



friendship force
BIG CANOE -
NORTH GEORGIA

February
2024
Newsletter

a world of friends is a world of peace

<http://www.ffbcng.org>

Coming Events

February 18	Monthly Meeting @ Fuego Mexican Grill From 2:00-4:00 PM The speaker will be Pierre Grimes Pros & Cons of social media - Facebook, Instagram, Websites
March 17	We will be traveling to Lake Arrowhead's Clubhouse for a St Patrick's Day Meeting. The time will be from 2:00-4:00PM What do you know about the Irish? Study up and win a special prize
April 29—May 4	Tallahassee Inbound No April Meeting
June 12—19	Calgary Outbound
August 23—Sept 1	Festival of the Sea Cruise
September 2024 (tentative)	Outgoing journey to Utah
October 7—9	Milwaukee Conference

Want to Know more about Friendship Force International?

Check out the Friendship Force International website at

https://my.friendshipforce.org/en/users/sign_in,



Notes from Barry Kadechuk - President

(1) Our guest speaker in January was Monique Vinelli. She reviewed the Pickens County operations of Habitat for Humanity. Habitat for Humanity of Pickens County is looking for volunteers and donations. If you are so inclined, please call or email to get involved in this activity.

Habitat for Humanity Pickens County
135 Cares Drive
Jasper, Georgia 30143
706-253-2393 — Office
pickenshfh@gmail.com

Monique Vinelli can be reached at 678-438-3688 or by email at monique.habitatpickensga@gmail.com

- (2) We recently completed a survey to determine our club's International Destination priority for 2025. A large majority of our club voted Japan as the first choice for our 2025 International Outbound. We will advise FFI accordingly.
- (3) It doesn't look like we will be assigned an Open World Delegation for 2024. FFI has recently requested that we consider some new delegations but we have had to pass due to timing and/or proposed themes.
- (4) Thanks to Pierre who is working hard on our club's website, newsletter and social media application for our club. A meeting will be held at Mary's Bread Basket by Pierre on Feb 6th with Bob Anderson, Scott Deibert, Tim Anderson and Robert Logans to discuss the re-making of our website.
- (5) We will soon on on be hosting an Inbound from Tallahassee (April 29th thru May 4th).
- (6) Alan and Mary Ellen are our host coordinators and would appreciate your help if you would like to assist.

Notes from Peggy Anderson

February 18 th - Our monthly meeting will be at Fuegos in Marble Hill from 2:00-4:00. Pierre will inform us of all the FFI technology available to us including Facebook, Instagram, and our own website.

We will be eating from a taco bar for \$17.99. There will be both chicken and beef servings and hard and soft shells as well as all the trimmings. You may go back as often as you like, and we can take leftovers home. An evite will be sent out for an accurate head count.

March 17 th – We will be traveling to Lake Arrowhead’s Clubhouse for a St Patrick’s Day Meeting. The

time will be from 2:00-4:00. Let’s see how much you know about the Irish; winners will get special

prizes. We will hear final details about the Tallahassee Journey. We will have limited menu choices

including burger, chicken, and salad.

There will be no monthly meeting in April since we will have a journey with Tallahassee at the end of the

month.



February Birthdays

Bobbie Garner - 4th

Diane Briscoe - 8th

June Tredway - 8th

Nancy Lovingood - 28th

Lenna Anderson - 31st

March Birthdays

Jean Zweifel—28th

Scott Deibert—19th

Meeting Notes - from Mary Ellen Johnson

Big Canoe/North Georgia Friendship Force Club Minutes Jan. 21, 2024

The Big Canoe/North Georgia Friendship Force Jan. 21, 2024 meeting was held at the Big Canoe Beach Club. Barry Kadechuk, President convened the 2 pm meeting after hot soup and sides by calling on Treasurer Sherry Wileman.

She reported the FFI charter renewal had been paid. Dues payments of \$920 had been received for 2024; another \$840 in dues are still outstanding. The Balance is \$3,974.56.

Barry thanked Pierre Grimes for the photos on the Website and Newsletter.

Reporting on Journeys, Barry noted the Inbound Tallahassee journey April 29 – May 4 and the Outbound Calgary journey June 12 -19.

The Outbound journey to Utah has been changed from 2024 to 2025. He will ask our preferences for future travels to send to FFI.

Barry then called on Alan and Mary Ellen J. to report on the Inbound Tallahassee Journey April 29 – May 4, Journey 24178. A volunteer committee signup was passed around.

Peggy Anderson followed as Co-Journey Coordinator with Linda Kadechuk on the Outbound Calgary Journey June 12 – 19, asking the seven members traveling the week before Calgary to Banff, Lake Louise and Jasper to meet after the meeting.

Peggy introduced our speaker Monique Vinelli, President, Pickens Habitat for Humanity.

A check given to our Club from San Antonio was presented to Monique for Pickens HFH.

Donations given to a Good Samaritan Health and Wellness Center program by members were picked up by Mary Ellen to be taken to Counselor Carol at Good Samaritan.

Peggy told us our next meeting would be at Fuego Mexican Grill, the topic to be Social Media.

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Respectfully,

Mary Ellen Johnson, Secretary



Cares and Concerns

Changing of the Guard

As most of you may know, Jeannette has stepped down from her job of keeping us all informed and aware of the health and concerns of our fellow friends in the Friendship Force. She will never stop caring about any of us or our concerns. She is a very loving and caring person.

Huw Williams is being treated for melanoma on his head. Treatment began here in Atlanta and has continued in Tampa. Marie shared the following information and would like to share it with the FF club. Huw and Marie have traveled to a cancer treatment center in Tampa, FL, several times. He is being treated for the melanoma on his head. His initial treatment in Atlanta was not successful and the cancer returned. Maria shared that this information today and agreed it can be shared with our club members.

Huw's cancer is very rare only 2 % have it. He has to have immune therapy infusion once every 6 weeks for a year. That's what's took so long yesterday, deciding what was the best way to go because it will come back. We got home at 11pm. We start all the procedures on 2/14 % 2/15. Will tell more later. All in Tampa. I do trust that they know what they are doing, at least now we know what kind of cancer. It's very rare. Only 2 % have it and it will come back and very high risk. All this treatment we should have known last year, but a team of 13 doctors at Emory couldn't figure it out. My daughter has driven us the last two times but really it is best for Huw and I to do since we don't have anything else to do and all the family is working and it's very boring as you know sitting around waiting on appointments etc. We are never in a rush just take our time.

Joe Laufenberg's mother passed away on January 17 2024. She was from Wisconsin and she died at the age of 94. Our thoughts and prayers to Joe and Marilee and their family.

If you know of others who need our thoughts & prayers, a call or a card, please let me know. Call or text me at 248-240-9914. My email address: beverly.grimes@gmail.com.

Your Cares & Concerns Lady, Bev Grimes

Recipe of the Month

Italian Sausage Soup

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This soup was made by Beverly Grimes and served at the January Soup and Bread meeting. It is easy to make and I believe it was enjoyed by all attending members:

Ingredients

- 1 pound Italian Sausage
- 1 clove garlic, minced
- 2 (14 ounce) can beef broth
- 1 (14.5 Ounce) can Italian –style stewed tomatoes
- 1 Cup sliced carrots
- 1 (14.5 ounce) can great Northern beans, undrained
- 2 small zucchini, cubed
- 2 cups spinach—packed, rinsed and torn
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon salt

Directions

1. In a stockpot or Dutch oven, brown sausage with garlic. Stir in broth, tomatoes and carrots, and season. With salt and pepper. Reduce heat, cover , and simmer 15 minutes
2. Stir in beans with liquid and zucchini. Cover, and simmer another minutes, or until zucchini is tender.
3. Remove from heat, and add spinach. Replace lid allowing the heat from the soup to cook the spinach leaves. Sojup is ready to serve after 5 minutes
4. ENJOY

