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

Important FFK May Business Meeting

We completed our second inbound journey this month with FF Los Angeles and have wished the Los Angeles Ambassadors well for their safe returns home or to their next destination. Although the weather threatened to dampen the experience, luckily it cooperated and all our outdoor activity days were dry and sunny.

Excitement is brewing in anticipation of our club's first outbound journey for 2025 to the FF Spokane club in less than two weeks. After that, the club has enjoyable programs planned for June and July. First in June the program will focus on sharing the FFK's member's experiences while on the outbound journey in August 2024 to Hamburg, Germany. To enhance this program, it will be held at a German restaurant in Knoxville. Then in July, a summer celebration pool party and potluck dinner will be held at the Mitchell's home. You can read about these programs and get more details regarding each in this newsletter. In addition to the programs and journeys, the club has four recruiting events planned from June through August.

There are good things happening in the club! This could not happen without the work of the club leadership, committees and members. To have the inbound and outbound journeys continue and grow the club with recruiting activities, as well as enjoy informative programs, we must anticipate the needs of the club for the future. That is why I am asking all existing FFK members to attend a very important business meeting on May 27th. Each of you received a letter from me in April regarding the topic and importance of this meeting.



Meeting Details:

Date & Time:Tuesday, May 27, 6:30 p.m.

Place:.....Tennessee Valley Unitarian Universalist Church, 2931 Kingston Pike, 37919

I look forward to a solid representation of our members. If you have any questions regarding this meeting, please feel free to reach out to me.

Karen Scott, President

June 24th 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

A letter will be forthcoming with more details along with your choice of three different German entrees. All beverages, including non-alcoholic, will be on your own.

Date:June 24, 2025

Time:6:30 p.m.

Location:Schulz Bräu Brewing Company
.....126 Bernard Avenue
.....Knoxville, TN 37917



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 25th at (865) 232-0164 or email: 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

The FFK 2025 & 2026 Journeys

2025 Journeys

FF Los Angeles departed on April 29, after a whirlwind five-day visit. Thanks to Journey committee members Karen Scott (co- host coordinator with Leslie Badaines), Liz Gregor, Barbara Elder and Marsha Mitchell for the terrific program, and to home hosts, Art and Marsha Mitchell, Joan Turbyville, Dave and Ellen Greenwood, Bill Cherry, and Leslie Badaines, The small group dinners hosted by Karen Swander, Liz Gregor, Courtney Shea, and Gary and Paulette Anderson received raves, as did the ORNL bus tour (Art Mitchell), City Tour (Mike McDonough) and Smoky Mountain National Park talk (Gary Anderson). Again, thank you all for stepping up to make this a fantastic incoming journey!

Our first outgoing trip of 2025 is June 1-7 to **FF Spokane** is quickly approaching. Eleven ambassadors will be going on this journey led by ambassador coordinators Bruce and Janis Robinson. The itinerary looks wonderful. I, for one, am looking forward to hearing all about it!

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)- Connecticut, USA to Knoxville, USA

Outbound:

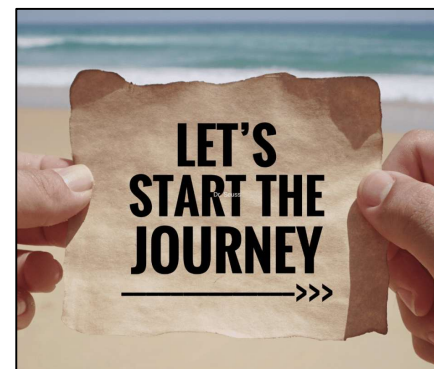
May (Tentative month) - Knoxville, USA to The Villages, Florida
The Villages itself is only 60 years old, so they draw from the Central Florida area, visiting museums such as the Museum of Natural History, Lady Lake Museum, Dade Battlefield, Morse Museum, and Royal,

November - Knoxville, USA 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

Member Profile: Leslie Badaines**How long have you lived in Knoxville/or some other city?**

I'm originally from West Hempstead, Long Island, New York. I've lived in Knoxville for 50 years, yet people always say, "you're not from here, are you?" (I suppose it's when I say "Hi there, would y'all like some cawfee" 😊).

**What other places have you've lived in?**

Syracuse, NY (2 years) and Staten Island, NY (1 year)

Current or past career/jobs

I graduated from UT with a master's in social work, and have worked at Knox Co Juvenile Court, Lakeshore Mental Health Institute, and the Tennessee School for the Deaf. My social work career has focused on working with children and adolescents. I am also a Realtor (starting as part time and leading to full time).

How did you hear about FFK?

Diana Lopez, when she was club president. I joined in 2018 at a fabulous wine and appetizer recruitment event, after viewing a heartwarming FFI film showing connections made through travel. It might have been the film, (or the wine 😊), but when Ron Mayer, then journey coordinator, stood up and announced that the next journey was to La Serena, Chile, I was immediately joined and applied for the trip!!

Interests/hobbies (could include travel or not)

Travel, theater, cooking, wine tasting

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

I have two wonderful daughters, Debby and Becki, who with their husbands (also wonderful), have given me 4 totally awesome grandchildren: twins Rachel and Andrew, and James and Katy.

Activities within FF Knoxville

I have been co-journey coordinator, Journey coordinator, and now acting Journey chair. I have hosted 7 times, been on 3 international and 4 domestic journeys and never been disappointed. I look forward to heading to Canada in September with hopefully 2 new knees!

Last or most interesting places traveled to

My first big European trip (1990) was one of those 7 countries in 17 days bus tours, with 5 of those days in what was then Yugoslavia. Last summer I celebrated a birthday by traveling to northern Croatia, and Slovenia, and renting a villa with family in Torreglia, Italy (with side trips to Venice, Padua, Verona and Lake Como)

FF Los Angeles Journey to FF Knoxville

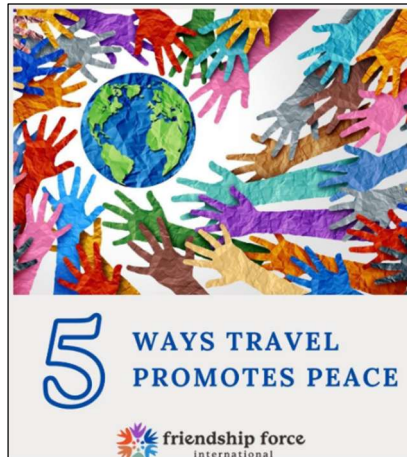
| | | | | | |
|---|---|--|---|---|---|
|  | <p>Ambassadors Bruce & Sumi Arnheim with host Ellen Greenwood</p> |  | <p>Ambassador Pat Gomez with host Leslie Badaines</p> | <p>Ambassador Mary Jean Taylor with host Joan Turbyville</p> |  |
|  | <p>Ambassadors Larry & Sharon Lavenberg with host Bill Cherry</p> | <p>Ambassadors Anya Gabova & Julia Hans with host Marsha Mitchell</p> |  |  | <p>Guest speaker Kimberly Dawn Smith</p> |
|  | <p>Welcome dinner at the First Presbyterian Church</p> |  | <p>Pat Gomez on the Swinging Bridge in the Townsend community of Sunshine</p> |  | <p>Sharon Lavenberg, Pat Gomez and Larry Lavenberg at Kuwohi Mountain</p> |
|  | <p>American Museum of Science and Energy, Oak Ridge</p> |  | <p>Farewell dinner at The Abbey Restaurant, Townsend</p> |  | |

FFI: 5 Ways Travel Promotes Peace

Travel opens us up, exposes us to new people and places, new thoughts, new ways of being and a larger feeling of connection.

And the best part is that it makes us appreciate our home that much more.”

Erin Kouvas, writer, poet”




5 WAYS TRAVEL PROMOTES PEACE



1 ENCOURAGES CULTURAL EXCHANGE
When we meet people from different cultures, we gain new perspectives and appreciation for our shared humanity.

👉 Friendship starts with understanding

5 WAYS TRAVEL PROMOTES PEACE



2 BREAKS DOWN STEREOTYPES
Experiencing a place firsthand challenges misconceptions. When we see the world through others' eyes, fear and division fade away.

💡 Real connections replace assumptions

5 WAYS TRAVEL PROMOTES PEACE




3 STRENGTHENS COMMUNITIES
Tourism supports local economies, providing jobs and resources that promote stability and opportunity.

🌱 Stronger communities = a more peaceful world



4 PRESERVES HERITAGE
Cultural sites, traditions, and languages thrive when travelers appreciate and respect them.

🏛️ Travel protects what makes each place unique



5 CREATES LIFELONG FRIENDSHIPS
Friendship is the foundation of peace. Through travel, we form bonds that transcend borders.

💙 One friendship at a time, we make the world better

Travel/Friendship Quotes



"I am pieces of all the places I have been, and the people I have loved. I've been stitched together by song lyrics, book quotes, adventure, late night conversations, moonlight and the smell of coffee." Brooke Hampton, author

"I feel like most of my problems could be solved with a trip to...well, anywhere." Anonymous

"I can't decide what to have for dinner. But I can plan a trip anywhere in the world in less than 2 hours." fra_sercia on Instagram

"Travel can also be the spirit of adventure somewhat tamed, for those who desire to do something they are a bit afraid of." Ella Maillart, Swiss adventurer and writer

2025 Upcoming Dates—Mark your Calendar

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

| | | | |
|---------|---------|-------------|---------|
| June 17 | 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

- May 27: Special FFK Meeting about Club Future
- June 24: FFK Outbound to Hamburg, Germany presentation
- July 1: Potluck & Pool Party

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..... | Barbara Elder* |
| Secretary | Carol Ann Johnson |
| Treasurer | Marsha Mitchell |

Committee Chairpersons:

| | |
|---------------------------------|-------------------|
| Program Chairperson | OPEN POSITION |
| Membership Chairperson | Barbara Elder* |
| Journey Chairperson | OPEN POSITION |
| Communications Chairperson | Janis Robinson |
| Club Concerns | Paulette Anderson |
| Historian | Karen Swander |
| Hospitality Chairperson | OPEN POSITION |

* Position soon to be open

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