



Capital Connections

Newsletter of the Friendship Force of Ottawa, Canada

June 2019 www.friendshipforceottawa.ca

2019 MEETINGS

GM – June 10

GM – Sept 9

AGM – Dec 9

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Message from Your President

Lynda Heffernan



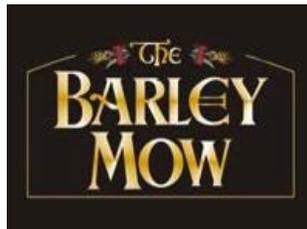
Our snowbirds have returned and our summer birds are preparing to fly off to cottage country. In the meantime, FFO has been very active. Our first outbound journeys, a double journey to Oklahoma City and St. Louis followed by a journey to Trujillo, Peru have been completed. Many thanks to **Merv and Jessica Sullivan and Joanne Curran** and their teams for making these journeys a success. By all accounts our ambassadors had a wonderful time.

Our first inbound journey by the Greater Des Moines Club was very well received thanks to **Barb Smith** and her team and all the helpful members of FFO who stepped up to showcase our beautiful city. Although the weather was not ideal, the tulips did bloom and the ambassadors thoroughly enjoyed the program. FFO will be journeying to Greater Des Moines in 2020 giving us an opportunity to cement friendships made this year.



National Liability Insurance.

Pierrette Benoit and Joyce Nelson, our Eastern and Western Canadian FFI representatives have moved forward and obtained insurance from our present carrier.



Friendly Wanderers has a new home!

John Cooke and Danielle Allard will present:

"A Southern Africa Voyage – 2018"

7pm Mon June 3rd in Westboro (399 Richmond Rd).

Please RSVP to John (allcooke@rogers.com)



Guest Speaker:

Dr. Robert Birnbaum will be presenting at our June 10th GM. This will be an excellent opportunity to learn more about safe and healthy travel

Thoughts

Ulysse Nevrumont and Maureen Sly have been seen out and about at the Des Moines Journey activities and they seem to be recuperating well from recent surgeries.

Congratulations to **Claire Fortin** on the celebration of a significant birthday on May 8. After a well-attended local reception Claire is continuing her celebrations by journeying to Israel and Jordan.

Condolences to **Eugenie Prevost** on the loss of her brother due to a long battle with cancer.

I look forward to seeing you all at the June 10 general meeting at the Tom Brown arena. Social time begins at 7:00pm followed by the business meeting at 7:30pm.

Lynnda Heffernan



GAIL & ULYSSE NEVRAUMONT are FFO's most recent nominees for our club's Honour Roll. They are being recognized for all that they have done over the last 13 years to make our club vibrant and the journeys it supports, amazing! Since 2006, both Gail and Ulysse have been active social members, volunteered for close to 20 inbound journeys and travelled on eight international and seven North American outbound journeys.

What is it about FFO that makes them want to be engaged with our club as much as they are?

Gail was very clear in her response to this question..." It's more than simply not knowing how to say no or being comfortable telling people what to do 😊". "It takes as many as 75 volunteers every time we have a full complement of ambassadors (20) visiting Ottawa on an inbound journey. FFO's members (ourselves included) have a responsibility to help in any way they can, and, if at all possible, with at least two inbound journeys annually! Plus, when you sign on to an outbound journey, you're committing to helping ensure that the journey is a wonderful experience not only for our fellow ambassadors but also for the host club."

Ulysse acknowledged that he buys into the basic principles upon which Friendship Force operates: promoting understanding, cultural education and citizen diplomacy through home-stay journeys and personal friendships. He cited their 2006 trip to South Africa where they both developed a whole new appreciation for what people from that part of the world deal with daily.



They both spoke about how rich an experience it is for them to belong to FFO. The more you get involved the more wonderful people you get to meet, all with a host of different life experiences and fascinating tales to tell. And the fact that FFO members are so great makes it much easier to ask people for help. You know that they'll give serious consideration to your request and if they can, they will!

Ulysse is also very active in his curling club, especially with the Special Olympics and Gail, by her own admission, is always organizing something for someone or some group. My personal experience with Gail is that she most definitely makes things happen, like the proposed first annual tour of the new Parliament facilities. Read on and you'll come across the announcement for this tour!

Fun facts about Gail and Ulysse:

Gail rode a horse to school in rural Saskatchewan and froze her knees one winter doing just that, while Ulysse can jury rig anything into something (the original McGyver by all accounts).

INBOUND JOURNEYS

Sept. 12-19, 2019

NORTH GEORGIA, Big Canoe

HCs: Bob & Eve Elliott

Oct. 16-23, 2019

TAIWAN, Taipei

HCs: Jaap & Maria Schouten

OUTBOUND JOURNEYS

July 2-9 & 10-17 2019

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



V.P. Journeys

Anna Van Adrichem Rochon

We have just completed the first six months of 2019 and have already participated in a double outbound to **Oklahoma City and St Louis** and single outbound to **Peru**. On May 17th our guests from **Greater Des Moines** left for home after a successful inbound. The tulips were hardly showing their beautiful colours, yet our guests enjoyed the warmth from all 54 of our members who volunteered to participate in the Journey under the able guidance of **Barb Smith**. Friendship Force Ottawa demonstrated our adaptability by including some extra activities, meals and re-routing a bus to adjust for flooding on the planned route. We look forward to a reciprocal trip next September/October.

Oklahoma City and St Louis FF Clubs were hospitable, friendly and generous with their time and efforts. In addition to these two destinations being quite different, the club cultures were also dissimilar. Oklahoma City was much like our club in that their itinerary was filled with museum visits balanced with other local activities. Dinners were usually at hosts' homes or with small groups. St. Louis in contrast had us all participating in groups of 30 or more for dinners in large homes that could accommodate ambassadors and hosts alike. Night hosts only had breakfast and one meal to prepare. Thank you to **Merv and Jessica Sullivan** for being Ambassador Coordinators.

Joanne Curran was the Ambassador Coordinator for the April outbound journey to the **Nor Club in Trujillo, Peru** that included 10 ambassadors from Ottawa and 3 from other parts of Canada. In the next few pages you will be able to read about the many highlights of this trip; a journey that was made that much more amazing because the hosting fees included a full-time translator.

The outbound journey to **Russia and Mongolia** is ready to depart in **June**. Planning is ongoing for the wait-listed double journey to both the **North and South Island of New Zealand in November**.

The inbound planning group for **Big Canoe, Georgia** is looking for people to **volunteer** for all roles.

The planning team for the inbound from **Taipei, Taiwan** would appreciate **volunteers** too. See the sidebar for contact information.

There will be **sign-up sheets available at the June 10th general meeting of Friendship Force** for both inbound and outbound journeys in 2020. Some people have already expressed an interest.

INBOUND JOURNEYS 2020



We visited **Richmond, Virginia** a couple of years ago and they will be visiting us during the Tulip Festival in **May** of 2020 - after Mother's Day. Some of our friendly hosts will be among those coming on this reciprocal trip.



Cairo will come to Ottawa in June.

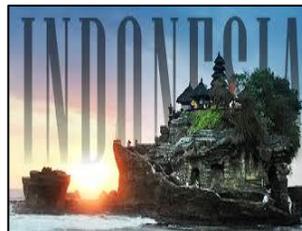


New Zealand will visit FFO Ottawa in September.

OUTBOUND JOURNEYS 2020



The outbound Journey to **Guadeloupe** in **February** already has 15 people interested in travelling. There are 20 spaces available to enjoy the sun in this French District



Indonesia's double Journey has been changed to a date in September to take advantage of more pleasant weather.



A reciprocal trip to FF **Greater Des Moines** in **October 2020** is paired with a visit to FF **Northern Illinois**.

Please consider offering to be the Host Coordinator for these INBOUND JOURNEYS. AND express your interest in joining these journeys by signing up at the June 10th meeting. Bring your cheque book.

→ HERE'S YOUR CHANCE TO TOUR THE NEW PARLIAMENT HILL FACILITIES!!



We'd like to offer a group tour to those FFO members who were cut from the Des Moines ambassadors tour AND any others who might care to join us.

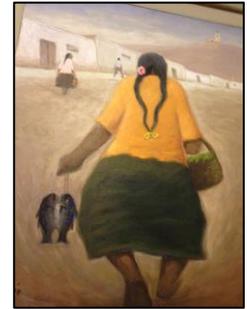
Proposal: Bus down to the Hill on your own (parking is atrocious!)

- Tour at 10:55am (1-hour tour usually - depending on questions)
- Lunch -
- Senate tour if desired at 1:20 pm – 2:00 pm tour
- Catch the bus home or take in the *Sound and Light Show* that evening
- **Reservations ARE NEEDED!** Preferred dates are Wed July 10 or Wed Aug 28.



Please **EMAIL GAIL NEVRAUMONT before June 12**, giving your preferred dates.

It occurred to me, while on our Peru adventure, that the best introduction to outbound journeys for new FF members would be to visit a South American country. There is something about the Latin culture that instantly melts away any apprehensions an ambassador might have about being welcomed into the home of a stranger. Regardless of whether you are in Lima, a city of 8.5 million people, Trujillo with a population of about 850 K or the small community of 2,000 residents on Tequilla Island in Lake Titicaca, you will be greeted with warm smiles and embraces, vibrant music, traditional dancing and lots of delicious Peruvian cuisine.



Our adventure this past April 2019 took us to the desert strip of the Peruvian west coast that borders the Pacific Ocean where most of Peru's population reside. Just under 500 km north of Lima, Trujillo, where the Nor Peru club is located, was our home for one week. Trujillo is known as the city of Eternal Spring because the temperature fluctuates between 17 and 28 degrees Celsius depending on the season and there is very little rainfall throughout the year. It is described as one of the most elegant Spanish colonial cities in Peru with an historic centre packed with colonial *casonas* and republican-era mansions.

We were introduced to the beautiful Plaza de Armas (main square) early Sunday morning where we, along with a brass band, public servants dressed in their Sunday best (emergency personnel, the military and educational institutions), other community groups and Marinera dancers paraded around the square behind impressive banners identifying each group. FF Nor and FFO had the honour of raising one of three flags that morning.

We met the Marinera dances on several other occasions during the week; at a beautiful luncheon held in the back yard of the Club President's country house; on the main square one evening where two of our ambassadors were invited to join in this graceful and romantic couple's dance; at a demonstration by the Rolls





Royce of riding horses, the Peruvian Paso horses, which, along with their male riders, performed the Marinera with female dancers; and at the Farewell event when, following an impressive display of traditional dance, FFO performed, to the delight of the audience I might add, a traditional French Canadian Dance.

Like so many cultures, Peruvians are very proud of their traditional cuisine. We were given many opportunities to sample: Pisco (the national drink), chichi morada (black corn drink), shambar (a classic Trujillo soup), ceviche (raw fish cured in citrus juices), Inca Cola (soda), Pollo a

la Brasa (roasted chicken) aji de galliana (creamy chicken stew), papas a la huancaína (potatoes in a spicy cheese sauce), anticuchos de Corazón (grilled heart), alfajor (peruvian cookie) mazamorra morada, (purple corn pudding) and tres leche cake.

We quickly discovered that punctuality was next to impossible because of the lack of a modern transportation infrastructure that guarantees huge traffic jams and insane driving habits in Trujillo. Nevertheless, this reality did not deprive us of the opportunity to be taken to three extraordinary UNESCO world heritage sites.



We were accompanied on our travels by an exceptional guide Dilser, whose extensive knowledge of the region and excellent English provided us with a fascinating introduction to ancient civilizations that pre-date the INCAS.





First on the list was the Chimu, capital of Chan Chan, built in 850 AD and the largest adobe city in its heyday. We were also impressed with the Moche civilizations' highly decorated Temples of the Moon and Sun constructed from millions of handmade adobe bricks between 200 and 850 AD.

The last but definitely not least, archeological site on our list was El Brujo (the Sorcerer) built by the

Moches a short 60 km from Trujillo and is believed to have been occupied since the pre-ceramic period more than 5,000 years ago.

The highlight was the Huaca Cao Viejo pyramid that dates back to 100 BC-650 AD where, in 2006, archeologists unearthed a perfectly preserved 1,500 year-old tattooed female mummy. These three archeological sites are only beginning to be reclaimed from the desert (excavation started in 1995) but limited funding is making progress exceedingly slow.



A visit to the Huanchaco beach resort gave us a feel for what seaside recreation is like in Peru, and offered up the opportunity to savor Ceviche and watch two of our ambassadors (Donna and Mary Jane) test out the caballitos de totora (little horses) made of totora reeds.

The Nor Peru Club organized an exceptional week for us. Our hope is that they will honour us with a reciprocal visit in the not too distant future!





It gives me great pleasure to introduce you to our newest member **Shirley McKey**. Shirley sat beside FFO member Tim Traynor on a flight en route from Victoria to Ottawa earlier this year. Before the flight landed Tim had sold Shirley on FFO. Despite only joining this spring, she has already volunteered for the Greater Des Moines Journey.

Although born in Northern Ontario, Shirley McKey has called Ottawa home since 1995. She is semi-retired, after spending the past 4 years commuting between Ottawa and Montreal for her work in a national knowledge mobilization network in cybersecurity. Prior to that Shirley worked in progressive roles at Carleton University for the better part of 15 years.

Since arriving in Ottawa, she has been a volunteer coordinator with Ovarian Cancer Canada, a leader in her Carleton University alumni chapter and a member of a variety of networking groups in and around the city. She is actively involved with Toastmasters (achieving Distinguished Toastmaster recognition) and has held executive roles at the club and district levels. When not working, volunteering or travelling, Shirley enjoys golfing, bicycling, walking, playing board and card games (sadly not Bridge), cooking, entertaining and reading.



An FFO membership recruitment/engagement committee has been formed (**Joanne Curran, Donna Nicholson, John Cooke, Joan Kinnie and Mary Jane Kelleher**). We have met once and agreed on several strategies that will be explored over the next months

The committee is looking into promoting FFO at retirement seminars or workshops for retirees and will also be exploring other organization's interest in having their members hear about FFI/FFO. **We welcome any and all suggestions from members.**

John Cooke was successful in arranging with Barley Mow in Westboro to hold **The Friendly Wanderers** there in the future. The group also agreed that we explore the option of celebrating International Friendship Day in 2020 (possibly resurrecting the multicultural event held a while back).

Prospective members will/have receive(d) follow-up emails either from VP membership, a host coordinator of inbound journey or a FFO member who has identified the prospective member, inviting them to shadow day hosts on inbound journey activities and/or attend a friendship dinner as well as notify them of guest speakers at our GMs.

FFI's new animated video has been uploaded to FFO's website and our Facebook page. The committee, along with **Jaap Schouten** will be exploring ways to raise the profile of our Facebook page on search engines.