

In This Issue

Pg	Article
1....	March 28 Club Event: Sonja DuBois
2....	Note from the President
2....	More Programs for 2023
3....	Drivers Needed!
3....	Getting Ready for FF Western Colorado
4....	Travel/Friendship Quotes
4....	Upcoming Dates--Mark Your Calendar
4....	2023 Officers & Committee Chairs

2023 Journey Overview

Inbound Western CO	April 23-29
Outbound Western CO.....	June 11-17
Inbound Eastern WA	September 13-18
Outbound Tuxla-Gutierrez, MX	November 1-8
Further details on page 3	

Club Website: www.friendshipforceknoxville.org
My Friendship Force: <https://my.friendshipforce.org>
FFK on Facebook: Friendship Force of Knoxville

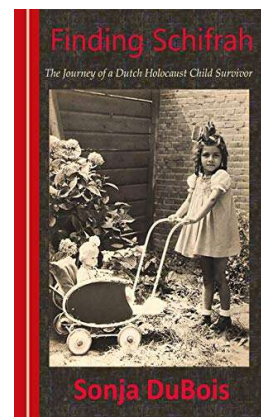
FFK March 28th Event: Sonja DuBois
Finding Schifrah, The Journey of a Dutch Holocaust Child Survivor



FFK is so proud of member **Sonja DuBois**, a noted author, much sought-after lecturer and cherished friend. When asked if she would be willing to address our membership, she readily and happily agreed! Sonja will share her powerful family history, chronicled in her book, Finding Schifrah, The Journey of a Dutch Holocaust Child Survivor. It's a story with a very sad beginning, but thankfully, a very happy ending.

We are so honored to have Sonja describe first-hand the details of her life's journey. Let's take this opportunity to also demonstrate our support of her as she shares her powerful message with school children and teachers, UT students/staff, civic and religious organizations, and many others.

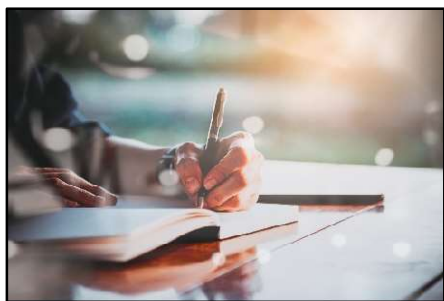
Sneak peek: Sonja plans to reveal newly compiled material that is both powerful and personal. ***Come all and come early to grab a front row seat! You'll be so glad you did!***



Marsha Mitchell, Program Chair

Date: Tuesday, March 28
Time: 6:30 p.m.-Social; 7:00 p.m.-Program
Place: TVUUC, Tennessee Valley Unitarian Universalist Church
 2931 Kingston Pike, Knoxville, 37919

Dessert and light refreshments provided.



Note from the President

Thanks to the 29 members who responded to the Member Interest Survey.

Based on your responses, the FFK Board has decided to hold meetings *both in the evening and at lunch time.*

This month we will meet on Tuesday, March 28, at 6:30 p.m. at the Tennessee Valley Unitarian Universalist Church (TVUUC). Dessert and light refreshments will be provided. Other months, we will meet for lunch at restaurants and possibly other places. We hope gathering at different times will allow more members to participate. We may also schedule virtual programs when appropriate.

The fourth Tuesday will remain our meeting date. Exception—a Welcome Dinner for an inbound FF club will occur when the club is visiting. The Welcome Dinner will replace our monthly meeting. For example, FFK will have a potluck Welcome Dinner for the inbound Western Colorado ambassadors on Monday, April 24 at TVUUC. We will not have a meeting on April 25. All FFK members are encouraged to attend the Welcome Dinner.

I hope to see you on Tuesday, March 28, when our own FFK member Sonja DuBois will be our speaker.

Jayne Raparelli, President

More Programs for 2023



April 24: The regular FFK Monthly program will be the Welcome Dinner for our in-bound guests from the Friendship Force Western Colorado club. Who doesn't love meeting new friends and enjoying delicious food? FF Western Colorado has 11 ambassadors coming to us April 23-29. The Welcome Dinner will be at the TVUUC and will be a potluck event.

We want to see you there!

May 23: Do you love gardens? Do you know the actual definition of a botanical garden? Do you know where the official State Botanical Garden is located? Yes, of course you do; it's here in Knoxville, but there are two other extensions of the garden located elsewhere in the state. Do you know where? All shall be revealed when we tour the UT Botanical Garden with a knowledgeable member of their staff. We can even request specific instruction on any (plant-related) topic. Do you have a burning desire to learn about a particularly exotic and/or esoteric plant? Here's your chance to pick the brain of a real expert!

Our plan is to meet for lunch at the nearby FieldHouse Social restaurant and walk to the garden, which is about a half a mile away. If you prefer to drive and park, we must reserve parking spaces at \$5 per car. The tour will start around 1:30 pm.

NOTE: Please contact me at globalmarsha@gmail.com if you want to participate in the \$8 tour and tell me if you want a \$5 parking space reserved just for you. Also, let me know if there is a topic you'd like our tour guide to address.

Marsha Mitchell, Program Chair

Drivers Wanted!



We are looking for Volunteer Drivers to pick-up and bring members to our monthly meetings and other events. Please contact Jayne Raparelli (jaynerap@aol.com) if you are interested in helping other members and if you can be a driver for a daytime or a night-time event.

Getting Ready to Welcome Friendship Force Western Colorado!



Get ready for our first journey of the year, an incoming visit from FF Western Colorado! Our 11 guest ambassadors arrive Sunday, April 23, with a welcome potluck dinner the following day, Monday, April 24 at 6:30 pm at TVUUC. All club members are invited to attend and bring a covered dish, or their favorite dessert. Barbara Elder, Hospitality Chair, will be sending an email to club members early next month, asking if you plan to attend, and if so, what goodies you will bring.

There are lots of activities club members can attend, in addition to the club-wide welcome dinner. We encourage you to come and meet our Western Colorado guests! Below, are some of the activities you can attend:

- Monday, April 24, 10 am - Museum of Appalachia (senior admission cost, \$15; lunch \$9-\$12).
- Tuesday, April 25 9:30 am - City walking tour; WDVX Blue Plate Special; East Tennessee History Center (senior admission \$8).
- Wednesday, April 26 9:30 am – Elkmont in the Great Smoky Mountains National Park (GSMNP). (Boxed lunch \$11); dinner at Applewood Farmhouse Restaurant (cost \$26). **Reservations required by April 15 for this day.**
- Thursday, April 27, 12:40pm - River tour on the Volunteer Princess (cost \$26); **Reservations required by April 15 for this event.**
- Friday, April 28 11:40 am - Sunsphere tour. Cost \$5. **Reservations required by April 15 for this event.**



If you are interested in attending any of these events requiring advanced reservations, please email Leslie Badaines (badainesl@aol.com).

Leslie Badaines, Journey Coordinator



Travel & Friendship Quotes

“Home is what sets the course to our travels. Home is what we leave behind knowing we’ll recover it at the end of the journey. Home is also what makes going away safe.” Andre Aciman

“A ship in harbor is safe, but that is not what ships are built for.” John A. Shedd

“Travel has the power to spark our imaginations and transform how we see the world.” Anonymous
(Thanks to Barbara Elder for finding this one for us!)



“In the beginning I was so young and such a stranger to myself I hardly existed. I had to go out into the world and see it and hear it and react to it, before I knew at all who I was, what I was, what I wanted to be.” Mary Oliver

2023 Upcoming Dates–Mark your Calendar

Virtual Board Meetings (2nd Tuesday, 2 p.m.)

April 11	May 9	June 13
July 11	Aug. 8	Sept. 12
Oct. 10	Nov. 14	No Dec. Mtg

NOTE: If you are interested in attending the virtual Board Meetings, please e-mail Betsy Tonkin (betst@mac.com) for the Zoom link.

Upcoming FFK General Events (4th Tuesday) 6:30 p.m.-Social; 7:00 p.m.-Program

- March 28 -- TVUUC, Sonja Dubois, Finding Schifrah
- April 24 – TVUUC, Welcome Potluck Dinner for Inbound FF Western Colorado; NOTE: this is a Monday.
- May 23 –UT Botanical Gardens (tour begins at 1:30 p.m.); see article on page 2

Tennessee Valley Unitarian Universalist Church
2931 Kingston Pike, Knoxville, 37919

These dates and more are on the
FFK *Calendar* web page.

2023 Club Officers & Chairs

- President:Jayne Raparelli
- Vice President:Betsy Tonkin
- Secretary:Mike McDonough
- Treasurer:Bill Cherry
- Membership Chair:Betsy Tonkin
- Program Chair:.....Marsha Mitchell
- Communications Chair:Janis Robinson
- Webmaster:Ray Simko
- Newsletter Editor:Janis Robinson
- Journey Coordinator:Leslie Badaines
- Hospitality Chair:.....Barbara Elder
- Club Concerns:Paulette Anderson
- Historian:Betsy Tonkin

Host & Ambassador Coordinators are listed on the
FFK *About Us* web page

