highlight was a day spent with our ambassadors exploring the village of Kemptville by competing in a car rally that took us to some very interesting local landmarks. Part of this day also included

introducing our Brazilian friends to some Canadian Thanksgiving traditions such as a roast turkey dinner with cranberries (one lady ate 3 helpings of cranberries including one with her dessert!) and homemade apple pie which our ambassadors made themselves with some excellent instruction by a local Rotarian. Even some FFO members admitted they had never before made pastry and I noticed a few flour-covered male fingers, so it was a memorable occasion that deserves repeating!

Another memorable event took place following a vocal jazz concert when we introduced Ana Cecilia and Sheila to the performer who immediately began to speak to them in Portuguese. When she discovered that Sheila is a professional singer, she proceeded to pull them close and the three of them sang a well-known Portuguese song as a trio. What a thrill for Sheila and those of us who listened!

As they bid us farewell at the airport, our new friends extended a warm invitation for us to visit them in Brasilia, saying they had learned a great deal about Canada and its culture and wished to reciprocate. Many also said they wished to return, bringing their families with them next time.



<https://youtu.be/cmfgMjGltvE>

FFO Journey to Washington, D.C. 2018

By: Kathy Hatherill and Dorothy Brunet, Journey Coordinators

Nineteen enthusiastic ambassadors journeyed to metropolitan Washington to learn more about American history and culture and to make new and lasting friendships. The Washington Club members were outstanding hosts and very energetic. Their well-organized and planned activities enabled us to visit many prominent and historical and cultural sites, including the Library of Congress, US Capital, US Botanic Gardens, Arlington Cemetery, and National Mall Memorials (including the Lincoln, Jefferson, Roosevelt, Korean War, Vietnam War, Martin Luther King, and Washington Memorials). More highlights included a visit to the Smithsonian African American History and Culture Museum, the Smithsonian American Art Museum, the Holocaust Museum and the Kennedy Centre for the Performing Arts.



We had a day trip to Lorton, Virginia, to visit a former prison, now housing the Lorton Workhouse and Suffragette Museum. The buildings now include many artists' galleries and work studios. On the same day, we explored historic Occoquan, a quaint little artists' town, with lots of ghosts and goblins wandering around. As mentioned, our hosts were energetic walkers and on our last day, dressed in Halloween costumes, we walked over 10 miles (not km) through the historic district of Georgetown, including the Oakville Cemetery.

So much to see and so much to explore, we must make a return visit to Washington, D.C. We thank our gracious and energetic hosts for a fabulous journey!

TEST YOUR KNOWLEDGE OF SIBERIA & MONGOLIA

Compliments of Jaap Schouten Answers at end of newsletter.

1. What is the prominent religion in Ulan Ude, Russia?

- a) Buddhism b) Orthodox Russian c) Roman Catholic d) Islam

2. Siberia accounts for how much of Russia?

- a) 52% b) 34% c) 77 % d) almost 2/3

3. How far to the west did the "Mongol Empire" extend?

- a) Greek mainland b) Carpathian Mountains c) Kiev d) Western France

4. What is the difference between a 'YURT' and a 'GER'?

- a) Yurt dwellers eat yogurt b) Ger roof held up by 2 wooden poles c) Ger is round d) Ger is Mongolian for Russian Yurt

5. In terms of population, Siberia is the equal of which country?

- a) Canada b) North Korea c) Switzerland d) Argentina

6. Which of these is considered DON'T's in Mongolia?

- a) Whistling inside a Ger b) talk or joke about bad things c) Get on horseback from the left d) Ask names of big mountains

7. What is the population of Mongolia/Russia/China?

- a) 3M / 143M / 1.4B b) 5M/200M /2B c) 7M/180 M/1.6B d) 2M / 120M / 1B

8. How do rural Mongolians prevent cars from freezing?

- a) Light fire under cylinder block b) Roll car downhill c) Letting sheep sleep against the engine d) Aim torches at engine





VP Membership, Joanne Curran

FFO remains a vibrant social club with the majority of our 131 members having signed up for one of the club's social activities. **However, our operating pool of ambassadors and hosts is diminishing.** Since 2015: **89 current members** travelled on outbound journeys (55 in 2018); **52 current members** have not night hosted (**90 current members** since 2017). Since 2016, **72 current members** have had limited, if any involvement, as day hosts.

To address this situation, the Board has made the decision to:

- **Make membership recruitment & retention a priority for 2019.**
- **Develop a sustainable membership recruitment & retention strategy for the next 3 years.**

CALL TO MEMBERS:

We would like to promote FFO to the alumni or members of organizations like *Children's International Summer Villages, Canada Homestay Network, Rotary Club, CARP, NAFR etc.* If you are or were a member of any one of these or other relevant organizations, please let me know.

This way we can demonstrate to these organizations that many of their members have joined FFO & many others may want to do so as well!

Please join me in welcoming 2 new members and one returning member:



After 31 years as an elementary teacher **Molly Fanous** retired in 2006 but continued supply teaching until 2017. She sings in two choirs, one of which performs regularly at seniors' residences across the city. In addition to participating in several bible study classes, she volunteers with church communities, helping refugee families settle in Ottawa. Her love of swimming has taken her to many beach destinations around the world. Since 2012 Molly has been studying Spanish and is looking forward to sharing her love of languages and travel with FFO members.



Sharon Harvey has recently joined Friendship Force and is looking forward to hosting incoming groups and travelling in the future. She works as a professional bookkeeper, and as well has worked for the Upper Canada District School Board as a school administrator. Sharon has 2 grown sons, Michael and Mark, who live in Ottawa. Michael & Stephanie are to be married this summer and Sharon hopes to be a grandmother someday. Her pastimes include gardening in the summer and curling and cross-country skiing in the winter months.



Linda Miller-Nesbitt is very pleased to be joining FFO again, having been a member before. A retired elementary and secondary school teacher, Linda continues to do occasional teaching and home schooling for the OCDSB. She is blessed with 2 daughters, 3 stepchildren, 8 grandchildren, & 2 great grandchildren. An inveterate traveler since youth, Linda backpacked around the world for a year and also worked as a travel agent. Until recently, she wintered in the Rio Grande Valley, Texas with her husband, Keith. Presently, Linda enjoys family, friends, church, helping with seniors' groups, teaching the Enneagram & rug hooking.

Social Activities Conveners

FFO Singers
John DuVernet

Art Appreciation Group
Janet Wilkinson

Dinner Club
Jessica Sullivan

Bridge Club
Bob Elliott

Solo Group
Shayla Mindell

SOCIAL ACTIVITIES

To join or for details, simply contact the conveners!



ART APPRECIATION

Convener: Janet Wilkinson

FFO's enthusiastic art lovers explored one of the most inventive artists of the 20th century, Paul Klee (1879-1940) while visiting the NGC. The 75 drawings, watercolours, and paintings from The Berggruen Klee Collection at the Metropolitan Museum of Art that were exhibited helped capture the artist's wild creativity.

SOLO GROUP

Coordinator and Communicator: Shayla Mindell



The Solo group had a busy fall and early winter. Ten members and a few friends feasted on a delicious Thanksgiving pot luck meal at Claire Fortin's apartment. This celebratory event was followed by fourteen Solos lunching on Oct. 21 at Trattoria Italia and then being treated to This Flight Tonight: a musical homage to the incomparable Joni Mitchell at the Gladstone theatre. For many of us it was a trip down memory lane. We

were very fortunate to have Huguette St -Pierre join us. Huguette has moved to Montreal to live. From the photo you can see that we rang in Jan. 1, 2019 with great fanfare. We continued our new year celebration by treating ourselves to a Dim Sum brunch at the Oriental Chu Shing Restaurant on the occasion of the Chinese New Year.



ANSWERS to Mongolia Siberia quiz:

- | | | |
|--|--|----------------------------|
| 1. a) Buddhism | 2. c) 77% | 3. b) Carpathian Mountains |
| 4. b) Ger roof held up by 2 poles | 5. b) Canada 36 million | |
| 6. a) whistling inside Ger b) talk or joke about bad things d) Ask name of big mountains | | |
| 7. a) 3M/143M/1.48 B | 8. a) lighting a fire under a cylinder block | |