



friendship force  
OTTAWA



## Executive Team meeting minutes - SUMMARY

April 30, 2025 at 9AM (Zoom)

Present: Anna Van Adrichem Rochon, Vivien Runnels, Colin Leech, Pierrette Benoit, Marie France Horton, Joan Kinnie, Gertraude Martin.

- 1) President Welcome and Comments – Anna Van Adrichem Rochon
- 2) Secretary – Vivien Runnels

The next *executive meeting* was changed from May 28<sup>th</sup> to **June 4 2024 at 9am to avoid** conflict with the Memphis inbound journey.<sup>1</sup>

The next *general meeting* is on **Wednesday June 12<sup>th</sup> 2024 at 1:30pm.**

- 3) Treasurer – Colin Leech

Bob Elliott will be asked to come to the general meeting to present the cheque to the Treasurer. Colin will be following up soon with Leonard Bonnet to discuss the financial review.

- 4) VP Membership – Marie France & Bryan Horton

Marie France said we have three new members, and she has found mentors for them. Additional comments were made about the upcoming general meeting presentation when (Meg Stickl)<sup>2</sup> is going to

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<sup>1</sup> Note: Members will know by now that this Journey was cancelled.

<sup>2</sup> Name added by VR.

talk about health and fitness for seniors. All members are encouraged to invite people and remind them about the speaker. There is no charge for the presentation.

Bryan Horton contacted 55+ magazine and Joanne Curran has written an article about Friendship Force. Publication date is uncertain.

Many FFO members have spread information about the club during their travels. We encourage everyone to talk to their contacts about FFO as new members frequently learn about FFI and FFO from existing members. Bravo to Marie France for her work in recruitment.

#### 5) VP Journeys – Joan Kinnie

##### Update on Journeys for 2025

An email was sent out about the journeys we have been allocated in 2025. These are **Lake Volta, Ghana** in March, 2025 and **Medicine Hat/Missoula** in August/September 2025.

##### Updates on Costa Rica, Nor Peru and Memphis

**Costa Rica:** There are some places available now. This information has been sent to the new members.

Joanne Curran reports that the inbound **Nor Peru** journey is ‘under control.’

**Memphis/Mexico:** Details about the inbound journey have been discussed, and tasks allocated. If the incoming journey doesn’t have the people we can’t operate the journey. (The journey unfortunately was cancelled – see Joan Kinnie’s email of May 13, 2025 to everyone).

##### Discussion about mobility

The board had a discussion about mobility requirements, ways to ensure that good information about a journey’s health and mobility

requirements is effectively transferred, and how potential participants can also provide useful information when applying for a journey. This is a general discussion not just for FFO but for FFI.

### Covid-19 updates

There have been questions about Covid-19 and our club's position with respect to journeys. As the information on our website was outdated, it was taken down. FFI information still has requirements listed. These likely do not apply anymore.

### New coordinators

We are looking for members who have not coordinated a Journey before. We will use a mentor approach for new coordinators so they are fully supported. FFI provides training courses on-line. New coordinators are important if we are to ensure the long-term viability of our club.

After Joan attended a FFI information session on special journeys, it was evident that they are a lot of work – because you have to do both ends of coordination.

The Board decided that the FFI website should be reviewed so that our coordinator training reflects current FFI's information. It was recommended that we do a training presentation as a group.

### European journey request

In response to an email from FFI, we requested some European clubs in 2025, however, we didn't receive any matches. Joan also noted that we also had requested Tanzania which we didn't receive. It was also noted that FFI gives outbounds in proportion to inbounds.

### 6) Members at Large – Pierrette Benoit & Gertraude Martin

Website updates- Pierrette thanked Anna and Richard for enabling her to update the website. Membership information has been updated and will be put on the website this week.

Gertraude made comments on walking as an older person, how aging might influence the development of relationships, and the positive idea of mentors to new members.

Anna encouraged all members to check in with other members when they have worries or concerns, and confirmed that input from the board's members at large is truly appreciated.

### 7) Closing notes

Next executive meeting at **June 4<sup>th</sup> at 9am.**

The **FFO General Meeting June 12, 2024 1:30pm at Riverside Church,** will have a short business meeting, and then there will be the guest speaker's presentation.