



The Friendly Echo



FRIENDSHIP FORCE OF WINNIPEG NEWSLETTER

Volume 17, Issue 1

January 2018

PRESIDENT'S MESSAGE

Dear Friendship Force Friends,

I would like to wish all our members and their families a very happy and healthy NEW YEAR. I hope you all survived the fresh start of 2018!

A new executive is taking over, and with several fairly new FFW members on our committee we hope to receive lots of new ideas.

I would like to thank once more two hard working and knowledgeable members - Val Keenan who is leaving the post of past president and Norma Warecki who has completed her term as President. Norma's knowledge and experience with FFW will be appreciated in her new role as Past President.

I also wish to thank the retirees, Lorraine Franz (Journey Coordinator) and Loretta Humeniuk (Newsletter) for their countless hours of support!

2018 Committee Members:

President	Paul van Leeuwen
Vice President	Linda Dart
Treasurer	Maria Coutu
Secretary	Sylvia Josse
Past President	Norma Warecki
Newsletter	Carol De Baets
Communications	Elizabeth Grover
Website	Joe Keenan
Historian	Norma Padilla
Phone Coordinator	Joan Ostermann
Journey Coordinator	James Ryan
Activities	Susan Munroe

Keep warm!!
Paul Van Leeuwen

♪ HAPPY BIRTHDAYS ♪

Paul Havixbeck



Bob Kury

Sachitha Attawar

Gerry Babij

Brenda Buckingham

MEMBERSHIPS

Maria Coutu will be accepting payment for 2018 memberships at the January dinner meeting. Cheques would be appreciated. Please make them out to Friendship Force Winnipeg. The fee is \$45.00 per member.

Deadline for membership renewals is January 31st. If we do not receive payment by this date, we will assume that you are no longer interested. A current 2018 membership list will be sent out after the deadline!

ACTIVITY SCHEDULE

January 10th Dinner –“2017 a Year in Review” – activities will include a scavenger hunt and fact finding effort by everyone, as well as brief presentations by Val Keenan and Jim Kubas. Val will speak on the history of Friendship Force to familiarize new members about our founding and history. Jim will give a presentation highlighting our Saskatoon exchange.

Susan Munroe Abra, Activity Coordinator

Please Note: 2018 Dinner Meeting Dates:

January 10 - A Year in Review
February 14 - Valentine's Day
February 28 - World Friendship Day with FFM at the Japanese Cultural Center
March 14 - CANCELLED (many members are away to New Zealand)
April 11, May 9, Oct. 10, Sept. 12 - ??, Nov. 14, Dec.12

PHONE COMMITTEE

Greetings from Joan in sunny Arizona! In her absence please contact Frances L*
Phone Coordinator: Joan O.

Phone Committee: Frances L., Shirley M.,
Gladys T. & Susan C.

*If you must cancel your dinner please call
Frances L (204) 237-7777 or email:
fmlemieux@mymts.net by 10:00 a.m. Monday,

2018 JOURNEYS

INBOUND:

Japan - Nagasaki

HC - Sharon Collister & Carol De Baets
Assistant - Loretta Humeniuk
Date: No date at this time

Brazil - Sao Jose do Rio Preto

HC - Jim & Diane Kubas
Date: September 12 - 18, 2018.

OUTBOUND: none

GRATITUDE CORNER

Thank you to Susan Munroe for the wonderful fun-filled Christmas party. Thanks to Santa for making us "believe" again and to Tom McDermott and his singing angels for the great entertainment.

Thanks to your generosity \$116.21 profit was made from the gift basket for our club as well as 179 pounds plus \$35.00 cash was donated to Winnipeg Harvest. Thank you to Joe and Val Keenan who were Santa's helpers in delivering this!

The phone committee also reported that more of our members are responding more quickly to their calls! Let's show them that we can make their job even easier this month so that they don't have to make more than one attempt!



Lucky Shirley Mitchell with Santa's elf



2018 Board Members

*Gratitude is riches...
Complaint is poverty
-Doris Day*

Thank you to Norma Padilla for the great pictures and everyone else who contributed to this successful dinner evening!



A note from your Newsletter Editor

All members should be receiving email communications from Friendship Force International and canffex.ca. If you are not receiving these and wish to, then go to the bottom of the home page for the respective website. For FFI "Add Email and Subscribe". For Canffex "Join the Canffex.ca Mailing List".

If you would like me to include a get well message or special event of one of our members please contact me at 204-256-4668 or email @ caroldebaets@gmail.com.

New Year Resolutions:

New Year's Resolutions are a bit like babies. They're fun to make but extremely difficult to maintain!

2018 a New Year, another chance for a healthier YOU!

This year, pick one of the following Top 10 worthwhile resolutions and stick with it! Here's to your health!

- | | |
|---------------------|---------------------|
| Lose weight | Exercise more |
| Quit smoking | Cut your stress |
| Stay in touch | Volunteer |
| Get more sleep | Learn something new |
| Cut back on alcohol | TRAVEL |



friendship force
WINNIPEG

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