

Friendship Force of Central Arizona
Nancy Unferth
2007 E. Northview Ave.
Phoenix, AZ 85020
MAY 2024

**FRIENDSHIP FORCE OF CENTRAL
ARIZONA
2024 OFFICERS**

President Ruth Shaw (602) 920-8680
Co-Vice V.P. Larissa Marinelli (480) 272-2179
Co-Vice V.P. Mary Rubert
Secretary - Sandra Jordan (623) 9337563
Treasurer Ruth Shaw
Club Website: <http://ffcenaz.com/>

Committees

Membership, Position Open
Publicity, Bill Kram (602) 793-0478
Historian, Position Open
Newsletter, Nancy Unferth (602) 371-1165
Programs, Special Events, Pat Forsythe (623)
815-1017
Directory, Bill Kram (602) 793-0478

MAY BIRTHDAYS

No birthdays in May. If you have a May birthday please let me know at nferth@aol.com – month-day, not year.

**MEETING THIS THURSDAY
ON LINE
THURSDAY MAY 9TH AT 3:30 IS A
WHOLE CLUB MEETING ON ZOOM. A
LINK IS BELOW AND WILL BE SENT
OUT AGAIN. PLEASE ATTEND TO THIS
LAST WHOLE MEETING UNTIL THE
FALL.**

<https://us02web.zoom.us/j/89932388966>



**MESSAGE FROM THE
PRESIDENT**

Friendship Force
Newsletter May 2024 - Ramblings from
Ruth:

Dear Friends:

May 2024. Friends, friends. I am thinking of friends this month. Reaching out this month to longtime friends and do not forget family, best friends.

Having them return my friendship is very dear to me. From the long-time sitcom “Friends” to streaming recent videos about new and complicated friendships, I am reminded that this is what our Club is about. Friendships, overseas, another state or across town.

Thank you for expanding my circle of friends with your warmth and personalities. Remember to reach out this summer break and let another member know you are looking forward to seeing them in the fall.

Also remember we have the International Conference in Milwaukee in the fall.

Registration is closed, but you might be able to persuade someone to let you come. If interested, Friendship Force International can give you more help.

Another way we share friendship is through our newsletter. Because of the distance to travel for coffee or a quick lunch, it is a wonderful way to stay connected. This could be an enormous task for Nancy Unferth, our newsletter chairperson. Please help make her job easier with suggestions, bios, photos of your travels and our travels. Someone could accept the task of being designated photographer at our events.

Our 4x4 social meetings were a great hit this last season. And I look forward to more in the fall. Thanks to Nancy Mueller and Pat Forsythe for organizing these get-togethers. A special thank you to all the hosts for our four-by-four's.

More information is coming on inbound and inbound journeys. See articles in newsletter. Check out the agenda for our general meeting May 9, 2024.

We want to welcome our new members, Shirley Schwartz, Lisa Allen, Sue Lavacaque, and Gordy Birschbach.

And last my personal thank you to Larissa Marinelli for stepping up and being the best VP we could have.

JUST REMEMBER: "With a clear head and a Quiet Heart, anything is Possible."

HELLO NEW FRIENDS

My name is Lisa Allen. I have lived in Arizona for the last 6 years. I am originally from Hot Springs, Arkansas but lived in Harrisburg, Pennsylvania for 30 years prior to moving to AZ. My two grown daughters

and mother are in the Phoenix area as well; however, I need to make new friends to expand my social life for balance. I found out about Friendship Force from one of my friends back East who recently visited Australia with their group.

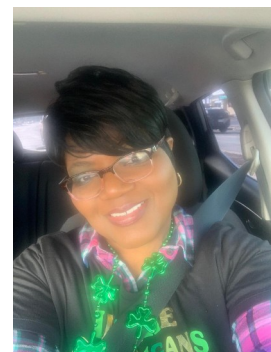
Travel is a passion of mine. I have been to several European countries, countries in the Caribbean, Senegal West Africa and Seoul South Korea. A bucket list item is to scour the US for historic sites via RV when I retire in a few years. I am a proud AARP member. I have lived in Kansas, Oregon too. Lived through tornados, severe rain storms, blizzards and most notably, the Mt St Helen's eruption of 1980. I feel blessed to be able to be here to join FF.

In addition to travel, I love comedy, cooking, amateur photography and computer graphics/web development.

Currently, I am a Research Administrator at ASU. I am also a national advocate for missing and exploited children. I am an entrepreneur. I must find time for fun things and personal care so here I am.

I look forward to connecting with you all. This pic is from my solo trip to Flagstaff and Sedona for St. Patrick's Day.

Lisa Allen



APRIL 4X4 MEETUP

We met at the home of Maggie Wittenberg for our April meeting with Bill Kram,, Nancy and Richard Mueller, Molly Herrington, Sue LaVacque, Pat and Al Forsythe, and Gordie Birschbach, and Chris Kastella and myself as members with Alice Bradshaw attending as a guest.

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>> Discussion followed regarding upcoming exchange to our club and possibilities of an outgoing trip next fall or spring. Thoughts were given to another trip to Indian reservations and the wonderful history we have with the number of AZ tribes here; even the possibility of a day trip was suggested.

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JOURNEY OF FRIENDSHIP FORCE OF NORTHERN COLORADO

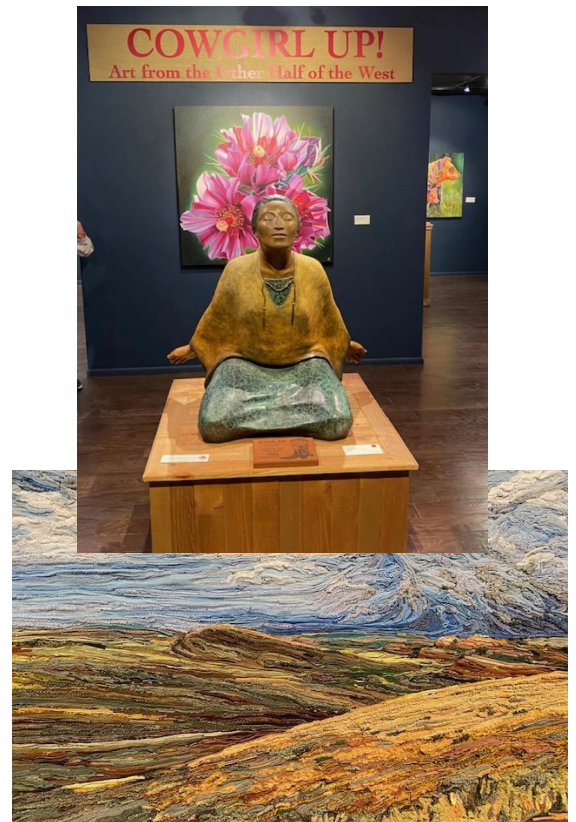
The Best of the Southwest April 7-11, 2024

Nancy Mueller from the Central Arizona club and Pam Morrison from the Northern Colorado club were the leaders. Hosts for the 10 ambassadors were Russ Federation, Anita Smith, Sue LaVacque, Maggie Wittenberg, Molly Herrington, Kathy Luglio, and Sandy Jordan. This was a great blend of long-time members like Anita and the first ever event for Molly.



The 10 ambassadors arrived after 4 days in Tucson on a sunny Sunday. After touring the Sun City Museum they had an opportunity for a bocce ball game followed by a welcome gathering. A bit of country music at the Sun Bowl outdoor amphitheater while watching the Arizona pink sky sunset closed the day.

Three days is a short time to tour our many attractions. Day 1 focused on the Best of the Southwest – historical Wickenburg with its nationally known Cowgirl Up! Western Art



Show, day 2- a driving tour to Sedona known world-wide for its red rocks and the majestic ruin of Montezuma Castle National Monument and day 3 -the world class Musical Instrument Museum. Our farewell was a Cowboy Chuckwagon Beef Supper.

All events were open to all club members. Journeys give us the opportunity to engage others. We especially thank the farewell hosts and long time members Pat and Al Forsythe, the small group dinner hosts: long time members Maureen Perfect and Mary Ann Shonk, Richard and Nancy Mueller, and first

event host Chris Kastella. A shout out to Chris O'Brien for the MIM tour. Others helping were Gordy Birschbach, Diane Francom, Sharon



Overbagh, Clare Noviki – a potential member. Thanks to Ruth Noble and Nancy Unferth for information distribution.

The journey comes to and end. Memories remain. It's been another day, another rodeo. Let's work together again for another journey. Nancy Mueller

ARIZONA SCAVENGER HUNT FOR FRIENDS AND FAMILY

This is an activity used for the recent Northern Colorado ambassadors. It was to take photos of various points of interest as they traveled. Here is a portion of their list. The numbers are points. Try this with your summer visitors.

Arizona is known for its 5 C's

- (1) A photo of something featuring **copper**

- (1) A photo of one or more **cows**

(5) 5 extra points if there is a horse with cows in a photo

- (1) A photo of a **citrus** tree with fruit on it

(1) A **climate** photo of a thermometer or sign with the current temperature

- (1) A photo of an item that is **cotton**

(5) 5 extra points of a photo of a **cotton boll**

Some think cactus is another C for Arizona

- (1) A photo of a cactus with 5 flowers

(5) 5 extra points if the cactus has 10 or more flowers

Arizona was the 48th State.

- (3) A photo of a State 48 sign.

See who collects the most points.

HOW TO USE THE FRIENDSHIP FORCE INTERNATIONAL JOURNEYS.

With your membership, you can travel with other FFI clubs

How to find information

- >Friendshipforce.org
- >MEMBER LOGIN
- >EMAIL

>PASSWORD. (if first time, you must sign up
>Journeys (on sidebar)
Search by Journey Type – Club-to-Club, Special or Independent
Or search by Date
Or search by Region
Or view all journeys. Long list for 2024 by month

Samples:

Special Journey 24333. Understanding the Changing Face of Eastern Europe. Poland, Slovakia, Hungary
September 15-23, 2024
\$2995 – does not include airfare, transfers, gratuities, double occupancy in hotels.
Vickie Vance, FFI, is contact. 8 spaces as of April 8

Club to Club Journey 24039 Charlotte to Nairobi, Kenya and Tanzania
November 2024
Dorothy Trimble, Journey Coordinator
Club to Club is contact. It will be listed on website to fill

Special Journey 25002. Other Side of Puerto Vallarta
January 11-18. 2025
\$1975 – does not include airfare, transportation of gratuities, double occupancy in hotels
Vickie Vance, FFI, is contact. 5 spaces available as of April 8

Independent Journey #24328
Kalamazoo Michigan
Any time in 2024
\$25 per night + \$25 processing fee.

ECLIPSE



Watching the eclipse on April 8th 2024 from Austin, Texas. It was a total solar eclipse right in my daughter's back yard. Nancy and Bob Unferth.

