



friendship force
OTTAWA



General Meeting on April 9, 2024 at 1pm at Amica Westboro.

SUMMARY Meeting notes

- 1) A welcome by President Anna Van Adrichem Rochon was extended to about 45 people that attended the meeting.
- 2) Treasurer – Colin Leech said that since the membership team has recruited a few new members that we should have a balanced budget for this year.

3) Membership

Marie France updated the meeting on membership, including 4 new members with a possible fifth member soon. Thanks to Mike Curran who did a presentation to the Ottawa Men's Shed. Elizabeth Ballard suggested contacting Abbotsford Community Centre, and as a consequence, Joanne Curran will present there on Indonesia in October.

At the suggestion of Joanne, Bryan wrote an article on recruitment and retention. Suggestions on how to recruit are always good. Recruitment is dependent on visibility. Bryan is trying to contact magazines (e.g. 55+ magazine).

Next general meeting will feature Meg Stickl who specializes on fitness for seniors. *(This has been confirmed but please note the corrected date and location.)*

Bryan noted that the sign-up sheet for the Carlingwood Mall table is available and encouraged all to volunteer. PLEASE NOTE This event was cancelled due to not enough people signing up to cover all the time slots.

4) Journeys

Barb Smith is the Mexico and Memphis Journey coordinator May 24th – May 31st. There are 8 people from Memphis and one from Mexico to date. A very varied and interesting program is being planned, including the Great Glebe Garage Sale, a possible visit to the RCMP Musical Ride; and the Madahoki indigenous Farm for tea and bannock. PLEASE SIGN UP AS NIGHT HOSTS, DAY HOSTS, AND DINNER HOSTS.

Joanne Curran is coordinator for the inbound Nor Peru, September 23-30 2024. Joanne said we might just duplicate Barb's itinerary because it sounds so good!

Costa Rica outbound coordinator Julie Breeze said 15 people have signed up for the two journeys near the Costa Rica capital. It promises to be a marvellous trip to a beautiful

country. Please ask *Joan Kinnie or Julie Breeze* journey coordinators for information and to be placed on the waiting list.

Meeting close

Anna said thank you and encouraged you to get your name on the waiting list for Costa Rica. Please send your name in when we get your information if you want to be a journey coordinator.

Also we will learn soon where our matches for 2025 will be (*Note: please refer to the email sent out shortly after the meeting with the details of 2025 journeys*). Please send your name in to Anna and Joan Kinnie if you want to be a journey coordinator.

CORRECTION to meeting information: the next meeting will be held at the **Riverside Church at 1:30pm on June 12th, 2024**. All dates are below.

If you are interested you are welcome to join the executive meetings held by Zoom. Please sign up with Anna, and she'll add you to the Zoom call.

The business meeting closed and then moved onto the presentation on Oman.

NEXT FFO General Meeting - June 12th at Riverside Church at 1:30pm

Upcoming dates 2024

FFO General Meeting - June 12th at Riverside Church at 1:30pm

FFO General Meeting - Sept 11th at Riverside Church at 1:30

FFO Annual General Meeting and Christmas - December 11th at Riverside Church 11 - 2:30

FFO Executive meeting April 30 at 9AM Zoom

FFO Executive meeting May 28 at 9AM Zoom

FFO Executive meeting July 30 at 9AM Zoom

FFO Executive meeting Aug 27 at 9AM Zoom

FFO Executive meeting Sept 24 at 9AM Zoom

FFO Executive meeting Oct 29 at 9AM Zoom

FFO Executive meeting Nov 26 at 9AM Zoom

Journeys 2024

Inbound for 2024 Memphis/Mexico 24 May to 31 May

Inbound for 2024 Nor Peru 23 Sept to 30 Sept

Outbound for 2024 Costa Rica double journey FF San Jose 15 Nov to 21st, and FF West Alajuela Nov 22 to 28th.