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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>

February 25, 2025, Meeting



MARCH 1st IS WORLD FRIENDSHIP DAY

To mark this day, FFK will meet for lunch at the **Aroma Indian Kitchen**; however, we will be celebrating on our regularly scheduled day, which is Tuesday, February 25.

We will be seated at a long table along the far wall. You can enjoy the large buffet to sample many dishes or order off the menu. (I can almost taste that yummy Naan bread.)

Details about the Meeting

Date:Tuesday February 25, 2025

Time:11:30 AM

Place:Aroma Indian Kitchen

.....138 N Cedar Bluff Rd

.....Knoxville, 37923



TEXT 865-809-5340 with your R.S.V.P by Monday February 24

Note from the President

Hello FFK members. Our January Program: Jeeping in the Southwest was very informative and interesting. Thank you to Bruce and Janis Robinson for sharing their experiences through photos taken while “jeeping” and various other gold nuggets of information.



March 1 is World Friendship Day marking the founding of Friendship Force in 1977. The program for February will be an opportunity to celebrate this event by gathering in friendship and sharing a meal. In keeping with Friendship Force’s mission of promoting global understanding across the barriers that separate people, you are encouraged to attend a lunch buffet of Indian cuisine at Aroma Restaurant. Invite your friends to attend. There is more information regarding this event on the previous page. Please do not miss out on this opportunity to sample various Indian foods with friends.

Ideas are in the incubator for additional programs of interest in 2025 including personal as well as club related travel and cultural experiences. There has also been interest expressed to conduct “Friendship Dinners.” These are like small group dinners when we are hosting ambassadors or on a journey, but with our own club members and their friends.

As stated in last month’s newsletter, new members should be receiving a membership survey soon asking how they would like to participate in FFK’s journeys, programs and club administration. Please respond to this survey as soon as possible. If you were not at the January meeting, you are not aware that the club needs a member to step up and into the Program Chair position. All members are invited to participate in club committee and events; the more the merrier.

Karen Scott, President

The Friendship Force Pledge

“As a member of the Friendship Force, I recognize that I can make a difference. I recognize that I have a mission. That mission is to be a friend to the people of the world. As I embark upon this adventure, I know that others will be watching me. I know that through my example to my fellow citizens and the people of other countries, the cause of friendship and peace can be furthered.”

Some clubs recite this pledge before every meeting; it is a good reminder why the club exists. Meeting and friending the people of the world sounds simple and natural, but it all takes coordination between clubs as well.

To have a healthy Friendship Force club, members need to dedicate some of their time, to come forth with new ideas, and to share their talents.

We have only 36 members in FFK for 2025. The workload cannot continue with only a third of the club carrying out the majority of the work of the club.



Soon you will receive a survey which I hope you will speedily fill out and return with answers and suggestions. Say ‘yes’ to all which are physically possible for you. It gives us a pool from which to choose. It does not mean you will be asked to contribute to all you check.

Think seriously about how you can help our FFK club to survive and thrive. Everyone is needed and appreciated.

Barbara Elder, Membership Chairperson

Journeys for 2025!

February Greetings to you all! Here is information on “up and coming” Journey activities;

April 5-8, 2025: Five members from FF Greater Harrisburg will be visiting Knoxville while on their way to FF Birmingham. Although this is a short journey, the journey committee has arranged activities that we would encourage FFK members to attend.

- The ambassadors arrive Saturday, April 5, and will go to a UT Lab theater production of *Failure: A Love Story*. Tickets are \$29 and can be purchased through the UT Theater website (you will be directed to Ticketmaster).
- On Sunday, April 6, our hosts and ambassadors will be taking a lunch River Cruise on the Volunteer Princess. (tickets are approximately \$48). If you are interested in joining this cruise, please email Leslie Badaines (badainesL@aol.com), by March 10, so that we can arrange to receive your payment. We will also be taking the Harrisburg ambassadors to the East TN History Center at 3:00 PM (Sunday admission is free).
- Monday, April 7, our hosts and ambassadors will attend Mighty Musical Monday at the Tennessee Theater, followed by lunch at Bistro at the Bijou. Mighty Musical Monday is free, but please email Leslie Badaines if you wish to join us for lunch (the cost will be \$20). We have a request pending to tour the Tennessee Theater after lunch, but this request and cost has not yet been confirmed. Members are also welcome to attend the Farewell dinner at the Barrington Pool Association Clubhouse 5716 Bridgehampton Drive, Powell 37849. The club will be providing fried chicken, sides, dessert, tea and coffee and a moonshine history and tasting (cost \$10). Please email Leslie Badaines if you wish to attend as space is limited in the clubhouse.



April 24-29, 2025: Nine members from FF Los Angeles will be arriving in Knoxville on Thursday, April 24.

- Thursday, April 24 A 6:00 PM Soup and Salad Welcome dinner will be held at First Presbyterian Church. A notice will be sent to members closer to this event, to determine what food items are needed.
- Friday, April 25 the ambassadors will tour Oak Ridge to learn of the Secret City and the Manhattan Project.
- Saturday, April 26 will include a City Tour, Lunch downtown (cost \$20), and an evening performance at Clarence Brown Theater of *The Play That Goes Wrong*; tickets for the production can be purchased through the UT Theater website for approximately \$45.
- Sunday April 27 is a free day with options that include nearby options and the Dogwood Arts Festival.
- Monday, April 28 is to be our day in the Great Smoky Mountains National Park, followed by a Farewell Dinner at The Abbey in Townsend. The cost for the Farewell dinner will be approximately \$35.

June 1-8, 2025: Bruce and Janis Robinson will be leading a group of twelve ambassadors to FF Eastern Washington/Northern Idaho. This journey is full and ready to go.

September 22-29, 2025: Karen Scott will be coordinating a journey to FF Strafford/Saint Marys, Canada. Karen is currently accepting applications for this Journey (kas491423@gmail.com). Please submit your application as soon as possible, as this journey is starting to fill. See Karen’s article on the next page for more information.

Leslie Badaines, Acting Journey Chairperson

FFK Journey to FF Stratford – St. Marys Ontario, Canada

FFK will journey to the Stratford – St. Marys FF clubs September 22 – 29, 2025. There are several interesting activities planned for us on this journey including attending a live performance of Annie as we will be there during the Stratford Theater Festival.

Here are some of the journey details for your quick reference:

- Journey number is 25096
- The host club can accept a maximum of 14 ambassadors
- Typical costs for previous similar journeys have been around \$400 Canadian in addition to the FFI fees of \$25 USD per day.
- Ambassadors should arrive after 1:00 p.m., Monday September 22 and should not plan to leave before a farewell breakfast on Saturday, September 29.

If you have an interest in this journey and have not already sent a note indicating such to Karen Scott (kas491423@gmail.com) or called (810-515-0780) please do so as soon as possible as this journey is filling.

Below is additional documentation required and helpful information to assist in your travel planning. **Please note DEADLINES at the end of the article.**

Journey Application: If you would like to participate in this journey, you must submit a formal application. Access the application form using the link below (Ctrl + Click).

[2024 Ambassador Application and Agreement Form \(fillable form\)](#)

Download the form to your computer, complete it electronically, save it to your computer then send it to Karen by e-mail. You may also choose to print the form, then complete it by hand and send it to Karen by US Postal Service or scan it and attach it to an e-mail. You will need to complete the passport information as this is considered an international journey and passports will be required.

Ambassador Physical Requirements: The host club is stressing to pack light. All ambassadors must be able to climb stairs and **MUST** be able to manage their own luggage without assistance including up and down stairs.

Travel: Whatever your method of travel to Stratford-St. Marys, feel free to arrive in Stratford any time after 1:00 p.m. on Monday, September 22.

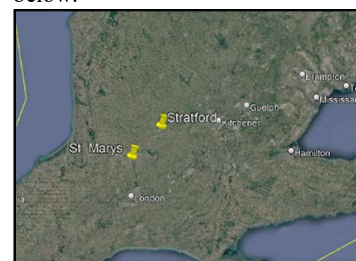
- **Flying:** Stratford-St. Marys is served by several major airlines flying into the Toronto Pearson International Airport (YYZ). Then from the airport you can rent a vehicle and drive to your host's home. A shuttle service is available that will transport up to 9 individuals to the Journey Coordinator's doorstep at a cost of approximately \$465 Canadian total for the 9 passengers each way. (This fee is currently not included in the Journey fee and would only be charged to those using the service.) Arrangements for those interested will be made once everyone's travel arrangements are known. The driving time from the airport to Stratford is approximately 2 hours, excluding the time required for accessing the shuttle and loading. The shuttle will also make a pick-up in Stratford to the airport for the return trip if this is necessary, but arrangements will need to be made in advance.
- **Driving:** For those interested in driving to Stratford-St. Marys, it is approximately 660 miles from Knoxville. Ample parking for your vehicle is available once you arrive.

Hosts, contact information and addresses will be communicated in advance so that final travel details can be made and shared.

Continued on next page.



Where we're going! See close-up below.



Continued from previous page.

DEADLINES:

- **Application Submission:** April 15
 - Sent electronically to kas491423@gmail.com
 - Sent US Postal Service: 7626 Saint Baron Way, Powell, TN 37849
- **Application Fee of \$25:** April 15. This is non-refundable but will apply to the journey fees.
 - Make check payable to Friendship Force Knoxville, make a note on the memo line that it is for the Stratford-St. Marys Journey
 - Send the application fee to our Treasurer: Marsha Mitchell, 407 Doublehead Lane, Knoxville, TN 37909. DO NOT SEND CHECKS TO FFI. The Knoxville club will take care of this for you.
- **Balance of Journey Fee:** June 15. The final amount due will be communicated to you prior to this date.

Please contact Karen Scott if you have any questions.

Karen Scott, Ambassador Coordinator

FFK Journey to FF Spokane



Our journey to the Friendship Force Spokane club is a 'go' for June 1-7, 2025! Twelve ambassadors will be on this journey including seven FFK members and five members of other clubs -- friends from San Antonio, St. Louis and Des Moines. The applications have been sent to Spokane and the process of assigning hosts as well as deciding on activities begins now. We are excited to visit with the Spokane members and see their wonderful part of the world.

For the ambassadors traveling on this journey:

- The journey number is 25097.
- Costs should run about \$300-\$350 plus FFI fees of \$25/day for a total of \$425-\$475.
- Ambassadors should arrive by 4 PM, Sunday, June 1 and do not plan to leave before the morning of Saturday, June 7.
- **April 1 is the target deadline to submit the balance of your journey costs**

Janis & Bruce Robinson, Ambassador Co-coordinators



"I've been to a lot of places, but I've never been in Cahoots. Apparently, you can't go alone, you have to be in Cahoots with someone. I've also never been in Cognito, either. I hear no one recognized you there. I have, however, been in Sane. They don't have an airport, you have to be driven there. I have made several trips." Anonymous

Member Profile: Liz Gregor



Liz & Sydney Opera House

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

I grew up in Liverpool, England and moved to Washington DC to work for a British company in 1987. I then transferred to Knoxville to pursue a Master's degree at UT in 1990.

What other places have you've lived?

Liverpool, Manchester in England, Angers in France, Bremen in Germany and the US

What current or past career/jobs have you had?

I worked for Thomas Cook in Washington DC before moving to Knoxville in 1990. I then worked as the Study Abroad Coordinator in UT's Center for International Education for 17 years, sending students abroad for a summer, semester or year to study, work or travel. In 2007 I began working as Multicultural Coordinator at Webb School of Knoxville in their International Center. My job included arranging student trips overseas for middle school and high school students; setting up exchange programs with schools abroad; hosting a Rotary student for each year; and organizing cultural celebrations and traditions on campus. I was lucky enough to lead volunteer trips to India and South Africa, accompany a student group to Guatemala to stay with host families, attend school, and chaperoned a group to Paris for a two-week exchange with host families. The incoming students who visited Webb enriched our classrooms by exposing our students to another language, traditions, cultures and interests.

How did you hear about FFK?

Dee Pierce at UT's International Festival

What interests/hobbies do you have?

In addition to travel, I enjoy hiking, pickleball, reading/book club, volunteering with Rotary and spending time with family and friends.

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

My husband is from Denmark and although our daughter Sophie was born and raised in the US, she is now studying for her Master's degree in Copenhagen, Denmark. She's enjoying learning Danish and spending time with her grandma and cousins. After graduation in May she'd like to work in Denmark. My family all live in England so my hope is to spend more time in Europe over the next few years.

What Friendship Force Knoxville activities have you participated in?

I am enjoying serving on the inbound committee for groups coming to Knoxville from St Louis (2024), Harrisburg and LA this spring. In addition, I am helping post photos on the FFK Facebook page.

Where was the last or most interesting place you have traveled to?

My husband and I traveled to Australia in October 2024 for three weeks. We spent a week in Melbourne, Sydney and Brisbane/Sunshine Coast. Highlights included vineyard visits, Steve Irwin's Australia Zoo, hiking to Bondi Beach, exploring Sydney Harbor, penguins at Philips Beach and learning more about Aboriginal culture.

What is an anecdote from a travel adventure?

I was lucky to be part of a Rotary team that traveled to Chandigarh, India in 2014. We administered polio drops to young children in the slum areas and stayed with host families. India has been polio free for the past few years.

Photos from the January 28th Meeting



Sixteen FFK Members attended the BYO Brown Bag lunch & presentation



Shafer Canyon Trail



The Robinson's rented Jeep resting as they walked along an arroyo



Red Mountain #1 or #2 on the Corkscrew Canyon Trail



Yankee Girl abandoned mine.



The intrepid jeepers – Bruce & Janis Robinson

Help Review the FFK Website!

Since its creation in 2013 by Ray Simko, the FFK Webpage has undergone only a few changes. Recently, information provided by our service provider, GoDaddy, shows that our site has one- to two-hundred visitors per month and in the last 12 months we've had over 2,000 visits. Many of these visitors might be potential members! Because of this, the website might be up for a change geared towards marketing while still maintaining information for members.

If you would like to help with the investigation into possibilities and advise on changes, I could really use that help! You won't have to make the changes using GoDaddy but simply advise. Some of the work would include visiting other FF club websites to see what they contain, suggesting content that might help potential members as well as recommending what current information FFK should still provide on the webpage.

Interested? Contact me, Janis Robinson (janisrobinson27@gmail.com or 865-690-7841) and let me know.



Travel/Friendship Quotes

“Act as if what you do makes a difference. It does.” William James, American philosopher and psychologist

“Live life today like there is no coffee tomorrow.” Anonymous

“Every day is a journey, and the journey itself is home.” Matsuo Basho, Japanese poet

“The way we pay attention to the world can make a huge difference in the way we experience it.” Gabrielle Leblanc, neuroscientist and author

“There is an unspoken bond you create with the friends you travel with.” Kristen Sarah, author



2025 Upcoming Dates—Mark your Calendar

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

Mar. 11	Apr. 8	May 13	June 10
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.

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

Upcoming FFK General Events (details in articles)

- February 25: Lunch at the Aroma Café
- March 25: Raúl Rivera, Living in Columbia, TVUUC
- April 7: Farewell dinner for Inbound Ambassadors from FF Harrisburg, PA, Barrington Pool Assoc. Clubhouse
- April 24: Soup & Salad Welcome dinner for FF Los Angeles, First Presby. Church
- April 28: Farewell dinner for Inbound Ambassadors from FF Los Angeles, The Abbey in Townsend

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

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