



# FRIENDSHIP LINKS

## FRIENDSHIP FORCE OF EDMONTON AND AREA NEWSLETTER May, 2011



### 2010 - 2011 BOARD OF DIRECTORS

#### Executive:

President: Lynne Duigou [Contact Lynne](#)

Past President: Marilyn Caskey

Vice President: Donna Wyatt

Secretary: Brenda Kane

Treasurer: Sharon Schnell

#### Board:

Communications: Donna and Larry Wyatt

[Contact Donna and Larry](#)

Newsletter: Barbara Olynyk

Membership: John Yule [Contact Membership Committee](#)

Social: Kathleen Harper

Publicity: Lou Duigou

History & Archives: Linda Georgy

Fellowship: Maria Feist

Chair of Exchanges: Marj Eckert (chair)

Inbound Exchange Directors:

New Zealand Exchange: Brenda Kane

Netherlands Exchange: Diana Steele

**Please visit our website at:**

[www.friendshipforceedmonton.org/](http://www.friendshipforceedmonton.org/)

### President's Message by Lynne Duigou

**Sad News** - Our club has been saddened by the loss of two longtime members.



**Barb Harvey** passed away suddenly, December 24, 2010. Barb was an active participant in the club as treasurer, and as a home host, day host and ambassador. She is survived by three sons, three grandchildren, two brothers and many family and friends who will miss her smile and willingness to help out in any way.



**Clarence Collins** – After a full and rewarding life Clarence passed away from congestive heart failure at the age of 84. Clarence was an active member of the club as a home host, day host and ambassador on a number of trips. He is survived by his three children, seven grandchildren and five great grandchildren. Clarence will be missed for his enthusiasm and interest in promoting friendship here at home and abroad.

**Outbound 2011** The ambassadors have returned from their journey to Florida and Colombia and Ecuador. 24 Ambassadors visited the Sarasota, Florida club and had a wonderful week. They went on to Cartagena, Colombia where they were joined by six more ambassadors for four days on the beach and exploring a UNESCO World Heritage site. 34 Ambassadors were hosted in Bogota for a full week of fun, food and friends. 21 of those Ambassadors went on to explore Quito and the beautiful country of Ecuador for eight days. Everyone had a great time except for some sunburn, illness due to Altitude sickness and the usual rumbly tummy from water, fruit etc. **Pictures from the exchange will be the feature program for the May General Meeting.**

**Membership Drive Spaghetti Supper** – Congratulations to John Yule and the Membership Committee and Kay Harper and the Social Committee and to Chef Carl. What a great evening and a great meal! 63 members and guests had a good time eating and getting to know about our club. The excellent format provided time for informal discussion with lots of time for friendship and time to exchange information about Friendship Force Edmonton and Area. **Five of the guests joined our club.**

**World Friendship Day** was celebrated by our club's participation Friday, May 6, in a **Habitat for Humanity** build which was our service project this year. A report will be published in the next newsletter.

**The Northern Rockies Regional Conference** was held in Medicine Hat on May 13-14, 2011. Ninety five ambassadors attended from Manitoba, Alberta, Montana, Idaho, Oregon and British Columbia. Our club was well represented with thirteen members in attendance. Most of our members were home hosted by the Friendship Force of Medicine Hat club. The Presidents had a very good meeting with the field representatives and came to consensus on the need for group liability insurance and the location of the conference for the next few years. We had good discussion in the large group sessions on exchanges, health and mobility issues as well as updates from

Mary Mmwamby of FFI Atlanta and Barbara Main our Field Rep for Western Canada.



*Conference attendees: Back L to R – Lou Duigou, Frank Parker, Theresa Sarnecki, Jessie Parker, Carl Eckert, Marion Boutillier, Glen Kane.*

*Front L to R – Myra Avey, Elma Pawl, Marj Eckert, Susan Supruniuk, Brenda Kane and Lynne Duigou*



### **Membership by John Yule**

The spaghetti dinner and the individual efforts of our club members have been rewarded with 11 new members to our club. Our most recent new members are Judith and Alan Miller and Kathy Korchinsky. Welcome to our new members on behalf of the membership committee.

The spaghetti dinner was met with rave reviews from both invitees and club members. This proved to be a very relaxed yet informative way to talk about all aspects of membership in our club. Thanks to all who helped make this evening such a success. To date there have been five people join our club as a direct result of this evening.

The plan is to have another dinner in the fall.



## MEMBER PROFILE

*Diana McIntyre*



Diana McIntyre, founder of Friendship Force of Edmonton & Area, was born in Esterhazy, Saskatchewan, where she grew up on a farm with her parents, two sisters and one brother. She attended school in the country where she was an excellent student. When she completed high school, she chose nursing as a career and received a diploma in nursing from the Saskatoon City Hospital followed by a diploma in Teaching and Supervision from the University of Saskatchewan. Since that time she has served as a nursing instructor, a director of nursing as well as the executive director of Capital Care Group.

Diana married Ken McIntyre and became the mother of five children. Having been raised on the farm where everything is made from scratch, she ran her own household the same way, planting a garden, making preserves, sewing and knitting clothes for her family. She was very organized, conscientious and creative. Together they enjoyed traveling and going to their family cottage at Pigeon Lake. Every summer was spent there. She is now grandmother to ten grandchildren, whom she treasures. Diana always has freshly baked cookies for them and anyone else who drops in.

Diana is a project driven individual. Wherever she recognizes a need, she strives to find ways to meet the need. When, in 1980, she recognized the need for home bound people to have outside activities, she formed the Edmonton Adult Social Day Program. In the late 1990s, she traveled to Germany with her friends, who belonged to

Friendship Force of Lethbridge, the first such club in Canada. She was so impressed with the organization, that, in 1999 she gathered a group of interested people and began Friendship Force of Edmonton & Area, serving as the president for eight years. When her husband was stricken with Alzheimers, she cared for him for several years. Realizing the stressful role of caregivers, and the need for them to have a support system, Diana founded the Alberta Caregivers Association in 2001 and served as president for seven years. When her friend developed a liver condition, Diana began the Edmonton Chapter of the Canadian Liver Foundation. Upon traveling to Burundi with Friendship Force and then to Tanzania, Diana recognized the grave needs of the people in those countries, especially in the areas of education and health. As a result she founded the Tanbur African Aid Society (TAAS) in 2008, serving as president for the first two years. Diana serves as a consultant with Canadian Executive Services Organization (CESO) and has worked on projects with Health Care Organization and Management in Thailand (1994), Hungary (1995), Ukraine (1996), Guyana (1997), Serbia (2005) and Inuvik (2007). She is still actively involved in all of the organizations she established as well as many more. She is presently president of the Seniors' Association of Greater Edmonton. These are just some of the volunteer positions she has held over the years! Throughout her life, Diana has received numerous awards and medals for her accomplishments and contributions to others. One such award was the YMCA Woman of Distinction Award, Health and Medicine in 2007.

Diana enjoys traveling and has organized trips to various parts of the world, sharing her expertise and knowledge with all who traveled with her. In her *spare* time, Diana enjoys spending time at Pigeon Lake with family and friends at their family cabin, reading and playing bridge with friends.

In closing, on behalf of Friendship Force of Edmonton & Area, I wish to thank Diana for her foresight in starting our club and for her continued commitment to our organization.

*Submitted by Barb Olynyk*

## **Social Committee by Kathleen Harper**

Ideas for the remainder of 2011 include:

May – Walk with Harpers and an excursion to Herb Holland's tomatoes

June – Hike and picnic at Wagner Bog

July – Walk with the Glens in St. Albert

August – Walk with Cec McKenzie

September – Social evening and games

- Golf

- Walk in the Capilano area

October – Tour of Women's Prison

November – Coffee house – show and games with pot luck

December – Christmas Party Dec. 1 at the German Canadian Club

More information will be sent out in the Monday mail out as plans are formalized.



## **Election of Officers for Board of Directors**

As usual we will be having elections at our AGM in October.

Currently only one position is open for certain. The Wyatts have served as our Communications co-chairs for the past four years which is the maximum number of years a person(s) can remain in the same position.

There will be elections for other positions, all of which have been held for either one or two years. The people currently in those positions for two years will have the choice of stepping down or allowing their names to stand for an additional two year term. I will be calling the incumbents concerning their wishes in this regard.

I would ask that you consider what committee(s) you would like to work on for 2012 and whether you would be interested in Communications or any other positions if available. As further information becomes known, positions and job descriptions will be included in the Monday mail out.

## Communication Committee – Terms of Reference

Responsibilities of the Chairperson

1. Serve on the Board of Directors;
2. May recruit members to the committee as required;
3. Provide committee information for the club newsletter;
4. Forward communications to the membership to include board, general meetings and AGM minutes, social activities, Leadership Forum, Field Representative reports and any other information of interest to members;
5. Prepare a report for all board meetings, general meetings and the AGM;
6. Arrange for the maintenance the club's website;
7. Submit a list of anticipated disbursements for the calendar year following election to the Treasurer for inclusion in the club's total anticipated disbursements and revenue;

Responsibilities of the Committee

1. Assist the membership, social and exchange committees as requested;
2. Contact all members by email and/or phone as required by the President and board committees.

*Marilyn Caskey, Nominations Chair*



## **Exchanges by Marjorie Eckert**

The Outbound in February to Florida, Columbia and Ecuador was very well organized and compliments go out to the committee for a job well done!

The NZ and Netherlands Inbound exchanges for 2011 are pretty well organized already thanks to the diligence of all the committees and the participation of many members. They will have exciting experiences!

The Exchanges committee held an informative training meeting with the Inbound exchange directors and Vice President Donna Wyatt. The Inbound Manual will be updated on line as a result. We will soon be asking for applications for Exchange Directors for 2012. Please think about volunteering. The training meeting will be held in September or October and will include all members in order to give everyone an insight as to what the positions entail.

The inbounds for 2012 will be from Peru and Western Michigan. The 2012 outbound in September will be to Oxfordshire UK and Leaven, Belgium. There is a concern about the UK outbound as Oxfordshire can only host 15 members. This is being looked into with FFI to see if we can get another club to host as well.

Have a great summer and enjoy the new friends arriving in June and July!



**Outbound 2011 by Frank & Jessie Parker**  
**Sarasota, Florida and Bogota, Colombia**

On February 6, a very cold day in Edmonton, 22 ambassadors were welcomed in Florida by the Sarasota Club. A week of interesting and unusual excursions followed. We were introduced to alligators, manatees, dolphins, a marine science museum, museums and art galleries depicting the past era of the Ringling Circus and the lives of folks connected with it, a very modern world renowned computerized school of art, walks in the downtown and in parks and gardens, picnics by the seashore, dinner parties at the homes of club members – on the whole, a very lovely exchange organized by the gracious Sarasota Club. Some of our group renewed friendships with members from Sarasota who had visited us 10 years ago. From Florida, we took a bus to Miami and flew to Cartagena, a UNESCO World Heritage Site on the Caribbean Sea where we were joined by 8 more of our club members. Four days of relaxing in the warm sun, swimming, eating and exploring the old town renewed our energies!



*Kay and Dagmar enjoying R & R on the hotel rooftop where we met every evening*



*Enjoying the beach at Cartagena*

From Cartagena we flew to Bogota, to be met by their club as well as by four more of our members, bringing our total group to 34 in Colombia. Once again there was much hugging and renewal of friendships with their members who had visited Edmonton. The Bogota club is warm and welcoming, driving us around their city of eight million in very intense traffic, showing us their government cultural buildings, providing guides who explained their history, especially on two bus trips into the surrounding countryside.



*The group at the Boyaca Bridge monument of their liberator, Simon Bolivar. It is located in the very geographic centre of Colombia at an altitude of 2615 m.*

Tours to emerald shops and the gold museum showed the riches of the country. The welcome dinner showcased brilliant dancers in colorful costumes from different areas of the country. Homes and restaurants provided plentiful plates of interesting food, along with many varieties of freshly squeezed juices from local fruits. We were very well looked after!



*Entertainment at the welcome party*

At the end of this part of the exchange, 21 of our group continued on a tour in Ecuador, seven went home to Edmonton, two stayed in Bogota for a few more days, two went to Cartagena for a week, and two returned to their winter home in the USA.

The Ecuador tour was arranged by two of our committee members, with help from a travel agent in Ecuador. Our guide Alfredo spoke excellent English. He was proud of his country and its history and was able to convey his enthusiasm to us. In our week of touring by bus, we visited Otavalo (a huge outdoor market), drove on the Pan American highway, viewed volcanoes and other places high in the Andes, stopped at many small towns, passed through the countryside where folks in traditional hats, billowing skirts and capes were working in the fields, stayed in historic hotels (more like palaces), got to know each other better, and of course, ate heartily! Most of us had not been to South America before, so this was another opportunity to open our eyes to a different part of the world, thanks to Friendship Force!



*Some of the group modeling their new Panama Hats purchased at the factory in Cuenca, Ecuador.*

Our travel journal is posted on our website for everyone to enjoy. Click the link below:

[http://www.friendshipforceedmonton.org/Exchange\\_snew.html](http://www.friendshipforceedmonton.org/Exchange_snew.html)



### **New Zealand Inbound by Brenda Kane**

Plans are well underway for the Whangarei, NZ inbound exchange. Twenty-five ambassadors will be visiting our club from June 25<sup>th</sup> to July 2<sup>nd</sup>. The program is tentatively set and we have several new additions including a guided tour of the Reynolds Museum, a historical transit tour of Edmonton, and a visit to the new Enjoy Center in St. Albert. We are also trying out a new format for the Farewell – a potluck “cocktail party” with hot and cold appetizers and desserts to be held at Eckerts’ party room. Finally, we hope that all ambassadors will be able to take in some of the special events being held on Canada Day in and around Edmonton. We hope these new additions will be interesting for both hosts and ambassadors. Our next In-bound meeting will be held on May 18<sup>th</sup> at Muriel Kuchison’s. The Inbound Exchange Workshop is scheduled for **Monday, June 13** at 7 pm in the Anhorn’s Social Room. Please mark it on your calendar if you are home hosting, dinner hosting or day hosting either of our two inbounds this summer.

## Outline of New Zealand Program

**Saturday, June 25** – arrive and meet hosts at airport. Dinner with hosts

**Sunday, June 26** – tour of **Fort Edmonton**, Canada's largest living history museum. *(You can experience life in four historical periods. Be part of the fur trade. Take a ride on a steam train. Bake bread the old way; Includes the history of fur trading, Native people, and the early life of the city);* lunch on own.

Evening - **Welcome Dinner**

**Monday, June 27** – tour of the **Hutterite Colony** *(Lunch will be served by the ladies of the colony. You will have a wonderful opportunity to learn about their farming, way of life and culture during the tour.)*



The day will also include a visit to the **Enjoy Center** and **St. Albert Botanical Gardens**, where you can wander through the flowers and enjoy the nearby river valley.

Evening - **Dinner Host**

**Tuesday, June 28** – **Reynolds Alberta Museum** tour & lunch *(The Reynolds-Alberta Museum in Wetaskiwin, Alberta, interprets the impact of technological change in transportation, aviation, agriculture and industry from the 1890s to the present. Visitors will see a wide variety of vintage automobiles, motorcycles, bicycles, trucks, stationary engines, tractors, agricultural implements, aircraft and industrial equipment. It also includes an Aviation Hall of Fame);* drive to **Pigeon Lake** for games and BBQ.



**Wednesday, June 29** – **City of Edmonton tour** *(Legislative Assembly, lunch on own; historical transit tour, City Hall)*



**Thursday, June 30** – **Royal Alberta Museum** and picnic lunch *(History is for all ages at the [Royal Alberta Museum](#) with exhibits and activities to interest every age group. Permanent galleries depict the natural and human history of Alberta. The Syncrude Gallery of Aboriginal Culture brings to life the stories of 500 generations, with multimedia technology and Native interpreters.)*

Evening - **Farewell Party**

**Friday, July 1** – **Free day** with hosts (choose from list of free time activities such as a rodeo, art gallery, farmer's market, Ukrainian Village, West Edmonton Mall, Muttart Conservatory; Jazz Festival etc. Costs for free-time activities are not covered by the ambassador's fee.); **dinner host** in evening; **Canada Day fireworks**



**Saturday, July 2** – individual plans for departure



## RIENDSHIP FORCE CALENDAR - 2011

May 24 – sale of tomato plants at Herb and Kay Holland's home

### May

25 – Deadline to sign up for lunch at General Meeting

28 – FF General Meeting-  
Program – Florida/Colombia/Ecuador

**June 25-July 2** – New Zealand Inbound

**July 17-24** – Netherlands Inbound

### August

26-30 – 34th Annual Friendship Force World Conference – Hamburg, Germany

### September

15 - Newsletter Volume 3 for 2011 Published  
19 – Board Meeting

– Social Evening and Games or Golf

### October

15 – Annual General Meeting

– Tour of Women's Prison

### November

21 - Board Meeting

- Coffee House – show and games with Pot Luck

### December

Christmas Party December 1, 2011

at the German Canadian Cultural Association at

**2012 – May 16-18** Friendship Force Canadian Conference –Quebec City

**2012 – June/July** – Peru and Western Michigan visit

· 2012 – Outbound to Oxfordshire, England and Leuven, Belgium

## Humor is Good for the Soul

### TWO LADIES TALKING IN HEAVEN

1st woman: Hi, Wanda!

2nd woman: Hi, Sylvia! How'd you die?

1st woman: I froze to death.

2nd woman: How horrible!

1st woman: It wasn't so bad. After I quit shaking from the cold, I began to get warm & sleepy, and finally died a peaceful death. What about you?

2nd woman: I died of a massive heart attack. I suspected that my husband was cheating, so I came home early to catch him in the act. But instead, I found him all by himself in the den watching TV.

1st woman: So what happened?

2nd woman: I was so sure there was another woman there somewhere that I started running all over the house looking. I ran up into the attic and searched, and down into the basement. Then I went through every closet in the house and checked under all the beds. I kept this up until I looked everywhere, and finally I became so exhausted that I just keeled over with a heart attack and died.

1st woman: Too bad you didn't look in the freezer – we'd both still be alive.

