



Flowers of Friendship ... Rhododendrons in the Editor's Garden, Saltash, Cornwall, England in June 2023



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International Friendship League

Founder: Noel Ede

The IFL is a non-governmental, non-political and non-religious, organisation, founded in 1931 to promote a spirit of friendship among the people of the world with a view to peaceful co-operation in international affairs.

www.iflworld.org

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In addition to the above, there are Individual Members in many countries.

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Courier is the journal of the International Committee of the International Friendship League.

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It is emphasised that the opinions expressed in Courier are those of the writers themselves and do not necessarily represent IFL Policy.

Editorial 65

At the start of a new year, 2023, we looked forward to future events and meetings. In September members are going Canada for the annual International Assembly of the IFL, and I know the Newfoundland group are busy organising events for the visit. Sadly I cannot attend but will enjoy hearing all about it from members.

The world has had so many tragic events, earthquakes, floods, storms, wars and unrest, taking many lives and their homes. We still want peace in the world, and we will continue to do our part by peace through Friendship in the International Friendship League. I have made so many friends from all over the world through the IFL, getting to know them and their countries, and to share our lives through sad times as well as happy occasions. Through the pages of Courier more friends have been made across the world to countries beyond my reach now as far as travelling is concerned. This will be my last Courier as Editor as I have sadly, decided to retire from the position due to health problems plus the various difficulties with the production of Courier, four times a year.

I have completed 25 years as Editor, beginning in 1973 when I was elected to the International Committee at the IA in Finland to be Editor of Courier. I ceased as Editor and IC member in 1991, then started as Editor again in 2016 but not as a member on the International Committee. Mike Hewitt has agreed to take over temporarily until a new editor is appointed. So welcome to Mike and I hope members will contact him in the future.

I will miss Courier, also the contact with all our readers and contributors, and thanks to all who have been sending articles and news over the years. Although I will not be Editor, I hope I can still contribute articles or news occasionally in Courier. My thanks to Ann our International secretary for so many years for her help by proof reading Courier as well as often sending articles, and helpful advice on many occasions, as well as posting Courier around the world. I am sorry she has decided to end her time on the International Committee as she has done so much work for the IFL, as International secretary, membership secretary, and Interim, Chairperson. You will read about Ann on a separate page.

My thanks also to Brian Newton, our typesetter and the firm in Dorset for printing Courier each time. Brian has been a great help on the phone when I get technical problems with the production of Courier,

This edition is taking a while to produce for various reasons, and it is late, my apologies.

Sadly we have to report the death of two British IFL members, Joan Hooper-Immins of Weymouth, Dorset, and Charles Collingwood of Twickenham. They were both members for many years.

Joan was a member of Weymouth branch for many years with her late husband Michel Hooper-Immins. Charles was a member of Richmond Branch.

One happy event occurred in April when Mariette de Win of Brussels, Belgium, celebrated her 100th birthday. Many will remember Mariette as she took part in so many IFL International Assemblies in various countries in Europe and was always giving help to members when they arrived. She had been a member of the Brussels branch since 1965 and served on their National committee. I met her in 1968 at the International Assembly in Brussels and have stayed at her home, meeting her family. We often travelled to IFL Assemblies together if I was going via Brussels. Our last trip was to the IA in Edinburgh, Scotland when she visited me in Cornwall first. She is now living in a care home in Brussels and speaking to her on the phone on her birthday, she said was enjoying a visit from the Mayor on that special occasion. We send our congratulations and good wishes to her, and thanks for all her help at many International Assemblies.

You will read in Courier a message from the British National Committee about a big decision made at the annual National conference in April this year, to close the IFL British Group (formerly the British National Section), a sad day indeed for all of us. Britain is where the IFL began in 1931. The conference recommended that remaining members join individually to the International IFL.

Having been a member since 1956 it is a sad decision but I can still be an IFL member.

My good wishes to you all and I look forward to reading about you and your achievements and activities in taking the IFL forward through friendship between people from all over the world and peace between nations in the future.

Editor, Audrey.

Our International Secretary

Message from Ann Godden, Former International Secretary

A pack of Courier was returned to me – Ann Godden. The address label had come off. If you have not received a pack sent out in mid December 2022 please let me know. It will be posted to you with the next issue.

Latest message

If anyone would like a copy of Noel Ede's 1st World War Record then please send me a stamped addressed envelope. The item was sent to me by Lucinda Ede, a relative with whom I have been in contact for a considerable time. She has been most helpful to my researches into the history of IFL.

Ann Godden, Individual Member.

Thanks to our former International Secretary for her many years of hard work for the IFL.

Ann Godden, BEd; MA; MPhil, joined the IFL in 2002. She was unable to attend conferences until she retired in 2005. She enjoyed the British and International Conferences for the interesting people she met and continued to meet over the years. The actual purpose of the IFL was missing and she considered allowing her memberships to lapse in favour of another direction.

However, she was invited to take on, and accepted, the role of Membership Secretary. Two years later she was invited to take on the role of Secretary. From the inside view, she could see that the IFL was plodding on. Nothing new and no inspiration from anywhere. Members were getting old, the European Sections closed down leaving a trickle of members with whom she continued to make contact until old age and deaths brought that avenue, sadly, to an end.

There was salvation through the African Groups she got to know through frequent emails and Conferences. She enjoyed hearing and learning about the many activities carried out in their communities and enjoyed the emphasis on sports teams – one of the best ways to make friends and encourage peace. Some groups corresponded more frequently than others, and this was to do with the direct involvement and the considered importance of IFL. She will miss some aspects of IFL matters, but she will remain in touch with those members who are carrying IFL forward. With Fred Mugabe's help, she will continue to run and finance the Peace Prize Writing for young members. She will continue her efforts to get a library built in Timanyane, Malawi.

Also, she will continue her research of suitable materials to aid volunteers to get involved in the BSL programme (British Sign Language) and, thus, providing an opportunity for bringing marginalised people to the friendship of the world of IFL, So far, two Groups have indicated an interest.

Ann wishes you all good IFL purpose and achievement.

Request from the Netherlands sent to International Secretary of IFL

My name is Richard de Nooy from Amsterdam and I recently published a book about my mother's experiences as a nurse in the Netherlands in World War II. This led to contact with various relatives of people mentioned in the book prompting further research and leading me to your site.

Two of those people I am researching were members of the International Friendship League.

F.N.F. van der Schriek (born 1917) Frederikus Nicholaas Franciscus /aka Frits) and Erich Hetger von Barnau Sijthif (born 1920).

Both of these young men lived in Leiden during WW II and played an active role as resistance operatives. Frits van der Schriek also travelled across America at an early age and set up an escape route via Belgium and France to Spain and Portugal for operatives/escapees who wanted to return to England.

Both men (then lads) probably joined IFL before 1940 and I believe their membership played an important part of their decision to join the resistance early on in the war.

Richard is seeking this information for a book about WW II.

If anyone has any information .. maybe present relatives of the two men mentioned, contact Richard by e-mail: richaddenooy@live.nl

News from Around the World

Canada: Sandra has sent news from Newfoundland, Canada. The group has been busy planning the International Assembly visit for September 2023. IFL Avalon has helped to launch a new group of IFL in St John's. A truly International group of fifteen adults from several African countries, the Ukraine and NL, also University students, New Canadians and Immigrants.



New St John's Group welcomed.

Members of Avalon group hosted a luncheon on June 10th 2023 to celebrate and welcome the new group which will be known as St John's.



Avalon Group hosted lunch for new group.

Malawi:

Victor Makwakwa sends news of pig farming project which they started last year. The group has built an enclosure and bought some pigs which they will give to needy families. The IFL International committee helped to fund the project. Victor and his group have been looking after the pigs. At present they have four sows and two boars. Recently, one sow has given birth to six piglets, and the Group presented some of the piglets to the families.

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Mission

IFL Team Member handing over The Piglets to the Farmer's

Mzuzu IFL



Mission

We handed over 3 piglets to our first beneficiaries for pig farming project



Seychelles: Marie-Nella sends news of their group. It is hoped that some members will attend the IA in Canada in September. The group is planning to set up an IFL Youth group led by one of their younger members, Miss Sandra Sinon.

A project held last year at the Plaisance home for the Elderly, in the North of the Island, will be repeated this year and the project will be sponsored by the Seychelles Breweries Ltd, the main brewery of the Seychelles.

International Friendship Day will be celebrated as a one day social activity in the South part of the island with families.

The Seychelles group annual meeting was held in March 2023 when 9 out of 15 members attended.

Elected: Chairperson: Marie-Nella Azemia.

Group Secretary: Margaret Louise. Group treasurer: Rose-Mary Dogley.

Togo: Raymond Adande sends this report. This year the group has carried out two activities.

First, the training of single mothers who wanted to improve their financial situations.

The second activity, the sensitization of the population on the behaviour of peace through the game of football.

The programme for the training of single mothers in financial matters began on March 8th 2023, at a meeting room in the Hotel Bijoux. These women, often facing economic hardship, seek opportunities to become self reliant and support their families. The IFL group has developed training focussed on professional skills and knowledge needed to create and manage income-generated activities.

This provides single mothers with the entrepreneurial skills to start and run their own businesses, also to strengthen participants' self-confidence and self-esteem, encouraging them to develop their talents and abilities.

It will also raise women's awareness of available economic opportunities and help them identify areas of activity that match their skills and interests.

The training will help participants in basic business management and sales techniques plus facilitate access to professional resources and networks to support the development and growth of businesses created by single mothers.

Experienced trainers are being used in each area and they mentored participants throughout the training. Interactive sessions, practical case studies and group activities were used to strengthen learning and collaboration among participants. The result was successful and had a significant impact on the single mothers who participated. The women have acquired essential entrepreneurial skills, developed a thorough understanding of business management principles.

Several participants were able to start their own businesses and began to generate a sustainable income.

The women have gained confidence and self-esteem, feeling more capable of taking on the challenges of entrepreneurship. Strong relationships were formed among the participants, exchanging knowledge, mutual support and professional networking.

IFL Togo's second activity to raise public awareness on social vices that lead the population into ethnic and religious separations and conflicts between them. With this in mind the IFL group grouped more than 8 different neighbourhoods of Lome capital of Togo in a football festival competition held on March 27th 2023 (Independence Day), on a large field of Baguida. At the meeting the IFL members sensitized them to cultivate harmony, love, fraternity and especially peace, the main goal. They also encouraged them to form several groups in their respective neighbourhoods and together promote peace.

The IFL group will regularly monitor the progress of the groups and collecting feedbacks on the changes in behaviour, or conducting studies to measure the public's knowledge of the topic.

Help is also given to help educate and engage the Togolese people on important issues. Public awareness is essential to bring about change in society.

United Kingdom: Margaret Warry has sent a reminder about world postage stamps. The charity "Dog Aid" (Assistance in Disability)" is collecting world stamps. Please cut them from envelopes, leaving about 1cm/1/4" of paper around each one. Please send them to Mrs Margaret Warry, IFL, 22 Malvern Road, Surbiton KT6 7UQ England.

British Annual Conference Decision to close Group

The British National Committee would like to thank everyone who managed to make it to this year's annual conference at Tolworth in West London. Margaret and Graham came up with an excellent venue, very close to Tolworth Railway Station, and organized (with help from Graham's brother) teas, coffees and an extensive buffet lunch. However, nothing can deflect from the fact that this event was a sad affair with only twelve members able to attend due to health and other issues.

Not only was it a sad affair due to the small numbers attending, but it was also sad because of the matters that had to be discussed. Having been unable to hold an Annual Conference for so long there had been a genuine concern that we would never be able to hold another one due to declining numbers and the toll that time was taking on everyone. So, once the formal matters were dealt with everyone's thoughts turned to what would happen next. It was obvious to all concerned that the organisation could not continue for much longer in its current form. Anticipating this Pandit O'Nath had tabled a motion for discussion in advance of the meeting which read as follows:

This Conference agrees that: In view of the ageing and rapidly decreasing membership, the National Committee considers the winding up of the IFL British Group (formerly British Section) as soon as feasible with the following measures:

Stop functioning as an IFL Group. No further membership subscriptions from the existing members. No formal meetings. No National Committee as such but a couple of active/willing members to hold the fort, maintaining the financial records on an informal basis. Cease paying any quotas to the International Committee.

- No formal accounting: thereby discontinuing the services of the accountant.
- Recommend that the remaining members join individually to the International IFL
- Instead of 'Friendship News' circulate 'News sheet' whenever necessary, as long as someone is willing to produce it.
- Donate the majority of the assets to the 'International Committee' and/or to an organization with similar (direct/indirect) aims as the IFL, e.g., International Boy Scouts Association. Retaining £5,000 or thereabout for organizing ex-members social gatherings (whenever possible) and for other miscellaneous expenses.

After considerable discussion it was agreed to accept this proposal with the following amendments:

- Carry on functioning until the end of the next financial year
- Keep the services of the accountant until closure was complete
- Discuss with all members in the year ahead how and to whom the remaining assets should be distributed.
- Hold a final Annual Conference in Spring 2024 somewhere North of London to make access easier for members in the Midlands and the North.

All in all, everyone left feeling that it was a sad day but the correct decisions had been taken.

The meeting closed with a raffle that raised £53

World Cookery Recipes

Easy Marmalade Cake

From Ann Godden, UK.

Ingredients

175g butter
175g golden castor sugar
3 large eggs
Large orange (zest, grated peel, and juice)
75g orange marmalade
175g self-raising flour

Method

Beat the butter and sugar until fluffy. Mix in the eggs-slowly and surely. Add the orange peel, zest and marmalade. Fold in with your big spoon all the SR flour with your lightest touch and then plug in the Orange juice. Spoon into a greased /lined loaf tin.

Bake at 180c for 40 minutes or until you know it is cooked. Cool on a wire rack. You can add some simple frosty icing or decorations at this stage.

Enjoy!



Walking Around the Coast of England

Great Britain (which consists of the three countries of England, Scotland and Wales) has a very long coast in relation to the size of the territory, as there are many bays, peninsulas and islands. This coastline is extremely varied, with vertical cliffs, mountains, rolling hills, jagged rocks, long beaches, sand dunes, river estuaries, harbours, fishing villages, small towns and large cities.

Although I have never lived by the coast, I have always loved the sight, sound and smell of the sea, so I thought it would be a great idea to combine my love of the coast with my fondness for long-distance walking.

In Britain, there are many “public footpaths” which are tracks that anyone can walk along freely, even if they go through private land such as farmland. The owner of the land cannot legally stop you from walking there, as long as you only walk on the public footpath. Very often, these footpaths are what remain of ancient “roads” dating back hundreds of years. In theory, it is possible to walk round the whole of the British coast by using these public footpaths. However, in reality it's not so easy!

But it is possible to walk along one part of the British coast - the long peninsula pointing out into the Atlantic Ocean in the south-west of England - without any difficulty, as this has been created as the “South-West Coast Path”. It starts (or finishes) in Minehead on the north coast of the peninsula and finishes (or starts!) in Poole on the coast of the English Channel on the southern side of the peninsula. If you walk the full length of this path, you travel a total of 1,000 kilometres (630 miles), passing through four counties (Cornwall, Devon, Dorset and Somerset).

As I'm now too old to walk 1,000 kilometres in a continuous walk, day after day, I decided to walk parts of the Path (the most scenic parts!) in small sections, each about 15-20 kilometres per day. So far, I have walked west from Studland, near Poole on the south coast, through Weymouth, round Portland, past Exeter, through Torquay and Dartmouth, and I have reached a point about 35km from Plymouth. Audrey Miller, the Editor of Courier, lives in Saltash which is close to Plymouth, so I will soon reach her town and call in for a refreshing cup of tea!

Many sections of this coast consist of hills which end dramatically in steep cliffs, sometimes almost 200m high. Walking along a coastline like this can be hard work - one moment you are on a beach with your boots in the sea, and then you are climbing 200m to the top of the cliff! Then down the other side - and up again - and so it goes on. I think you can understand why I limit each day's walk to 20km!



Durdle Door.



Mike Hewett, who is walking the coastal paths.

The coast of Dorset, between Swanage and Lyme Regis, is mainly this type of coast. It's a World Heritage site, called the “Jurassic Coast” because most of the rock is limestone - a very light-coloured rock which was once under the sea millions of years ago. Prehistoric creatures, including dinosaurs, were buried under the sand which eventually formed into rock under pressure, and the result is a fantastic collection of fossils. The power of the waves is gradually eroding the cliffs, revealing yet more secrets of prehistory.



Prawle Point.



West from Budleigh Salterton.

There are traces of history all along this coastline: ancient forts, tracks made by smugglers, mediaeval fishing harbours, former stone quarries, sometimes with the ruins of the cranes that were used to load the stone into boats for transport. The island of Portland is famous for the white stone that has been used to build some of England's best-known buildings, including Buckingham Palace and St Paul's Cathedral in London.

In some places along the coast, the sea is eroding the land away quite quickly, and the route of the Path has to be changed, otherwise walkers would have to swim! There are even ruins of old fishing villages which have been washed away into the sea. One former village in south Devon was gradually swept into the sea because stones on the sea bed were removed about 150 years ago to help build harbours in Plymouth. At that time, people had little understanding of the risks of trying to change the environment. The rugged coastline shows the power of nature.

I usually find that I am walking in sunshine (nowadays England has a lot of sunny days - perhaps the effect of global warming?) and many walkers like me have to protect the skin from the burning effects of sunshine and wind. I study the weather forecast and adapt my route to try to avoid strong wind and heavy rain, both of which not only make walking difficult and uncomfortable but even dangerous - I don't want to be blown off the top of a cliff into the sea! Sometimes I also have to make a note of the tides if I need to walk along a section of beach or cross a river estuary. The difference in sea level between low tide and high tide in the south-west of Britain can be as much as 10m (up to 15m in the Bristol Channel).

On the more remote sections of the Path I meet other walkers only occasionally, but in the most popular areas (such as around Lulworth Cove in Dorset) there are so many people that we form a long line and the Path is eroded away by all the feet!

Most of the wildlife I see consists of birds. Other wildlife includes rabbits, squirrels, the occasional fox and, one day, a small deer. There are seals in the English Channel but they are usually too far out from the coast to see. I walk past hundreds of different wild flowers, some of them very rare, especially in the remote parts of the Path where there are few walkers.

I don't know whether I shall be able to walk all the way round to the end of the Path in Minehead, but for me that's not important. I simply enjoy the breath-taking scenery and the exhilarating feeling of space when I look down from the top of a cliff, along the coastline in front of me. Sometimes it feels like flying.

Mike Hewett

Tribute to IFL Members who have Died

This is always a sad column in Courier to record the deaths of IFL friends but it is also to remember their lives and their time in IFL.

Joan Hooper-Immins died in October 2022 at the age of 90 at Weymouth, Dorset where she had lived for several years with her late husband Michel Hooper-Immins. Originally from Leiceser, Joan met Michel who was from Weymouth, through the IFL and they were married in Leicester in 1972 and made it their home for several years. They were active members of Leicester branch. They later moved to Weymouth, and joined Weymouth branch.

Michel died in 2018. Both served on the British IFL National committee for many years, Michel as Editor of the National Newsletter (which later became Friendship News), and Joan was News Editor. She was also British National Secretary for several years. The last time we met Joan and Michel was at the British National annual conference in Weymouth in 2016.

Joan suffered with ill health for some years but always kept in touch with IFL. She did so much for IFL over the years in Leicester and Weymouth and attended national weekends and conferences. A good IFL member who welcomed many to IFL.

Another well known and long standing member of IFL was Charles Collingwood who died on December 6th 2022 at the age of 101. He attended many International Assemblies and British national weekends. Thanks to his is God Daughter Susan Hill who sent details of his life.

Charles was originally from Hull, and described as a self-sufficient, polite and generous man and was a well loved and popular Uncle Charlie with his family including his God Children, many friends including Jean and Erika.

Charles served in the Army in 1941 in North Africa and Italy, then until 1947 as a Royal Artillery Signaller on coastal defence in the Anti-Tank Regiment, 6th Armoured Division. After being de-mobbed he joined the Royal Auxiliary Air Force receiving medals and commendations.

Later, Charles worked as a Civil Servant in Customs and Excise in London.

He enjoyed holidays, dancing, and sailing skiing, and travelling with IFL. A keen dancer, Charles attended folk dancing conferences as well as ballroom dancing events.

Although Charles was not on any IFL committees, he always took part in any social activities of IFL including sketches and acting scenes during entertaining events at IFL functions.

Throughout his life, Charles supported many charities, Salvation Army, Greenpeace, Friends of the Earth and WWF and Childrens' charities to name but a few.

These two IFL members will be missed by their families and friends and IFL.

Younger Generation Peace Promotion Competition

IFL has initiated a peace promotion project whereby younger generation shall be encouraged to think and develop insights about importance of peace and its all aspects. The project was first conceived at the Bristol-UK International Assembly, June 2017 and first inaugurated in 2018 when we had the first winner from Uganda IFL Group at the occasion of 21st September 2018 International Peace Day Celebration. Since then three competitions have been organized.

Objective of the Project:

The objective of this project is to raise awareness among younger generation about a need for peace promotion around the world.

Scope:

The idea is to have younger people from IFL Groups around the world taking part in the run for competition. Competitors should range from 10 to 20 years old.

Organization:

IFL Peace Project is promoted and financed by Ann Godden and daily coordinated by Fred MUGABE (from IFL Kigali-Rwanda). All groups are requested to mobilize their younger members in age range mentioned in the section of scope, or mobilize other younger men in the neighborhood or general community to participate. Younger people/competitors will compete by composing essays that promote peace. Coordinator of the project will start receiving essays from June to July 2023. Judges will have time to evaluate competitors in August 2023 and have the winner declared in September 2023.

Conditions & requirements for competitors:

- 1) Competitors should write their own ideas, testimonies or learned knowledge not immediately copied from internet, though they can get and make research through internet to develop ideas but not photocopy.
- 2) Competitors should be in age range of 10 to 20 years old.
- 3) An essay must be between 500 to 1000 words in a word document.
- 4) An essay shall be composed in English.
- 5) Essays from groups shall be received from June to July 2023.

Awarding:

Ann Godden will judge the writing competition and inform the IC of winners as soon as results are known. She will arrange to send the prize money to the winners' parents or guardians.

Expected Outcome:

We hope that peace will be promoted around the world by starting with younger generation. Peace promotion is the core pillar of IFL. By promoting it, means attaining to the ultimate goal of our friendship league.

Conclusion:

This is an IFL major project, which we wish to have all groups participating.

World Peace at Danger of Widespread Wars

Fred Mugabe (From IFL Kiali-Rwanda)

Currently the world is facing peril of wars. Nowadays we hear in global news every day of war in different parts, regions of the world.

When we heard about the outbreak of war in Ukraine last year February 2022, the entire world was shocked. It was the first time since the end of second world war a European country attacked another European country in an open conventional war. Since then the war dragged the entire world into a crisis of war and other associated challenges of raising cost of food and energy.

Most of the people are fearing repetition of same history that happened in 1930s when the super-power countries were grouping in political and military alliances to fight one another in a devastating world war that happened between 1939 and 1945 which killed millions of innocent people.

Apart from Ukraine, there are reports of armed conflicts in other parts of the world especially in Africa where the armed groups are causing serious security problems in Ethiopia, Mozambique, Central Africa Republic, Democratic Republic of Congo, Somalia, Nigeria and the entire Sahel region.

In all of these areas, people have left their homes, others died and properties destroyed. Political leaders tried mediations but in many cases efforts made have not brought enough stability and peace. Human beings need to improve their mutual understandings and tolerance. Otherwise it is shameful to see humanity destroying itself. Recently Russia threatened nuclear strikes while we know that many countries nowadays have managed to stockpile them for use in case of war which may result in a human catastrophe of 21st Century.

According to the doomsday predictions, the world is facing its dangers ever before because of the current conflict in Ukraine, climate change and increasing misunderstandings in the world affairs.

Peace is the most important thing for people to have a good life. In my country Rwanda we really faced dangers of wars since 1959. My family took refuge in Uganda for a period of thirty (30) years where most of my siblings were born including myself in

1987. The conflicts and ethnic violence culminated into a terrible Genocide in 1994. I, myself witnessed the immediate aftermath of that horrible event of genocide. When we came back in Rwanda after the Genocide, we found lots of people died, families completely wiped-out, dead bodies decaying and sinking badly and rivers flowing with dead bodies and blood. It was so terrible.

People were very much traumatized. It took many years to bring people to normal life. The new Government introduced a policy of unity and reconciliation for people to focus on what binds and share in common than what divides and cause conflicts within groups of people. The month of April is always a month of commemoration and reflection on the Genocide against Tutsis.

Let us try our best to promote peace in this world marred by conflicts.

Passport to International Friendship Part 2

By Editor, Audrey Miller, (UK).

After my introduction to IFL in 1956 and first holiday in 1957 (to the Netherlands), where I made many friends including four from Scandanavia who invited me to stay with them in their homes in Denmark and Sweden. In 1958, joining IFL members going to Copenhagen, Denmark and staying for bed and breakfast with two Danish ladies, spending a week with one and another week with the other. Travelling to Copenhagen was an adventure going by train from Victoria Railway station, London, to Dover, then sea to Ostend, Belgium, where our train to Copenhagen took 22 hours. En route we passed through Germany and then crossing to Denmark, the whole train went into the hold of the ship and the carriages were locked down on railway lines for the voyage. We were able to leave the train and up by a stairway to a deck of the ship where we enjoyed a meal in the restaurant. After an hour we descended to board the train, and en route to Copenhagen. Each day I joined the IFL party touring around. We had a fascinating visit to the Royal Copenhagen Porcelain factory watching artists painting on the china, then of course we went to Tivoli Gardens and watched a performance of Harlequin and Columbine at the pantomime theatre. At the end, the unusual "curtain" (shaped like a fan), folded in the middle and descended into the floor. After dinner, each evening, talking, and enjoying music, (an international language), when Marcel from France, and myself, Audrey from England communicated through playing duets on the piano. (neither of us had sheet music with us) but knowing various songs we were able to communicate through music and others joined in a sing along, each in their own language but with our piano accompaniment.

Travelling with the IFL I have met so many interesting people, the two Danish friends, Elli and Ellen who were so kind when I stayed with them. A couple of

years later I stayed to two weeks with Mr and Mrs Windbladh and their family in Malmo, Sweden. They bought a bicycle for me to use whilst they were out at work, and took me to concerts, and various places of interest, and taking part in the Swedish way of life.

Travelling to the Netherlands I stayed with Gerda Roosje, our International Secretary a few years ago, and experienced the Dutch way of life, and heard about her sad experiences in WWII.

On another occasion meeting and staying with German IC member Ruth Stein, who was an art critic and introduced me to German art and she also wrote books about German artists.

So I heard about World War 2 from an ordinary German citizen's point of view. Also in Germany I stayed with Wilhelm and Anneliese Welfonder, and also met with Artur and Ruth Wallbrecher and their family. We all met on many occasions, both in Germany and other countries.

Staying with Belgian IFL member Mariette de Win and her family gave me and insight to their lives.

Meeting Franz Kranlich and IFL member in Bad Ischl, Austria was an unforgettable experience. He was a school master and a keen musician, playing the guitar, training the young girls' school choir. Not only did Franz organise our visit to Bad Ischl but gave us talks about the area, and meeting local residents. We had many musical interludes with Franz and his wife on our visits. Also in Austria IFL member Irene Schobesberger, fluent in several languages, who was a great guide and music lover who took us to Hungary as well as introducing us to Vienna and the area.

I have made many friends through and in IFL that it would take a book to include them all

I cannot forget my meetings with Odette Libot, of the French Section. With her excellent organising ability, and sense of humour. In Norway, Ranka Wendt, and Anders, IFL members. Ranka attended many International Assemblies, so was a well known friend to all. Anders, a keen photographer, so we saw Norway through his wonderful photographs. Through the years I have made many friends, not forgetting staying at Peacehaven, our London centre for over 50 years, with Pandit O'Nath as Manager, and Maria as cook and enjoying numerous occasions and meeting international friends.

Several overseas friends have stayed or visited me in my home in England so an exchange of ideas, and our lives extended our united wish for peace in the world through friendship.

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