

# The Friendship Force of Bristol



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### President's Address

Firstly thank you to all those who have put their faith in me as the current President of BFF – I shall do my best as President to guide your hard working committee to achieving further success in all we do.

"Friendship" said Winnie the Pooh's best friend Christopher Robin "is a very comforting thing to have" [A.A. Milne](#)

There is no denying things often go wrong with our families and friends; We lose someone who we have loved and shared our lives with; We view and hear distressing news from around our world – but through it all we have Friends.

Friends - being a good listener - answers not required; -comfort just as simple as a little hug or the holding of hands on difficult days; Someone who doesn't deliberately hurt others feelings; Friends say sorry: they like to spend time together, friends are who you can smile with.

It takes just a moment to smile but the memory sometimes lasts for ever, smiles cannot be begged, borrowed, bought or even stolen – a smile cost nothing – a smile if no value until you give it away. Try smiling to someone you will usually receive almost immediately a smile in return.

Being a member of FF we travel around our world where language, culture, ideas, religion makes no difference – our aim to make more new friends, and what do we all do when we meet new friends – we smile of course – maybe we should all try just a little harder to smile and make more new friends "to have a friend is to be a friend" smile!



### STOP PRESS - QR CODES EXPLAINED

(stands for **Quick Response** code)  
I expect many of you have noticed the below type symbols appearing in papers, magazines etc., and perhaps even some of you have wondered why they are being used and exactly what they do.

The simplest explanation is it is a mobile phone readable barcode. If your phone is fairly modern i.e. a smart phone or iphone, which can also be used as a camera, then you should be able to download an App called a 'QR Reader' to your device. Once downloaded you simply open up the App and hold it over the QR code, allowing it to focus on the code. If you do this with the code below, it will take you to the **new Bristol Friendship Force website**. This is the only thing the code below will do; however, QR codes do not stop there! They can contain, phone numbers, SMS messages or just plain alphanumeric text, and the scanning device will respond by opening up the correct application.

*Gloria Woodman*

### Bristol Friendship Force Website

Just a reminder to readers not to forget to log onto the BFF website . It is now kept up-to-date with information on coffee mornings, social events, photographs etc., and in due course you will be able to read our Newsletter as well as reports on our exchanges and social activities.

The website address is:

[www.bristol.friendshipforce.org.uk](http://www.bristol.friendshipforce.org.uk)



Mobile Web  
Site



**A warning about security to those who are using smart phones and tablets running the Android Operating System**

Having worked in the computer department at one of the local hospitals for many years before retiring, I probably understand quite a lot more about computing than most people of my age; although I would be the first to admit as far as modern technology is concerned I have only just 'scraped the surface'.

Recently, when in PC World, I started to talk to one of their more knowledgeable employees. Our conversation gradually came round to security, when I asked him if I was right in thinking the security (MacAfee) that I have on my computer automatically extended to my smart phone and tablet, particularly when using email. Much to my surprise his answer was NO, and that I must download security software to both my smart phone and tablet separately!

Needless to say the minute I returned home the first thing I did was to download MacAfee Apps to both phone and tablet.

**The following contains a few useful tips to help to try and keep those who are not computer 'savvy' safe on line.**

### Security Awareness Tips

#### **Password Security**

##### **Don't share your password with anyone.**

While this seems like a very basic concept, many people don't consider it a security risk to share or give passwords to helpdesk technicians, friends, or family members. Remember... Your password is the key to your User ID, so don't let other people have access to it.

##### **Don't write your password down.**

Passwords considered strong or secure are often too complicated to remember. For this reason, it's very tempting to write them down. It's always best to commit your password to memory. However if you must write something down, jot down a hint or clue that will help jog your memory or store the written password in a secure, locked place.

##### **Change your password often.**

Even if you use a strong password, there is still the chance that someone could guess or crack it. For this reason, you should change your password often. Changing your password not only minimizes the chance that someone could guess or crack your password, it also shortens the length of time that person would have control of your system.

##### **Use a different password for each of your accounts.**

Using a single password for each of your accounts would be comparable to using a single key for your car, your house, and your office. If someone steals your key (or gets your password), they have access to everything. Using multiple passwords requires additional effort on your part (you have to remember more) but it reduces the possibility that someone could gain access to all your information.

More on page 3.....

**Deadline for copy to next newsletter 30 April 2015**



Continued from page 2

**Don't check "remember my password" boxes.**

Numerous programs offer the option of "remembering" your password. Unfortunately, many of them have no built-in security measures to protect that information. Some programs actually store the password in clear text in a file on the computer. This means anyone with access to the computer can read the password. It's best to retype your password each time you log in eliminating the possibility that someone will be able to steal or use it.

**Don't download files from unknown sources**

Not all web sites are safe. Always ensure that the source you are downloading from is legitimate. Use extreme caution if you are referred to a site by an email message. If you're uncertain, **don't download**.

**Use anti-virus software.**

Make sure you have anti-virus software installed on your computer and update it regularly. Out-of-date anti-virus software will not protect your computer from new viruses.

**Backup important files on a regular basis.**

Backup important files on a regular basis and store the backups in a safe place. You can backup files to removable disk or save them to the Dropbox, Google Drive, iCloud, OneDrive etc. Unfortunately, it's not a matter of if you'll lose files (intentionally or unintentionally); it's a matter of when.

*If you have found these tips helpful and would like more in the next edition of the Newsletter please let Wendy or myself know.*

*Gloria*

## Annual FF Club Picnic

*An invitation has been received - details below*

### FRIENDSHIP FORCE CORNWALL EXTENDS A WARM INVITATION TO THE ANNUAL PICNIC

We would be delighted if you could join us for the annual get together on SATURDAY 13<sup>th</sup> June at LOSTWITHIEL COMMUNITY CENTRE, Liddicote Road, Lostwithiel, PL22 0HE

Come along any time from 12.30 and a salad Lunch will be served around 1pm. Please let us know if you have any special dietary requirements. The cost of the lunch and an afternoon tea with cake is £8.50. After lunch you may wish to visit Restormel Castle, just a short distance away, take part in a Murder Mystery Treasure Trail around Lostwithiel, walk along the river or browse among the shops in this historic town. For those with a distance to travel and on a first come first served basis, FF Cornwall members will offer home hosting on either or both the Friday and Saturday nights.

*Please email: [margielundie@me.com](mailto:margielundie@me.com) or phone 01726 882714 by 14<sup>th</sup> May if attending the picnic but **by 1<sup>st</sup> May at the latest for home hosting.***

The picnic is a great opportunity for meeting up with old friends and making new ones and FF Cornwall members hope as many as possible can join with them.

*Editor's note: Directions can be obtained from Carole or Wendy*

### **Job Vacancy!**

**An enthusiastic BFF member is invited to select 3 or 4 members to assist in planning the incoming exchange from our FF friends in Santo Angelo, Brazil. All enquiries to Sylvia asap.**



## Our Family in Hungary

Reflections of the responsibilities that come with being an active member of Friendship Force.

Joining Friendship Force allows you to travel, to entertain, to make friends, to share experiences and to explore the similarities and differences between lives and ideals. On the face of it is this different from any other travel experience? Travelling the Friendship Force way can have a lasting effect on those who take part. When abroad and living in a family there can be no retreating into a hotel room at the end of the day. When welcoming guests to your home, how long they spend in the shower and whether they are really enjoying your food and whether they take their shoes off is all a part of the cultural experience!

In 2012 we travelled to Hungary. Return visits have been made by us to Hungary and subsequent visits to England, made by our friends Gabriela and her little grand-daughter Kamila, have cemented our friendship.

We have watched the Fireworks, over Budapest, to celebrate St Stephens's day from an amazing balcony belonging to a FF member. We enjoyed the fresh food available from the market outside Gabi's home in Ujpest. Gabriela and little Kamila have, in turn, enjoyed the Wild Life Park and the Railway on the River Avon. This year they both were amazed by being a part of our annual New Year's Eve Party. They loved the dinner table and the laughing and singing.

We have all eaten and drunk together, agreed and disagreed, shared housework organised outings and talked into the night. This year we were at the hospital in Budapest, only days after the birth of Bartholomy, Gabi's third grandchild.. She now has Kami, Bertie and Bartie and we feel a part of their lives. When here this year, Kami's favourite walk was down to the river in Saltford to take food for the ducks and to confront the 5 swans.

When we were new members, nobody prepared us for the close relationships formed as a result of travelling with Friendship Force.

We are so glad that we have experienced this way of travel. **Jill Williams**



**Gabi and Kami on the river at Saltford**



**Fireworks over Budapest**

## Coffee Morning with Jeff & Ritva

In January members of BFF were kindly invited to a coffee morning at the home of Ritva and Jeff in Swindon, followed by optional Sunday lunch at the Shaw Inn, Shaw. This was a great success and enjoyed by all.

*As I was travelling from my daughter's in Old Basing I could not make the coffee morning but blithely set off down the M4 to Swindon. Having got lost on the wrong side of town I managed to arrive in time to order, thanks to a timely phone call to Carole and some good directions from Jeff.*

*I never realised there were so many roundabouts!!! Time to buy a sat nav ?*

**Wendy**

**Deadline for copy to next newsletter 30 April 2015**



**JOB VACANCY!!!**

**An enthusiastic BFF member is invited to select 3 or 4 members to assist in planning the incoming exchange from our FF friends in Santo Angelo, Brazil. All enquiries to Sylvia asap.**

**Bristol Friendship Force - Who's Who**

President.....	Carole Duckett
Vice President.....	Alan Elkan
Treasurer.....	Bernard Duckett
Secretary.....	Viv Seward
Exchange Co-ordinator.....	Sylvia Dando
Website Manager.....	Gloria Woodman
Membership Secretary.....	Dave Allen
Social Committee.....	Carole Duckett, Gloria Woodman, Jill Williams, Viv Seward
Coffee Morning Co-ordinator ...	Jane Elkan
Publicity .....	Reg Williams
Newsletter Editor .....	Wendy Tyrrell

**Celebration for our oldest BFF member**

On the afternoon of Saturday 28 February we joined about 35 friends from Bettina's many interests to celebrate her 95th birthday for a delightful afternoon tea at Manor Farm in Bishop Sutton. One guest had made a card/booklet made from photographs taken at her 80th and a digital collection formed a 90th birthday book.

The cake decoration represented her lifelong interest in walking – which is still a regular weekly feature. As one guest said, “She does walk a bit slower now, which means the rest of us can keep up”!

Peter and Sylvia



**HAPPY BIRTHDAY BETTINA**





## Exchanges 2015

### Bristol/Australia Exchange March 2015

#### Bristol FF exchange to Hobart, Albany and Perth

Flights are booked, hosting agreed, programmes arranged, workshop completed for the 24 of us from 10 clubs, who are going on this exchange. It officially starts in Hobart on the 7th March. As I write this on 13th February, 5 are already in Australia. The bulk leave on the 3rd March with a stopover in Singapore. We return on 29/30th March. Just checked the weather, looks as though we will have to survive on late summer daytime temperatures of 20 to 30 C. All of us are looking forward to an interesting programme. **Reg**

**Outgoing exchange to Hobart, Albany and Perth Update from Sylvia** - Reg, Viv and Leslie are sharing the ED roles for this 3 week exchange. As we go to print some of the 24 Ambassadors from 10 clubs have left the UK and others will be doing so within a few days – some staying over together in Singapore. The official start is in Hobart on 7 March. Flights have been booked for months and the three weeks of hosting together with interesting programmes are arranged and a well supported workshop took place on 7 February. Everyone will arrive back in the UK on 29/30 March. *We wish them all “bon voyage” and a wonderful FF experience “down under”.*

### Hamburg (mini) Thursday June 25<sup>th</sup> - Monday June 29<sup>th</sup> 2015

Dave Allen is Ed for this exchange (first time) with Sandra, Jill, Bernard and Sylvia on his committee. Flights are now booked and we hope to receive hosting details very soon.

**Sylvia** (Exchange Co-ordinator)

## Incoming Exchanges 2015

**Incoming Canadian exchange** from the Ottawa area will take place from 11-18 May with 21 ambassadors (5 couples and 11 singles). Alan and Jane are joint ED's (first time) for this exchange, with the assistance of Gloria, Pat H, Carole and Bernard and have had a stressful time finding enough beds. The itinerary includes meeting the Lord Mayor, a tour of St Mary Redcliffe church, a trip down the Avon to the Severn Estuary (and back!), and a day out in Exeter and its nearby Powderham Castle. More details to follow in the next few weeks. **Sylvia** (Exchange Co-ordinator)

**Incoming exchange from Santo Angelo, Brazil** is anticipated in early September, but no firm dates or numbers of ambassadors yet available - **an ED is urgently required to start planning this exchange.**

### STOP PRESS !!!

#### 2016 Exchanges

We have now received details of the exchanges that FFI have allocated to us for 2016 and are delighted that we already have friends in all the clubs through previous exchanges.

Outgoing exchange in May will be two weeks in the USA - Missouri-St Louis and Louisville,

Incoming exchanges will be from Brasov (Romania) and also another from Baku (Azerbaijan) and Tbilisi (Georgia).

In addition I will try to negotiate a UK mini exchange - if there is sufficient support. **Sylvia**

### TO BE AN EXCHANGE DIRECTOR

To find out more about being an ED, please contact Sylvia or Carole - or talk to any past ED

As an ED you select your own committee and have the benefit of the ED Manual ["BFF Bible"] together with the expertise of past EDs to guide you through the process.

In the past three years the ED role has been undertaken by Reg(3), Carole (3), Bob(2), Mair, Peter, Gloria(3), Pat(2), Wendy (1) Viv and Leslie (1) Dave A (1), Alan (1) now its your turn .....





## Social Events

### The Sparkle Party!

The first of the Social events this year was a Sparkle Party organised by the social team, held in our house and very well attended. Food was great, prepared by Viv, Jane and Carole with Sylvia and Peter as my able house assistants. Games were simple but fun and taken very seriously by the team leaders and their teams. The object of the event was to enjoy ourselves, to mix and match the members, and to cheer up February. New members had their initiation ceremony into the alternative world of Friendship Force and in turn we were all able to observe a spirit of competition that must be tapped into .- Sandra, shoes off and running down the carpet with her chopsticks and smarties as if there was a sparkling goblet at the end!. Carole organised a challenging Pass the Parcel and one comment I received with thank you messages was how ' it took me back to my childhood"

The next FF Bristol event will be to Tredegar House Newport. We will travel by coach on July 9<sup>th</sup>. This is on the website and Gloria will have emailed you all. I love a coach trip. See you there!

Reg and I leave for Australia in a few hours time. We have a week in Sydney and then meet up with FF Bristol in Hobart. See you all again when we resurface.

*What a super party!*

*Your photos/comments will be welcomed for the next newsletter*

*Wendy - Editor*



**Deadline for copy to next newsletter 30 April 2015**



## Coffee Mornings 2015

January	Karen	Bristol
February	Alan & Jane	Downend
March	Gerry & John	Bristol
April	Gloria & John	Bristol
May	Viv	Keynsham
June	Fay	Keynsham
July	Jen	Wells
August	Joy	Yate
September	To be announced	
October	Dave & Mary	?Hanham/Oldland Common
November	AGM	To be announced
December	Carole & Bernard	Keynsham

### *New Members*

*Carol and Tony from Banwell came along to the February coffee morning and BFF is very pleased that you have decided to join us. A very warm welcome to you both.*

Thanks to Karen and Alan & Jane for hosting coffee mornings in January and February.

Coffee mornings are an excellent way to meet up with other members and perhaps introduce your friends to BFF and the interesting programme of events. Followed by optional lunch at a local pub this could be a perfect way to spend a Saturday morning, no cooking or washing up!!

### Message from the Editor

Taking over the role of newsletter editor from Jill was, I have to admit, a little scary but I have never been one to back down from a challenge. As I had never used the publishing package and didn't know how to attach the super pictures that were sent to me I have had to learn as I went along.

It was such a thrill when I managed to get the first picture in the right place!! However, it was not plain sailing when I tried to publish the newsletter though. But, here it is and hope you all find something of interest.

**The deadline for articles to be included in the next newsletter is Thursday 30 April 2015 with publication planned for 10 May.** This is sure to be a 'bumper version' as the ambassadors will be back from Australia hopefully with photos and write ups. Ideally I would have liked to produce a newsletter at end May to include items on the incoming exchange but I am on holiday from May 27<sup>th</sup> for 2 weeks and then 1<sup>st</sup> July for a week. A newsletter at end July is therefore planned.

## THANKS

The president and membership extend special thanks to Terry Rushent, the outgoing BFF membership secretary & Reg Williams, our outgoing president for their dedication and hard work for BFF

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