



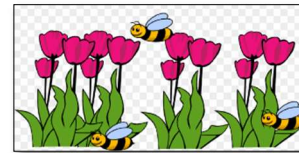
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2023 Journey Overview

Inbound Western CO	April 23-29
Outbound Western CO.....	June 11-17
Inbound Eastern WA	September 13-18
Outbound Tuxtla-Gutierrez, MX	November 1-8
More Journey details on pages 4-5	

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



Welcome Dinner for Friendship Force Western Colorado! Come one, come all!



The FFK monthly program will be the Welcome Dinner for our inbound guests from the Friendship Force Western Colorado on **Monday, April 24th**. Who doesn't love making new friends and enjoying delicious food? FF Western Colorado is sending 11 ambassadors to our Scruffy City April 23-29. Members will be bringing their favorite, mouth-watering dishes.

Music will be provided by Larry Osborne and Candie Carawan in keeping with our journey theme of Mountains and Music. See the article on page 2 and come enjoy the evening!

Please RSVP no later than Thursday, April 20 to barbara5448@bellsouth.net if you will attend. Let Barbara know if you're bringing an appetizer, salad, side dish or dessert. Entrees will be provided. You are welcome to bring a guest as long as you RSVP for you and your guest!

Date: Monday April 24 - Potluck Event

Time: 6:30 p.m.-Social; 7:00 p.m.-Dinner; 7:50 p.m. Entertainment
Place: TVUUC, Tennessee Valley Unitarian Universalist Church
 2931 Kingston Pike, Knoxville, 37919

Note from the President



It's Spring in East Tennessee, and that means we will soon welcome the arrival of our first ambassadors this year! Let's give our guests from Western Colorado an unforgettable welcome at the Monday, April 24 Potluck dinner with special musical entertainment by Larry Osborne and Candie Carawan.

We will introduce our new friends to our beautiful area with visits to the Great Smoky Mountains National Park, Norris Dam State Park, the Dogwood Arts Festival and the Sunsphere, a cruise on the Tennessee River, and a walking tour of downtown Knoxville. Many thanks to FFK member host coordinators Leslie Badaines and Betsy Tonkin, and everyone who is home hosting, day hosting and dinner hosting! It takes many to make an inbound journey a memorable experience.

Thank you, FFK member Sonja DuBois, for a personal and moving presentation last month about her experiences as a Dutch Holocaust Child Survivor.

See you at the Welcome Dinner!

Jayne Raparelli, President

Special Treat at the Welcome Dinner!



Guy & Candie Carawan

Special guests Larry Osborne and Candie Carawan will give voice to the place of music in the culture of East Tennessee in keeping with our journey theme of Mountains and Music.

Larry is a singer/songwriter and professor emeritus at Carson Newman University where he taught courses in psychology and peace studies for many years. He has released several albums of original songs as a solo artist and with his songwriting partner, Diane Krause, and the folk ensemble The Emancipators as a means of raising awareness for environmental issues and peace. He has

played with The Emancipators at the WDVX Blue Plate Special, as well as before many other audiences.

Candie has been a life-long civil rights activist, author, and singer with her late husband folk singer/musicologist and activist Guy Carawan. They met in 1960 at the Highlander Folk School, later known as the Highlander Research and Education Center located since 1972 in nearby New Market, Tennessee. Guy introduced the protest song "We Shall Overcome" to the American Civil Rights Movement.

Guy and Candie devoted their lives to music making, collecting and spreading songs, and documenting cultural expression, with the goal of empowering participants to learn and inspire others in their own communities. Examples of their publications of music and stories include *Voices from the Mountains: Life and Struggle in the Appalachian South*, *Sing for Freedom: The Story of the Civil Rights Movement Through Its Songs*, and *Ain't You Got a Right to the Tree of Life: The People of John's Island, South Carolina*. Among the dozens of albums Guy recorded solo and with Candie include *Sparkles and*



Larry Osborne

Shines, Songs of Struggle and Celebration, This Little Light of Mine, and Tree of Life (Arbol de La Vida).

They were interviewed as part of the Library of Congress Civil Rights History Project in 2011. See <https://www.youtube.com/watch?v=sd4giyfZLAs>

Larry has been a long-time friend of Candie's and of her late husband Guy Carawan and enjoyed singing and playing music with them. We are honored to have them join us for this event!

More Programs for 2023

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 11:30 am at the nearby FieldHouse Social restaurant and walk about a half a mile to the gardens. You do not have to make a formal reservation, but if you prefer to drive and park, you should reserve a parking space. The tour will start around 1:30 pm.

So, if you want a \$5 reserved parking space at the Botanical Garden, please contact me at globalmarsha@gmail.com before May 9. Also, let me know if there is a topic you'd like our tour guide to address.

June 27: World traveler and FFK member Diana Lopez is finally back in in town! Yay! We've all been wondering, "Where on earth is she, how is she getting around and how much luggage did she take"? All will be revealed at the June meeting to be held at TVUUC at 6:30 pm. Watch next month's newsletter for more details.

Marsha Mitchell, Program Chair

Drivers Wanted!



We are looking for Volunteer Drivers to 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.

In Memoriam: Fuad Mishu

Fuad Putrous Mishu died peacefully on April 7, 2023, surrounded by his loved ones, at the age of 101. Fuad was born on January 18, 1922, in Iraq and immigrated to the United States of America in the late 1970s. He became a United States citizen in 1985 and was very proud to be an American. Fuad was an enthusiastic supporter of the Friendship Force Knoxville club.



To read the full obituary go to the Knoxville News Sentinel Link:
<https://www.knoxnews.com/obituaries/kns057051>

We are Back in the Journey Business!

There is a great deal of activity going on in the “Journey department” this year. I hope members will choose to participate in some, if not all, of these activities! Here is a brief synopsis of our upcoming events:

- **FF Western Colorado to Knoxville April 23-29, 2023.** Eleven ambassadors from FF Western Colorado are coming to town! **All members are invited to the welcome dinner on Monday, April 24 at 6:30 PM at TVUUC. Please let Barbara Elder know what you plan to bring (barbara5448@bellsouth.net).** We will have several guests with shellfish allergies so please do not bring food with shellfish.
- **FF Eastern Washington/Northern Idaho (Spokane) to Knoxville September 13-18.** Fourteen ambassadors will be coming to Knoxville. Please read Diana Lopez’ article, which follows. We are desperately in need of host and day hosts for this incoming journey! See article on page 5.



- **International Journey: Knoxville to FF Tuxtla-Gutierrez, Mexico, November 1-8, 2023.** We have been invited to visit this club in the Mexican State of Chiapas during the Day of the Dead celebrations. An optional post journey tour to the Mayan ruins of Palenque is also available. Additional information is on page 6. If interested in this opportunity, please contact Leslie (badainesL@aol.com).

Leslie Badaines, Journey Coordinator

Travel is Good for You

11 Reasons Why Travel Makes You a Happier Person | HuffPost Life:
<https://tinyurl.com/48kbjxjm>

Seven underrated benefits of travelling you should know | Candor Blog
<https://tinyurl.com/4tuwcw62>

Eastern Washington/Northern Idaho (Spokane) to Knoxville



International Storytelling Center

September 13-18, the Friendship Force Club of Eastern Washington/Northern Idaho (otherwise known as Spokane) is visiting Knoxville. I had such a great trip there last fall with the Western NC club, and I want to show the beauties of East Tennessee. The committee has established a wonderful itinerary that shows off the many facets of Knoxville and East Tennessee.

Our theme is still Mountains and Music since that is working well. However, some changes will be made as usual. The first day is very different from our normal one. Since the ambassadors are visiting NC first, we needed a way to meet them halfway and hand them off to the Knoxville club. We agreed to do this in Jonesborough, the oldest town in Tennessee. We have reservations for a 2:00 performance at the **International Storytelling Center** with a box lunch provided by Main St. Café. There's lots to see and do in Jonesborough, and this is a great chance for us to see something different. We'll still do our day in the Smokies, downtown, and Norris with a free day in between.

What we need from the rest of the club at this point are hosts, for overnight, dinners, and days. There are 14 people from Spokane coming to NC. There are 4 couples and 6 single ladies. I hope that many of you are willing to open your homes and extend your hospitality. **If you can host, please complete the application at My Friendship Force page (see instructions below)** or contact me at dlopez@utk.edu if you have questions. I'll be back after May 5.

More details will be forthcoming, and hopefully many of you will participate in our planned activities, such as the welcome and farewell dinners.

Diana Lopez, Host Coordinator

Completing the Host Application Form Online

FFI has made filling out the Host Application Form easier than ever! The link below takes you to a process that will ask you for information and your answers will automatically be entered into the PDF form. The form first goes to FFI and then, a link to the document is sent to you. You will be able to file this document, make additions or corrections and send the form to Diana.

Be sure to have the following information available before starting the process:

- Your FFI Member Number can be found in your Profile on the My Friendship Force website after you sign in. The profile can be found by clicking on the profile icon on the upper right of the page.

OR

- FFK Club Number: US2348

Fill out the information online at: <https://tinyurl.com/4k9hmx3j>

Friendship Force of Knoxville to Friendship Force of Tuxtla-Gutierrez

Journey Number: 23186

Dates: November 1-8, 2023 (7 nights)

Optional post tour: November 8-10, 2023, to the Mayan ruins of Palenque, and Roberto Barrios National Park (2 nights)



Itinerary November 1-7, 2023, includes:

- Arrive November 1, 2023 (Day of the Dead celebration November 2, 2023)
- Welcome Party
- Tour by boat on Grijalva River
- Travel by van or bus for one night in hotel Casa Mexicana (breakfast included), in order to visit the towns of Chiapa de Corzo and San Cristobal (lunch in San Cristobal included); While in San Cristobal visit Casa Na-Bolom, a museum dedicated to the history and culture of the Lacandon Jungle; and the textile Museum, Centro de textiles del Mundo Maya.
- Visit two National Parks: Lagunas de Montebello and Sumidero Canyon
- Visit San Juan Chamula and Zinacantan, two native villages in the highlands
- Visit museums in Tuxtla such as a craft museum, botanic garden and Miguel Alvarez del Toro Zoo
- Cost: FF Tuxtla-Gutierrez \$300, Plus FFI fee of \$175 (total \$475). Transportation and some meals not included.

Post Tour Option to Palenque Mayan ruins November 8-10

- Transportation by van; 2 nights at Chan-kah Resort Village hotel in the jungle of Palenque; English guide to the Mayan ruins of Palenque; traditional buffet dinner at area restaurant; Museum visit; and visit to two beautiful waterfalls Cascadas Roberto Barrios and Misol Ha.
- Depart for Home November 10, 2023
- Cost \$450

Leslie Badaines, Journey Coordinator

Travel & Friendship Quotes

"Friends come and go like waves of the ocean, but the true ones stick like an octopus on your face." Anon. (Couldn't resist this one! Janis)

"The moments of happiness we enjoy take us by surprise. It is not that we seize them, but that they seize us." Ashley Montagu, British-American anthropologist

"There is nothing better than a friend, unless it is a friend with chocolate." Linda Grayson

"Every dreamer knows that it is entirely possible to be homesick for a place you've never been to, perhaps more homesick than for familiar ground." Judith Thurman

"There's a part of me that thinks perhaps we go on existing in a place even after we've left it." Colum McCann, Let the Great World Spin

2023 Upcoming Dates–Mark your Calendar

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

May 9	No June Mtg	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

- 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
- June 27: Diana Lopez
- July 25: Jayne Raparelli & Mike McDonough
- August: No meeting
- September: Inbound FF Eastern Washington

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

