

Friendship Force Manitoba meets monthly September through June. We usually meet the first Wednesday of each month at the Masonic Memorial Temple at Confusion Corner; check our events listings for date and location.

Guests are always welcome. Call Lynda Walker at 204-995-8344 or Judy Single at 204-294-6428.

Friendship Force Manitoba

friendshipforcemanitoba.org

2015 Board Members

President: Judy Single
jud64@mymts.net or 204-294-6428

Vice President: Lynda Walker
lyndadawnwalker@gmail.com

Secretary: Gail Keeley
gailke@hotmail.ca

Treasurer: Esther McKenty
emckenty@shaw.ca

Send contributions to the November newsletter by October 25 to Judy Single.



Membership Meeting Wednesday, October 7

**Masonic Memorial Temple
420 Corydon at Confusion Corner
Doors open at 6:00 p.m. Dinner at 6:30 p.m.
Pay at the door: \$20**

Thanksgiving Dinner with all the trimmings

After dinner we will have an interactive session on
“The Finer Points of Belonging to Friendship Force”

Need FFM souvenirs for exchanges? Our “Souvenir Wrangler”
Clare McKenty will be selling our current stock of miscellaneous items.

Bring your membership renewal and be eligible for a draw for a free
membership! (See page 2 for dues)
Renewals are due by the end of December.

**** Remember to wear your membership badge ****

Reminder! If you promise to come to dinner and don't come, you will be
charged the \$20. You can cancel up to two days ahead (by Monday).
Our club must pay when members and guests do not show up for dinner.
Thank you very much for your cooperation!

Our events are organized by the **Program Committee** and they always
welcome new members! Contact President Judy Single to find out how
you can participate. It's a great way to get involved with the club and get
to know more of your fellow members.

Upcoming meetings: November 4 December 2

FF Who, What, Where

Membership renewals

Memberships run from January to December.

Renewing members:

\$35 single and \$65 couple

New members:

\$45 single and \$85 couple

(extra fee to pay for name tags)

— *Esther McKenty, Treasurer*

Address changes

Have you changed your address, email address or phone number? If so, please contact our Secretary, Gail Keeley, right away so she can update our membership list: gailke@hotmail.ca or 204-257-9837

Club website

Check our website anytime for upcoming events, past exchanges, issues of this newsletter, and useful links: friendshipforcemanitoba.org

Club property

If you have any items belonging to the club (books, paper records, etc.), please let our Secretary Gail Keeley know: gailke@hotmail.ca or 204-257-9837.

canffex.ca

Are you interested in joining up with another Canadian club to travel? Visit the **Canadian Friendship Force Clubs Exchange Site** at canffex.ca for undersubscribed exchanges from across Canada. You can sign up for monthly updates and immediate notices of new exchanges. The site also includes field representatives' reports and other news.

The value of silence

This seems to have been an exceptionally busy and emotional summer for me, more so than normal – FF visitors, FF conference, family gatherings, a sad loss in the family, birthday parties, meetings. There comes a time when the busyness has to stop, or at least slow down.

This past weekend was a major “slow down” for me. I spent 40 hours in silence, along with 24 like-minded individuals. What an experience! You really start thinking about your life when you are in silence. It was a time for peacefulness, for reflection, for meditation and when the 40 hours of silence were over, a time for sharing. And it all happened at the beautiful serene setting of St. Benedict’s Retreat and Conference Centre, just north of the Perimeter, where you can enjoy solitude, nature (deer, skunks, geese, the river, the forest, the wind, sunshine), walking trails, a labyrinth, good food and peacefulness, at any time of the year.

We all need time like this. Perhaps not 40 hours, but even if it’s just for an hour, it can give you a whole different perspective on your day and possibly your life. Try it sometime.

We all get busy with our day-to-day tasks and sometimes forget that we need time for ourselves. Right now, take a moment, take a deep breath and just relax, then another and another. October is the month for Thanksgiving so, when you take those breaths, express gratitude for all that you have in your life. We are so lucky – appreciate it.

— *Judy Single, President*

P.S. Now that my silent time is over and the personal busyness has slowed down, expect to see a report on the World Conference which will be emailed to members shortly. This is further to the verbal report at the September meeting and will bring the entire membership up to date on the conference.

2015 Committee chairs

Exchange Coordinator: Elizabeth Schirmer 204-475-1220, schirmer@mymts.net

Past President: Dallas Bagby 204-661-6199

Program Committee: Helen Whetter, Jan Kollesavich, Lois Edwards

Communications Assistant: Hazel Birt

Newsletter Editor: Bev Phillips 204-942-5453, phillipb@mts.net

Webmaster: Judy Single 204-294-6428 or ffmb@mymts.net

Exchange Directors: Gail Keeley and Doug Jackson, Southern Oregon inbound (2016): gailke@hotmail.ca, 204-257-9837

Kathy Lesyk, Toulouse, France outbound (2016), kglesyk@shaw.ca

Lynda Walker, lyndadawnwalker@gmail.com, and Lynn Fairhall, Osaka, Japan inbound (2016)

Walks around the Isle of Wight

Lynda Walker shared photos of her June walking exchange on the Isle of Wight. FF Isle of Wight hosts an international “rambling tour” about every three years.

Lynda was one of 20 participants, the only Canadian among visitors from Germany, Austria, Belgium, Switzerland, the Netherlands and the U.S. She stayed in the town of Ryde, with her host Sandra and fellow ambassador Heidi from Vienna.

Each day every ambassador chose either a short walk or a long walk (about 8 or 14 km). Highlights were spectacular coastlines and scenery, thatched-roof houses, evening singalongs in hosts’ homes, historic sites (such as Queen Victoria’s summer home Osborne House) and of course generous hospitality. Although the Isle of Wight has the warmest climate in the U.K., everyone wore a jacket every day and swimmers wore wetsuits.

Note: After the talk, Louise Schoenherr mentioned she will be going to Isle of Wight with the North Bay, Ontario, club. That exchange (April 20 - 27, 2016) is listed on canffex.ca as undersubscribed so if you’re interested, check it out.

Isle of Wight FAQs

- Population 140,000
- England’s largest island (384 sq. km/148 sq. mi.)
- About 6 km (4 miles) from the coast of Hampshire county
- Visitors are called “overners”
- Economy is based on tourism

Our visit to England was complemented by tasty fish and chips with coleslaw and mixed vegetables.



An appreciative audience enjoyed Lynda’s stories and photos.



Osborne House, Queen Victoria’s summer home

During the business meeting, President Judy Single shared her excitement about attending her first FFI conference. During 2017 we can expect many domestic exchanges to celebrate Canada’s 150th anniversary.

Judy asked for names of organizations in Winnipeg where FFM could approach to publicize ourselves and received a number of suggestions.



Treasurer Esther McKenty shows off the new FFI brochure. Please pick up brochures at the next meeting and give them to friends and neighbours!

2016 World Conference

Marrakesh, Morocco, September 18-20, 2016

(Note! Changed from October)

2017 World Conference

Manchester, England

Celebrating FFI’s 40th anniversary

Editorial

As editor of the Keystone Klippings I sit in on the FFM board meetings. Our September meeting was packed with exciting ideas for our club, especially for proposed exchanges. 2017 looks like a great year with a tentative visit from Australia and domestic exchanges to celebrate Canada's 150th anniversary. We also discussed points from the August world conference in Vancouver.

Being editor is a great way to keep up to date on all the goings-on in our club. Of course, I mention this because, as I wrote last issue, December will be my last Keystone Klippings. After three years, it's time for a change both for me and the newsletter!

What qualifications and experience are needed for the next editor? None! You can learn while doing, as many editors have. I will be available to consult, train, mentor and help with formatting or reporting.

If you are even a little interested, call or email me, or talk to me at the October meeting.

Special opportunity! Would you like to be guest editor for the November issue? I will away with FF Brandon in late October, enjoying the sights, sounds and tastes of Japan. Again, call me to find out more.

— *Bev Phillips, Editor*

News from FF International

On September 25 FFI announced new board members who will join the board for a four-year term. One will be Hiroshi Onishi, founder of the Friendship Force club of Nara, Japan, and a former international vice-president with Panasonic.

Many FFM members visited Nara in 2012 or remember Nara's earlier visit here and may have met Hiroshi.

Welcome to our new volunteers!

Program Committee: Helen Whetter, Jan Kollesavich, Lois Edwards

Communications Assistant: Hazel Birt

Exchange Directors for 2016 inbound from Osaka: Lynda Walker and Lynn Fairhall



Exchange Update:

Southern Oregon, May 29-June 4, 2016

If you have any ideas for exciting and interesting activities or if you'd like to join the planning committee, contact Gail or Doug at 204-257-9837 or gailke@hotmail.ca. We will need Home and Day Hosts, too.

2016 Exchanges

News! Lynda Walker and Lynn Fairhall will be Exchange Directors for Osaka in 2016.

- Inbound from Southern Oregon: EDs Gail Keeley and Doug Jackson, May 29 – June 4
- Inbound from Osaka, Japan: EDs Lynda Walker and Lynn Fairhall, mid-August
- Outbound to Toulouse, France, ED Kathy Lesyk (date tba)

— *Elizabeth Schirmer, Exchange Coordinator (EC), schirmer@mymts.net*

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SEE THE WORLD**
thefriendshipforce.org