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**2024 Journey Preview**

Outbound Central North Carolina.....	April 4-7
Inbound Manitoba, Canada.....	May 1-8
Outbound FF Hamburg.....	Aug. 13-27
Open World: Mayors of Poland.....	Sept. 27-Oct. 29
Inbound St. Louis, MO .....	Oct. 24-29

**Club Website:** [www.friendshipforceknoxville.org](http://www.friendshipforceknoxville.org)  
**My Friendship Force:** <https://my.friendshipforce.org>  
**FFK on Facebook:** Friendship Force of Knoxville

**Señors and Señoritas:**

**Don't miss Leslie, Bill & Barbara's Presentation  
About Their Great Mexican Adventure!**

Many of us were unable to go to Mexico with FFK in November. Fortunately, those who did complete the journey are willing to share their joy, the sights seen and the friendships gained. Come to our general meeting (not on our usual Tuesday), on **Thursday February 29** to hear all about it from members, Leslie Badaines, Barbara Elder and Bill Cherry. They are absolutely giddy about the whole thing but are keeping it under their sombreros until the great reveal. Feel free to dress the part and enjoy the celebration!



Seal of Mexico

**Come and hear all about it, wear your Mexican attire, and enjoy Mexican food, drink and music!**



**Special Date: Thursday, February 29, 2024**

**Special Time: 11:30 a.m. for lunch and social before the presentation**

**Where:** Pelanchos Mexican Grill  
1516 Downtown West Blvd  
Knoxville, TN 37919

**Note: Members and guests attending will order from the menu and pay for their food and beverages. The management is giving us the room for free but asks for a \$12 minimum order per person (including tax) to make ends meet.**

Click on this link to see the boundless menu and photos of tasty food!

<https://knoxville.pelanchos.com/knoxville-pelanchos-mexican-grill-knoxville-food-menu>

*Marsha Mitchell*, Program Coordinator

**Note from the President**  
**a world of friends is a world of peace**

Friendship Force Knoxville 2024 began a little more slowly than we all hoped due to so much snow & ice in January! But with sunnier skies and warmer temps, we will soon gather with Mexican flair on February 29 to learn about the FFK journey to Mexico in November and the new amigos our ambassadors made there. See details above. Please plan to come and bring a friend!



Along with daffodils and tulips, spring will see FFK blooming! Interesting, lunch-time programs are planned for both March and April. FFK ambassadors will visit FF Central North Carolina in Greensboro, NC on a short outbound journey April 4-7 ( A few slots are still available.) FFK hosts will welcome an inbound journey from Manitoba, Canada May 1-8 with a busy week-long itinerary. Efforts are already underway for additional programs as well as outbound travel and inbound hosting opportunities.

All members should have received via email last month a membership survey asking how they would like to participate in FFK's activities. If you have not yet responded, please do so ASAP. With upcoming inbound and outbound journeys and programs as well as efforts to increase our membership, we need all Friendship Force "friends" to pitch in!



Look forward to seeing you February 29!

*Betsy Tonkin, President*

**A Look Ahead at FFK 2024 Programs**

**March 26 we're visiting historic Dandridge, TN!!!** It's a short drive to downtown where we will enjoy a scrumptious lunch in an historic inn, followed by a tour conducted by the town's knowledgeable historian. Are you in already? Email or text Marsha ([globalmarsha@gmail.com](mailto:globalmarsha@gmail.com) or 865-335-3875) with a quick RSVP. Come one; come all!



**April 23 at TVUUC:** Representatives from **Bridge Refugee Services in Knoxville** will tell us about the important work of their organization. Our own Betsy Tonkin is an active volunteer, as are other FFK members, and will share her experiences, too. This will be our opportunity to hear, firsthand, what our community is doing to help those who have fled persecution to rebuild their lives through assisting them to find homes, schools, jobs and otherwise become productive, contributing members of our society. *Timely topic!*



*Marsha Mitchell, Program Coordinator*

## 2024 Journeys!

Hi Folks! These are updates on this year's journeys:



Old Salem Museum & Garden

**Journey #24310**, April 4-9, 2024 (3 nights), Knoxville to FF Central North Carolina. Five participants have signed up, but there is still room for a few more. Fees are not yet set but they will be between \$140-\$180, plus the FFI fee of \$25 per night. Vaccinations not required. Contact Leslie if interested ([badainesL@aol.com](mailto:badainesL@aol.com)).

**Journey #24131** FF May 1-8, 2024, Manitoba, Canada to Knoxville.

The number of ambassadors has dropped to 8, but we have an exciting itinerary planned for them AND for members who would like to attend. Some highlights include:

- May 2, Oak Ridge History Museum, lunch, and K-25 Museum; welcome potluck dinner at TVUUC;
- May 3, Mike McDonough's Fabulous City Tour and the Blue Plate Special and lunch at Barley's;
- May 5, The Museum of Appalachia, lunch, Norris State Park Visitor Center and Norris Dam which includes a video about the CCC, and an informative talk from our own Ron Mayer, plus the Lenoir Museum (music) and the Historic Grist Mill;
- May 6, Mighty Musical Monday, The Women's Basketball Hall of Fame, and a dinner cruise on the Volunteer Princess Yacht;
- May 7, Smoky Mountain National Park, lunch at Metcalf Bottoms, Gary Anderson's Awesome History of Elkmont, a walk, and visit to the restored cabins, plus a farewell dinner at Applewood Farmhouse Restaurant;
- May 8 (departure day), Jonesborough Storytelling Center for lunch, storytelling hour, and handoff of our guests to our fellow FF Western North Carolina club members.



Women's Basketball Hall of Fame

*A reservation form for these events with cost and lunch choices will be heading your way in March, but feel free to contact co-coordinators Leslie Badaines ([badainesL@aol.com](mailto:badainesL@aol.com)) or Karen Scott ([kas491423@gmail.com](mailto:kas491423@gmail.com)) if you have questions.*

**Journey # 24064** FF Knoxville to Hamburg and Metropole Ruhr, Germany, August 13-27, 2024. Barbara Elder is the Ambassador coordinator. Based on the number of beds each host club has, and our configuration of more single applicants than couples, Germany has agreed to accept 8 (2 couples, 4 singles). Barring cancellations, the journey applications are now closed. See article below.



Poland's Coat of Arms

**Open World- Poland Mayors**-we are approved but do not expect to get any additional information until this summer. Courtney Shea is coordinating this event. If you'd like to assist, please contact Courtney ([courtshea@aol.com](mailto:courtshea@aol.com))

**Journey #24159**, FF St. Louis, Missouri to Knoxville, October 24-29, 2024. Leslie and Manfred Grote are coordinating. Please let Leslie know if you will be available to host, day host, or host a small group dinner.

We have submitted our requests for 2025 outgoing Journeys and are waiting to hear of our outgoing domestic and international assignments, as well as learning what clubs we will be hosting in 2025.

*Leslie Badaines, Journey Coordinator*

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## FFK to Hamburg, Germany -- Sprechen Sie Deutsch?

Friendship Force Knoxville is heading for the city of Hamburg, Germany August 13-27 of this year. Our club has filled their quota with 8 ambassadors all set to embark on adventures unknown with new friends.



St Michael's Church

In addition to the Welcome and Farewell Dinners, ambassadors are looking forward to a visit to City Hall, Saint Michael's Church with an organ concert, a bus sightseeing tour, a harbor boat trip, a historic and new harbor walk with concert hall, a full day excursion to another historic place, e.g. Lübeck, and 1-2 days to spend with or without hosts.

There is a second week in FF Metropole Ruhr which is on the program but not finalized at this time.

*Barbara Elder*, Ambassador Coordinator

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### Friendship Force Knoxville Revised Covid-19 Policy for Journeys

On February 16, 2024, the Friendship Force Knoxville Board approved a new version of our club's Covid-19 policy for journeys. Below is the text of the new statement:

For the health and safety of all members of FFK, the Board recommends:

1. FFK members familiarize themselves with the CDC guidelines and recommendations regarding all infectious diseases, specifically respiratory illnesses such as Covid-19.  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
2. Staying up to date on available Covid-19 vaccines is strongly recommended, though not required.
3. If a member or incoming Ambassador has symptoms of Covid-19 prior to a FFK meeting or journey, they should test and take precautions as recommended by the Center for Disease Control and cancel or delay their journey until they are no longer infectious.
4. FFK members, when traveling abroad must purchase travel insurance, per FF International guidelines. It is strongly recommended that travel insurance include reimbursement for isolation, if diagnosed with an infectious disease such as Covid-19.
5. Prior to submitting payment for a journey, Ambassadors from other clubs, and FFK members who are hosting, shall have the right to specify whether or not they will host, or be hosted, by someone who has not been fully vaccinated for Covid-19.

A PDF copy of the policy statement can be found on the FFK website (web address available on page 1) on the "About Us" page.

## FFK New Member Profiles

Friendship Force Knoxville has been fortunate to add new members in 2023. Every new person brings their unique experiences to FFK which makes our club stronger and more vital.

Let's welcome Tammy Enix and Karen Scott, highlighted below.

### Tammy Enix



Tammy grew up in the East Tennessee town of New Tazewell in Claiborne County. She graduated from UT-Knoxville and lived in Atlanta for 10 years. Tammy returned to Knoxville to work in the family jewelry store in Halls. After working there for a time, she pursued other opportunities which led her to employment with the UT College of Engineering-Transportation and Safety Education. Tammy retired from UT after 20 years.

At a UT retiree holiday luncheon party, she ran into Bruce Robinson, a retired civil engineering professor. Bruce and his wife, Janis, are long-time FFK members, who introduced Tammy to Friendship Force.

"I like having an opportunity to travel and be safe with a group of liked-minded people. I don't like to plan my travel, so having it worked out appealed to me," Tammy said.

Tammy joined FFK in early 2023. Since then, she traveled on an outbound journey to Western Colorado. When the Western Colorado club visited Knoxville, she hosted a dinner party at her Fountain City home. This past September, Tammy home hosted ambassadors from the Spokane Friendship Force club. She is on the planning committee for the May Manitoba, Canada, inbound journey.

Tammy serves as the FFK Vice President.

### Karen Scott



Karen Scott discovered Friendship Force through FFK member Leslie Badaines. Leslie was Karen's realtor when Karen was looking in 2021 to purchase a home in Knoxville.

Karen grew up in South Knoxville and attended UT-Knoxville. Upon graduation, she took a job with Oldsmobile, which later became part of GM. She worked 38 years for GM in multiple jobs, including quality engineer, and in many U.S. locations, including Michigan and Oklahoma. Karen experienced life in Germany when she worked there for five months. She also traveled to China, Poland, and Canada as part of her job. After retirement, Karen relocated from Michigan to Knoxville, and joined FFK in January 2023. She resides in Powell.

"I joined FFK to travel with others and experience cultures and real life in places that are foreign to me," Karen said.

Before joining Friendship Force Knoxville, Karen accepted Leslie's invitation to join the FFK excursion to the Barter Theatre in Abingdon, Virginia. Since joining FFK, Karen has participated as a day host when the Western Colorado club visited Knoxville. She is on the planning committee for the May Manitoba, Canada inbound journey.

Karen will travel in April on her first outbound FFK journey to Central North Carolina. This August she will be an ambassador on a FFK journey to Germany.

Karen serves as the FFK Secretary.

*Jayne Raparelli, Past President*

## Travel/Friendship Quotes

“To move, to breathe, to fly, to float,  
To gain all while you give,  
To roam the roads of lands remote,  
To travel is to live.” Hans Christian Andersen

“Life is short and the world is wide.” Unknown

“Live life with no excuses, travel with no regret.” Oscar Wilde



“It seems that the more places I see and experience, the bigger I realize the world to be. The more I become aware of, the more I realize how relatively little I know of it, how many places I have still to go, how much more there is to learn.” Anthony Bourdain

“It doesn’t matter where you are going. It matters who is beside you.” Anonymous

“To travel is to grow. It is the great adventure. The one that leaves traces in the soul.” Marc Thiercelin

“We leave something of ourselves behind when we leave a place, we stay there, even though we go away. And there are things in us that we can find again only by going back there.” Pascal Mercier, Night Train to Lisbon

### 2024 Upcoming Dates–Mark your Calendar

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

Mar 12	Apr 9	May 14
June 11	July 9	Aug 13
Sept 10	Oct 8	Nov 12
Dec: No meeting		

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

- February 29: Tutxla-Guitterez Presentation
- March 26: Historic Dandridge, TN
- April 23: Bridge Refugee Services at TVUUC

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

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

### 2024 Club Officers & Chairs

#### Officers:

President: ..... Betsy Tonkin  
Vice President: ..... Tammy Enix  
Secretary: ..... Karen Scott  
Treasurer: ..... Bill Cherry

#### Committee Chairs:

Program Chair: ..... Marsha Mitchell  
Membership Chair: ..... Tammy Enix  
Journey Coordinator: ..... Leslie Badaines  
Communications Chair: ..... Janis Robinson  
Club Concerns: ..... Paulette Anderson  
Historian: ..... Karen Swander  
Hospitality Chair: ..... OPEN POSITION

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