



Capital Connections

Newsletter of the Friendship Force of Ottawa, Canada

January 2020 www.friendshipforceottawa.ca

2019-20 MEETINGS

AGM/Potluck – Dec. 2 2019

GM – Jan.13, Mar. 16

FFO BOARD 2019-20

President

Lynda Heffernan

VP Journeys

Anna Van Adrichem Rochon

VP Membership

Joanne Curran

Treasurer

Andrew Nicholson

Secretary

Ian Wilson

Past President

Wendy Adams

Director-at-Large

Barbara Stiles

Director-at-Large

Colin Leech

OTHER POSITIONS

Coordinator & Communicator

Solo Group

Shayla Mindell

Media Equipment

Colin Leech

Archives

Alain Dawson

Assets

Jan Sterling

Newsletter Editor

Joanne Curran

FFO Webmaster

Richard Hatherill

FFI Facebook Manager

Jaap Schouten

Message from Your President: Lynda Heffernan



As we move into 2020, we look back with thanks and forward with optimism. Thanks to each of you for helping to make FFO the dynamic club that it is. You have worked hard to make both incoming and outgoing journeys not only a success but lots of fun with the added benefits of developing friendships around the world and deepening friendships within the club. Although there is always room for improvement, we should be proud

that we practice almost all of the best practices recommended by Friendship Force International and plan to continue to do so.

Special thanks go out to the following:

Conrad Gregoire for his expertise in developing the original FFO website which was not an easy task as he had to write most of the programs himself using HTML . Conrad also maintained and patiently updated the site for many years.

Richard Hatherill for agreeing to take over the website responsibilities and developing a new website with help from Conrad.

Wendy Adams for continuing in her role as active past president on the Board for the upcoming year, for reviewing the updated FFI guidelines for programs and clubs and for taking over cookie duty when Anne Smith became ill.

Alain Dawson who has done a wonderful job as our treasurer and has now completed his term with three years of service and will continue on as Archivist.

Charlotte Foster who has patiently and expertly completed the much under-appreciated job as secretary.

Joan Kinnie who, as Director-at-Large, attended and reported on the FFI World conference on our behalf and updated our expectations and code of conduct and mobility policy and has now completed her term. Her attention to detail will be missed.

Raymond Coté who has graciously done a yearly financial review for many years and will retire from this task after this year.

Merv Sullivan who has graciously accepted the role of financial reviewer for 2019-20.

Pierrette Benoit who, as Eastern Canada Field rep, along with her Western counterpart, successfully negotiated continued insurance for all Canadian FF clubs.

Colin Leech who has confidently taken over the job as media coordinator and is a newly appointed Director-at-Large on the Board.

Barbara Stiles who is a newly appointed Director-at-Large on the Board.

We are still looking for people to step up and become part of the media team as Colin, like all of us, likes to travel and may miss some meetings. It would be a shame to try and have successful meetings without visual presentations.

We will continue to have journey presentations at meetings but will select a few more exotic journeys to be presented through Friendly Wanderers at the Barley Mow in Westboro. This will provide an opportunity to recruit new members and also give an opportunity for our members to socialize in a relaxed atmosphere.

Our December 2nd pilot potluck was a wonderful event that captured the spirit of the holiday season. Thank you to everyone who helped make this party a success. We encourage you to come forward with other new ideas for us to try in an attempt to spark interest and commitment and to just have some fun.



Many Thanks to FF Big Canoe/North Georgia who have gifted us the book **“The Other Side of the Mountain”**. This book chronicles the history of the development of Friendship Force and describes journeys that promote the message of peace. Anyone interested may borrow the book by contacting me. Looking forward to working with you again this year.

Lynda Heffernan

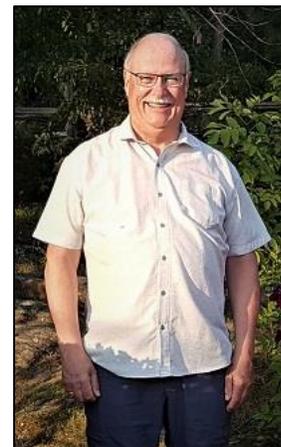
CONGRATULATIONS IAN WILSON



Ian Wilson, the latest member to join the honour roll, is well-known to FFO members. Apart from his warm smile and engaging personality, Ian is a valued member of our club because volunteering comes naturally to him! He is quick to step forward to assist whenever and wherever he’s needed. Charlotte Foster mentioned that Ian was one of the first FFO members she met at a Friendship dinner. She describes liking his enthusiasm for FFO’s mission and activities. She was reminded, when travelling recently, of some practical and helpful advice Ian shared with her: You need to be laid back and “go with the flow” while travelling, accepting that other’s standards may be different from what we’re accustomed to, and that’s okay!

Ian was recruited to Friendship Force in 2007 when he visited a booth the club had set up at a travel show. He was attracted by the prospect of being home-hosted and living like a local, something he has done 14 times with Friendship Force! He also soon discovered that day-hosting was another perk of belonging to FFO. Recently Ian day hosted an ambassador who, while visiting Ottawa, commented on how lucky he was to be able to take his bike through the downtown; something she was unable to do because of her city’s pollution. Her comment reminded him of how fortunate we are to be able to showcase our beautiful city to visitors from clubs around the world.

He also admits to learning a lot about the Ottawa region when he hosts ambassadors who have been known to ask challenging questions like how did the aboriginals know to tap trees to get syrup. Additionally he likes seeing Canadians through the eyes of foreigners who are in awe of the fact that we have double-pane windows, need to plug in our cars in the winter, and need to factor in extra time to get dressed and take the snow off the cars before leaving for work.



Not only does Ian have a terrific sense of humour, he takes fabulous photos, is a supporter of the Trillium Foundation and has donated platelets or plasma 123 times at Canadian Blood Services! Ian, Friendship Force Ottawa is so lucky to have you as a member.

FRIENDSHIP FORCE OTTAWA HONOURARY MEMBERS: Lesley & Keith Clark, FF Manawatu, NZ



On a recent visit to the Manawatu, New Zealand Friendship Force Club, FFO ambassadors were introduced to Keith and Lesley Clark, long-time FF members. While conversing with this remarkable couple (both are over 90) our ambassadors learned that Keith and Lesley were instrumental in the establishment of FFO.

As it turns out David Williams (a founding member of FFO) is a cousin of the Clarks who visited David and his wife Kathryn in Ottawa in the early 1990s. Two hours into their visit the two Kiwis convinced the Williams to begin the process of

setting up FFO and the rest is history! Keith and Lesley subsequently hosted FFO members Evelyn and Larry Janis on a 1996 FFO journey to NZ and returned to Ottawa to visit the Janis' on another exchange.

On Nov.8, 2019 at an FF Manawatu event Gail Nevraumont presented the Clarks with an FFO Honorary Membership certificate, approved by the FFO Board, in recognition of the Clarks' meritorious service that embodies FF ideals, in the creation of FF Ottawa Club.



VP Membership, Joanne Curran

Friendship Force Ottawa's strength as an organization rests with its current and future members. Keeping our organization interesting, rewarding, welcoming, exciting..... requires a membership that will enthusiastically and actively support a sustainable retention and recruitment plan for Friendship Force Ottawa.

We'd like to be able to **promote FF in print media and with local chapters of organizations** whose readers/members might be attracted to our club's programs and mission (e.g. Children's International Summer Villages, Rotary Club, Canada Homestay Network, CARP, NAFR, local seniors clubs etc.). If you have a personal connection to these or other groups you think we should reach out to or have a contact at the publications Fifty-Five Plus or Zoomer, please get in touch with me so we can reach out together with our FF promotional materials.

World Friendship Day 2020 is fast approaching and our club would like to use this opportunity to showcase what we're all about to the community. Our committee is looking for **enthusiastic volunteers** who will work with us to organize an initiative where FFO members are ambassadors in their own community, sharing with others what it means to experience different views and discover common ground – and to help make our world more peaceful. Please consider joining the planning committee for what should be an interesting initiative.

MEET OUR NEWEST FFO MEMBER:



Gloria Lauris was introduced to Friendship Force Ottawa by Elaine Bradley (thank you Elaine) at a Newcomer's Event. Gloria is a retired government policy analyst (in Alberta and Ontario) who has lived in 5 provinces and born in a 6th. She moved to Ottawa in April 2018 to be near her son who is studying IT (cybersecurity) at Carleton U.

She has lived in Egypt, Saudi Arabia and the Philippines, and has visited or been through over 50 countries with still more to see, with friends already sprinkled across the globe!

Volunteer activities include animal welfare and technical editing, as well as prior ESL activities in Canada and Spain. She enjoys meeting new friends, gardening, photography, writing, eating out, surfing the net, and social dancing.



Shirley McKey, who joined FFO in 2019, composed a very creative 'year in review' which she shared with friends and family. Thought our members would enjoy reading her poem.

'Twas the night before Christmas and all through the house,

Not a creature was stirring, not even a mouse*.
Two thousand and nineteen has quickly flown by,
Lots of activity, and many new things to try.
When I left off last year, I was back at Carleton U,
And the story continues with some old and some new.

Late in January, I visited Surrey BC,

For a Cybersecurity Challenge in that city,
The event a success, with a lovely flight back,
I had a great conversation about an interesting fact,
Friendship Force, an international travel group,
Has a chapter in Ottawa, with an amazing troupe.

I joined the club for a trip to New Zealand,

Helped with some in bounds and made some new friends.
Before I could sign on the bottom line for the trip,
Things changed slightly, with the tiniest blip.
I left semi-retirement and am back working full time,
Which means time off for travel is not right in line.

The new job is great, it keeps me hopping,

Supporting permafrost research is very rewarding.
Taking mini-trips and occasions with family and friends,
There will be time for world travel when the contract ends.

And to shamelessly steal a fun phrase from a friend,

Perma-frosty the Snowman, best wishes does send.
Wishing you and yours a wonderful holiday,
And a New Year that is blessed with happiness always.

In friendship, Shirley

** From the poem now recognized as 'The Night Before Christmas' by Clement Clarke Moore, published for the first time on Dec.23, 1823 under the original title, "A Visit from St. Nicholas".*

INBOUND JOURNEYS

May 2020

VIRGINIA, Richmond
HC: Elaine Bradley
May 07-14 2020

June 14 -21, 2020

EGYPT, Cairo
Cancelled

Sep. 3-10, 2020

NEW ZEALAND
Cancelled

OUTBOUND JOURNEYS

Feb 19-26, 2020

GUADELOUPE
AC: Pierrette Benoit

September

INDONESIA, Surabaya &
Solo-Surakarta
ACs: Joanne & Michael
Curran

Sep 28-Oct 12, 2020

GREATER DES MOINES &
N. ILLINOIS
ACs: Wendy & Steve Adams



VP Journeys Anna Van Adrichem Rochon

INBOUND JOURNEYS 2020

Richmond, Virginia will be visiting us during the Tulip Festival in May after Mother's Day, a few years after we visited their club. One of our hosts, Brenda Wingfield, will be the Ambassador coordinator. She and many from the Richmond club are excited about this reciprocal trip which will be coordinated by **Elaine Bradley**. Thank you to all who have signed up to help with this journey. Additional volunteers are always welcomed!



Cairo, Egypt.

Egypt has cancelled this inbound journey.



Manawatu, Wanganui and Horowhenua, New Zealand

New Zealand has cancelled this inbound journey.



OUTBOUND JOURNEYS 2020

Guadeloupe will be receiving 18 ambassadors escaping from the Canadian winter from Feb 19th to 26th. **Pierrette Benoit** is the Ambassador Coordinator going to the sunshine with the other escapees. **Fully Subscribed**

Solo-Surakarta & Surabaya, Indonesia Ambassadors are looking forward to this double Journey to this country likely mid to late September. **Joanne and Michael Curran** are the ACs and **Spaces are Available.**



Northern Illinois & Greater Des Moines enjoyed their visit to Ottawa this spring and are



anxious to welcome an FFO group to their club Sep 28 to Oct 12 when the Madison County Bridges Festival is held (of special interest to those familiar with The Bridges of Madison County book and movie). **Wendy and Steve Adams** are the ACs and are looking forward to other FFO members joining them on what will be an interesting journey. **Fully Subscribed.**

➤ Look for photos and highlights in the next CAPCON edition of the FFO journey to both the north and south islands of New Zealand. Spring was in the air and FFO ambassadors enjoyed the company of their hosts and a really interesting itinerary.

➤ When Joan Kinnie attended the FFI conference this past summer she made a point of highlighting the following words of wisdom shared at the conference “Friendship Force is not a program, it’s a personal growth journey for each of us, empowering us with knowledge and skills to reach out to others in love, acceptance, and peace; learning how to give and receive is true friendship.” Truer words have not been spoken except of course in the song by Hal David and Burt Bacharach “What the world needs now is love, sweet love. It’s the only thing that’s there just too little of. What the world needs now is love sweet love. No not just for some but for everyone.”

➤ Requests for outbound destinations was submitted to FFI on Nov. 1. We will be advised in February 2020 which journeys FFO will be assigned in 2021. No one can ever fault Friendship Force for not planning ahead!

Anna Van Adrichem Rochon

Hosting our Taipei ambassadors was a lot of fun! – Maria and Jaap Schouten



From the 16-23 October 2019, FFO hosted 12 ambassadors from FF Taipei, Taiwan. Some of us had visited this club in 2016, so meeting them again in Ottawa was like a reunion of old friends. Our program of activities included a lively French-Canadian welcome lunch at the Vanier Sugar Shack, where “Jos Montferrand” made an appearance to tell tall tales. In addition to visits to Parliament, the RCMP Stables, Gatineau Park, and the Museum of History, we went on two outings: to Omega Park followed by a Halloween and pizza-making event at Joanne and Michael’s cottage, and a full day in Kemptville, with a wood carving demo, a car rally, apple pie-baking, and a Farewell celebration and belated Thanksgiving Dinner. The FFO Singers performed, accompanied by Suzanne Muldoon, during dessert, and our Taipei friends showed us two colorful traditional dances, including a beautiful Fan Dance. Diane McIntyre acted as guide for an art scavenger hunt through downtown Ottawa. There were many potluck dinners, in addition to the traditional Friendship Dinners. The weather cooperated, our Taipei visitors took lots of pictures, and did a fair bit of shopping. They were a really fun group to host!

Many thanks to our night/day/dinner hosts for being such active participants! In particular, we would like to thank our “Taipei Team”, i.e., our organizing committee: Donna and Andrew Nicholson, Alain Dawson, Joanne and Michael Curran, Claire Fortin, Fay McNeil, Barbara Stiles, and Anna Van Adrichem-Rochon, for making it all happen!

In two year’s time, FFI’s international conference will be held in Kaohsiung, in southern Taiwan. This presents an

opportunity for some of us to renew our friendships with our Taipei friends. As they told us when we visited them in Taipei in 2016, and as we told them at their departure: “Y.M.C.A.: You Must Come Again!” See Facebook page www.facebook.com (Friendship Force Ottawa) for photos and stories.

OCT. 30, 2019 EDITION OF NORTH GRENVILLE TIMES

<https://ngtimes.ca/north-grenville-welcomes-visitors-from-taiwan/>

NORTH GRENVILLE WELCOMES VISITORS FROM TAIWAN

By **Hilary Thomson**



“North Grenville welcomed twelve special visitors from Taiwan last week as part of their tour around Ontario. The visit was organized by Friendship Force, an international organization focused on promoting understanding, cultural education and citizen diplomacy through homestay journeys around the world. Local resident Anna Van Adrichem Rochon is part of the Friendship Force Ottawa and organized the tour of North Grenville for their Taiwanese visitors, most of whom were staying with hosts in Ottawa.

The tour began at 11 am at the North Grenville Municipal Centre as Anna told the guests a little bit about North Grenville and the Municipal Centre itself. They seemed particularly impressed by the scale of the Municipality’s two skating rinks and were thrilled to see a real adult hockey player getting ready for his noon-hour game.

After the short tour of the Municipal Centre, the visitors gathered in the lobby to meet Mayor Nancy Peckford, who was on hand to welcome them to North Grenville. “On behalf of myself and my council colleagues, I want to say what a thrill it is to have you here,” she said. “It’s great to have you as part of the community if only for a day.” Eddie Luok, one of the visitors, gave Mayor Peckford’s daughter, Clara Peckford-DeRyk, a ball that he made out of recycled paper and plastic from a market in Taiwan. They both enjoyed a game of catch in the Municipal Centre foyer before the group left for the rest of their tour.

The visitors were treated to an exciting day in the North Grenville, with a visit to a local wood carver’s studio, scavenger hunt of sights around town, hands-on apple pie making, and meals at the Kemptville Christian Reformed Church. The group’s visit to North Grenville culminated their tour of Eastern Ontario as they headed towards Hamilton the next day. A portion of the group were also excited to extend their visit to Canada and head to Yellowknife to see the Northern Lights.”

SOCIAL ACTIVITIES

To join or for details, simply contact the conveners!

FRIENDLY WANDERERS



Donna Nicholson's Barley Mow Pub presentation, "Discovering Peru", was extremely well-researched and organized. The stunning photos, oftentimes accompanied by music, made Peru come alive for the audience. The 39 people in attendance (7 of whom were new to FFO) were totally captivated by all that Peru has to offer!

ART APPRECIATION

Convener: Janet Wilkinson



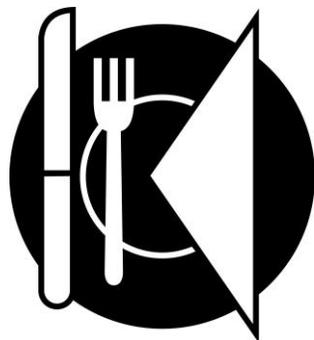
Hi everyone. We have an interesting line-up of guided tours this year at the National Gallery. Because we always hold these on Thursday evenings, which are free to enter the Gallery, the only cost is for the professionally guided tour – a bargain at \$9 (includes tax)!

Our Nov. 28th tour was of the current special exhibit: **Àbadakone | Continuous Fire | Feu continuuel**. Diverse and fascinating artworks by contemporary Indigenous artists from around the world were introduced to us by a very informed and personable guide.

If you're on my distribution list, you'll receive an emailed reminder on or around the scheduled date for the next tour. If you're not on my list and you would like to be, please email me your interest.

Photo courtesy of the artist Taiye Idahor, *Enitan*, 2018

Photo paper collage, pen drawing and coloured pencil on paper, 112 × 80 cm. Collection of the artist. © Taiye Idahor.



DINNER CLUB

Convener: Jessica Sullivan

Round # 16 of the Dinner Club is underway with 78 members in 10 groups enjoying each other's company and good food for 4 evenings during the year. Typically, each dinner club group is made up of 8 FFO members. We have one group that is short two people. If you're interested in a fun evening out why not consider joining the dinner club!

Simply email Jessica Sullivan and she'll send you the details.

FFO SINGERS

Convener: John DuVernet

Six FFO singers, accompanied by Suzanne Muldoon on the piano, entertained the ambassadors from Taipei and their hosts recently at their Farewell Dinner in Kemptville. The group performed an encore performance, this time with Christmas Carols at the Christmas Potluck dinner on Dec.2, 2019.



SOLO GROUP - Coordinator: Shayla Mindell

Below you'll see evidence of the Solos having lots of fun! If you would like company for an activity in Ottawa or a trip you're considering, please forward your suggestions to Shayla Mindell. She in turn will share the information with the SOLO Group. Those in the group who have an interest in the activity or trip you're suggesting will reply directly to you and then the rest is up to you.



August 2019

Solos having fun at Eugenie Prevost's cottage, Lac des Loups



November 2019

A Tribute to the Bee Gees. Legs were dancing all the way home, according to Heather Pettipas.