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2023 Journey Overview

Inbound Eastern WASeptember 13-18
 Outbound Tuxtla-Gutierrez, MXNovember 1-8

2024 Journey Preview

Inbound Manitoba, Canada..... May 1-7
 Outbound Germany (2 clubs) TBD
 Inbound St. Louis, MO TBD

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

Tuesday, July 25: Journey Across America

FFK members Jayne Raparelli and Mike McDonough took a mid-life break in 1991-1992 in their mid-30s and 40s to embark on a 17-month tent camping excursion in all 50 states. They will describe how they came up with this radical idea to leave their jobs, sell their house, and belongings to see America. They will also share some of their adventures, and how the trip has impacted their lives.



Location change: FFK members Marsha and Art Mitchell's home
 407 Doublehead Lane,
 Knoxville 37909

Come early before social time or stay after the program concludes to swim in the Mitchell's heated outdoor pool.

Social time: 4-4:30 p.m.

Program: 4:30-5:30 p.m.

Wine and Cheese Party with other cold non-alcoholic beverages provided



Note from the President



Friendship Force Knoxville members have been busy. In May, members gathered for lunch at the Field House Social and then went on a guided tour of the UT Botanical Garden. The following month, Friendship Force Knoxville members, along with two members of the Napa-Sonoma California FF Club, traveled to Grand Junction, Colorado. They enjoyed six days exploring the area and getting to know Western Colorado Friendship Force club members. Thanks to Marsha Mitchell who organized the UT Botanical Garden tour, and ambassador coordinators, Bruce and Janis Robinson, who organized the Western Colorado journey.

Join the Fun—Sept. 13-18 Inbound Journey!

It will soon be time for us to showcase our beautiful city and region!

FF Knoxville will host the FF Eastern Washington and Northern Idaho (Spokane) club in September. When you participate in an inbound journey, such as day hosting, you get to know more about our own city and region, and you see it from the perspectives of our ambassadors. And did I mention making new friends?! Diana Lopez, who delighted us with her world travels presentation at the June 27 club meeting, is the host coordinator. See page 3 to find out how you can participate.

Enjoy the rest of summer whether you're traveling or staying at home. I hope to see you at our August 22 lunch at Calhoun's on the River.

Jayne Raparelli, President

Lunch at Calhoun's on the River Tuesday, August 22

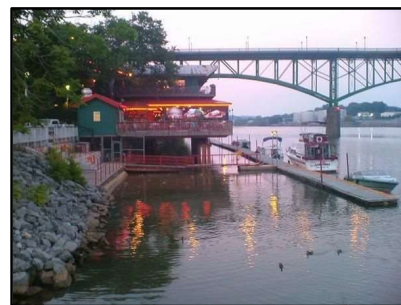
Friendship Force Knoxville--Let's meet for lunch!

Let's enjoy a meal, catch up, and get to know each other better. Order from the menu. Everyone pays for their own food and drinks. Guests are welcome!

Date: Tues., August 22

Time: 11:30 a.m.

Place: Calhoun's on the River, 400 Neyland Dr., Knoxville



RSVP by Aug. 15 to Jayne Raparelli

E-mail: jaynerap@aol.com

Phone: 423-871-1739

Spokane Coming to Knoxville

Come join in on the fun! FF Eastern Washington/Northern Idaho (Spokane) is coming to town from **September 13 through September 18**. We've got some exciting venues planned, some new and some old. This is your invitation to come to any or all of them. A sign-up sheet will be going out shortly by e-mail to gather numbers, choice of meals, costs, and total to write one check for all events.

Here are the highlights:



Jonesborough Storytelling Center

Sep 13 drive to Jonesborough for lunch from the Main Street Café and a performance at the International Storytelling Museum. If you have never been to Jonesborough, this is a good chance to see the oldest town in Tennessee. We would like to carpool with as many members as possible. If you want to go and could drive or if you want to go and need a ride, indicate such on the sign-up sheet.

Sep 14 visit the Spence Cabin at Elkmont in the Great Smoky Mountains National Park for a hike and picnic lunch. There are lots of options for the afternoon and/or dinner at the Apple Wood Farmhouse Restaurant in Pigeon Forge.

Sep 15 spend the day in Downtown Knoxville with a tour of the highlights of Gay St., Krutch Park, Market Square, SunSphere and World's Fair Park. Lunch is at Barley's for the WDVX Blue Plate Special. Visit the East Tennessee History Center in the afternoon and/or join us for drinks atop the Hyatt.

Sep 16 is the free day for our ambassadors to choose what they would like to do. If you have suggestions and want to tag along, please let us know.



TN Woman Suffrage Memorial



Museum of Appalachia

Sep 17 tour the Museum of Appalachia with lunch, then drive to Norris Dam and later the Lenoir Museum and Grist Mill. And if nothing else, please come to the Farewell Dinner at Cherokee Bluff Clubhouse. Bring a pot-luck dish, look at the views of Knoxville, and bid good-bye to our friends from Spokane. The more, the merrier!

Watch for the e-mail with the sign-up sheet and get in your order before the deadline!

Diana Lopez, Host Coordinator

“Travel does not exist without home....If we never return to the place we started, we would just be wandering, lost. Home is a reflecting surface, a place to measure our growth and enrich us after being infused with the outside world.” Josh Gates

“When you travel, remember that a foreign country is not designed to make you comfortable. It is designed to make its own people comfortable.” Clifton Fadiman

“Friends are as companions on a journey, who ought to aid each other to persevere in the road to a happier life.” Pythagoras

FFK Adventures for 2023 and 2024!

FFK has a wealth of opportunities for the remainder of the year continuing through 2024! Here is what's in store:



Incoming Journeys

- **September 13-18, 2023:** Eastern Washington/Northern Idaho, Journey #23210. Diana Crisp Lopez has arranged a great itinerary for this Journey. See Diana's article on page 3.

- **May 1-7, 2024:** FF Manitoba, Canada, Journey #24132.

Our Canadian visitors have heard FF Calgary talk about their visit here several years ago, and say they are eager to visit our club. Co-Host Coordinators needed!

- **October 2024** (Dates TBA): Journey #24159, St Louis, Missouri to Knoxville, and Shelby, NC. Co-Host Coordinators needed.



Outbound Journeys:

- **October 31, 2023-** November 7, 2023, Journey # 23186, Knoxville to Tuxtla- Gutierrez, Mexico, with optional post tour November 8-10 to the Mayan ruins of Palenque. **There are still openings for this Journey.** If interested, please contact Ambassador Coordinator Leslie Badaines ASAP! (badainesL@aol.com). See article on page 6 for details.



- **August 2024** (dates TBA), Journey # 24064, Knoxville to Hamburg, Germany and Metropole Ruhr, Germany. We will be sharing this Journey with FF Birmingham. Ambassador Coordinator needed!

Leslie Badaines, Journey Coordinator



"I believe it is in our nature to explore, to reach out into the unknown. The only true failure would be not to explore at all." Ernest Shackleton, Antarctic explorer

Travel makes you realize that no matter how much you know, there's always more to learn." — Nyssa P. Chopra

"We cannot tell the precise moment when friendship is formed. As in filling a vessel drop by drop, there is at last a drop which makes it run over; so, in a series of kindnesses there is at last one which makes the heart run over." Ray Bradbury

FF Knoxville with FF Western Colorado June 11 through June 17



Barbara Elder, Shar Weiser (host), Leslie Badaines



Susette Stickel-Rufer, Sue Palmer (host), Michael Noel



Rebekah McDermott (host), Diana Lopez



Tammy Enix, Sue Branson (host)



Don & Sue Moyer (hosts), Bill Cherry



Janis & Bruce Robinson, D.J. & Dan Clancy (hosts)



Shirley Schultz (FFWC mbr; 101 yrs old) w/Susette Stickel-Rufer, Napa-Sonoma CA FF Club



Welcome dinner of salad and dessert potluck



Colorado Natl Monument



Arches Natl Park



Wine tasting & charcuterie



Museum of the West; FFWC honored FFK by having a plank for their boardwalk created with our club's name



Farewell dinner at Varaison Vineyards & Winery which is a story all its own.

In photo left to right: Bruce Robinson, ambassador co-coordinator from FFK, Rebekah McDermott & Dan Clancy, host co-coordinators from FFWC.

From the welcome dinner on Sunday evening to our heart-felt good-byes on Saturday, our friendships with the members of the Western Colorado Friendship Force club grew stronger every day. We saw amazing landscapes, heard the history of the area, saw how the movie industry made their mark there and we ate great food. The photos on this page don't begin to tell the story of our journey – check the FFK Facebook page for more (address on page 1).

Friendship Force of Knoxville to Friendship Force of Tuxtla-Gutierrez

Journey Number: 23186

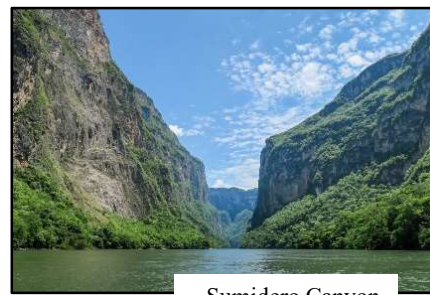
There are openings for 4 more people!

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.



Sumidero Canyon

Post Tour Option to Palenque Mayan ruins November 8-10



The Palace of Palenque

- 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

2023 Upcoming Dates–Mark your Calendar

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

No Aug Mtg 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

- July 25: Jayne Raparelli & Mike McDonough on their U.S. tent camping journey.
- August 22: Lunch at Calhoun’s on the River
- September 17: Farewell dinner for Inbound FF Eastern Washington

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

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