



In This Issue

Pg	Article
1	...Nov. Business Meeting & Officer Election
2	...Note from the President
2	...North American Regional Conference 2026 Memphis, USA
3	...FFK Holiday Party on Dec. 2
4	...FFK 2026 Journeys
5	...Member Profile: Delora Cook
5	...Member Profile: Cynthia Headrick
6	...Upcoming Dates--Mark Your Calendar
6	...2025 Club Officers & Chairpersons

2026 Journey Assignments

Inbound: FF Connecticut.....	TBD
Outbound: FF Tallassee, FL.....	March 1-6
Outbound: FF Southland & Taupo, New Zealand	Oct./Nov. TBD (2 weeks)

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>

November Business Meeting & 2026 Officer Election

The FFK November meeting is our annual business meeting and 2026 election of officers and will be via Zoom. The information for joining the meeting is below. The FFK members nominated for elections are:

2026 Officer Nominees

President:OPEN
 Vice-President:.....Bill Cherry
 Treasurer:Marsha Mitchel
 Secretary:Phyllis Driver

Date: November 25; **Mark it on your calendar and plan to attend.**
Time: 7:00 p.m.

Join Zoom Meeting:

Link: <https://tinyurl.com/FFKElection>

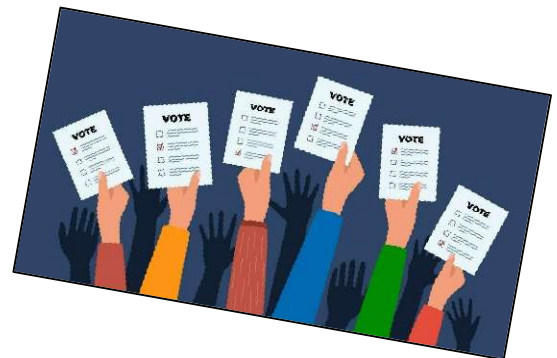
Meeting ID: 811 1257 5605

Passcode: 283118

One tap mobile:

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2026 Committee Chairpersons (non-elective positions)

Program Chairpersons..... Ellen & Dave Greenwood
 Journey Chairpersons..... Joan Turbyville & Leslie Badaines
 Communications Chairperson ... OPEN
 Historian..... Karen Swander
 Club Concerns..... Paulette Anderson

Note from the President

It is hard to believe that it is November and that the year is almost over. The club has accomplished a lot this year between journeys, both incoming and outgoing, recruiting, informative programs and deciding the fate of the club. Events are beginning to slow down. There are two last items to include on your calendar and need your participation.



First, please do not neglect to participate in the FFK Annual Meeting to be held on Tuesday, November 25th. The meeting will be conducted via ZOOM, therefore driving after dark is not required. As you know, this is the meeting where the Board of Director Officers for the coming year are elected. A quorum will be required to successfully conduct this election, so all members are strongly encouraged to attend.

After the Annual Meeting, the Holiday Dinner on Tuesday, December 2, will be the last event for the 2025 calendar year. Guests are welcome if you would like to bring one or more! Please remember to RSVP and attend to enjoy the fellowship with FFK members and guests one last time for the year.

This is my last note for the Newsletter as the President of FFK. Thank you for the opportunity of serving you and the club! I have learned much and enjoyed my time spent with you. I wish the leadership elected and appointed for 2026 much success!

In Friendship, *Karen Scott*, President

North American Regional Conference 2026 Memphis, USA



Experience the spirit of Friendship Force in Memphis—networking, discovery, and community at the 2026 Regional Conference, from April 24 - 27, 2026, at the Hyatt Centric Hotel in Memphis, TN.

The things that need to change in Friendship Force are changing, but the things that truly matter – our core mission, values, focus – remain constant.

For much of the world, 2025 has been a year of turbulence — from rising U.S. trade measures and corresponding responses, to intensifying conflicts in Ukraine and Gaza, to the rapid rise of AI reshaping how we connect. So where is Friendship Force in this moment? FFI is evolving its structure to meet these challenges, yet our mission and focus remain steadfast. This is our time to listen, learn, and act together. Welcome to the 2026 North American Conference.

More information about the conference is available on the MyFF Website at <https://my.friendshipforce.org> where you can see an agenda, the speakers, information about the hotel location, registration information and cost.

You will need to sign in to My FF to see the information provided in the rotating carousel on the main page. Click on this image when it rotates around to be directed to a page about the conference.



Mark Your Calendar -- Holiday Dinner Party



Date: Tuesday, December 2nd

Time: 5:30 pm

Place: Gourmet's Market and Cafe, 5107, Kingston Pike.

Cost: \$25 per person

The low price of \$25 covers all food and service fees -- you will partake in a full dinner Buffet:

- Delicious appetizers,
- Garden Salad with Cruze Farm Ranch & Red Wine Vinaigrette,
- Sister Shubert Rolls,
- Garlic Roasted Beef Tenderloin with Red Wine Demi and Herbs,
- scalloped potatoes,
- glazed carrots, and
- a rich Chocolate Torte.

A cash bar will also be available, offering red and white wine, beer, and coffee.

Please contact Liz Gregor if you or your guest needs a vegetarian option; elizabethgregor@hotmail.com

Your check is your RSVP. Deadline is **November 15.**

Please mail your checks as soon as possible to Treasurer, Marsha Mitchell, 407 Doublehead Lane, Knoxville, TN 37909.

Come join us for an evening of fun and friendship. All of us on the Program Committee look forward to participating in these festivities with you!

“Resfeber (Swedish): The fluttering feeling you get just before a journey begins – a tangled pulse of nerves, anticipation, and eagerness, it’s because you are in the energy of stepping into the unknown, full of both excitement and uncertainty.”

Aesthetic_logophile on Instagram

“We live in a wonderful world that is full of beauty, charm and adventure. There is no end to the adventures we can have if only we seek them with our eyes open.”

Mehru, Jawaharlal



“Three things I’m good at: 1. Drinking coffee; 2. Exploring new places; 3. Drinking coffee while exploring.”
eva.whatalife on Instagram

FFK 2026 Journeys

Hello fellow FFK members. I hope to see you all at the December 2, Holiday party!

Remember, It Takes a Village to Keep a Club Viable, so here is all the important journey information for 2026

First Outgoing Journey of the Year, Knoxville to Tallahassee, Florida, March 1-6, 2026:

Tallahassee awaits our visit with an arrival date of Sunday, March 1, 2026, and a departure date of Friday, March 6, 2026. For a fee of \$250, plus FFI fees of \$25 per night (total cost for 5 nights of \$375), you can escape from Tennessee's winter and learn about the history and culture of Florida's Capital City. The host club can accommodate 10-12 Ambassadors.



A typical itinerary includes sites such as:

- One day traveling south of Tallahassee visiting Wakulla Springs, (either the St Marks National Wildlife Refuge or the Gulf Specimen Marine Lab).
- Another day may be spent slightly north, in South Georgia, visiting a Plantation home and the beautiful city of Thomasville, GA.
- In Tallahassee, Ambassadors usually tour the Goodwood Museum and Gardens, <https://www.goodwoodmuseum.org/>,
- Mission San Luis, <https://www.missionsanluis.org/>,
- The Grove Museum, <https://thegrovmuseum.com> and
- Maclay Gardens, <https://visittallahassee.com/partners/alfred-b-maclay-gardens-state-park>.

If you are interested in participating on this Journey, please send in your application to Leslie Badaines (BadainesL@aol.com) by December 2. Please send an application only. **If we have enough participants, I will notify you when to send in your fees for the journey. A \$25 non-refundable application fee is included in the total fee amount quoted above.**

You can find a fillable Ambassador Application form by going to the FFI website and searching “Ambassador application” in the HELP section.

Outgoing Journey #2, Knoxville to FF Taupo, New Zealand and FF Southland, 2 weeks, October/November 2026, dates to be determined.

Incoming Journey, FF Connecticut to FF Knoxville- dates to be determined

Leslie Badaines, Interim Journey Chair

Member Profile: Delora Cook



I was born in Knoxville, grew up in east Knox County and attended Carter High School. I have also lived in Chattanooga, TN, Charleston West VA and Columbus, OH. This was while working as a consultant in Computer Programming. I met my husband while working at TVA in Knoxville. We moved to SC where he worked as a mechanical engineer at the Savannah River Nuclear Site. We had two children who grew up in SC. We were married thirty years until he passed away 2 years ago.

While my children were young, I did small farming. I would sell honey, jelly and eggs locally. When my children were in their teens I went to a local technical college and took plumbing and construction classes. I apprenticed in plumbing and eventually went to work at Lowes in Aiken SC in plumbing. When we moved back to TN I worked at the Jefferson City Lowes. I have worked at every Lowes in Knoxville. I retired from Lowes as a kitchen and bath designer.

I attended Pellissippi State and earned my associate degree in sustainable building while also remodeling a beach shack we purchased while on vacation on St. Helena Island in SC. I am currently trying to grow orchids and taking Spanish and Italian. I love animals and have 3 dogs and 3 cats. These are rescues.

I learned about FFK at a presentation at the Karn's Senior Center. I was able to join the trip to Canada and it was fantastic! I appreciate the people we met and all the unique and interesting events. I hope to become more involved with FFK so I can help with administrative needs of the organization as well as participate in inbound and outbound events. Thank you to everyone who make this a wonderful opportunity!

Member Profile: Cynthia Headrick

I was born and raised in North Carolina. After graduating from Western Carolina University, I worked at a local mental health center before moving to Knoxville in 1972 to attend UT to obtain my master's in social work.

I worked 6 years at Eastern State Psychiatric Hospital and 30 years as Coordinator for the East TN Licensure Office, monitoring facilities that provided mental health, mental retardation, alcohol abuse, and personal care services.

I learned about FF from my sister who is co-president of the Shelby NC FF club.

I'm a widow, active in my church. Hobbies include reading, working jigsaw puzzles and traveling.

I visited Ireland and Scotland earlier this year with my two sisters and some friends from the Shelby FF club. I hope to journey with Knoxville FF to New Zealand, and if possible, connect with Shelby FF who are journeying to Australia near the same time.



Cynthia at the Isle of Skye, Scotland

2025 Upcoming Dates Mark your Calendar

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

December 9

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

- November 15: RSVP due for Holiday Dinner
- November 25: FFK Annual Business Meeting & Officer Elections
- December 2: Holiday Dinner Party
- December 9: FFK Board Meeting via Zoom

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

These dates and more are on the
FFK *Event/News* web page.

2025 Club Officers & Chairpersons

Officers:

President Karen Scott
Vice President..... OPEN POSITION
Secretary Carol Ann Johnson
Treasurer Marsha Mitchell

Committee Chairpersons:

Program Chairperson OPEN POSITION
Membership Chairperson OPEN POSITION
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

FFK members can request a copy of Board meeting minutes from Janis Robinson by sending an email to FriendshipForceKnoxville@gmail.com

Where am I goin'?
I don't know
Where am I headin'?
I ain't certain
All I know
Is I am on my way

When will I be there?
I don't know
When will I get there?
I ain't certain
All that I know
Is I am on my way



“I’m On My Way” originated in the 1951 Lerner & Loewe stage score and returned, reorchestrated, for the 1969 Paramount film “Paint Your Wagon”