



THE FRIENDLY ECHO

FRIENDSHIP FORCE OF WINNIPEG NEWSLETTER



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PRESIDENT'S MESSAGE - Nina Logan

World Friendship Day

The March 5 World Friendship day lunch, held at the Caboto Centre, was an outstanding success. There were 55 members from the three clubs, FF Winnipeg, Manitoba and Brandon. Thanks to Susan Munroe for the venue arrangements. We had a delicious buffet in a lovely large room. Susan also brought the beautiful floral centrepieces which were later awarded to lucky members. Treasurers from both Manitoba and Winnipeg Clubs shared a table to collect the lunch fees. Thanks to them as well as our phoners, led by Maria, who called the members for their attendance. At the event, FF Winnipeg welcomed two new members, Jane Manson and Lynne Foley.

FFManitoba was responsible for our speaker who is the Community Relations Coordinator for Volunteer Manitoba. President of FFManitoba, Doug Jackson, introduced Gloria Dovah and Kathy Lesyk thanked the speaker.

Volunteer Manitoba connects volunteers to areas of need and also provides a platform for charitable and not for profit organizations to advertise for volunteers. Gloria showed us a variety of opportunities posted on the website. Just one example was the Brandon Curling Bonspiel looking for a volunteer scorekeeper. Free lunch provided!

Statistics show that 6 out of 10 Canadians volunteer and Manitoba ranks second in Canada for the highest number of volunteers, second only to Saskatchewan. Volunteer Manitoba also offers referral services, training workshops and resources for how to find funding for an organization. We also learned about the many benefits to the volunteers themselves, such as improved health, learning new skills and minimizing loneliness. There are also the many benefits to the communities that volunteers serve.

Check out their website, they have a lot to offer!

JOURNEY UPDATES

Outgoing Journey to Seattle and Columbia Cascade

September/October 2025 - Linda Dart

Re the above Journey, instead of Carol, Nina is now helping to co-ordinate this event. Elaine Armstrong from FF Greater Seattle sent a welcoming email and a list of possible Journey activities. We thanked Elaine very much but, unfortunately, due to the current situation between our two countries, so far no applications have been received. The Journey is scheduled for six months from now so hopefully things will improve so that the Journey can move forward. Elaine has assured us she will be flexible with whatever we decide. Members of FF Greater Seattle will be visiting FF Manitoba from August 9 to 16, 2025. Elaine will be one of the ambassadors and we look forward to meeting her and other members of her club.

São Paulo Inbound Journey

June 8-14, 2025 - Loretta Humeniuk

São Paulo has only 6 ambassadors coming now

2 ambassadors from Medicine Hat are coming to join S.Paulo

4 ambassadors from Milwaukee are coming to join S.Paulo

We have 12 people up to date of writing. Our cut off for FFI to give us additional people is April 9. Our next committee meeting is April 11. Everything should be organized with home hosting at this time.

What we will need are day hosts to sign up to help out during that week of June 8-15. Loretta will have the sign up sheet for the April 9 lunch meeting.

Nina will send out our program of events with the minutes of the next Exec. meeting (April 1) and we hope to have them back from you for the April 9 meeting if possible. This will assist us with booking numbers for our venues.

My committee has worked hard to try to provide a different program for our membership, so we are not going back to the same places.

Committee Members are: Loretta Humeniuk, Margaret Birk, Gwyn & Dave Campbell, Nina Logan and NEW MEMBERS: Donna Vendramelli, Dolores Jandavs, Melonee Collins. Thank you committee for all your help on this journey.

It is great seeing all the new members involved.

ACTIVITIES REPORT - Susan Munroe

We have enjoyed good support for our meetings to date. So glad to see involvement by our members in attending these events. Thank you! Our February Meeting was held at the Bill and Helen Norrie Library, on February 12, 2025 at Noon. 30 Members were in attendance. Lunch was provided , followed by a short video on the History of Mexico.

The March joint meeting with Manitoba and Brandon was held at the Caboto Centre, to celebrate World Friendship Day.

The guest speaker, arranged by the Manitoba Club, was Gloria Dovah from Volunteer Manitoba who spoke on building strong communities.

On April 9, Wednesday at Noon, we will be back at the Caboto centre in the Library for a round table discussion on Climate change. A short video will precede the discussions. A light lunch will be served . Hope to see you there.

In May we will have our traditional book exchange so start gleaning those bookshelves and prepare to stock up for summer reading. Location as yet to be determined. More information on this in the next few weeks.

Thanks again for all your support. In Friendship, Susan Monroe.

FFW BRIDGE CLUB REPORT - Carol De Baets

Schedules have been sent for the Spring bridge session which ends at the end of May. Our bridge players are looking forward to playing in person on May 6th! This annual event will be held in the Party Room at Val and Joe's.

FFW WALKING GROUP - Linda Dart

The Walking Group continues to meet on the second and fourth Tuesday of each month. The next few walks will be on April 8th and 22nd and May 13th and 27th. We generally meet in the food court at the Outlet Mall at 10am. Once the weather gets better we may walk outside. An email will be sent giving the meet-up location.

HAPPY BIRTHDAY GREETINGS

January

Melonee Collins

February

Barbara Ammeter
Dave Campbell
Jennifer King
Debbie Spracklin

March

Joe Daniel
David Judge
Kathy Lesyk
Susan Munroe
Gladys Spracklin
Paul van Leeuwen
Diane Beresford
Hank Riese
Gayle Fiks
Jane Manson
Pat Malanchuk



Mary Jane wins a centrepiece.



Dinner attendees mingling.

PHOTOS FROM WORLD FRIENDSHIP DAY

Please greet and welcome two of our new members.



MARGARET LYNNE FOLEY

is happy to re-join FFW and looks forward to making many new friends and renewing past friendships. Lynne is an active, adventurous, retired mom of 3 and grandmother of 6. She has travelled the world doing inter- -national pet-sitting and journeys with FF and tour groups. She is a foodie, loves to read, garden and volunteer. She plays pickleball, and has a soft spot for animals.



I AM GAYLE FIKS. I am retired now but ran a Podiatry clinic for many years and also had many other business ventures throughout my working life. I spend my winters in La Cruz de Huanaxtle, Mexico. It is north of Puerto Vallarta. I rent an apartment in a 6 plex. The other people in my complex are Canadian and my family away from home. I love to cook and obviously love to eat. In Winnipeg I volunteer at Ronald McDonald House.

I enjoy travelling and love to meet new people. I think Friendship Force will be a good fit for me. Next time you see me please come and say hullo. I look forward to meeting you.

EDITORS' CORNER

Although the calendar tells us Spring is here, we are still getting a lot of cool days and nights when a bowl of the following (our favourite) is more than welcome and appreciated. Try it!

SWEET POTATO CAULIFLOWER SOUP

1 tsp oil
1-2 diced onions
Crushed garlic (to taste)
2-3 diced, peeled sweet potatoes
Half a head cauliflower cut into florets
5 cups water with bouillon (to taste)
3 tbsp lemon juice

Heat oil in a stock pot. Saute onions until glossy. Add garlic and continue cooking stirring often until garlic becomes fragrant. Add sweet potato and cauliflower, and cook for 1-2 minutes and then add broth. Cover stock pot and bring to boil. Reduce to low heat, uncover and let simmer for about 20 minutes until sweet potato can easily be pierced with a fork. Puree with immersion blender until smooth. Add lemon juice and simmer for another few minutes. **ENJOY!!!**

May you always have: Love to share, cash to spare, tires with air
and friends who care.

FFW Newsletter Editor/Publisher: Diane and David Judge
Contact: **The Friendship Force of Winnipeg.** Email: friendshipforcewpg@mts.net
Website: www.friendshipforcewinnipeg.org
Friendship Force International 279 West Crogan Street, Lawrenceville, GA 30046
Email: ff@thefriendshipforce.org Website: www.thefriendshipforce.org

