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**2025 Journeys**

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Outbound Stratford/St. Marys, Ontario, Canada.....
..... Sept. 22-29

**Club Website:** [www.friendshipforceknoxville.org](http://www.friendshipforceknoxville.org)  
**FFK on Facebook:** Friendship Force of Knoxville  
**Club E-mail:** [FriendshipForceKnoxville@gmail.com](mailto:FriendshipForceKnoxville@gmail.com)  
**My Friendship Force:** <https://my.friendshipforce.org>

**June 24<sup>th</sup> FFK Meeting: Journey to Germany**

Save the date for the June 24th FFK meeting to hear from the FFK members who traveled to Hamburg Germany last summer: Karen Scott, Barbara Elder, Karen Swander, Dave & Ellen Greenwood, Ron & Jean Mayer, Diana Lopez

**RSVP Date: June 18, 2025, to Karen Scott**

**Date:** .....June 24, 2025

**Time:** .....5:30 p.m. for social

**Dinner:** .....6:00 p.m.

**Program:** ....7:00 p.m.

**Place:** .....Schulz Brau Brewing Company

.....126 Bernard Avenue

.....Knoxville, TN 37917

**Parking:** along the street, across the street in the gravel lot, or in the Health Department parking lot



To accommodate the meal preparation and serving process **we want to pre-order and pay for the food in advance.** However, all beverages will be on your own.

The offerings for the dinner are listed below. Let Karen ( [kas491423@gmail.com](mailto:kas491423@gmail.com) ) know your meal choice when you RSVP.

1. **Old Bavarian Schnitzel:** Fried pork schnitzel, glazed with sweet mustard & horseradish, breaded in pretzel crumble, garnished with lemon wedge & fresh herbs. Served with red cabbage and cucumber salad. **Cost: \$21.12.**
2. **Classic Bavarian Sauerbraten:** German pot-roast with two Bavarian semmelknoedel (bread dumplings), served with red cabbage. **Cost: \$19.80**
3. **Curry Wurst:** Two sliced, char-grilled brats, served on a bed of crispy fries drizzled with our signature curry sauce . **Cost: \$15.84**

Send your check for the cost of the meal(s) to Marsha Mitchell so that she receives the payment by **June 23.** Her address is 407 Doublehead Lane, Knoxville, 37909

## Note from the President

It is mid-year and things are not slowing down.

Five FFK ambassadors along with four from FF St. Louis, one from FF Des Moines and one from FF San Antonio enjoyed a weeklong journey to FF Spokane. The weather was perfect which supported many outdoor activities. Be sure see page 5 of this newsletter or visit our Facebook page where several pictures taken during the journey have been posted.



The journey felt like a reunion with friends as the four ambassadors from FF St. Louis had visited FFK in October of 2024. Additionally, the member from FF San Antonio had hosted the Robinsons when FFK journeyed to San Antonio. An enjoyable and educational time was had by all! Now we begin to look forward to our next outbound journey in September to FF Stratford – St. Marys in Ontario, Canada.

Thank you to all who attended the May 27 FFK Meeting. Good information was shared with the membership as well as good ideas shared for enhancing the club in the future. Thank you to all those members who stepped forward to volunteer to be nominated for FFK leadership positions in 2026. The club is still looking for a nominee for the positions of President and Communications Chairperson. Please consider volunteering to be nominated for either of these positions. By indicating interest now, there are several months to be trained prior to taking the office in January.

Be sure to read the newsletter regarding the June and July programs and RSVP so that the Program Committee can plan appropriately. Details regarding the programs are in this newsletter as well as the information for responding.

By the time you read this newsletter FFK will have conducted its first recruiting event and I am both excited and hopeful regarding the results of this effort. Three more are currently scheduled with possibly more to follow. If you have a suggestion regarding a club or place that you think would be good for FFK to conduct a presentation, please provide the Membership Chair or me the name of the club or location, a specific contact name and phone number and/or email. We will then be glad to reach out and ask for the opportunity to share information regarding FFK with this group.

*Karen Scott, President*

Below is the information about the next three Member Recruitment Event. **Please text Barbara Elder ( 865-809-5340) if you can participate on any of these days** and accompany the membership committee to help explain the Friendship Force Knoxville mission, goals and travel. This will include a short slideshow, sharing of personal experiences, and answering questions. We anticipate this would entail one hour.

JUNE 23 at 1:30 p.m., Group: Karns Senior Center

Attending: Karen Scott, Barbara Elder, Bill Cherry, Sonja DuBois, Jayne Raparelli, Mike McDonough

JULY 14 at 1:30 PM, Group: West Knox County Senior Center

Attending: Karen Scott

AUGUST 12 at 10:00 AM, Group: Halls Senior Center

Attending: Karen Scott

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## We're celebrating the 4th on the 1st!



Come celebrate Independence Day with fellow FFK members at a fun pool party gathering!!

**When?** .....Tuesday, **July 1st**

**Time?** .....5:00 pm if you'd like to swim or 6:00 pm for a potluck supper

**Where?** .....Art and Marsha Mitchell's house/pool

**Address?** .....407 Doublehead Lane, Knoxville, 37909

**RSVP To Sonja Dubois by June 25<sup>th</sup> at (865) 232-0164 or email: [ronson1@att.net](mailto:ronson1@att.net).**

- When you call to RSVP, Sonja will suggest a side dish you could bring if you like (or if possible)
- Soft drinks provided
- FFK will provide sandwich platters
- BYOB if you prefer an alcoholic beverage

Don't forget a towel and swimsuit if you plan on taking a dip in the pool! Hope you can make it

## Member Profile: Karen Swander

- **How long have you lived in Knoxville/or some other city?**

I have lived in Knoxville for 44 of the last 51 years with 7 years in Friendsville. Prior to moving here, I lived in Gainesville Florida for 6 years while attending graduate school in Counseling at the University of Florida. I grew up on Lac LaBelle in Oconomowoc Wisconsin before attending the University of Wisconsin in Madison.

- **Current or past career/jobs**

Work experiences: carhop in high school and college, taught 7th grade English and Social Studies in Wisconsin, Assistant Professor at the University of Florida and recruited by UT Commission on Women for a split appointment at the Student Counseling Center and Department of Education Psychology and Counseling because there were no women at the Counseling Center, Psychology Clinic or Health Center. Later I taught in the UT Psychology Department. I have maintained a private practice as a Counseling Psychologist.

Professional activities: Past President of the Knox Area Psychological Association as well as the Tennessee Psychological Association. Former Treasurer of the American Academy of Psychotherapists.



- **Interests/hobbies (could include travel or not)**

I grew up skiing (snow and water), competitive sailing and speed skating, hockey, and swimming. Today I play in a travel golf league and do water aerobics. I am in 2 book clubs and enjoy lots of activities with my grandsons Harrison 11 and Bennett 5. And travel.

- **Is there anything else you'd like us to know about you?**

One of my childhood ambitions was to fly. We owned a 1947 airplane and I had a license to fly it as well as gliders.

- **How did you hear about FF Knoxville & why and when did you join?**

Introduced to FFK by Leslie Badaines in 2018 just prior to her trip to Chile.

- **Activities within FF Knoxville**

Several small group dinners. Current Historian. Went to Hamburg Germany last year. Will be going to Canada in September with FFK.

## The FFK 2025 & 2026 Journeys

### 2025 Journeys

The FFK Journey to **FF Spokane** has successfully finished. Those who went report that the itinerary was wonderful. Some photos from the trip are on page 6 and are also on the FFK Facebook page.

Our final outgoing journey of 2025 is to **FF Stratford/St Mary's, Canada**. Twelve ambassadors are slated to attend this trip. Karen Scott is Ambassador Coordinator for this journey.

### 2026 Assigned Journeys:

#### Inbound:

**April** (Tentative month)- FF Connecticut to FF Knoxville

#### Outbound:

**Month to be determined** – FF Knoxville to FF Tallahassee, Florida (new assignment).



The Villages club has disbanded, and FFI has instead reassigned us to visit Friendship Force Tallahassee. The Tallahassee club was originally part of a Florida State University group but joined FFI in 2021. Although journeys may vary, their FFI profile indicates that they usually spend one day south of Tallahassee visiting Wakulla Springs at either the St Marks Refuge or Gulf Specimen Lab. Another day may be spent slightly north in South Georgia visiting a Planation home and the beautiful city of Thomasville, Ga. In Tallahassee, ambassadors usually tour the Goodwood Plantation, Mission San Luis, The Grove, and Maclay Gardens.

**November** – FF Knoxville to Southland and Taupo, New Zealand (2 weeks)

The best time to visit New Zealand is during the summer months of December to March. Expect long, bright, sunny days and temperatures between 61°F and 75°F. It's an ideal time to visit the lovely beaches or enjoy the many outdoor activities available, such as hiking and mountain biking.

Taupo, a town near the center of New Zealand's **North Island**, is distinguished by its lakefront setting and outdoor sports ranging from fishing to jet-boating. The vast waters of Lake Taupo, a volcanic caldera, drain into the Huka Falls, dramatic, crystal-blue cascades reachable by hiking and biking trails. Surrounding Taupo are hot springs.

The Southland club is located in the southernmost part of the **South Island**. The Southland region has some unique scenery including beaches on the south coast, typical native bush with waterfalls and a petrified forest on the Catlins Southern Scenic route, wonderful views along the coast in several directions including Stewart Island, (there is the possibility of traveling to Stewart Island).

*Leslie Badaines, Acting Journey Chair*



## A Different Kind of Journey



L to R: FFK members Mike McDonough & Jayne Raparelli with Irene Ludwig and Gerry Forney, ambassadors from FF Denver club

You never know where Friendship Force journeys will lead.

In April 2023, Irene Ludwig of the FF Denver club joined the Western Colorado FF club on a journey to Knoxville. Irene's husband, Gerry Forney, was supposed to be on the journey, but became too ill to travel. Mike McDonough and I were Irene's home host.

When the journey ended, Irene told us she knew Gerry would love what she experienced, and she hoped she could bring her husband to Knoxville.

In May I received an email from Irene. She and Gerry were going to be in Chicago and were considering visiting East Tennessee and their friends who have a home at Fairfield Glades in Crossville. We invited

them to stay with us and planned an itinerary.

Irene and Gerry flew to Knoxville on a Sunday morning, rented a car and drove to the Museum of Appalachia. We met in the Museum cafe for a delicious lunch and then we drove to the Norris Dam State Park office to see the film about the CCC building the park. We then dropped them off at the Museum and went home. They took it all in and stayed at the MOA until closing time.

Oak Ridge was not on the itinerary when Irene visited in 2023. Both she and Gerry were eager to see the Manhattan project sites. On Monday we took a bus tour which was a first for me and Mike.

The next day, Mike gave an abbreviated downtown Knoxville tour, including a stop at the Blue Plate Special to hear live music. We also visited the East Tennessee History Center and the Sunsphere.

On Wednesday, their final day with us, we visited the Sequoyah Birthplace Museum in Vonore and nearby Ft. Loudon State Park. Mike and I had talked about visiting the Sequoyah Birthplace Museum but had never been there so we were glad to finally see the Museum and Ft. Loudon State Park.

Gerry and Irene knew this was a Friendship Force journey, but not the usual club to club visit. They looked up individual journeys on the FFI website and discovered that individual journey hosts must apply for a journey number, just as individual clubs do.

Since we had not done that, Gerry and Irene decided to give FFI a donation for an "unsanctioned" individual journey. The rate was the FFI \$25 per person fee per night.

During their stay we became friends. They invited us to their Denver home and their family place near Rehoboth Beach, Delaware. We were glad to show Gerry the journey that he had missed.

Jayne Raparelli

# FF Knoxville Journey to FF Spokane

Riverfront Park in downtown Spokane



The Spokane River



FFK Ambassadors

L to R: Karen Scott, Barbara Elder, Bill Cherry



Janis & Bruce Robinson



A visit to Riverside State Park with a Ranger talk



An evening at the Barrister Winery



L to R: David Motherwell, Barry Giles, Bill Cherry & Amina Giles. The Giles' were hosts to Bill and David



L to R: Host Peggy Best with Karen Scott



Tris & Rick Knaff, Barbara Elder's Hosts



L to R: Ron & Carol Marley hosts to Bruce & Janis Robinson



Above: Bing Crosby Home on Gonzaga Campus



Right: Bing and a faithful fan Arline Aguilar



### 2025 Upcoming Date Mark your Calendar

#### Virtual Board Meetings (2<sup>nd</sup> Tuesday, 2 p.m.)

July 8      Aug. 12      Sept. 9      Oct. 14  
Nov. 11      Dec. no 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

- June 23: Recruiting Event, 1:30 p.m., Karns Senior Center
- June 24: FFK Outbound to Hamburg, Germany presentation
- July 1: Potluck & Pool Party
- July 14: Recruiting Event, 1:30 p.m., West Knox Senior Center
- August 12: Recruiting Event 10 a.m., Halls Senior Center

Check newsletter articles about each event for date, time and place details.

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

### 2025 Club Officers & Chairpersons

#### Officers:

President .....Karen Scott  
Vice President.....OPEN POSITION  
Secretary .....Carol Ann Johnson  
Treasurer .....Marsha Mitchell

#### Committee Chairpersons:

Program Chairperson .....OPEN POSITION  
Membership Chairperson .....OPEN POSITION  
Journey Chairperson .....OPEN POSITION  
Communications Chairperson ....Janis Robinson  
Club Concerns .....Paulette Anderson  
Historian .....Karen Swander  
Hospitality Chairperson .....OPEN POSITION

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

FFK members can request a copy of Board meeting minutes from Janis Robinson via email to FriendshipForceKnoxville@gmail.com