



friendship force
WESTERN COLORADO

January - 2021



Council Leader's Message

Hello Western Colorado Members,

Rebekah McDermott stepped up to be the 2021 newsletter editor. Michele Wells has turned over the reins to her. Take a look inside and see what Rebekah has done. She is open to all ideas and comments. And she is always looking for material to add. Welcome Rebekah!



The pandemic has certainly altered our lives, but we love that it has:

- ◆ made us more appreciative of what we have,
- ◆ brought inequity into full view, encouraged us to be more creative and figure out new ways to do things,
- ◆ encouraged us to reach out to people we have not talked to for a while,
- ◆ and made us reflect and focus on what matters most. I hope this new awareness continues into 2021.

We can pat ourselves on the back. As a club and individually, we all made it through a very unusual and tough year. Travel clubs like to travel, and we could not. Social clubs like to socialize, and we could not. We have stayed in our own homes and traveled to other places virtually. But that is about to change with the delivery of the vaccine, hopefully by late spring.

As we get back into a mode for our club to be able to safely be together, the Leadership Council will plan activities more robust than ever before.

Stay with us for 2021. When we are able, we are going to hit the ground running.

REMINDER:

Club membership dues are payable before January 31. Thank you to those early birds that have already paid! You know who you are. The rest of us, please send your payment to:

Dan Clancy – FFWC Treasurer - 852 Jasper Dr. – Fruita, CO – 81521

OR

Friendship Force of Western Colorado - P.O. Box 3665 – Grand Junction, CO - 81502

Happy New Yearand be safe.

Dan



Upcoming Events:

Leadership Council Mtg:

Tuesday, Jan 5 9 am
by Zoom.
Request Zoom link to Ellen
Bradley, Secretary

General Meeting:

TBA in 2021

Upcoming Travels:

We are in the queue waiting
for OK to travel!



Gary Brison January 17th

Positive Changes During 2020



In November you received an email asking you to share a positive you gleaned in 2020.
Thank's to those who embraced positives and are eager to share

Rebekah McDermott, Membership

Claudia Kellar shares:

*Enjoy
the Journey*

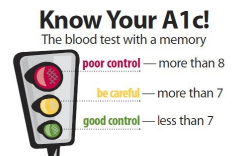
In the chaos & restrictions of 2020, I learned to appreciate EACH DAY! Since the gyms were closed for several months, I walked at Canyon View Park many days. I am thankful to live here in the Grand Valley.

With each park visit, I experienced some thing new & different....a sunrise(not too many! Ha), a sunset, the incredible views of the Monument, Bookcliffs & the Grand Mesa, children playing or riding their bikes, the ducks in the pond & people walking their dogs. So many people out enjoying the great outdoors.

I took time to read several books & started listening to Christmas music and watching Christmas movies on the Hallmark Channel in mid-October! Guess you could say....I took time for myself!

Sue Moyer shares: I guess that the positive changes were that I slowed down, read more books and spent more time on my quilting projects.

I also changed my eating habits and lowered my A1C to 7, which is what diabetics are trying to do.



Congratulations Sue!!!!!!



From Ellen Bradley:

One of the best things that happened to me was discovering handwritten letters my dad wrote from 1939-1942 to his parents while he was at Harvard getting his PhD in geology. He had grown up in a small town in Ohio, so his experiences in Cambridge were really special.

I knew of these letters, but had never had time to really look at them and organize them. The forced stay-at-home order in March/April gave me the opportunity to take it on as a project.

They are now organized in sheet protectors in notebooks and I can share them with my brothers and others in my family who might be interested.



Positive Changes During 2020 (cont)

And from Sue Palmer, a member and our Area Representative.

What have I learned from this year of COVID:

Air hug!?

Zoom – has become A VERY IMPORTANT WORD for communicating and keeping connected.

I appreciate all the “Acts of Kindness” from people all over the world.

I appreciate Teachers, Health Industry workers, Fire Departments; Police, restaurants that are open!

Finding Toilet Paper in the store.

All of us in Friendship Force are fortunate to have traveled and met people in other parts of the world that we can call a FRIEND. I look forward in the future to travel again and make many more memories.

HAPPY NEW YEAR! In Friendship, Sue Palmer

Comments From Dan:

Early in our Covid-19 year, it was novel to stay at home all the time. I caught up on missed TV series and movies available through streaming. Book long shelved came off the self and into my hands. Gardening and outside house chores were welcome diversions. The eternal “home projects” list became smaller. Puzzles were shared amongst neighbors and occupied whole days sometimes.



I learned that it's difficult to wear a mask and reading glasses (in the grocery store) at the same time – the glasses fog up!

The novelty wore off after a couple months and I longed to get out. Thank goodness that we live in an area with almost unlimited walking trails that are never crowded

Like everyone else, I'll be happy to get vaccinated and be able to go places and do things that I took for granted before 2020.

Positive Changes During 2020 (cont)



Dave & Elaine in La Jolla, CA

Sandy Miller shares about family



brother-in-law Dave, sister Elaine, and myself playing it safe.

When my travels to Australia and Asia were interrupted by Covid-19 and I was forced to return to the USA several months earlier than planned, I was able to spend 5 months with my sister and brother-in-law in California.

We have lived in separate states all our adult lives so it was the most time we have been together since our late teens.

I wouldn't trade it for any amount of travel! It was an incredible blessing!

Great idea asking for a positive outlook for the newsletter.

Sandy Miller

Rebekah McDermott: So many positives for me; more leisure time, less commitments, leisurely mornings with my coffee, any time-reading of a book, etc.



Sending encouraging notes via email . SIMPLY BEING—Not Doing

As each day passed it was easy to be thankful for blessings—and my mind was calm and alert enough to be able to focus on these blessings.....

Oh yes, and so many lengthy conversations with friends who had too easily gotten put on the back burner.

So Welcome 2021 and may these lessons learned continue!!!!

I'll call it a smartphone
the day I yell
"Where's my phone?!"
and it yells
"Down here! In the
couch cushions!"



One way to find out
if you are old is to fall
down in front of a lot
of people. If they
laugh, you're still
young. If they panic
and start running to
you, you're old.



Anyone else's car
getting 3 weeks
to the gallon at
the moment ?

Pretty wild
how we used to
eat cake after
someone had
blown on it...
Good times...

WHAT IF THEY CLOSE THE
GROCERY STORES? WE'LL
HAVE TO HUNT FOR OUR
FOOD.

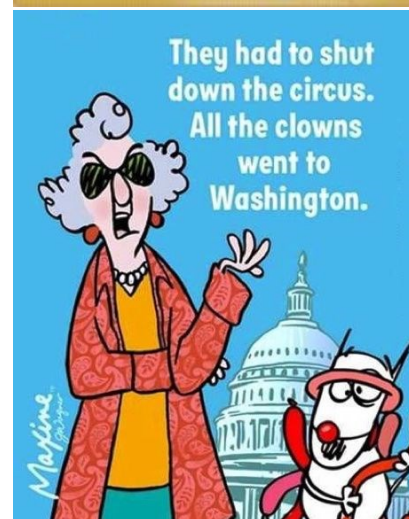
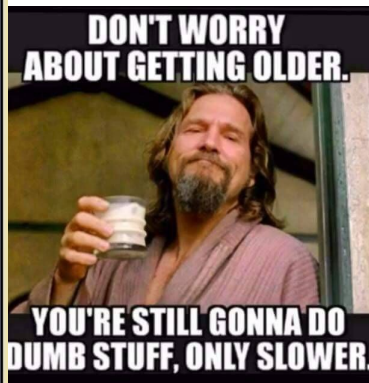
I DON'T EVEN KNOW WHERE
DORITOS LIVE



Silly You!

You thought dogs
were hard to train.
Just look at all the
humans who can't
sit and stay.

For More Funny Quotes Visit:
www.bizwaremagic.com



The real emergency is going
to be in 20 years when all
these kids are adults,
running the world, with a
homeschool education
brought to them by day
drinking

I watch people
and wonder
how some
of them
found their
way out
of the birth canal!



Due to my
isolation, I finished
3 books yesterday,
and believe me,
that's a lot of
colouring.

Just by seeing how
some folks wear their
masks, I now fully
understand why
contraception fails.

For More Funny Quotes Visit:
www.bizwaremagic.com

Laughter is
Good Medicine!

Journey Coordinator News

Ron Bradley continues to work on possible traveling arrangement for 2021 and beyond.

Below is the list of potential upcoming journeys, - journeys, you as members, have requested— to keep us **dreaming** of future travels.

2020 Inbound Lake Simcoe, Ontario, Canada

**Postponed to 2022;
Jim Gardner - Coordinator**

2020 Outbound Northern Colorado

**Invited for a 2-4-day journey
TBD 2021**

2020 Inbound Shelby, NC

Possible reciprocal journeys in 2022

2021 Outgoing Napa Valley

**Coordinator needed,
Dates TBD**

2022 Incoming Tokyo, Japan

**Ron Bradley - Coordinator,
Dates: June, 2022**

2021 Incoming Western Kentucky

**Coordinator needed,
Dates TBD**

Interesting Online Activities (Dan Clancy submitted)

Banff Film Festival Offers Movies Online for Free

The Banff Film Festival has come to the Avalon Theater each year in January with a two-night program. The thrilling films are about climbers, kayakers, and people doing adventurous feats around the world. This year, due to Covid-19 restrictions, they are offering past films online for free.

Go to the link below:

<https://Pureoutside.com/blog/banff-mountain-film-festival-2020-films>

Movies are listed with the year they were made, run time and a brief description. Many are 6-20 minutes long – all are exciting and worth watching. Some are longer, up to 90 minutes. Since it is online, you can pick and choose what interests you. Check it out now – you'll be glad you did.

San Juan Skijoring in Ridgeway, CO – January 9 & 10

Skijoring is like a rodeo event on snow. The event has contestants on skis or snowboard, being pulled by a horse through gates, up snow ramps, and being timed. This year there will be no spectators in person. However, you will be able to attend virtually and watch online. There may be an entry fee, I don't know.

Reminder – Check out the **FFI Website**—from Dan Chancy

We are all members of a global organization. *Friendship Force International* has used this past year's travel shutdown to create new virtual opportunities for all members to continue to learn about new places, people and cultures on the FFI webpage at

friendshipforceinternational.org.

The staff at FFI, the same people whose jobs you saved with your donations during the fund drive last spring, have created easy-to-click-on windows to experience a wide variety of virtual experiences:

- . Learning a Language
- . Trivia Quiz - monthly
- . Community Gardening in Sacramento
- . Let's Paint
- . Traveler's Tales
- . History of the Kaleidoscope
- . Ikebana - Japanese flower arranging
- . Solo Travel Tips and Tricks
- . Faces and Places: Brazil - France - New Zealand - Japan
Mexico - Siberia - Australia - Romania
- . Discover Australia
- . Discover India - Delhi to Mumbai

**“I want to make
memories
all over the
world.”**



I wish *travel therapy* was
covered by my health
insurance.

-Anonymous



MEMBERSHIP NEWS

Co-Chairs: Rebekah McDermott &
Claudia Kellar

Happy New Year To All!!! Are you as eager as I to experience what 2021 brings? We are all hoping for better and brighter. Since we are a travel club and 2020 did not allow for any of our planned trips, let's begin 2021 with a —

A Trip Down Memory Lane.

Brewing Coffee

One of the most remembered coffee jingles is "*The best part of waking up is Folger's in your cup*". So pour yourself a cup of coffee and away we go!!!!



The turks cooked "coffee cherries" in a pot over a fire, creating the first coffee maker. The whole bean was put into the pot, water added and brought to a boil, let cool, brought to a boil, let cool, etc. until the desired strength. 579BC.

Coffee as a globally traded commodity started in the 13th century on the Arabian peninsula. During this period, the traditional way of brewing coffee was seeping the coffee grounds in hot water, which was a process that could take anywhere from five hours to half a day (clearly not the best method for people on-the-go).

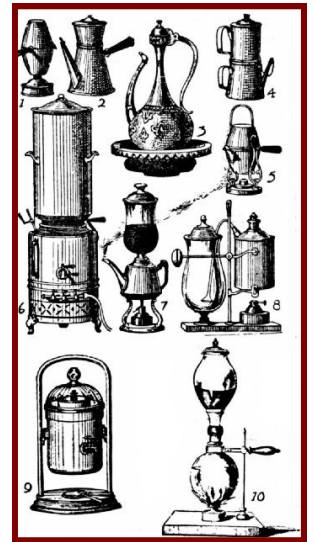
Coffee's popularity continued to grow, and by the 16th century, the beverage made its way to Turkey, Egypt, and Persia. Turkey is home to the first method of coffee brewing, the Ibrik method, which is still used today, mostly in the middle east. (picture of Ibrik pot on top left)

Coffee made its way to Europe in the 17th century when European travelers brought it back with them from the Arabian Peninsula. It soon became widely popular, and coffee shops popped up all around Europe, starting in Italy. These coffee shops were places of social gathering, in a similar way coffee shops are used today. (Is this where Starbucks got their idea?)



Our own cowboys valued drinking coffee. The pot was on the fire 24 hours a day, while the cowboys took shifts herding the cattle. History tells that the cook would grind the beans and put a handful into the pot filled with water. Add 1 raw egg to help the grounds separate from the water; thus, fewer grounds when you drink.

The earliest siphon pot (or vacuum brewer) dates back to the early 19th century. The initial patent dates from the 1830s in Berlin, but the first commercially available siphon pot hit the market in the 1840s. By 1910, the pot made its way to America and was patented by two Massachusetts sisters, Bridges and Sutton. Their pyrex brewer was known as the "Silex."



MEMBERSHIP NEWS

Co-Chairs: Rebekah McDermott &
Claudia Kellar

Brewing Coffee: (cont)

Up until this point, coffee pots made coffee through a process called decoction, which is just mixing the grinds with boiling water to produce the coffee. This method was popular for many years and is still practiced today.



However, the percolator improved upon that by creating a coffee that is free of any leftover grinds, meaning you would not need to filter it before consuming. The percolator works using steam pressure generated by high heat and boiling.

Inside the percolator, a tube connects the coffee grinds with the water. The steam pressure is created when water at the bottom of the chamber boils. The water rises through the pot and over the coffee grounds, which then seeps through and creates freshly brewed coffee.

Now days coffee is brewed many ways:

The practice of drinking coffee is as old as many civilizations around the world,. While some coffee fans prefer more 'old school' methods of brewing coffee, there are a plethora of modern machines available today that simplify the brewing process and make coffee faster and with a richer flavor.

But no matter how we make it, every time we drink coffee, we are participating in a ritual that has been a part of the human experience for well over half a millennium.

COFFEE BREWING METHODS



CHEMEX



EVA SOLO



MOKA POT



FRENCH PRESS



HARIO V60



AEROPRESS



SYPHON
(VACUUM POT)



PERCOLATOR

VectorStock®

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So, like the song from 1932, written by Irving Berlin and sung in the musical comedy "Face The Music"

*Just around the corner,
there's a rainbow in the sky,
So let's have another cup of coffee,
and let's have another piece of pie.*





friendship force
WESTERN COLORADO

FFWC Leadership Council

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Club Websites

Cheyenne	friendshipforcecheyenne.org
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Northern Colorado	ffncolo.com
New Mexico	friendship-force-new-mexico.org
Pikes Peak	friendshipforcepikespeak.com
Utah/Salt Lake City	friendshipforceofutah.org

Have a friend who likes to travel?

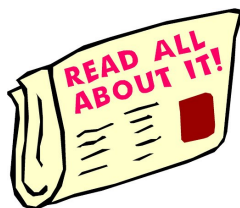
Share with them the FFI website and let them see all the great places they can go.

Be sure to invite them to our activities so they can see what we do and decide if it is for them.



Find us on:
facebook®

The Newsletter is always interested in publishing from members. Do you have ideas for virtual events, book suggestions, local merchants to support, stories of your past travels, pictures of what you do during the year, jokes, etc.



Send to ffwcnewsletter@gmail.com.

Deadline for your submissions is the 25th of each month.
The Newsletter is sent to you via email the 1st of the month.

LEADERSHIP COUNCIL MEETINGS

The Leadership Council holds a Zoom Meeting on the 1st Tuesday of each month at 9 a.m. Any member of the Club is welcomed to attend this Council Meeting at any time.

Ellen Bradley, Secretary, can set you up to attend a Zoom Leadership Meeting.

Email her at FFWCsecretary@gmail.com.

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 own fellow citizens and the people of other nations, the cause of friendship, love, and peace will be furthered.

I can make a difference.

**Friendship Force International
Western Colorado Chapter
P.O. Box 3665
Grand Junction, CO 81502
www.ffwcolo.com**

**CHANGING THE
WAY YOU SEE
THE WORLD**