



**friendship force**  
MINNESOTA-TWIN CITIES



**2021 FALL  
NEWSLETTER**

## Looking ahead to 2022

by *Tom Scott, FFMNTC President*

### **Greetings!**

This pandemic is really getting old. Hopefully, the waters are getting calmer and the waves will soon become infrequent ripples, allowing us to transition from pandemic to a manageable endemic virus. Having lived through this experience, and for many who experienced the loss of friends and family, we will never be quite the same. But I am optimistic that as a result, we will collectively be stronger, more appreciative of our personal relationships and the world around us, and better prepared to face similar future challenges.

As we look ahead to 2022, our club has a busy schedule. We start with the arrival of the Los Angeles club for an incoming journey May 13 -21, the Utah incoming journey September 6-13 involving a North Shore excursion and three days of home hosting, and the outbound journey to Cottbus, Germany and Urla Izmir, Turkey September 26 - October 9. These journeys will be in addition to our local club activities both virtual and in person. There is also the possibility of hosting an Open World delegation in late 2022, but most likely sometime in 2023. Then there is hopefully the rescheduled Taiwan outbound journey in 2023.

We have the opportunity to have a strong transition back to a world of travel and personal contact. To do that, however, we are going to need all hands on deck. We need current members and hopefully many new members to help out in any way they can. We will need travelers, home hosts, dinner hosts, planners and many other supporting roles, as we interact with current and new friends. Feels good just thinking about it.

I want to thank club officers and board members Max Harris, Louise Anderson, Rose Emerick, Rita Mays, Buck McDonald, Cindy Cauble and Jane Bardon for all their work in keeping the club functioning the past year. Special thanks to Cindy Cauble for organizing zoom events and being our pandemic journey coordinator, which has involved the frustrating job of scheduling, postponing, rescheduling and then cancelling journeys, all hopefully leading to a more satisfying and rewarding 2022. Also special thanks to Jane Bardon for the enormously time consuming, behind the scenes work, involving club communications of all varieties. Finally, a shout-out to Jan Lanyk for her work on the club's Facebook group. Much appreciated!

***Peace and friendship,  
Tom***

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# FFMNTC 2021 Virtual Annual General Membership Meeting

Thursday, December 9, 7:00 PM via Zoom

- Call to Order – Tom Scott, 2021, FFMNTC President
- Reports from 2021 Friendship Force of MN Twin Cities Board of Directors
- 2020 Don Wolter Award – Rita Mays, Award Committee Chair
- Introduction of recently elected officers for 2022

**EVERYONE ON OUR EMAIL LIST WILL RECEIVE A ZOOM LINK AND FINAL AGENDA FOR THE FFMNTC 2021 VIRTUAL ANNUAL GENERAL MEMBERSHIP MEETING.**

**ELIGIBLE VOTERS WILL RECEIVE AN EMAIL BALLOT FOR THE ONLINE ELECTION OF OFFICERS.**

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## Election Process for 2022 Club Officers

The FFMNTC Bylaws provide for the election of Club Officers for the coming year at the Annual General Membership Meeting. We will again need to modify our election process due to the Covid-19 Pandemic.

- To assure we have the required quorum of 35 members, voting will be by email ballot.
- Life Members and Members who paid their membership dues for 2021 will be eligible to vote.
- All eligible voters will receive a ballot by email, to be submitted by December 3
- The newly elected Officers will be introduced at the 2021 Annual Meeting on December 9.

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## 2022 Club Officer Nominations

by **Buck MacDonald, Board Director, Nominating Chair**

The 2022 FFMNTC Nominating Committee has identified the nominees listed below for President, Vice President, Secretary, and Treasurer of Friendship Force Minnesota/Twin Cities for 2022. They will be elected by email ballot. The elected officers will take office on January 1, 2022.

*Nominating Committee Members: Buck MacDonald (Chair), Rose Foreman, Val Hessburg, and John Verby.*

### President: Tom Scott (Incumbent)

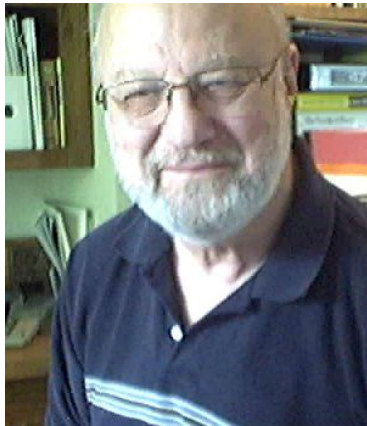


My wife Janet and I have been Friendship Force members since 2016. We have journeyed to Germany, Uganda, South Africa, Canada and New Zealand. I chaired the planning committee for the 2018 and 2019 Open World delegations from Ukraine hosted by the club. Janet and I also home-hosted one of the delegates each year. I have served on the Board for the last four years as secretary, an at-large member, and president this year. I am a mostly retired lawyer living in St. Paul. We have two children and four grandchildren all residing in south Minneapolis.

Friendship Force has been an incredibly enriching experience for Janet and I. This year of Covid-19 has been challenging, but I am confident that both our club and the overall FFI organization is and will remain strong. I look forward to serving another year as club president.

**CONTINUED ON PAGE 3**

## Vice President: Max Harris (Incumbent)



I was born in Duluth and was a "navy brat" during WWII living in 4 different ports and returning to Duluth after the war. I graduated from Roosevelt University in Chicago with a degree in accounting. In 1978 I returned to MN to be a VP for County Seat Stores. Before retiring in 2003 I was an independent contractor auditing large retail companies.

I met my wife, Carole, a teacher, in Chicago. We have 3 children and 5 grandchildren. With FF we went to Lethbridge, Alberta, Canada and Banff. Carole took our grandson to Japan in 2018 for the first International Youth Journey. I was on the planning committee and a driver for the 2019 Open World program and we hosted a Ukrainian delegate. I was first elected FFMNTC VP in 2019.

## Secretary: Shirley Cavallaro



About four years ago, when I learned about Friendship Force, I thought it sounded like a wonderful organization and was delighted to join as a member. I have yet to go on an exchange but hope that will happen as things in our world settle down. My only FF trip was to the international conference in Morocco in 2018 with Patricia Robinette who introduced me to FF. It was amazing!

I'm a registered nurse and spent most of my career in medical sales. I had a large territory and did a lot of traveling which whet my appetite for being on the go. I've been retired for 20 years and one of the most exciting ways I've spent my time is on mission trips to Third World countries. I try to go every year or two. In addition, I like to spend some time in Paris as often as possible. During the 9 months of being locked down with Covid-19 restrictions I wrote my memoirs and a bit about the 40 countries I've been blessed to visit. I know there are many in Friendship Force who have been so generous with their time - now I figure I'd better step forward and offer to do my share.

## Treasurer: Rose Emerick (Incumbent)



I have lived in MN all my life, and have a BS in Business/Accounting from the U of M. I have spent 40+ years in the financial services industry, the last 22 years of which were with US Bank, where I held positions in Accounting Management. In 2016, I retired as a Vice President in the Trust Services unit managing the organization's audit and compliance function. I work part time during the tax season for a small firm in Burnsville and have held volunteer treasurer positions when my children were in school.

John Verby and I were married 6 years ago. We have both since retired, live in Burnsville, and have a combined family of 6 children and 3 grandchildren. My children were adopted as infants from Colombia, opening my heart to international adoption and families with children from Central and South America. We joined Friendship Force in December 2017 and hosted Open World Delegates from Ukraine in 2018 and 2019. We have enjoyed the host experience and getting to know Friendship Force members.

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## Travel-Tuesdays

Travel-Tuesday presentations are held on the last Tuesday of the month at 7:00 PM. Each one-hour-plus program begins with a travel-related or international-focused media presentation followed by a Q and A and social time. All programs will be offered on the Zoom platform. Members and their friends and families are invited to join us. Potential members are welcome at all FFMNTC events.

### FINAL 2021 SCHEDULE

#### **Tuesday, November 30, 7:00 PM – Indonesia**

Presented by Jim Collins, FFMNTC Past President

#### **Tuesday, December 28, 7:00 PM – Cottbus, Germany**

Presented by Tom Scott, FFMNTC President

*The FFMNTC Board invites you to share your own story with our members at an upcoming virtual Travel-Tuesday. Contact President Tom Scott at [tscott1909@gmail.com](mailto:tscott1909@gmail.com) or 612-804-4102. If you would rather share your story in written form, contact Newsletter Editor Jane Bardon at [FFMinnesotaVP@yahoo.com](mailto:FFMinnesotaVP@yahoo.com).*

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## JOURNEY NEWS AND UPDATES – Fall, 2021

*by Cindy Cauble, FFMNTC Journey Director*

#### **Spring 2022 Inbound from Los Angeles: May 21 - 28, 2022**

This journey is also coordinated with the Winnipeg Club. The LA journey coordinator is very much on top of things. Recent information from Canada is that Covid-19 cases have increased so limitations have been put into place. The Winnipeg Club appears to be reluctant to home-host ambassadors under these conditions. In time, this situation could improve. The three of us are in close contact and hope to meet via Zoom soon.

#### **Fall 2022 Inbound from Utah: September 8 - 15, 2022**

Great progress has been made on this journey thanks to Jane Norman and Marge Runnacko. Utah ambassadors will stay with a home host for 1-2 nights when they arrive (before they head up North) and 1 night when they return to the Twin Cities. The group will stay up North and in Duluth for about 4 nights. This will give them enough time to experience the north shore and Duluth.

**JOURNEY ALERT! Fall 2022 Outbound to Germany and Turkey: September 26 - October 2 (Germany) and October 2 or 3 - October 9 (Turkey). Anyone interested in learning more about this Journey should contact Tom Scott at [tscott1909@gmail.com](mailto:tscott1909@gmail.com) or by voice or text at 612 -804-4102. The trip is limited to 12 ambassadors. We plan is to schedule an initial in- person or virtual meeting in the next couple weeks.**

#### **Preparing for Journeys**

All participants must be fully vaccinated safeguard the health and wellness of everyone involved. FFI has a formal application process for home-hosts and for ambassadors wishing to travel. Applications are available on the FFI website ([thefriendshipforce.org](http://thefriendshipforce.org)). More information will be provided in the future.

**For Journey questions, contact: Cindy Cauble at [cindyc219@msn.com](mailto:cindyc219@msn.com) or 952-686-8278.**

**Check out the new look of our Club website at: [FFTwinCities.org](http://FFTwinCities.org)**

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## REMEMBERING



### Douglas W. Barr

**August 13, 1923 – September 4, 2021**  
**Minneapolis MN**

Doug Barr was loved and respected by many and will be truly missed by all who knew him. Doug was born to Arthur and Eva Barr August 13, 1923, grew up on a family farm in Wood Lake MN, excelled in studies and sports in his small-town high school and then went on to Harvard. After only one year there, WWII broke out and he enlisted in the Army Air Corps. He then studied Meteorology and was posted to the Pacific theater where he forecasted weather for crews flying missions there. Back in Minnesota, he earned a Bachelors in Civil Engineering, and a Masters in Hydrology at the U of MN.

In 1953, Doug started an engineering consulting firm that grew into Barr Engineering Co. as an employee-owned corporation. From its initial focus on hydrology and water management, Barr Engineering has become acclaimed experts in many fields. The company culture at Barr Engineering was based on Doug's free-form thinking that every employee could work as if they were a consultant and manage their own time. His innovative approach and warm, welcoming nature helped make Barr Engineering an engaging and rewarding place to work. The company has grown to 10 offices in the U.S. and Canada, with over 900 employees.

Doug valued physical health and ran two miles every day, even in MN winters, until into his 90's, played pick-up basketball with men less than half his age into his 80's, and loved canoe trips in the Boundary Waters and sailing on Lake Harriet. He and Janet enjoyed traveling throughout the world his last 18 years. All who knew him can be certain that even now he is making the angels smile with his impromptu puns. We'll miss you, Doug.

*Excerpted from the StarTribune, Sept. 12, 2021*

***Janet Kramer-Barr, Doug's wife, is a FFMNTC Member***

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## ***Hola! Learn to speak Spanish with friends!***

The MN Twin Cities Friendship Force Spanish Conversation Group took a break for the summer, but we are starting up again on November 1. You are invited to join us.

Our Spanish language skill levels range from beginner to intermediate. We meet weekly by Zoom for an hour to practice speaking Spanish and to translate and read short stories. We get to know each other better and have a lot of fun! Current schedule: Mondays, 7:00 to 8:00 PM via Zoom.

***For more information and the Zoom link, contact Rita Mays at [ritamffi@yahoo.com](mailto:ritamffi@yahoo.com) or 612-730-5129***

**YOUR 2022 MEMBERSHIP RENEWAL FORM IS ATTACHED WITH THIS NEWSLETTER  
PLEASE RENEW BY DECEMBER 31 – SAVE US THE TASK OF SENDING REMINDERS.**

## Travel Bytes

by *Buck MacDonald, Board Director*

After more than a year of banning foreign leisure travelers from entering the US, the government announced that residents from other countries may visit with proof of vaccination, beginning in early November. They will also need to show proof of a negative Covid-19 test.

The European Union (EU) has taken the US off its safe-travel list, causing some countries like Spain, France and Denmark to bar unvaccinated leisure travelers from the US. EU countries' rules vary so travelers should do their research and check the CDC's country-specific recommendations.

The CDC continues to revise its travel recommendations for countries around the world recommending that people should currently not visit high-risk countries such as Great Britain, France and Iceland. For lower risk countries such as Italy, Mexico, Poland, Hungary, etc., the CDC still recommends being fully vaccinated before visiting. For people with an increased risk of severe illness, the CDC advises avoiding cruise ship and river-cruise travel.

Canada has opened its borders to US travelers who show proof of full vaccination and a pre-entry Covid-19 test. Meanwhile, the US continues to restrict travel to the US from its two closest neighbors Canada and Mexico

## NEW THIS YEAR – FFMNTC HIKERS!

**Club Members Jane Norman and Marge Runnako** are organizing hikes to get pandemic-weary members out to some of the beautiful parks around the Twin Cities. To join future hikes, contact Jane Norman at [janeaway7@aol.com](mailto:janeaway7@aol.com).



**Club hikers have explored: Munsinger Gardens and St. John's University Campus in St. Cloud MN (left)**

**and Hidden Falls, St. Paul MN (below)**



**The next organized hike will be to French Regional Park on November 4.**

## BOARD of DIRECTORS

### 2021 ELECTED OFFICERS

**President: Tom Scott**  
[tscott1909@gmail.com](mailto:tscott1909@gmail.com)  
612-804-4102

**Vice President/Membership: Max Harris**  
[xharris26@comcast.net](mailto:xharris26@comcast.net)  
952-938-2101

**Secretary: Louise Anderson**  
[louisemarieanderson17@gmail.com](mailto:louisemarieanderson17@gmail.com) 612-354-0927

**Treasurer: Rose Emerick**  
[rose3689@comcast.net](mailto:rose3689@comcast.net)  
612-723-6202

### BOARD DIRECTORS

**Jane Bardon – News Editor, Webmaster, Membership**  
[ffminnesotavp@yahoo.com](mailto:ffminnesotavp@yahoo.com)

**Cindy Cauble – Journey Director, Zoom-master**  
[cindyc219@msn.com](mailto:cindyc219@msn.com)

**Buck MacDonald – Member-at-Large** [jbmcd11@hotmail.com](mailto:jbmcd11@hotmail.com)

**Rita Mays – Member-at-Large**  
[ritamnffi@yahoo.com](mailto:ritamnffi@yahoo.com)

**Non-Board Volunteer**  
**Jan Lanyk – Facebook Admin**  
[janlanyk@gmail.com](mailto:janlanyk@gmail.com)

**WEBSITE**  
**FFTwinCities.org**

**NEWSLETTER**  
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Email submissions to:  
[FFMinnesotaVP@yahoo.com](mailto:FFMinnesotaVP@yahoo.com)



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