



The meeting was called to order at 7:30 p.m. with 64 members present and 2 guests.

- 1. Welcome/Introductions/ Guests/ Announcements** **Donna Nicholson**
Filling in as meeting chair for FFO President, Lynda Heffernan who was away was Past President, Donna Nicholson. Donna welcomed members and guests, Vivian Runnels and guest speaker Dr. Robert Birnbaum to the meeting. By way of announcements, Gail Nevraumont reminded members of the Parliament Building Tour set for 28 August and there is room for 24 members. Bob Elliott, Coordinator for the Bridge Groups stated that the wind-up function for Bridge participants will be booked at the end of August.
- 2. Approval of Agenda** **Donna Nicholson**
MOTION: To approve the draft Agenda for the 10 June 2019 Friendship Force Ottawa (FFO) General Meeting (GM) with a change to move Item 8 – Guest Speaker to Item 5. Moved by Joanne Curran, seconded by Andrew Nicholson, carried.
- 3. Approval of 18 March 2019 GM Draft Minutes** **Charlotte Foster**
MOTION: To approve the draft Minutes, as posted, for the 18 March 2019 FFO GM. Moved by Donna Dawson, seconded by Anna Rochon, carried.
- 4. VP Membership – Report** **Joanne Curran**
Joanne referenced her report, which appears under Supporting Documents and was happy to say that the Recruitment/Engagement Committee has already held one meeting and is actively exploring strategies for increasing the membership. She drew members attention to the FFO calling cards placed on the hall seats and encouraged members to distribute them to their friends as the most successful method of recruitment continues to be by club members spreading the information about FFO to their contacts.
- 5. Guest Speaker: Dr. Robert Birnbaum speaking about Travel Medicine**
Introduction by Donna Nicholson
Donna was pleased to welcome Dr. Birnbaum to the meeting and mentioned that he is already well known by several FFO members. Dr. Birnbaum has worked with such programs as the Flying Doctor Service and Medicine sans Frontières and has travelled to a total of 97 countries.

Dr. Birnbaum reinforced that members seek travel advice particularly when travelling to tropical countries. Prevention of succumbing to malaria continues to be a prime concern and there is medication that suppresses the disease. Dr. Birnbaum stressed that everything you eat and drink should be sterilized. Ice continues to be a big culprit in the spread of intestinal problems. For safaris, in the lodges the food is for the most part safe. In the case of diarrhea, he stated it is best to let it run its course and use Imodium if you need to. In the case of long flights, deep vein thrombosis is always a possibility and it is best to move about during the flight to improve blood circulation. When in tropical countries, always have something between you and the ground. For

climbing excursions, altitude is always a factor and young men are at the highest risk. Dr. Birnbaum recommended immunizations for Hepatitis A and B and for measles when travelling overseas. Overall the biggest safeguard is to be prepared and to get advice prior to travelling. Dr. Birnbaum stated that where cruises are concerned, they are generally pretty safe, and he stressed the importance of hand washing and the use of hand sanitizer during plane travel.

FFO member, Michael Curran thanked Dr. Birnbaum for the informative presentation and presented him with an FFO pin.

- 6. President** **Donna Nicholson**
 - a) Media Equipment Update** **Alain Dawson**

Alain reported that a refurbished computer has been purchased at a cost of \$701. from Canada Computers and it includes Microsoft Suite.
 - b) Media Team Update**

Donna thanked Colin Leech for heading up the media team and mentioned the need for additional volunteers to back him when he is absent.
- 7. Treasurer** **Alain Dawson**
 - a) Financial Report 1 November 2018 to 31 May 2019**

Alain reported that to 31 May 2019 the net available for operations stands at \$4,837. and no substantial additional income is expected for this fiscal year. To 31 May 2019, the more significant expenditures were \$702. for the purchase of the FFO computer and \$1,000. for attendance at the FFI World Conference.
 - b) Upcoming >\$100. Expenses**

Forthcoming expenses are anticipated as \$1,275 for FFO Insurance; \$500. for FFO's Annual contribution to FFI; and \$200. for GM/AGM venue rental.
 - c) Journey Treasurer Templates**

Alain reported that two versions of the Journey Treasurer Templates with associated examples of inbound and outbound journeys have been uploaded in the toolbox of the FFO Web Site.
- 8. VP Journeys Report** **Anna Rochon**
 - a) 2019 Journeys Update**
 - Inbound**

Anna stated that there are still two inbound journeys slated for 2019 – Big Canoe, North Georgia from September 11th to 18th and there is a need for volunteers in all areas for this journey. The second inbound journey is from Taipei, Taiwan from October 16th to 23rd; this journey is pretty much organized except for day hosts and dinner hosts.
 - Outbound**

The two remaining outbound journeys are slated for Siberia – Ulan Ude, Mongolia – Ulaan Baatar from July 2nd to 9th and July 10th to 17th; and in November New Zealand Manawatu and Christchurch from November 5th to 12th and November 15th to 22nd. Both journeys are well organized at this point.

b) 2020 Journeys Update

Inbound

The Inbound Journeys for 2020 are Richmond, Virginia in May; Cairo Egypt in June; and Manawatu, Wanganui & Horowhenua, New Zealand in September. Anna encouraged members to sign up early to volunteer as day hosts, night hosts, and dinner hosts for these journeys.

Outbound

Anna listed the 2020 Outbound Journeys as being Guadeloupe in February; Indonesia in September; Haliburton in October; and Northern Illinois and Greater Des Moines also in October. Anna stated that coordinators are required for these journeys.

c) Presentation on Oklahoma City & St. Louis Outbound Journey Merv & Jessica Sullivan

With the aid of projected pictures, Merv gave a very comprehensive presentation on the double journey by 12 club members to Oklahoma City and St. Louis. The trip started on April 2nd to April 9th in Oklahoma City, Oklahoma and proceeded on to St. Louis, Missouri from April 10th to 17th. The full report of this journey appears under Supporting Documents.

Adjournment: The meeting adjourned at 8:30 p.m.

NEXT GENERAL MEETING – General Meeting is scheduled for Monday, 07 October 2019.



Lynda Heffernan
FFO President



Charlotte Foster
FFO Secretary

Supporting Documents:

Membership Report for June 10 GM

2018-19 Financial Report 1 Nov 2018 – 31 May 2019

Journey Report June 3rd, 2019

FFO Journey to Oklahoma City and St. Louis Report

Membership Report

Joanne Curran, VP Membership

As of May 31, 2019 FFO's membership is 132.

An FFO membership recruitment/engagement committee has been formed (**Joanne Curran, Donna Nicholson, John Cooke, Joan Kinnie and Mary Jane Kelleher**). We have met once and agreed on several strategies that will be explored over the next months

The committee is looking into promoting FFO at retirement seminars or workshops for retirees and will also be exploring other organization's interest in having their members hear about FFI/FFO. **We welcome any and all suggestions from members.**

John Cooke was successful in arranging with Barley Mow Westboro to hold *The Friendly Wanderers* there in the future. The group also agreed that we explore the option of celebrating **International Friendship Day in 2020** (possibly resurrecting the multicultural event held a while back).

Prospective members will/have receive (d) follow-up emails either from VP membership, host coordinator of inbound journey or FFO member who has identified the prospective member, inviting them to shadow day hosts on inbound journey activities and/or attend a friendship dinner as well as notify them of guest speakers at our GMs.

FFI's new animated video has been uploaded to FFO's website and our Facebook page. The committee, along with **Jaap Schouten**, will be exploring ways to raise the profile of our Facebook page on search engines.

2018-19 Financial Report
1 Nov 2018 - 31 May 2019
Alain Dawson, Treasurer

1. Bank Balance

The income and expenses that occurred during the period of 1 Nov 2018 to 31 May 2019, resulted in the following changes to the bank balance:

1 Nov 2018 opening balance	\$	10,199	
Income amount	+	\$ 5,680	\$215 below Budget
Expense amount	-	<u>\$ 5,042</u>	\$3,643 below Budget
31 May 2019 closing balance	\$	10,837	
Contingency fund	-	\$ 5,000	
Website renewal fund*	-	<u>\$ 1,000</u>	
Net available for operations	\$	4,837	

* Carried over until the work is done

The sources of the income since the last GM report (1 Mar 2018 - 31 May 2019) are:

a. 1 FFO membership fee	\$40;
b. 3 FFO Membership Badges	\$36; and
c. 62 FFO pins sales	<u>\$248.</u>
Total	\$324

The sources of the expenses since the last GM report (1 Mar 2018 - 31 May 2019) are:

a. 3 Membership Badges.....	\$34;
b. FFO Business Cards.....	\$38;
c. FFO Website Hosting and Domain Renewal.....	\$196;
h. Replacement Thumb Drive for Archives	\$20;
f. FFO Computer	\$702; and
g. FFI World Conference	<u>\$1,000.</u>
Total	\$1,989

2. The approximated upcoming large expenses (>100) are:

a. FFO Insurance.....	\$1,275
b. Annual contribution to FFI	\$500; and
c. GM/AGM Venue Rental	\$200.

3. Journey Treasurer Templates

Two versions of the template with associated examples of inbound and outbound journeys have been uploaded in the tool box of the FFO Web site. One version is for Microsoft Office Suite for either PC or Mac and the other versions for either the OpenOffice Suite or LibreOffice Suite on PC.

VP Journey's report

Anna Rochon, VP Journeys

We have just completed the first six months of 2019 and have already participated in a double outbound to Oklahoma City and St Louis and single outbound to Peru. On May 17th our guest from Greater Des Moines left for home after a successful inbound. The tulips were hardly showing their beautiful colours yet our guests enjoyed the warmth from all 54 that volunteered to participate with the Journey under the able guidance of Barb Smith. Friendship Force Ottawa demonstrated our adaptability by including some extra activities, meals and rerouting a bus to adjust for flooding on the planned route. We look forward to a reciprocal trip next September/October 2020

Oklahoma City and St Louis were quite different destinations and the culture of the clubs was also different. Oklahoma City was much like our club in that there was an itinerary that was filled with Museums and some activities. Dinners were usually at host homes or small groups. St Louis had us all participating in groups of 30 or more for dinners in large homes that could accommodate all. Hosts only had breakfast and one meal to prepare. In both cases everyone was hospitable, friendly and generous with their time and efforts. Thank you to Merv and Jessica Sullivan for being Ambassador Coordinators.

The outbound Journey to Peru in April had 10 ambassadors from Ottawa and 3 from other parts of Canada, led by Joanne Curran. Again, a journey that provided opportunities to make acquaintance, with people from another country, lifestyle and language. Thankfully, the hosting fees included a translator for their full days of exploration.

The full Journey to Russia and Mongolia was ready to depart but on May 18th there was an advice received that 2 people need to cancel due to medical reasons. Email has been sent to full membership and Canffex note was prepared and sent on Wednesday May 22nd. One person was recruited. This Journey will be advertised on the International website starting on June 1st.

There is ongoing planning taking place for the waitlisted double Journey to both the North and South Island of New Zealand in November. Joan Gregoire and Sharon Bedier are Ambassador Coordinators.

The inbound planning group for Big Canoe, Georgia is looking for people to volunteer for all roles during the visit from September 12 -19th.

The planning team for the inbound from Taipei, Taiwan would appreciate day, night & dinner volunteers too. The original information indicated a full Journey but now there are 13 arriving October 16th to 23rd.

There will be sign-up sheets available at the June 10th general meeting of Friendship Force for both inbound and outbound journeys in 2020. Some people have already expressed an interest. After that meeting ambassadors will be selected.

We visited Richmond a couple of years ago and they will be visiting during the Tulip Festival in May of 2020 – after Mother's Day. Some of our gracious hosts will be among those coming on this reciprocal trip. We do have to discuss if we could accept more than 20 people (Likely, not a good idea). I have inquired if the group interested are singles or doubles.

Cairo will come in June little discussion at this time. My contact is one of the people that did come a couple of years ago.

New Zealand comes in September as part of a triple Journey. Host Coordinators are required!

The outbound Journey to Guadeloupe in February already has 15 people interested in travelling. There are 20 spaces available to enjoy the sun in this French District.

Indonesia's double Journey has been changed to a September date to take advantage of more pleasant weather.

A reciprocal trip to Greater Des Moines in October is paired with Northern Illinois.

We need to ensure that we have volunteers since we have in and outbound Journeys that are close together and will require all hands on deck.

FFO Journey to Oklahoma City and St Louis Report

Merv and Jessica Sullivan

This was a double journey that started on April 2nd. It consisted of 12 club members, most of who arrived in Oklahoma City on April 1st and stayed overnight in motels. Two couples, the Nelms and the Rochons elected to drive the 1500 miles to Oklahoma City or OKC as the locals call it.

The first point to note is the generosity of both clubs. We didn't pay for many meals other than taking our hosts for supper. This ability to provide most lunches for us was accomplished by having a lot of pot lucks, wonderful supper hosts and keeping entry fees under control.

Our Welcome Lunch was held at Cattleman's Steakhouse in Stockyards city. This is the longest running restaurant in Oklahoma City located on the famed Route 66 and near the famous Chisholm Trail. We visited the Oklahoma City Federal Memorial which commemorates the Oklahoma City Bombing in 1995.

Another day we visited the State Capital, the only US State Capital Building with active oil derricks on its grounds. It is worthwhile mentioning that the legislature sits for only 3 months each year beginning in February. Perhaps there is something to be learned here.

We all received certificates from the State Lieutenant Governor (or is it Lieutenant Governor) an ideal way to get some PR for Friendship force.

One of the highlights was a visit to a large herd of bison owned by a Cheyenne- Arapahoe tribes just outside Oklahoma City. The donated herd of 30 animals has now grown to a herd of over 300, managed by the two tribes who hope to reintroduce them to the real original west. Our visit by hay wagon demonstrated how shy the animals are. We were told that the only dangerous situation is getting between a mother and her calves. These two tribes seemed happy to be called Indians, own their own land in many cases and have a parallel administrative and justice system. Our group made a donation to a charity for youth groups in their tribes while attending a small local Pow Wow.

On to St Louis Missouri. -- The 500 mile trip was made by 3 cars, two of them owned by the Nelms and the Rochons. Thanks to these two couples, the passengers saved about \$200 travelling together compared to the expensive air fare from OKC to St Louis. The 12 of us also got to spend a night together between the journeys in the town of Rolla for some rollicking R&R or perhaps I am overstating.

We arrived at the home of our host coordinator Mary Lou Hudson who carefully announced that she did not cook. This seems to be a growing trend in journeys. Mary Lou runs a Realty Business and had not intended to host anyone but difficulties by a host who had intended to take 2 couples caused her to relent and take us. She had carefully bought our favourite breakfast food of Shredded wheat, OJ and toast and we had a wonderful time together. With Mary Lou's dislike of cooking, the journey was organized with extensive supper hosts, one of them being Mary Lou's daughter. She has essentially volunteered to lead the St Louis club from oblivion and together with Dory Lamont who has a 3000 sq ft residence and hosted one of the club suppers, have turned the declining club into a growing entity. Bravo! But an ambassador group of 12 was probably the most they could have handled at this time.

St Louis has one of the largest and finest Zoos that we have seen. The extensive animal population lives in very natural large surroundings and entrance is free. One of our night hosts who is a former docent at the Zoo gave us a very interesting tour.

We rode in the small capsules to the top of the famous St Louis Arch, a stainless steel 630 ft. engineering marvel completed in 1965. It is the tallest accessible structure in the state and also the highest monument and memorial in the USA.

For sports fans of course, no trip to St Louis would be complete without a visit to the new Busch Stadium, so many of us attended a St. Louis Cards baseball game. I should point out however that many St. Louis Blues shirts were also visible throughout St. Louis.

While the St Louis club was planning our visit, a discussion questioned whether they should or should not take us to the town of Hannibal, MO. (Anyone except ambassadors know why Hannibal is famous?)

So they emailed us and a group decision by our 12 ambassadors led to them organizing a day in this boyhood town of Mark Twain. Some hosts and the Rochons drove the 100 miles, which also showed the extensive

flooding of the Mississippi. It was a great day that gave us a deeper understanding of the extensive works of Samuel Clemens aka Mark Twain.

In closing, I would like to thank Lucy Nelms for taking on the job of Treasurer. My comments are best summarized by saying that in our view Lucy is a very patient woman. We would also like to thank Vic and Bonnie Hudon, our deputy coordinators for holding the fort here in Ottawa during February and March while Jessica and I were enjoying Florida.

Merv and Jessica Sullivan

June 10,2019