



In This Issue

Pg	Article
1	...Note from the President
2	...Polish Majors Coming to FFK in October
3	...Special Programs for Nov. & Dec
4	...Programs Planned for 2024
4	...FFK to FF E. Washington/N. Idaho
4	...Get an FFK Logo for your Shirt!
5	...Your Journeys for 2024 and 2025
5	...Travel/Friendship Quotes
6	...Successful July 23 program
7	...Upcoming Dates--Mark Your Calendar
7	...2024 Club Officers & Chairpersons

Club Website: www.friendshipforceknoxville.org
FFK on Facebook: Friendship Force of Knoxville

2024 Journey Preview

Outbound FF Hamburg & FF Metropole Ruhr.....
.....	FFK Ambassadors are there!
Open World: Mayors of Poland.....	Sept. 27- Oct. 5
Inbound St. Louis, MO	Oct. 24-29

2025 Journey Preview

Inbound FF Los Angeles, CA.....	Apr. 24-29
Inbound FF Lower Columbia	Oct. 16-21
Outbound FF E. Washington/N. Idaho.....	June 1-7
Outbound Stratford/St. Mary's, Ontario, Canada.....
.....	Sept. 15-21

Club E-mail: FriendshipForceKnoxville@gmail.com
My Friendship Force: <https://my.friendshipforce.org>

Note from the President



Summer 2024 has been a scorcher! Despite the weather, FFK has had a busy July and August! At our lunch meeting on July 23, FFK member Mike McDonough presented a very interesting program about Henry Knox for whom Knoxville is named. Mike has recently written a book about the life and times of Henry Knox which will be published this fall! Mike described his and Jayne's travels this year to various locations on the East Coast which had a significant connection to Knox's life. All present thoroughly enjoyed following their travels and learning about Henry Knox, who apparently never visited our fair city! Thank you, Mike and Jayne.

FFK members are now on back-to-back outbound journeys in Germany to FFK Hamburg and FF Metropole Ruhr. Keep an eye out for photos posted on the FFK Facebook page of their adventures! We look forward to hearing all about it when they return!

Fall will be here soon! Beginning September 27, we look forward to hosting six city mayors from Poland in our upcoming Open World Program. Coordinator Courtney Shea, with much help from the Knoxville Mayor's office, has developed a busy and interesting program for the Polish mayors to learn about municipal governing in our area as well as activities with them in which FFK members can participate. See more information on page 2. Please let Courtney know how you can participate!

On October 24, FFK will welcome an inbound journey from FF St. Louis. Coordinator Karen Scott and the journey planning committee have already come up with an itinerary for the St. Louis ambassadors involving participation by FFK members in activities and locations that are new to many of us. All members were sent an email with a participation form to be completed and returned to Karen or Leslie.

Since FFK has no formal programs or events scheduled now until the end of September, please take this opportunity to reach out to an FFK member you have not yet met or seen recently and get better acquainted!

Betsy Tonkin, President

Polish Mayors Coming to Friendship Force Knoxville in October

FFK is excited about our upcoming Open World program with Mayors from Poland. Thank you to those who have offered to host: Leslie Badaines, Betsy Tonkin, Ron and Jean Myers, Jayne Raparelli and Mike McDonough, Joan Turbyville Marsha and Art Mitchell.



Flag of Poland

Meet our Delegates from Poland!!

- Katarzyna Laziuk is the Facilitator and Deputy Mayor of Minsk Mazowiecki. Minsk Mazowiecki is about 23 kilometers from Warsaw. This is her first experience working with the Congressional Office for International Leadership.
- Natalia Maria Robakowska is Mayor of Krotoszyn, a town in west-central Poland with 29,485 inhabitants as of 2010. It is the seat of Krotoszyn County in the Greater Poland Voivodeship.
- Wojciech Antoin Bakun is the Mayor of Przemysl. Przemysl has a population of 59,000 and is in southeastern Poland, near the border of Ukraine, on the San River on Mount Zamkowa, at the juncture of the Carpathian Mountains and the Sandomierz Basin.
- Pawel Dec is Mayor of Tarnograd. His responsibilities include the municipality of Tarnograd and five surrounding villages, in the Eastern part of Poland. It is the Polish capital of rural theatres and is known for preserving folk culture.
- Lucjusz Naberezny is the Mayor of Stalowa Wola. Stalowa Wola, population 55,000, is one of the youngest cities of Poland. It was built from scratch in the late 1930s in the forests surrounding the village of Pławo as a settlement for workers of an industrial plant.
- Emilian Stanislaw Bera is serving his third term as the Mayor of Jawor, a town of about 22000 in Southwestern Poland. Jawor has a historically significant Church of Peace and is a crossroad of major transportation routes.



Poland Coat of Arms

Mark your calendars for the October 4 Farewell Dinner. You would be welcome to join us at the Greek Fest on Friday September 27, and the presentation by the Mayors on Thursday morning, October 3. Look for specifics in the next few weeks.

The Open World program is implemented by the Congressional Office for International Leadership, a U.S. legislative branch agency. Our delegates will arrive in Washington D.C. on Wednesday September 25. On Friday, September 27, the delegation will visit fly into Knoxville and Friendship Force Knoxville will host them until they begin their journey back to Poland on Saturday, October 5.

Our hosts will need help:

- Help with small group dinners on Monday September 30 (4 dinner locations would be ideal)
- Someone to organize the Farewell Dinner (potluck) on Friday October 4, potluck donors on the 4th. We will be in Gatlinburg for most of Friday so the hosts will probably not be able to help much with the Farewell Dinner.
- Leslie and I will also need help with Welcome bags. It would be great to have a list of locals with locally/Tennessee made products.
- Call, email or text, Courtney Shea, Poland Open World program coordinator, 865-387-7466 or courtshea@aol.com

Courtney Shea, Poland Open World program coordinator

**RSVP Now to Attend Our November and December Socials:
A Special Event AND A Holiday Celebration!**

In three months, we will have hosted mayors from Poland (September) and Ambassadors from St. Louis (October). Many of you will have transported, entertained, fed and put to bed these wonderful guests during the many days they are with us, not to mention all the advanced planning and putting things back in order afterwards. The Club thanks you for what we know has been and will be tremendous efforts by yourself and many others throughout the entire year.

SO, LET'S PAMPER OURSELVES AND HAVE FUN IN NOVEMBER AND DECEMBER!

Plan now to attend a performance at the **Clarence Brown Theatre of Dickens' "A Christmas Carol."** If you haven't heard, CBT has been recognized as one of the top 25 college and university theatres in the world! That's right, not just in the USA, but in the world. Every year CBT puts on the holiday show but with different actors and different sets, and somehow the quality of the performances gets better and better. If you are feeling "*Bah Humbug*" about the whole idea, then this production is for YOU! We have obtained the group ticket price of \$45 for the matinee on **Sunday, November 24 at 2pm.** The payment deadline date is Friday, November 1, and no refunds will be allowed after that date. After the performance, let's extend the merry making and break bread together! The Fieldhouse Social at 2525 Commons Way is near the theatre, has lots of free parking in a covered area, and their menu has plenty of options. It'll be a great time to enjoy world class performers, delicious food and drink, and the best part- each other's company.



Next, the date of our HOLIDAY DINNER PARTY is **Tuesday, December 10, at 5:30 pm at Holly's Gourmet's Market, 5107 Kingston Pike.** Your Program Committee decided our hard-working members deserved much more than cookies and nuts this year, so we proposed a real meal at a real restaurant known for its delicious and proven gourmet food! We pitched the idea a few weeks ago to all FFK members, and YOU OVERWHELMINGLY GAVE YOUR THUMBS UP! 👍

For the low price of \$40, which covers all food and basic service fees, you will partake in a full Dinner Buffet: Garden Salad with Cruze Farm Ranch & Red Wine Vinaigrette, Sister Shubert Rolls, Mini Maryland Style Crab Cake with Caper Remoulade, Garlic Roasted Beef Tenderloin with Red Wine Demi and Herbs, Oven Roasted Rosemary Potatoes, Sautéed Haricots Vert, and Assorted Dessert Bites, Mini with Fresh Berries. *Is your mouth watering?* (Contact me if you need a vegetarian option; globalmarsha@gmail.com or 865-335-3875.) A cash bar will also be available, offering alcoholic beverages as well as coffee with creamers and sweeteners.

Your check is your RSVP. The deadline is **Friday, November 1.**

\$45 for each ticket for "*A Christmas Carol*"
\$40 for each Holiday Dinner
 \$85 for both

Mail your checks as soon as possible to our Trusty Treasurer, **Bill Cherry**, at **7511 Little River Drive, Knoxville, TN 37920.** Or you can hand your checks to Bill anytime you spot him, on or before November 1.

All of us on the Program Committee and the Board of Directors look forward to participating in these festivities with you! The more the merrier! **Your presence is not only requested, but desired.** See you there!

Marsha Mitchell, Program Chairperson

Programs Planned for 2024

- **August 27:** No monthly Member Event – Outbound journey to Germany
- **September 27- October 5-** Open World- Mayors from Poland. **Farewell Dinner is Friday, October 4.**
- **October 24-29-** Inbound ambassadors from St. Louis, MO. **Welcome Dinner is Thursday, October 24.**
- **November 26:** Annual business meeting and election of officers for 2025
- See page 3 for description of the special events for **November 24** and **December 10.**



Do you have an idea for Programs for 2025? Please send your suggestions for speakers, events, restaurants, special outings, etc. to Marsha Mitchell, Program Chairperson, to globalmarsha@gmail.com. All input will be greatly appreciated. :)

Marsha Mitchell, Program Chairperson

FFK to Eastern Washington/Northern Idaho Journey

The FFK journey (#25097) to FF Eastern Washington/Northern Idaho (AKA Spokane) will be from June 1 through June 7, 2025. The costs generally run \$300-\$350 (plus FFI fees of \$25/day) and they can accept about 12-13 ambassadors.

After a great Zoom meeting with the Spokane FF host coordinator, Lory Miller, we have a more detailed list of possible activities to consider, not the least of which is enjoying a beautiful location with new friends. Possible activities include visits to scenic and historical sites, an urban walk in downtown Spokane, museums, a winery (!), and a mine tour. There will also be welcome and farewell dinners and a small group dinner.

We plan to start taking applications in a month or so and will send out an e-mail with details. But if you believe you might have an interest, please let Bruce & Janis Robinson know at: janisrobinson27@gmail.com or 865-690-7841. Your expression of interest would by no means commit you to the trip. We would just like to start getting an idea of how many might be interested and use you as a sounding-board for what activities we might like to do. Come on along!

Janis & Bruce Robinson, Ambassador Co-coordinators

Get an FFK Logo for your Shirt!

Would you like to have a t-shirt, polo shirt, sweatshirt or something else with the Friendship Force Knoxville logo? It's great to wear for official club events and on outbound journeys. Tammy Enix, FFK VP Membership, has found a local merchant who will screen-print or embroider the logo on your own shirt for a reasonable price. She can be found at:

M&D creations (Nancy, owner)
6828 Maynardville Pike
Knoxville, TN 37918
865.925.3006
612.801.9686



Embroidered logo



Screen-printed logo

Your Journeys for 2024-2025

2024 Journeys

- **September 27-October 5** Open World Mayors from Poland: Courtney Shea and her committee are planning an informative program for what we expect will be 5-6 mayors from Polish cities. See the article on page 2 for a list of events and ways you can help. Please email Courtney if you are willing to participate in this opportunity to meet our international guests! (courtshea@aol.com).



- **October 24-29** FF Missouri-St Louis: Eleven ambassadors will be coming to Knoxville. Our planning committee has come up with a varied program that includes a few new events such as the AMSE Bus Tour to ORNL, a day in Historic Sweetwater, and Music at the Rocky Branch Community Center in Townsend. We hope club members will attend many of the activities. A members participation form has been sent out via e-mail to FFK members – please let Karen Scott (kas491423@gmail.com) and Leslie Badaines (badainesL@aol.com) know if you did not receive one.

2025 Journeys Inbound

- FF Los Angles will be coming to Knoxville **April 24-29, 2025**. Hosts, and other volunteers are needed.
- FF Lower Columbia will be visiting us **October 16-21, 2025**. Manfred Grote will be the Host Coordinator. Volunteers are needed for this program as well. (badainesL@aol.com).

2025 Journeys Outbound

- FF Eastern Washington/Northern Idaho (Spokane) **June 1-7, 2025**. Bruce and Janis Robinson are coordinating our outbound journey. See article on page 4 for more information.
- FF Stratford/St. Mary’s, Ontario, Canada, **September 15-21, 2025**. Karen Scott is Ambassador Coordinator. The host club can house as many as 16 ambassadors from Knoxville, and are offering us many opportunities, including a performance at the Stratford Festival, (www.stratfordfestival.ca).

Leslie Badaines, Journey Coordinator

Travel/Friendship Quotes

Give me the long,
straight road before me,
A clear, cold day
with a nipping air,
Tall, bare trees to
run on beside me,
A heart that is light and
free from care.

- Freedom by Olive Runner

“Travel is not reward for working, it’s education for living.” Anthony Bourdain

“The wish to travel seems to me characteristically human: the desire to move, to satisfy your curiosity or ease your fears, to change the circumstances of your life, to be a stranger, to make a friend, to experience an exotic landscape, to risk the unknown.” Paul Theroux

“Travel is not really about leaving our homes but leaving our habits.” Pico Iyer

“To move, to breath, 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

Successful July 23rd Event

About 20 FFK members and one guest attended the July 23rd event to hear Mike McDonough talk about Henry Knox and the locations he and Jayne Raparelli visited to learn more about the man who gave his name to Knoxville, TN.



Henry Knox – namesake of Knoxville



Program Chairperson Marsha Mitchell announces up-coming events and news as well as introducing Mike.



Mike McDonough

Jayne Raparelli with photos of their excursion.



L to R: Liz Gregor, Leslie Badaines, Karen Scott & visitor Anna Waldman



L to R facing camera: Dave Greenwood & Barbara Elder



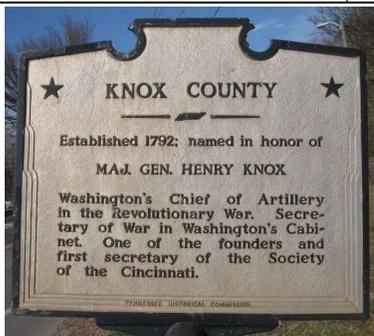
L to R facing camera: Tammy Enix & Ellen Greenwood



L to R: Gary Anderson, Paulette Anderson, Ron Mayer, Jean Mayer



L to R: Betsy Tonkin, Courtney Shea & Sonja DuBois



Plaque for Henry Knox near Rockford, TN, in (oddly enough) Blount County



The event was held at Asia Café on Callahan Drive.

2024 Upcoming Dates–Mark your Calendar

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

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

- **No August Event** – FFK Ambassadors to Germany
- **No September Event** – Open World is here!
- **October 4** – Farewell Dinner for Open World
- **October 24** – Welcome Dinner for FF St. Louis
- **November 24 (Sunday)** – Special event to see “A Christmas Carol” at Clarence Brown Theater
- **November 26 (Tuesday)** – Zoom meeting for 2025 officer election
- **December 10** – FFK Holiday Party

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

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

2024 Club Officers & Chairpersons

Officers:

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

Committee Chairpersons:

Program Chairperson:Marsha Mitchell
 Membership Chairperson:Tammy Enix
 Journey Coordinator:Leslie Badaines
 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

Our FFK Ambassadors to Germany singing in the rain in Hamburg! Check the FFK Facebook page to follow them their journey.



L to R:
 Dave & Ellen Greenwood,
 Karen Swander,
 Karen Scott,
 Diana Lopez,
 Ron & Jean Mayer,
 Barbara Elder

on