

THE CHEYENNE ROUNDUP



friendship force
CHEYENNE



CLUB OFFICERS

- President John Kaiser
- Vice-President Tim Bolin
- Secretary Helen Lovett
- Treasurer Loretta Humphrey

Committee Chairpersons

- Membership Donna Logan
- Hospitality Ingrid and Rod Larson
- Program Barbara Guilford
- Publicity Tony Adams
- Newsletter / Website David Larsen
- Historian Vanda Edington & Barbara Guilford

Members responsible for.....

- Directory / Calendar Judy Eatmon
- Logo Renewal John Kaiser

CALENDAR of EVENTS

Meetings:

Mar 10th.— **Dr. Milt Garrett**, “Older Guys Hug Better: the Russia Federation and the Recovering Prosperity of Russia.” (see page 8)

Outgoing Exchange: Departing March 8th for Hamilton, New Zealand & Newcastle, Australia .

Incoming Exchange: July 15 ~ 22:
Eastern Washington/ Northern Idaho.

Events:

May 2~3, 2014—Regional Conf. in Salt Lake City, UT.

Oct. 14~16, 2014 —World Conference in Auckland, NZ.

Sept 11~14, 2015 —World Conf. Vancouver, Canada.

Board Meeting:

April 8th.

July 8th.

September 8th.

Good Stuff Inside

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“Spring Forward”
and advance your clocks 1 hour on
March 8th.

**Pot Luck Dinner & General Membership Meetings are at
St. Paul's Lutheran Church - 19th St. & House Ave.
at 6 PM unless otherwise published.**

John's Jottings

Fellow Members:

Good luck to Tony et al on your venture down under. Many of us wish we could have gone but maybe next time.

It was sad to see that we were not accepted for incoming or outgoing exchanges in 2015. Our national exchanges are coming together for 2015, however. I have probable agreements with Harrisburg, PA and Greater Binghamton, NY. As I progress in discussions I will keep the membership updated.

I have not had success with this fall though. The contact I was talking to at Western North Carolina forgot about their theme exchange in October. He did encourage anyone that is interested in joining them this fall to contact the club. There were 6 openings left the end of February. To me the themed exchanges are enjoyable since they focus on one or two things for a week. I really enjoyed the photography and nature exchange in Florida last fall. They have asked me to join them as they come west to Kalispell this June.

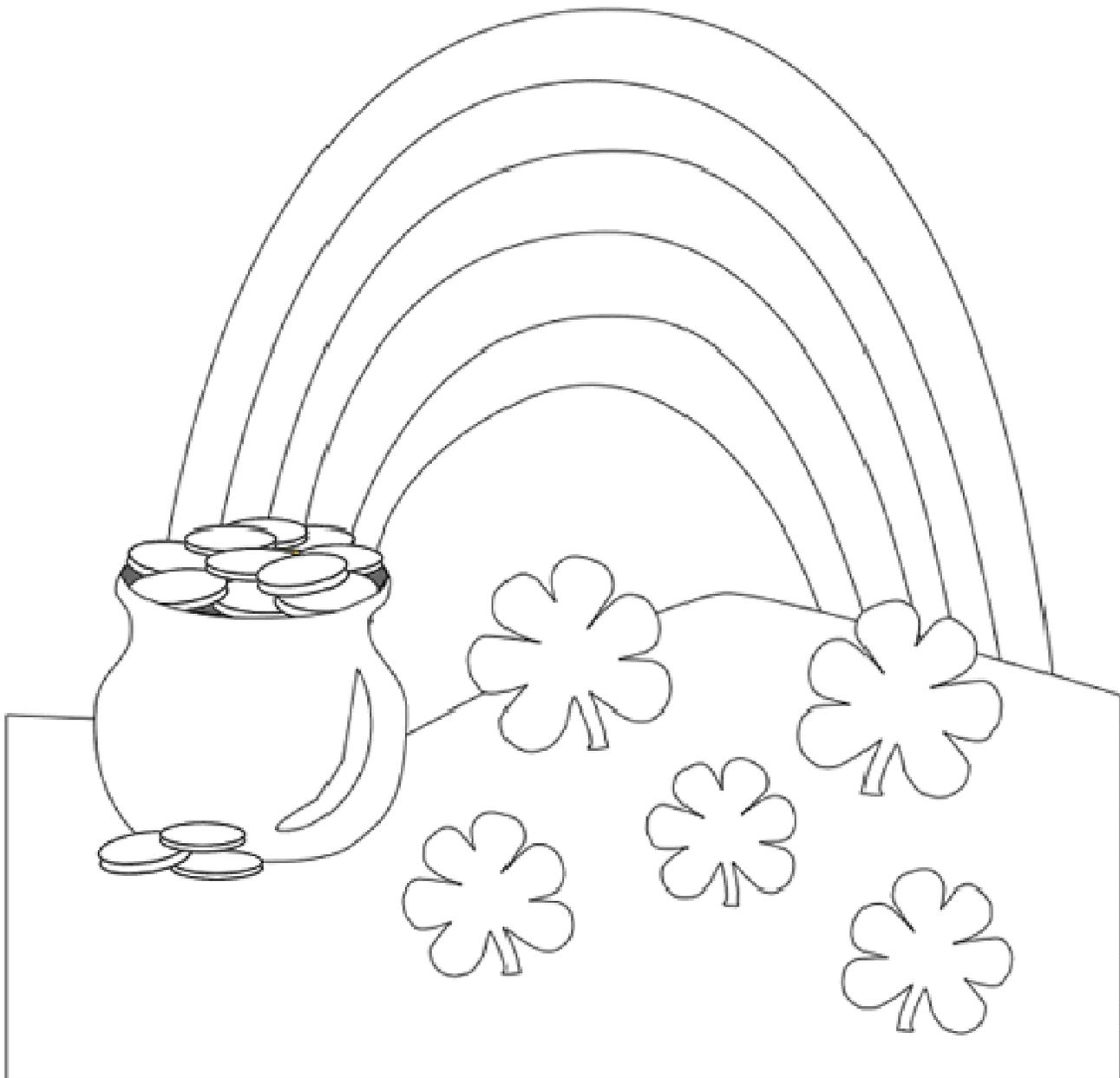
Thanks to Barb Guilford we are in for another treat this month with the update on Russian economics. I am going to try something new and do the business portion of the meeting during the meal to allow us to get out a little earlier. I apologize for going to 8:30 last month.

Latest News: I received an email from a contact in the Charleston, WV club offering an exchange this October as well as from Al in Western North Carolina wanting to know if we would be willing to host them after they leave Denver Aug 18.

Keep up the friendships.

John R. Kaiser





Grandchild's coloring page!

TREASURER'S REPORT
is provided on a quarterly basis.

Incoming Exchange

2014 Incoming exchange for the **Eastern Washington/Northern Idaho** club from July 15—July 22. We are in need of day hosts from our club.

More info available at: WWW.FriendshipForceCheyenne.org

For answers to questions, contact **Tim Bolin**.

St. Patrick's Day Monday, the 17th of March.



“Safe travel and meet many new friends,”
to our members going to New Zealand and Australia!

General Meeting Minutes for February 10th, 2014

Guests present were **Ed and Judy Heffren, Tracy and Robert Aylward, Ben and Jan Millard** and **Milt Garrett**.

President **John Kaiser** called the meeting to order at 6:55 p.m. following a pot luck dinner.

Program:

Our guest speaker, **Brent Weigner**, is an international marathon runner having run on all 7 continents and is a member of the Travelers Century Club having run in 134 distinct locations/countries. He performed in 24 marathons in 24 countries during 2013 and has already run 3 marathons this year in Qatar, the Bahamas, and Antarctica. Brent heads to Africa tomorrow and will be back in Antarctica later this year.

Brent, a retired geology teacher, said that he has been asked many times if he has ever been afraid during his travels. Over fifteen years ago, he was running and noticed that a black Mercedes was following him. The car stopped, the window rolled down and a man handed Brent a flyer announcing a race celebrating the end of Holy Week at the fairgrounds near the Iranian Embassy. The man said "You come". There was no entry fee so Brent decided to participate. At registration, he was asked if he was German when he gave his name and thinking it might be safer to let them think this, he replied, "Yawohl!" or Yes! He was the only Anglo in the group of 200 runners. One man told Brent at the start of the race "Hey, White Man, I am coming in front of you". Brent replied "OK, Black Man, I met you at finish!" Brent crossed 17th to the astonishment of another young man not believing Brent, an old man by their standards, could at age 45. Next, the Ambassador asked Brent to sit in a seat of honor next to him, an area reserved for the top 10 runners. The Ambassador then thanked Brent for his conversion and handed him his business card. I sensed Brent probably continued smiling and nodding his head up and down.

While in Buenos Aires, Brent felt something drip onto his back while walking down a street and asked his wife if a bird had made a deposit. Luckily he did have his wife with him or he would have been approached by someone pretending to help Brent with the wet mess on his back while another would try to pick his pockets. Boarding a bus in Sri Lanka, a

man came around collecting money for tickets. Brent paid and the journey began. An hour or so later, a second man came around collecting ticket money from the tourists explaining that the previous ticket taker was a thief. In Senegal, West Africa, the thieves work in 3 as they mob you asking questions and tugging on your clothing. On one trip, Brent risked sleeping outside on the sidewalk in front of a bus station due to a case of dysentery and no medicine. Passerbyers would kick at Brent checking to see if he was dead and available for the picking. At some point, a kind stranger brought Brent to his home and put him into the only bed to rest. The medicine Brent purchased the next morning worked quickly. Dysentery is caused by a bacterial, parasitic, or protozoan infection differing from one location to another and requires a medicine specific for that infection so there is no safe one-cure-all medicine to keep on hand. A traveler's worst nightmare!

Brent's Mt Everest Marathon took place in November of 2013. Start to finish took 21 days. There were 2 medical doctors assigned to the 3 groups. During the climb, one runner and one staffer were evacuated back to the base camp due to altitude sickness. In their cases, they suffered from pulmonary edema, swelling in the lungs. Cerebral edema, swelling of the brain, is another common but very deadly situation that must be watched for. With the hundreds of trekkers moving up the mountain daily, helicopters stay busy moving those succumbing to altitude sickness back to safety.

Food is mostly vegetarian with lots of soup, noodles and rice. The yaks are very important as they provided the dung used for fuel to heat and cook. Any supplies not carried in by trekkers or guides/porters must be flown in by helicopter.

"Blessed by Cancer" is Brent's latest project. It's a book he is writing as a result of his own blessed life. Brent was diagnosed with a terminal cancer at age 12. The military classified Brent as 4F around 1971-2, telling him he was lucky to be alive. His medical records stated that he had been given less than a 1% chance of living 5 years. In 1984, Brent noticed an eye twitching and immediately knew his cancer was back. His doctor scraped the nerves on the left side of his face and he underwent radiation. He joked at how he'd have half of his face not cooperating with the other side during his treatment which made for interesting facial expressions while teaching class. At this time Brent began to think that he'd never see his 40th birthday. Brent credits good foot placement for some of his running success along with giving up city league basketball and downhill skiing at 40ish to prevent knee damage.

I, the note taker, am not sure that I have this next quote word for word as Brent presented it but I give him full credit for it. “Happy people learn how to celebrate an attitude of gratitude.” He, also, stated that one is truly wealthy when one knows one has enough. Brent left our group with a last thought “You take with you when you die, what you gave away when alive.”

New Business:

- **Tony Adams** reports his group is ready to take off March 8 and will see us in April.
- **Tim Bolin** reports that there is only one volunteer signed up as a Day Hosts this summer. Our Home Hosts will need some relief as they open their homes, provide meals, entertain and shuffle 22 guests to and from events. Please do your part and help our wonderful Home Hosts.
- 4 events require prepayment and these events are: Bit-O-Wyo dinner & show, the Melodrama, one Rodeo and the catered Farewell Dinner. Payment due by April.
- **Dennis Guilford** reports that our Friendship Force reception is scheduled for March 3 at Laramie County Library in the Cottonwood Room from 4-7 p.m. Members must try their best to send John Kaiser’s (our president) Letter of Invitation to our Friendship Force Reception to at least 5 potential interested people in order to grow our membership. Please have those you share an invitation with RSVP back to you or follow up with them by phone then report back to **Barbara Guilford** @ 307-421-7923 by Feb 26th.
- **Howard Last** has reviewed the Treasurer’s accounts and finds it to be in order.
- Trips to New England in the fall of 2014 are not forthcoming. **Barbara Guilford** has a suggestion of visiting Harrisburg, PA in the spring of 2015 with an incoming from that group in August of 2015. A late April/ May trip to Harrisburg and then onto South New Hampshire is an option.
- **John Kaiser** will be sending “Meet Up” a social media site to each of the member’s e-mails on file. This may be a great way to share club information and contact information. Please check it out.
- ♦ Next month’s topic will be the Russian Trans-Siberian Railroad.

Meeting adjourned at 8:25 p.m.

Older Guys Hug Better: The Russia Federation and the Recovering Prosperity of Russia

This program is an illustrated and animated presentation about Russia's great progress since the 1991 Perestroika.

Speaking on the topic will be Dr. Milt Garrett who is working with over 2500 Russian entrepreneurs for the last 13 years across the United States and in Russia's nine time zones. His 2500 plus entrepreneurial and government clients are in more than 126 Russian cities. His role has been to help improve the competitive edge of businesses and their profits by improving their quality management systems. Garrett will share his impression, stories, and consulting experiences of the renewing conditions of the people and their economics, how Americans are viewed in Russia, and examples of his lessons for their profit gains.



Garrett, owner and CEO of Garrett Group International, has worked with clients in seven countries for 35 years, focusing most recently on the economic recovery of the Russian Federation by following up on the three weeks of business training American Rotary and Kiwanis clubs have provided for Russian men and women since 1995.

Dr. Milt Garrett

9th annual observance of Global Understanding

The Get-to-Know Cheyenne Friendship Force Reception featured local members as they provided “show and tell” about exchanges they had participated in since the creation of the organization in 1978 by Jimmy Carter and Wayne Smith. Appetizers and drinks were available and members discussed stories about what they have learned from their trips.

Recently, Eleanor Hanson, a member since 1991 shared what she has learned from the organization. Ms Hanson acted as Outgoing Exchange Director to Devon England; Cardiff, Wales; Bratislava, Slovakia; and Lethbridge, Canada. She has acted as Incoming Exchange Director twice—Kumamoto, Japan and Lethbridge Canada. She gave the following travel suggestions for a peaceful world.

- ◆ SMILE & BE GRACIOUS
- ◆ SPEAK SLOWLY AND DISTINCTLY; BE CAREFUL USING GESTURES
- ◆ TRY TO LEARN SOME LANGUAGE OF THE COUNTRY YOU VISIT
- ◆ BE SENSITIVE TO YOUR HOST’S FEELINGS OF PRIDE
- ◆ DON’T BE AFRAID TO ASK FOR HELP
- ◆ BE OPEN—BE WILLING TO GIVE UP CONTROL, RELAX
- ◆ ACCEPT THE WAY OTHERS LIVE, DON’T EXPECT LUXURY
- ◆ REMEMBER YOU ARE THE VISITOR, ASK QUESTIONS
- ◆ GENERALIZATIONS INTERFERE WITH UNDERSTANDING
- ◆ BE HUMBLE—WE LIVE ON A GLOBE—WE WERE BORN IN THE U.S. BUT ARE ALL PART OF ONE FAMILY OF HUMAN BEINGS

Eleanor has exchanged letters for the past 23 years with a friend, Gladys Vickers of Ex-mouth, England, who she met on her first Friendship Force trip. The two have a great deal in common, love of animals and gardening. Eleanor remembered her friend entertaining by giving Cream Teas. This fancy tea features split scones, heavy whipping cream called double cream, and a spot of jam in the middle. Eleanor Hanson collects egg cups from all over the world.

Eleanor Hanson worked as a Director of the Medical Record Department of Memorial Hospital. She has two daughters, four grandchildren, and 8 great-grandchildren. She would like to visit China and India some day.



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Know someone who may be interested in
Friendship Force of Cheyenne?

Invite them to visit us at a meeting!

**The Friendship Force of Cheyenne
New Member Info**

Contact our membership chair for more information:

Donna Logan, 253 Abby Rd. Cheyenne, WY, 82007

E-mail: DonnaLogan@MSN.com * Cell: 307-221-2098.

Dues are very affordable: Individual-\$25 or Family-\$40

The application form for joining the Friendship Force of Cheyenne
(or renewing your membership)

is on our website:

FriendshipForceCheyenne.ORG/Membership.html

Friendship Force Pledge

“As a member of the Friendship Force I recognize that I can make a difference, I recognize that I have a mission; that mission is to be a friend to the people of the world. As I embark upon this adventure, I know that others will be watching me. I know that through my example to my own fellow citizens and the people of other nations, The cause of friendship, love, and peace will be furthered. I can make a difference.”

CHANGING THE
WAY YOU SEE
THE WORLD

www.FriendshipForceCheyenne.org

(this is ORG, not COM!)

The latest Bylaws, Newsletters, Info and Reports are available whenever you want them. Please visit the site and let us know what else you'd like to see.

The International Friendship Force web site now links directly to our club's site so interested people can find out about who we are, what we do and where we meet.